



2020 Fall Assembly

Before Assembly

NEW REPS

- Talk with your intergroup's previous Region Rep and/or a Region 5 Board member about region service. Ask about what to expect, the committee work, and the benefits of region.
- Join the Region 5 Mailing List – <https://region5oa.org/> and scroll to the bottom of the page.
- If this is your first time at the Region 5 Assembly, you will be lovingly bestowed with a prestigious title: Green Dot! The Green Dot Orientation is on Friday at 6:15 pm, please be sure to attend.

Returning Reps

Please make sure your committee assignments have been completed. Committee reports from the last assembly reside here: <https://region5oa.org/assembly-info/> [Summer Conference](#). Be sure to work with your committee members or Chair of your committee to finish remaining assignments. Please review the goals that your committee has set. If they've already been met, thank you for your hard work! Consider attending the Green Dot Orientation is on Friday at 6:15 pm as a refresher

Are you a visitor?

Thank you for joining us. This is a good opportunity to participate at the region level and see what goes on. You have been assigned or chosen a committee and your input will be valued. During the business meeting you will have a voice, but not a vote. But we welcome everyone.

Preparing for Assembly

*Bylaws & Policy Manuals can be found here: <http://region5oa.org/resources>

*Previous Assembly documents can be found here:

<http://Region5oa.org/assemblies/> Please review the Policy Manual prior to your arrival, as there is important information in there pertaining to assemblies. Another important document to review is our **Standing Rules**. The adapted Standing Rules can be found in the packet A.

What to Expect

We have a full schedule, please plan being in the assembly for the full time as if we were all together. I know that it is going to be tough being online the entire time, remember to blink, close your eyes and listen or whatever you need to do so you don't hurt your eyes.

Please see the agenda for full details of the weekend. There will be a green dot orientation on Friday night. Then on Saturday morning (bright and early) we'll start with the morning session. All reps are required to attend.

Please don't forget that you have to be counted at roll call or you can't vote on the bylaws or the election on Sunday morning. This is a great time to introduce your friends (in OA) and sponsee's to what region is and how they can get involved. It's going to take all of us to do this together. I am looking forward to seeing you very soon. Our assembly is lucky to have you all, and by your diligence, energy, hard work, and creativity we can show everyone know that "Region 5 is ALIVE". Let us carry the message to the still suffering compulsive overeater in and out of our rooms in every way we can.

In love and service,

Eileen - Region 5 Chair