

OVEREATERS ANONYMOUS
REGION 5 SECRETARY LETTER

RE: Packet C for the 2019 Spring Region 5 Assembly
March 8-10 2019



March 25th, 2019

Dear Region 5 Intergroups, Representatives, Officers, and Trustee,

The post-assembly packet, Packet C, has been posted on the Assemblies page of region5oa.org.

There are 3 documents in Packet C:

1. **C01.Secretary Letter.pdf** - 2 pages - New
 - a. This Secretary Letter is the first document of Packet C and describes what is in the packet.
2. **C02.Region 5 2019 Spring Assembly Minutes.pdf** - 12 pages – New
 - a. This is the minutes from the 2019 Spring Region 5 Assembly as approved by the minute's approval committee.
3. **C03.Spring 2019 Assembly Credentials.pdf** - 1 page – New
 - a. This is the credentials report referenced in the Region 5 2018 Fall Assembly Minutes.
4. **C04.Region 5 Policies and Procedures 2019-03.pdf** - 18 pages – New
 - a. This is the updated Region 5 Policy and Procedure Manual with the changes approved the by the 2019 Spring Region 5 Assembly. See the minutes for details of what was changed.

Not included in Packet C are:

1. The Freedom from Bondage newsletter. This will be distributed at a later date.

This concludes the documentation for the 2019 Spring Region 5 Assembly. We got a lot done at this assembly. This assembly was filled with a whole bunch of firsts for me. We had 39 people register and 37 people actually attended. This was 9 more people attending than what we have been averaging. We had a substitute motion and emergency new business. That was really exciting. We had 7 official green dots, though I am sure more than 7 people stood up on Sunday. The new registration system worked very well. We are getting closer to being paperless. We have 3 sub-committees in the Outreach committee of the whole. We are getting this done. You know what this means... It means we Rock!!!

But you know what this also means... we need to keep the momentum going. Let's get those Zoom meetings scheduled. If you need help starting the meeting let me know I will help you.

It's really much easier than you think. After a while, connecting to a Zoom meeting will be second nature.

Don't forget to mark your calendars for:

- Jul 13, 2019 Region 5 Summer Conference Call
- Sep 27 – 29, 2019 Region 5 Convention, Hyatt Regency, Downtown Milwaukee, WI
- Nov 8 – 10, 2019 Region 5 Fall Assembly

Now's the time to start considering if you want to run for Region 5 Vice-Chair or Secretary. If you think you'd like to take on these awesome service positions, please have your application into to me no later than September 1st, 2019. The application is on the forms page in the Region 5 website.

Yours in recovery,

--Joel I.

--Region 5 Secretary

--R5Secretary@outlook.com