

OVEREATERS ANONYMOUS  
REGION 5 SECRETARY LETTER

RE: Packet C for the 2020 Spring Region 5 Assembly  
March 13-15, 2020



April 12<sup>th</sup>, 2020

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

The post-assembly packet, Packet C, has been posted on the Assemblies page of region5oa.org. I know it's taken me a while to get this done. Considering the entire pandemic and lock down there was a lot to do that was distracting me, so I appreciate your patience.

There are 6 documents in Packet C:

- **C01.Secretary Letter 2020 Spring Assembly.pdf** – New – 2 pages  
You are currently reading this document. This is my report to you concerning this packet.
- **C02.Region 5 2020 Spring Assembly Minutes v3.pdf** – New – 10 pages  
This is the minutes taken during the Region 5 2020 Spring Assembly and approved by the Minutes Approval Committee.
- **C03.Spring\_2020\_Assembly\_Credentials.pdf** – New – 1 page  
This the credentials taken during the Region 5 2020 Spring Assembly and referenced in the minutes.
- **C04.Region 5 Policies and Procedures 2020-03.pdf** – New – 19 pages  
Region 5 Policy and Procedures has been updated to include the adopted changes to the Region 5 Policy and Procedures during the Region 5 2020 Spring Assembly.
- **C05.Region 5 Assembly Handbook 2020-04.pdf** – New – 39 pages  
The history for Region 5 has been updated in the handbook.
- **C06.FreedomFromBondageSPRING20Color.pdf** – New – 8 pages  
This is the newsletter produced by the Region 5 Media Committee. Please distribute it at your meetings.

This concludes the documentation for the 2020 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 36 people register and 25 people actually attended. It was very understandable why some of our members chose to stay home. They joined us on Friday night zoom session. Our very first Friday night session was a success. There was 11 people who attended as Friday night Zoom session. We chose to continue the business of the Outreach Committee of the Whole and approved 4 motions. It was a truly great meeting even if we couldn't actually touch each

other. Honestly, I was a bit different without the hugs. Even with the beginnings of the pandemic we managed to pull it together. 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 Committee Zoom meetings scheduled. If you need help starting the meeting let me know I will help you. Please see the newsletter for an article on how to do that.

**Don't forget to mark your calendars for:**

- July 11th, 2020: Region 5 Summer Conference, Zoom Meeting
- August 20-23, 2020: World Service Convention, Orlando, FL
- October 9-11, 2020: Region 5 Convention, Holiday Inn Cleveland South, Cleveland, OH
- Date TBD (Est: Nov 2020): Region 5 Fall Assembly, Columbus, OH
- March 12-14, 2021: Region 5 Spring Assembly, Hilton Garden Inn, Chesterton, IN

Now's the time to start considering if you want to run for Region 5 Chair or Treasurer. If you think you'd like to take on these awesome service positions, please have your application into to me no later than September 15<sup>th</sup>, 2020. The application is on the forms page in the Region 5 website.

Yours in recovery,

--Joel I.

--Region 5 Secretary

--R5Secretary@outlook.com