



Region 5 Trustee Report

Submitted By: **Barb K**

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- 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. Here is the link to oa.org to update your meetings. <https://oa.org/add-a-meeting/edit-a-meeting/>
- World Service Business Conference will be virtual this year. Our theme is “Looking to the Future: One Day at a Time.” Please register as soon as possible. We have great plans for the conference! Yes, we will do our business with the new motions this year; however, there is so much recovery at the conference as well. Please join us! Deadline is 3/15/2021 – you may register late!
<https://oa.org/app/uploads/2021/01/delegate-registration-instructions-and-form.pdf>
- We are still scheduled for F2F convention scheduled for August 26-28 in Renaissance Orlando, FL at SeaWorld. More information will be forthcoming. Many ideas have been considered. In the meantime, you can Join the Convention email list by including your name and email address in an email to conventioninfo@oa.org. And share the Convention spirit with the official Convention bookmark. Downloadable from the Convention web page, there are two versions so you can have them professionally printed or print them at home. <https://oa.org/world-service-convention/>
- Podcasts on oa.org! Our founder – Rozanne S. – her recordings are now on our website at oa.org/podcasts. It is so wonderful to hear her voice and her experience, strength and hope! In addition, we have 5 new podcasts by young people in OA. Here is the link to those podcasts. <https://oa.org/young-persons-podcasts/>
- There is a new survey for your service body [Intergroups & Regions] to complete to help OA’s PIPO Committee. OA recognized the need to reach people at a young age so recovery can begin. The results of this survey will be shared with the entire OA community. Here is a link to the survey for your Intergroup: www.surveymonkey.com/r/AttractYP
- Want to post your local events to the world? Here is how: *Post your local OA events to OA’s [social media page](#) (a third-party website) by clicking the “Send Message” button on that page. Include all event information and a contact email address that maintains member anonymity. You may also drag-and-drop your event flyer into the message.*
- New Pamphlets Available in Print as well as E-Book. Here is the link to the “Step Ahead – what’s new” link at oa.org: <https://oa.org/a-step-ahead/whats-new-from-wso/>
- Twelfth Step Within Committee has developed 5 new workshops for OA holidays. Find all new workshops under the category “Twelfth Step Within: OA Holiday Workshops” at <https://oa.org/document-library>.

- **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.

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

OA on Social Media:

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

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

Trustee on Zoom!

- Intergroup Renewal - We now have 5 Intergroups who are currently involved in the Renewal Process. If you would like more information, please contact me at r5TrusteeBarb@gmail.com
- Steps, Traditions and Concepts of Service Workshops are available upon request. Please contact me if you would like more information!
- I still have some copies of “*Everything A Newcomer Needs to Know*” to mail to newcomers. Email or text me and I will mail them out!

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

Yours in Service,
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