



## OVEREATERS ANONYMOUS REGION 5 SECRETARY

Oct 11, 2021

### **RE: Region 5 Fall 2021 Assembly**

October 29, 30, & 31 2021 – Virtual Zoom

Dear Region 5 Intergroups, Representatives, Officers, and Trustee,  
It is almost time that we are coming together again for our 2021 Fall Assembly. This letter is part of the 2021 Fall Assembly Packet B. This is the final packet being provided before the Assembly starts. This packet contains reports from the various offices and committees in our region. There are 14 documents in Packet B. If any additional reports are received before the start of the assembly, I will be sending them to by email. The numbering may not be sequential in this packet, as I have skipped some numbers for expected documents that are not included. As usual, I am indicating whether the document should be printed for your handbook by marking the document a “New” or not with the number of pages it is. The documents are:

B01_R5_Secretary_Letter_2021_Fall_Assembly.docx	New	3 Pages
B02_R5_Fall_2021_Assembly_Credentials.pdf	New	1 Page
B03_R5_Chair_Report_2021_Fall_Assembly.pdf	New	1 Page
B04_R5_Vice-Chair_Report_2021_Fall_Assembly.pdf	New	1 Page
B05_Treasurer_Report_2021_Fall_Assembly.pdf	New	1 Page
B06_R5_Trustee_Report_2021_Fall_Assembly.docx	New	2 Pages
B07_R5_Bylaws_Committee_Report_2021_Fall_Assembly.pdf	New	1 Page
B09_R5_Media_Committee_Report_2021_Fall Assembly.pdf	New	1 Page
B10_R5_Professional_Outreach_Subcommittee_Report_2021_Fall Assembly.pdf	New	1 Page
B11_R5_Sponsorship_Task_Force_Report_2021_Fall_Assembly.pdf	New	1 Page
B13_R5_Nominations_Committee_Report_2021_Fall_Assembly.pdf	New	1 Page
B20_Your OA Service Body Bulletin October 2021.pdf	New	5 Pages
B21_R5_2022_Budget_Proposal.pdf	New	2 Pages
B22_R5_Budget_to_Actual_2021_Fall Assembly.pdf	New	2 Pages
B23_R5_2021 Standing Rules Amendment 10a.pdf	New	1 Page
B24_R5_2021 Standing Rules Amendment 10b.pdf	New	1 Page
B25_R5_Media_Email_Blast_Request_2021_Fall_Assembly.pdf		1 Page
B26_R5_Group_Growth.pdf	New	1 Page

**Documents Not Included**

We do not have a consent agenda, and reports from several committees who have indicated they have nothing to report. The current motions, and Region 5 Board Officer Applications for Vice-Chair and Secretary, that we are considering are in packet A.

**What to expect at the Assembly?**

The best part of the upcoming Assembly is that we do not have to travel. The worst part of the Assembly is that we do not have to travel. Not having to travel means staying comfortable in your own home for the entire weekend. Also, no money will need to be spent. But of course, there something to say about being in the same location together. I will miss the hugs and quiet conversations I have with friends in the Hotel lobby or at a restaurant. Or just looking around the room at your faces sitting behind the desks as we discuss the business at hand.

The proposed Agenda in is Packet A and if you have reviewed it is the same basic plan, we have at every Assembly. Fortunately, our normal agenda has lots of breaks built in. This should alleviate some of the eye strain. Though you may want to keep some Tylenol close by.

Please make time in your schedule for the two open OA meetings that are scheduled. The first one is on Friday at 5:15 PM. Going to an Open OA meeting is the best way to start a weekend of business. We do not usually get a lot of people at this meeting because most of you are just arriving at the hotel. Let us see if we can all attend. The second Open OA meeting is on Saturday at 8:30 PM. The Hosting intergroup is promising a wonderful OA meeting, you do not want to miss this.

The Region 5 Board will be having an open meeting on Friday 3:00 PM. If you can join this meeting, you can see how the board conducts their business, especially getting ready for the long weekend.

We will be using the Raise hand feedback button in the Zoom Participant window to request to speak. We will not be preventing anybody from unmuting or talking during the Assembly. Though if you do not mute yourself voluntarily when you are not speaking, you will be muted by the host. Just like at a Face-to-Face assembly you will need to be called on by the Chair to speak. If you have point of order, ask a question, make a proposal, argue at a pro and con, you will be asked to raise your hand, just as if you were walking up to a podium.

Just as a reminder we will be taking a roll call for our credentials before every vote and election. You must be present during the roll call to vote. If you are a visitor, please do not vote or participate in the election while we are conducting it.

Last but certainly not least. How do you connect to the Assembly? I will be emailing a connection document with all the links for each of the sessions a few days before the Assembly. Please be on the look out for this document. Also please do not distribute it to your fellow OA members. If they want to attend, please have them register so I can keep a record of who was there.

### **This is my last Secretary's Letter**

I have been your Region 5 Secretary since I was elected at the 2017 Fall Assembly. 4 fun filled years. It's been an interesting journey. I made a lot of mistakes, especially in the beginning, but I eventually figured it out. We made a lot of improvements to the region. The Summer Conference was started in 2017 as a phone conference and we switch to Zoom in 2019, a year before the Pandemic. The Pandemic was a huge challenge, that we all overcame together. I think because we had spent over a year with Zoom prior to the Pandemic most of our Intergruop were able to help our group make the switch easily. We knew it was a good alternative because we used it at the Summer Conference and for Committee meetings. We switched from a custom website registration form to RegFox at the Fall 2018 Assembly. We also upgraded the Website in January of 2019. We figured out many different technological challenges and improved the way we conduct Assemblies. We also rewrote the Assembly Information document and simplified the printing of the handbook. I feel good about what we have done for the Region. I use the pronoun "we" for all of the above statements, because I didn't do it alone. All of you and some of your predecessors help me champion this growth in our Region. Because of this we conducted two fantastic assemblies and two truly awesome Conventions online. And we are about to do a third assembly online. Each time we do it, it gets easier. I have no idea how long we will continue to do Assemblies online. Attendance has improved slightly because it is much easier to get to the Assembly from your home than when we had to travel. Still, I miss the hugs and meals together.

Thank You for trusting me and allowing me to be your Secretary for the last 4 years. It is time for me to move on. I will miss all of you guys. I may take on the new service position we voted in two years ago to keep our Zoom meetings going. If so, I will at least see you online.

If you have any questions, please do not hesitate to email me, or call me.

Thank you for your service.

Yours in recovery,

Joel I.

Region 5 Secretary

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