

## Region 5 Trustee Report

Submitted By: Barb K

July 25, 2019

Dear Region 5;

### WSO Service Bodies Report – Intergroups and Groups (Affiliated/Unaffiliated) Located in Region 5

May 2019		June 2019		Increase/Decrease	
<b>Total Intergroups</b>	<b>28</b>	<b>Total Intergroups</b>	<b>28</b>	<b>Total Intergroups</b>	<b>0</b>
Affiliated Groups	471	Affiliated Groups	470	Affiliated Groups	- 1
Unaffiliated Groups	29	Unaffiliated Groups	29	Unaffiliated Groups	0
<b>Total Groups</b>	<b>500</b>	<b>Total Groups</b>	<b>499</b>	<b>Total Groups</b>	<b>-1</b>

### Intergroup and Group information

Be sure your meeting information is up to date on the OA website. The website meeting list is how many newcomers and visitors find us. If you are aware of any discrepancies between your group records and that on the OA website, please let me know and I can help you compare the information.

### From The World Service Business Conference May 6-11 2019 in Albuquerque, NM

- The WSBC 2019 accepts the following definitions:
  - 1) Abstinence: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.
  - 2) Recovery: Removal of the need to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program.
- The following Trustees were elected: Region Two – Hanna S.; Region Five – Barbara K.; Region Six – Beth B.; Region Eight – Andrea S.; Region Nine – Vasiliki T.; Bonnie L, Chair; Cyndy L, Treasurer; Karen B., 1<sup>st</sup> Vice Chair; C, 2<sup>nd</sup> Vice Chair.
- Conference Seal of Approval was granted to the manuscript "*Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous*". The manuscript has been sent to the publisher and will be out next year sometime.
- Dignity of Choice pamphlet was sent back to committee to update nutritionists suggestions

The 2018 Wrap-up Report is available at <https://oa.org/files/pdf/Wrap-Up-19.pdf>. The Final Conference Report will be available in August.

The next WSBC will be April 20-25, 2020

### **Professional Outreach:**

A new *Courier* is now available on oa.org.

Again this year, the Professional Exhibits Fund has more than US-\$10,700 available to help your service body participate in a trade conference or convention for professionals who may refer patients and clients to OA. Applications are reviewed monthly, so talk to your service body about local opportunities and apply!

### **Young Persons**

I am currently the co-chair for the Young Persons Committee for World Service. There is a Facebook Page for young people entitled: Overeaters Anonymous YP [on Facebook]. There is also a phone meeting on Thursday nights – 9:30PM Eastern Standard Time [*Note the meeting time change*]  
Phone # 605-472-5395 & Access Code 378978#

### **Men's Website**

There is a website for men in OA. It is OAMEN.ORG – on this site there is a schedule for men's face-to-face meetings, phone meetings, online meetings and lots more.

### **Trustee on the Road**

In my short time as Trustee, I have had one request for a traditions workshop, which will be scheduled for September or October.

### **Personal Note**

I want to send many thanks and so much gratitude to Linda J., our outgoing Trustee. She has been so kind, tolerant and generous in this transition. Linda has made this transition so much easier! Best wishes to Linda as she moves on after being our Trustee for 6 years. Thank you Linda, we will miss you.

I am honored to service as your new Region 5 Trustee. I am grateful to give back to the fellowship for what I have been so generously given. I am also grateful for my fellowship in Indianapolis, Region 5, and now worldwide! I am so grateful to be a recovering compulsive overeater!

Together We Can!

Yours in Service,

Barb K.

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