



## Region 5 Trustee Report

Barb K

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### World Service Business Conference – Albuquerque, New Mexico - April 20-25, 2020

- The new **OA.org** is online! Check it out. Make sure your groups are updated for meetings as well as intergroups. There are several intergroups' emails are invalid. Please let me know and I can help you compare the information.

### Professional Outreach:

- **A new Courier is now available on oa.org . Here is the link:** <https://oa.org/news/updated-courier/>
- Be aware of professional tradeshows in your area. Funds are available to defray from the expenses included Professional Tradeshow (PT) opportunities in your region. PT funds are available NOW to defray expenses. If you have any questions, I can help! [R5trusteebarb@gmail.com](mailto:R5trusteebarb@gmail.com)

### OA on Social Media:

- Guidelines for Online Anonymity: <https://oa.org/app/uploads/2019/12/Anonymity-Guidelines-V2-proof.pdf>
- Facebook: <https://www.facebook.com/overeatersanonymousofficial/>
- Instagram: [https://www.instagram.com/overeatersanonymous\\_official/](https://www.instagram.com/overeatersanonymous_official/)
- Men in Recovery: <http://www.oamen.org/>
- Young People in OA: <https://www.facebook.com/OAinfo/>
- Young Person's Meeting: Thursday nights for Young People in OA – 9:30PM EST  
Phone # 605-472-5395 & Access Code 378978#

### Trustee on the Road:

#### Intergroup Renewal –

Two Intergroups have taken part in the Intergroup Renewal Program that Region One has shared. Central Indiana Intergroup met in January and Greater Ann Arbor Area Intergroup met in February. Ann Arbor was joined with members of Jackson, Detroit and Dayton Intergroups. During this renewal process Intergroups created a survey to see the needs of their specific fellowship; from the survey they created a mission statement; goals and then action plans for the goals. We have had good feedback from the process. If you are interested in this process, please contact me at [r5trusteebarb@gmail.com](mailto:r5trusteebarb@gmail.com) or 317-797-0577

New Mission Statements:

- Indy - To be an approachable group dedicated to service and the creation of opportunities to carry the message, strengthen recovery, and empower the compulsive eater on their spiritual journey.
- Ann Arbor – A service body of group representatives who:
  - Support groups
  - Promote Recovery through information, knowledge and resources
  - Serve as a hub connecting groups, region, WSO and the public
  - Provide 12 Step Outreach work

**Region 5 PIPO Committee [Public Information/ Professional Outreach]**

- PI/PO Guidelines Books have been purchased for the committee
- PI/PO links to oa.org: <https://oa.org/document-library/>
- PI Posters will be distributed to each intergroup at assembly
- Professional organizational magazines are being investigated to share the message of recovery
- Our new banner is in the process of being ordered

**Yours in Service,**

**Barb K.**  
**Region 5 Trustee**  
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