



### **Chair Report for Region 5 Conference Call – July 2019**

The World Service Business Conference was held April 6th to the 11<sup>th</sup> at the Embassy Suites in Albuquerque, New Mexico. Nearly 200 delegates gathered together to do the business of OA and learn and grow and experience recovery in so many ways. The reports are available on OA.org and I encourage you to review them. This year we had the special blessing of having the Forum which was presented by Region Chairs Committee theme of Each One Reach One Every day! How wonderful that the idea that originated in Region 5 was shared with the world of OA at the Forum!

I'm very excited about the three sub-committees that came out of the brainstorming session at the March Assembly! Thanks, Steve, for doing a great job in leading us through that process. Each sub-committee is working diligently to make a plan and put that plan into action. There will be more about that in the reports from the chairs of the sub-committees.

This year the Region 5 Convention – **Ride the A Train** - will be held in Milwaukee, Wisconsin from September 27<sup>th</sup> to 29<sup>th</sup>. Thank you so much to the wonderful Convention Committee for all your planning and hard work as you prepare for the Convention! We ask that you please share the information about this wonderful recovery event by announcing it at your meetings. Flyers for the convention and information about online registration and so much more are available at the Region 5 website – [Region5OA.org](http://Region5OA.org). Please check it out and take flyers to your meetings. Please also consider creating a basket for the raffle. This is a wonderful way to support Region 5.

As I write this report, I am thankful that God has blessed me with 9 years and 9 months of abstinence. I cannot imagine where I would be right now without the gift of this program. As you may have heard, my husband had another stroke on or around Memorial Day. He was admitted to the hospital on Memorial Day and had another stroke the next day - his 7<sup>th</sup> by my calculations. While the other strokes had little effect on him or his life, the 7<sup>th</sup> stroke, which I watched him have on Tuesday afternoon, has affected his speech and he is struggling with expressive aphasia. Life as I knew it no longer exists. I am doing my best to keep up with taking care of my husband and all that I need to do at work and my Region 5 duties, but it has been a struggle. My disease has told me countless times to give up my service positions, but I know that would only lead me down a path of despair and I don't want to follow my disease thinking any more. I know that God is with us every step of this journey and I just need to trust God and lean on God and pray for strength and God's healing power on my husband. What doesn't kill me makes me stronger. I ask for your understanding and patience as we work through all this drama and seek to find balance and our new normal.

I look forward to our conference call on July 13<sup>th</sup> and hearing about your recovery in action.

**RECOVERY IS ALIVE IN REGION 5!**

CJ M.

Region 5 Chair

June 22, 2019