



**Region 5 Trustee Report
Submitted by Barb K**

Affiliated Groups: 481
Unaffiliated Groups: 28
Total Groups 509
Intergroups: 26

**I am so grateful to be a member of Region 5 OA.
What a great convention we had!
Thank You Cleveland!**

Literature Updates

- Where do I Start? *Everything a Newcomer Needs to Know* is now available as an e-book through Amazon Kindle, Apple books and Barnes & Noble Nook. It is a #1 seller on Amazon Kindle!
- IN addition to this, I still have a few copies of *Everything Newcomer Needs to Know* that I can snail mail. Either text me at 317-797-0577 or email r5TrusteeBarb@gmail.com
- Our newest downloadable literature entitled: *Temporary Sponsors: Everything a Newcomers' First 12 Days* has arrived. This literature contains great suggestions for newcomers and new sponsors. Here is the link: <https://oa.org/group-resources-list/temporary-sponsors-newcomers-first-twelve-days/>
- Our *Group Handbook* is no longer available to order through snail mail. It is a \$1 downloadable pdf. It is a valuable resource for intergroups and meetings. Available through: <https://bookstore.oa.org/>

Virtual Updates

- Our YouTube channel has begun with our new video: <https://www.youtube.com/watch?v=FIAPxUdPw-s>
- OA.org is a wealth of information. Here is a link to some important downloadable documents: <https://oa.org/document-library/>
- In addition to Region 5's webpage to announce upcoming events; your intergroup can also upload them on OA's official Facebook page : <https://www.facebook.com/overeatersanonymousofficial>

Twelve Step Workshop and Study Guide

Have you completed the Twelve Step Workshop and Study Guide? We want to hear from you! Send us a blurb (200 words or less) about your experience. We may publish it in a future issue of A Step Ahead! Send your blurb to info@oa.org with subject "Publications" or mail your response to the World Service Office. Thank you for your service!

World Service Convention 2021

World Service Convention has been rebooked for **August 26–28, 2021** and will take place at the same hotel venue in Orlando, Florida USA. Check oa.org for future updates and join the Convention email list at conventioninfo@oa.org. In your email, include your full name, email address, state/ province/territory, and country. Your information will be kept confidential to the World Service Office. We'll see you in 2021!

REMINDER Send mail only to the current address: Overeaters Anonymous World Service Office PO Box 44727 Rio Rancho, NM 87174-4727 USA – Thank you!

Professional Exhibits Fund

The Professional Exhibits Fund has more than US\$13,000 available to help your service body participate in a trade conference or convention for professionals who may refer patients and clients to OA. I realize that several intergroups have had to withdraw from their exhibits because of our current health issue. However, take a look at the application to see what expenses OA funds can help cover. Applications are reviewed monthly, so talk to your service body about local opportunities and apply! Find the application in the Document Library <https://oa.org/document-library/> under category “Outreach to Professionals.”

Men's Meetings

There are more virtual possibilities for men in Overeaters Anonymous. Visit: <http://www.oamen.org/> -for a list of men's meetings.

Young People

Connect with other young people – There are many phone meetings and virtual meetings for young people. To find them go to **oa.org**—find a meeting—special focus—young person
There is also a Facebook page for Young People. The page is entitled: Overeaters Anonymous YP

Intergroup Renewal

If your Intergroup would like to discuss having this program brought to your meeting, please contact me and we will work something out!

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

Yours in Service,
Barb K.
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