



Region 5 Trustee Report

Submitted By: Barb K

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WSO Service Bodies Report – Region 5 Intergrups and Groups (Affiliated/Unaffiliated)

June 2019		October 2019		Increase/Decrease	
Total Intergrups	28	Total Intergrups	27	Total Intergrups	-1
Affiliated Groups	470	Affiliated Groups	468	Affiliated Groups	- 2
Unaffiliated Groups	29	Unaffiliated Groups	26	Unaffiliated Groups	-4
Total Groups	499	Total Groups	494	Total Groups	-5

News from the BOT Meeting in August, 2019

- 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.
- Reminder of the updated definition of Abstinence:
 - 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.

Tradition Reminder –[taken from Twelve Traditions Pocket Guide]

“Why are the Twelve Traditions so important to us? In general, the Twelve Steps guide the individual to recovery, and the Twelve Traditions ensure the well-being of the groups.” - *The Twelve Traditions of Overeaters Anonymous, p. 1*

Tradition One

- Our common welfare should come first: personal recovery depends upon OA Unity.
- Spiritual Principle: Unity
 - We seek common ground in the Twelve Steps of Overeaters Anonymous
 - We respect and follow group conscience guidelines to make decisions and resolve differences of opinion.
 - We focus on our similarities, not our differences.
 - We try to include everyone in our conversations and activities.
 - We follow guidelines for sharing, such as no cross talk, interruptions, r side conversations and not taking more time than is our fair share.

Young Persons

- “To the Teen” is in its final revision form. So grateful for this updated version. It will be presented to the BOT in November, then we will vote on it at the WSBC in April. As the chair of the Young Person’s Committee I receive many inquiries on helping young people in their teens. As a committee we are discussing possibilities. If you have a Young Person’s Committee in your Intergroup, please let me know how you are handling this service.
- Mark your calendars - the next WSBC will be April 20-25, 2020
- There is a phone meeting on Thursday nights for Young People in OA – 9:30PM Eastern Standard Time [Note the meeting time change] Phone # 605-472-5395 & Access Code 378978#
- Facebook page for Young Persons as well: <https://www.facebook.com/OAinfo/>

Professional Outreach:

- A new Courier is now available on oa.org . Here is the link: <https://oa.org/files/pdf/courier.pdf>
- 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
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OA on Social Media:

Facebook: <https://www.facebook.com/overeatersanonymousofficial/>

Instagram: https://www.instagram.com/overeatersanonymous_official/

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

I have been involved in three activities in the past three months.

- Discussion the Concepts of Service at our wonderful Milwaukee Region 5 Convention.
- Traditions Workshop in Columbus, Ohio
- Working the Steps Workshop in Cleveland, Ohio

I am so grateful to be invited to participate in these events. I would like to visit each and every intergroup in the next 3 years! Please feel free to get in touch with me if you have an event!

I am so grateful for the fellowship and recovery in Region 5.

Yours in Service,
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