OVEREATERS ANONYMOUS REGION 5 SECRETARY

Oct 13, 2020

RE: Region 5 Fall 2020 Assembly
October 30, 31, November 1, 2020 – Virtual Zoom

Dear Region 5 Intergroups, Representatives, Officers, and Trustee,
It is almost time that we are coming together again for our 2020 Fall Assembly. This year we are doing something very different and are holding it online via Zoom. Outside of where we are holding this event, it should be 97.314% the same. There are some challenges we need figure out and as such there will be some minor difference, particularly with voting and elections.   This letter is part of the 2020 Fall Assembly Packet B. This is the final packet being provided before the Assembly starts. This packet contains reports from the various offices and committees in our region. There are 14 documents in Packet B. If any additional reports are received before the start of the assembly, I will be sending them to by email. The numbering may not be sequential in this packet, as I have skipped some numbers for expected documents that are not included. As usual, I am indicating whether the document should be printed for your handbook by marking the document a "New" or not with the number of pages it is. The documents are:

• B01_Region5 Secretary Letter Fall 2020 This is the document you are reading. Contains a description of packet B plus other import documents you will need for the upcoming assembly.	3 Pages	New
• B02.Region_5_Fall_2020_Assembly_Credentials.pdf	1 Page	New
• B03.R5_2020_Fall_Assembly_Chair_Report.pdf	2 Pages	New
• B04.R5_2020_Fall_Assembly_Treasurer_Report.pdf	1 Page	New
• B05.R5_2020_Assembly_Trustee_Report.pdf	2 Page	New
• B08.R5_2020_Fall_Assembly_Convention_Committee_Report.pdf	2 Pages	New
• B09.R5_2020_Assembly_Media Committee Report.pdf	3 Pages	New
• B10.R5_2020_Fall_Assembly_Each_One_Reach_One_Subcommittee _Report.pdf	1 Page	New
• B11.R5_2020_Fall_Assembly_Intergroup_to_Intergroup_Subcommittee _Report.pdf	1 Page	New
• B12.R5_2020_Assembly_Sponsorship_Task_Force_Report.pdf	1 Page	New
• B13.R5_2020_Fall_Assembly_Balance_Sheet.pdf	1 Page	New
• B14.R5_2020_Fall_Assembly_Budget to Actual Jan - Sep.pdf	2 Pages	New
• B15.R5_2020_Fall_Assembly_1-1-20 to 9-30-20 Profit and Loss with Comments.pdf	5 Pages	New
• B16.R5_2020_Fall_Assembly_Meeting_Contributions_Detail.pdf	8 Pages	New

Documents Not Included
We do not have a consent agenda, and reports from several committees who have indicated they have nothing to report. The current motions, and Region 5 Board Officer Applications for Chair and Treasurer, that we are considering are in packet A.

Normally this packet includes the proposed budget. This will be sent out by email later to all representatives and board members.

What to expect at the Assembly?
The best part of the upcoming Assembly is that we do not have to travel. The worst part of the Assembly is that we do not have to travel. Not having to travel means staying comfortable in your own home for the entire weekend. Also, no money will need to be spent. But of course, there something to say about being in the same location together. I will miss the hugs and quiet conversations I have with friends in the Hotel lobby or at a restaurant. Or just looking around the room at your faces sitting behind the desks as we discuss the business at hand. I will do my best to duplicate that experience, via Zoom, but it just will not be the same. For one thing, just sitting behind a video screen all day is hard on the eyes and quite exhausting. That's something you won't experience when we are in the same location. We are doing this Assembly online because of COVID-19. It will certainly make the entire weekend more accessible to Intergroups that normally can not come because of financial reasons. I am hoping we will see more than the usual number of representatives.

The proposed Agenda in is Packet A and if you have reviewed it is the same basic plan, we have at every Assembly. Fortunately, our normal agenda has lots of breaks built in. This should alleviate some of the eye strain. Though you may want to keep some Tylenol close by.

All times in the Agenda are in Central time. This makes the schedule a little bit hard for our members who are in Eastern Time. But it also makes it more reasonable for all those in Central Time. I would not want to be up and connected to a Zoom meeting at 7:30 AM in the morning.

Please make time in your schedule for the two open OA meetings that are scheduled. The first one is on Friday at 5:00 PM. Going to an Open OA meeting is the best way to start a weekend of business. We do not usually get a lot of people at this meeting because most of you are just arriving at the hotel. Let us see if we can all attend. The second Open OA meeting is on Saturday at 8:30 PM. The Hosting intergroup is promising a wonderful OA meeting, you do not want to miss this.

The Region 5 Board will be having an open meeting on Friday 3:00 PM. If you can join this meeting, you can see how the board conducts their business, especially getting ready for the long weekend.

We will be using the Raise hand feedback button in the Zoom Participant window to request to speak. We will not be preventing anybody from unmuting or talking during the Assembly. Though if you do not mute yourself voluntarily when you are not speaking, you will be muted

by the host (which is mainly me). Just like at a Face-to-Face assembly you will need to be called on by the Chair to speak. If you have point of order, ask a question, make a proposal, argue at a pro and con, you will be asked to raise your hand, just as if you were walking up to a podium.

We will once again be using Breakout Rooms for the Committees. You will be assigned a breakout room for the morning committee meetings. However, for the Afternoon, we will be trying a new feature in Zoom that will allow you to choose your own breakout rooms.

I believe our biggest challenge involves voting. There are three ways we can vote in Zoom. The Chair can use the normal Yea or Nay, but this will require we unmute everybody. We can indicate yes and no using the reaction buttons in the Participant window in Zoom. Or we can run a poll. Polling is the most anonymous but requires some setup to execute.

Three of the motions that are proposed are all about the Election for Board Officers. Our current Bylaws and Policies are very specific about how to run an election. Since we cannot pass paper ballots around and collect them, we need another method. Zoom has built in polling, which we are planning on using for elections. There are some technical issues around this, but I am confident I can solve them between now and October 31st.

Just as a reminder we will be taking a roll call for our credentials before every vote and election. You must be present during the roll call to vote. If you are a visitor, please do not vote or participate in the election while we are conducting it.

Last but certainly not least. How do you connect to the Assembly? I will be emailing a connection document with all the links for each of the sessions a few days before the Assembly. Please be on the look out for this document. Also please do not distribute it to your fellow OA members. If they want to attend, please have them register so I can keep a record of who was there.

 If you have any questions, please do not hesitate to email me, or call me.

Thank you for your service.

Yours in recovery,
Joel I.
Region 5 Secretary
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