



OVEREATERS ANONYMOUS REGION 5 SECRETARY

January 26, 2022

RE: Region 5 2022 Spring Assembly March 11th, 12th, and 13th, 2022 Virtual Zoom

Dear Region 5 Intergroups, Representatives, Officers, and Trustee,

It is time to prepare for the Spring 2022 Region 5 Assembly, which will be held online virtually. We don't have a lot of time to get ready for the Spring Assembly as it is almost around the corner. There are only six weeks to go. We hope to see you there.

There are 19 documents in Packet A:

- **A01.R5 2021 Fall Assembly Secretary Letter.pdf**
New - 4 Pages
This document you are currently reading. This document contains important and specific information for the upcoming assembly.
- **A02.R5 2022 Spring Assembly Agenda.pdf**
New - 4 Pages
The proposed agenda the Region 5 Chair has put together for the Assembly. Even though this Assembly is virtual, it was decided that we will keep to the same schedule.
- **A03_Zoom Connection Information.pdf**
New - 2 Pages
This document contains information connecting to the Assembly.
- **A04.FundingAssistForm2022.pdf**
July 2021 - 2 Pages
If your intergroup needs additional funding to send representatives to the Assembly, please submit this form to the Region 5 Secretary by February 9th.
- **A05.R5 2021 Fall Assembly Minutes.pdf**
November 2021 - 10 Pages
This document is the unapproved minutes from the Region 5 2020 Spring Assembly.
- **A06.R5 2022 Spring Assembly Motions.pdf**
New - 14 Pages
The motions that have been submitted for consideration at the Region 5 2022 Spring Assembly.
- **A07.Region 5 Bylaws 2021-03.pdf**
March 2021 - 8 Pages

- **A08.Region 5 Policies and Procedures 2021-11.pdf**
November 2021 – 19 Pages
- **A09.Standing Rules for Region 5 Virtual Assembly 2021-11-02.pdf**
November 2021 – 1 Page
- **A10.Region 5 Convention Guide.2016-11.pdf**
November 2016 – 8 Pages
- **A11.Region 5 AssemblyInfo 2019-01.pdf**
January 2019 – 19 Pages
- **A12.Region 5 Assembly Handbook 2021-11.pdf**
November 2021 – 39 Pages
- **A13.R5 Business Committee Form.docx**
March 2019 – 3 Pages
Use these forms for the Business committee minutes and report.
- **A14.R5 Outreach Committee Form.docx**
February 2020 – 2 Pages
Use this committee report form for the Outreach sub-committee reports.
- **A15.R5 Committee Contact Form.pdf**
March 2020 – 1 Page
- **A16.R5 Bylaws Amendment Form.docx**
October 2018 – 2 Pages
Use this motion form to propose a change to the Region 5 Bylaws.
- **A17.R5 Policy Amendment Form.docx**
October 2018 – 2 Pages
Use this motion form to propose a change to the Region 5 Policy and Procedure manual.
- **A18.R5 New Business Form.docx**
October 2018 – 2 Pages
Use this motion form to put in a new business motion, such as a large budget change.
- **A19.DelegateAppFor2021.docx**
July 2021 – 2 Pages
The deadline for submission for Region 5 Delegate to World Service Business Conference is September 29th, 2021. We can send multiple people to World Service Business Conference.

What is not included in this packet

- Reports from Region 5 Committees and Officers of the Board. These will be in Packet B. Available on Friday, February 25th 2022.

Virtual Committee Meetings

I have included our standard forms we use for our committee meetings. Committee meetings will be conducted in breakout rooms in much the same way we did during the Summer Conference. When your committee meeting starts, first thing should be appointing a secretary. The secretary should take minutes for the meeting. After the meeting has closed the Committee chair should get with the secretary and write up the report. Use the format presented in document “A13.R5 Business Committee Form.pdf” for the business committee meetings. Use the format in document “A14.R5 Outreach

Committee Form.pdf” for the Committee of the Whole Subcommittee meetings. These are suggested formats I ask you to follow. Please, submit your committee reports to me by email before the close of the Assembly on Sunday. Your report is used in the Assembly minutes so, please make them concise following the suggested formats.

The Chairs are also responsible to collect and put together a roster for your committee meeting based form “A15.R5 Committee Contact Form.pdf”. You can ask everybody to submit their contact information via Chat. You can save the chat window by clicking the ellipsis in the lower right side of the Chat Window.

If you have any questions, please don’t hesitate to email me, or text me.

Thank you.

Keri E.

Region 5 Secretary

217-714-4760 (please text fist)

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