



OVEREATERS ANONYMOUS – REGION 5 SECRETARY

October 15th, 2024

RE: Region 5 2024 Fall Assembly

Friday, November 1st, 2nd, and 3rd, 2024.

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

The Assembly will be held **in-person only** at the Hilton Garden Inn in Chesterton, Indiana. Beginning on Friday, November 1st through Sunday, November 3rd, 2024 and is **open to all Region 5 OA members**.

This letter is part of the 2024 Fall Assembly **Packet B**. Packet A was previously released and there will be one additional Packet released after the Assembly (**Packet C** – containing the Assembly Meeting Minutes and other supporting documents).

Region 5 2024 Fall Assembly Packet B Documents:

- **B01_Region 5 2023 Fall Assembly Secretary Letter**
- **B02_Region 5 2024 Fall Assembly Credentials**
- **B03_Region 5 2024 Fall Assembly Chair Report**
- **B04_Region 5 2024 Fall Assembly Vice-Chair Report**
- **B05_Region 5 2024 Fall Assembly Trustee Liaison Report**
- **B06_Region 5 2024 Fall Assembly Treasurer Report**
- **B07_Region 5 2024 Fall Assembly Budget vs ActualsBudget_FY24_PL-FY24PL**
- **B08_Region 5 2024 Fall Assembly Income by Meeting and Program**
- **B09_Region 5 2024 Fall Assembly Proposed 2025 Budget with 2024 results**
- **B10_Region 5 2024 Fall Assembly Consent Agenda**
- **B11_Region 5 2024 Fall Assembly Media Committee Report**
- **B12_Region 5 2024 Fall Assembly Convention Committee Report**
- **B13_Region 5 2024 Fall Assembly Nominating Committee Report**
- **B14_Region 5 2024 Fall Assembly Bylaws Committee Report**
- **B15_Region 5 2024 Fall Assembly Everything Intergroup Subcommittee Report**
- **B16_Region 5 2024 Fall Assembly Sponsorship-Speakers Subcommittee Report**
- **B17_Region 5 2024 Fall Assembly FLYER for The OA Interactive World of Sponsorship**
- **B18_Region 5 2024 Fall Assembly SCRIPT for The OA Interactive World of Sponsorship**
- **B19_Region 5 2024 Fall Assembly Parliamentarian Moment**
- **B20_Region 5 2024 Fall Assembly_call-for-abstinence-stories**
- **B21_Region 5 2024 Fall Assembly_12th Step Within Event**
- **B22_Region 5 2024 Fall Assembly_oa-regions-map**

- **Packet B Combined Print Document**

- We highly suggest reviewing all the Packet A and Packet B materials before the business of the Assembly starts on Saturday morning.
- Please note that we add Packet page numbering at the **TOP** of the **Combined Print Document PDF pages** and blank Packet break pages, to assist with finding documents during the sessions. When searching for these new top of page reference page numbers, please ignore any numbering that appears at the bottom of the pages (those numbers are native to the original individual documents).

PLEASE NOTE THAT WE MADE UPDATES/CORRECTIONS TO THESE PACKET A DOCUMENTS:

- **A02_Region 5 2024 Fall Assembly Proposed Agenda**
- **A06_Region 5 2024 Fall Assembly Motions**
- **A10_Region 5 Assembly Handbook_UPDATED 9_24**
- **And all of those same pages within the Packet A Combined Print Document.pdf**

Please reprint these pages if you already printed them before Packet B was released.

If you have any questions, please don't hesitate to email me.

Thank you.

Keri E.

Region 5 Secretary

R5Secretary@outlook.com

PACKET B PAGE 4

Region 5 Credentials Report - Fall 2024

Registered Intergroups: 29 Registered Groups: 542 Unaffiliated Groups: 32

Total Groups: 574 Eligible # of Region 5 Reps: 67 Virtual Meetings in R5: 146

<u>St/Prov</u>	<u>Intergroup Name</u>	<u>Number</u>	<u>Groups</u>	<u>Eligible Reps</u>	<u>Sat A.M.</u>	<u>Sat P.M.</u>	<u>SUN A.M.</u>
IA	Promises of Eastern Iowa	9021	4	1			
	Iowa		4	1	0	0	0
IL	Suburban North	9118	27	3			
IL	Chicago West Intergroup Farout	9168	17	2			
IL	Turning Point	9467	19	2			
IL	Central Illinois	9482	8	1			
IL	Chicago Suburban Southwest	9539	22	3			
IL	Two Rivers	9690	13	2			
IL	Forest City	9625	2	1			
	Illinois		108	14	0	0	0
IN	Central Indiana	9096	34	4			
IN	Kiss Intergroup	9311	3	1			
IN	Let Go Let God (LG2)	9642	5	1			
	Indiana		42	6	0	0	0
KY	Louisville Metro	9022	21	3			
	Kentucky		21	3	0	0	0
MI	Greater Detroit Intergroup	9026	36	4			
MI	Southwest Michigan	9141	10	1			
MI	Greater Ann Arbor Area	9251	25	3			
	Michigan		71	8	0	0	0
MN	Northern Serenity	9422	9	1			
MN	Unity	9589	49	5			
	Minnesota		58	6	0	0	0
MO	Saint Louis Bi-State	9029	34	4			
MO	Greater Kansas City Areaa	9525	18	2			
	Missouri		52	6	0	0	0
ND	Red River Valley	9211	11	2			
	North Dakota		11	2	0	0	0
OH	Greater Cincinnati	9040	17	2			
OH	Cleveland Central	9041	40	4			
OH	Greater Canton Area	9122	5	1			
OH	Central Ohio Service	9134	19	2			
OH	Greater Dayton	9175	12	2			
OH	Crossroads of Hope	9274	7	1			
	Ohio		100	12	0	0	0
WI	Milwaukee Area	9053	43	5			
WI	Rock River	9073	9	1			
WI	Madison Area	9161	23	3			
	Wisconsin		75	9	0	0	0
Voting Reps Present			542	67	0	0	0
Voting Officers Present				4			
Eligible Voters Present					0	0	0
Non-voting alternates, guests							
Parliamentarian							
Region Trustee Liaison							
Total Attendance					0	0	0



Good morning all,

There are so many things that I say about being your chair for the passed 4 years. The one thing that I have learned, is that, WE are worldwide, we need our program to service OA as a whole not individuals. I believe that if we were to unite with one goal, recovering from compulsive overeating (including anorexia and bulimia) that our program would grow so big that AA would look small. What I see today as our biggest issues are that, instead of unifying, we are more divided than ever.

I love going to different meetings, seeing how others are getting their recovery, but I don't believe that there is only one way to get abstinent, only one way to work the oa program. With as many people are in OA, there are that many ways to work the program. What I see happening is that, we are not unifying, but separating because some believe that there is only one way to recovery. The most important thing is that we unite, work together as one. When we do that, we win.

Thank you for letting me serve as your Chair and hope that some of you will consider running for the region 5 board. I never really had a concept on how and why the traditions work the way that they do or the concepts unifying us.

Thank you for helping me.

Hugs to all, Eileen



IMPORTANT, IMPORTANT, IMPORTANT!!!!

Dear Intergroup Chairs and Intergroup Website Managers:

The Board of Trustees and the OA World Service Office is asking all Intergroups and Regions to immediately remove any image on websites or social media (including Facebook) platforms that is not appropriately used according to copyright laws.

Please ensure your Intergroup has appropriate permission granted to use images, videos or music (including flyers). If your service body does not have appropriate permission, remove the images immediately. When in doubt, remove the image or video until appropriate copyright permission is received by the digital image owner, or the image is appropriately cited.

The Board of Trustees has had a legal matter brought to them due to an innocent misuse of copyrighted material by a service body, and that matter has been resolved.

Thank you in advance for your compliance.

Sincerely,

Eileen C

Region5ChairOA@gmail.com

Region 5 Vice Chair Report November 1 – 3, 2024

I am blessed to be in a position to serve as your Region Vice Chair to the best of my ability. Being part of the whole is enlightening and exciting. The Region 5 Convention “Welcome Home (Many Symptoms; One Solution)” September 6 – 8 hosted by Cleveland Central Intergroup was awesome. Seeing the dedicated committees grow and work together to keep OA alive was impressive. The committees and volunteers working together brought the convention off smoothly and made it a rewarding experience for everyone. It was the first in person convention since Covid. It was great to see people in person and not on Zoom, to talk to people not seen in years.

Next year we look forward to the Region 5 Convention in Milwaukee, Memorial Day weekend. It will grow on the success of this convention and make an even better weekend experience. The convention will offer another opportunity for service for the good of OA and the benefits to our own programs.

For the upcoming Assembly we will have two hosting Intergroups: South Suburban Intergroup, Anthony, who will lead the Friday and Saturday evening meetings and Suburban North Intergroup, Carolyn S., who will staff the registration desk and both will lead the Intergroup share.

Don't forget we will be meeting to look at our subcommittees and getting all your ideas. Remember to look at your smart goals.

We will be having elections at the Assembly for Chair, Trustee and Treasurer. We currently have no one running for Treasurer. Nominations will be open to the floor. If you have been to three Assemblies, have two years of abstinence, have a healthy body weight and be familiar with computers you can do this job. There will be plenty of help. Please seriously consider this position.

Your Trusted Servant,

Kevin F.

Region 5 Vice Chair

219-921-9379

Kevinf250e@gmail.com



NOVEMBER 2024

Region 5 Trustee Liaison Report

Find A Meeting – update your meetings!

This is very important to do. With all the changes COVID has brought us - we need to make sure it is updated for our newcomers. Also – double check your phone numbers and contacts. Not only did we find one meeting where the contact is deceased, but also there have been some changes in some meetings that were not from the actual meeting. Updating is so important.

<https://oa.org/find-a-meeting/?type=0>

Sign up for Newsletter:

At oa.org you can sign up for the current news from our World Service Office. You will receive a monthly newsletter.

New Abstinence Book – Add Your Story! <https://oa.org/news/call-for-stories-experiencing-abstinence-deadline-january-1-2025/?news-category=0&page=0>

LIFELINE!

Read the current blog at oa.org. Also – send in your story as well. There are videos, recovery stories, and lots more on OA's blog. <https://lifeline.oa.org/>

Event Calendar

Oa.org has an event calendar where you can submit all of your Intergroup Workshops as well as see what is going on around the world! <https://oa.org/event-calendar/>

Traditions and Concepts of Service Workshops:

All board members will gratefully help you in any Traditions or Concepts of Service Workshops. Please let us know and we will assist you in any way that you need.

WSBC 2025

Get Ready for the 2025 WSBC – it will be virtual this year! <https://oa.org/news/first-conference-e-documents-now-posted-for-world-service-business-conference-2025/?news-category=0&page=0>

New Policy - <https://oa.org/news/oa-board-approves-new-policy-stating-oa-does-not-endorse-minors-attending-oa-meetings/?news-category=0>

Focus On Reference Guides: <https://oa.org/news/new-focus-on-reference-guides-for-giving-service-preventing-relapse-reaching-out-and-sponsoring/?news-category=0&page=0>

OA has added a new statement to the WELCOME section of certain suggested meeting formats: “Welcome to Overeaters Anonymous; we are a growing, evolving Fellowship with in-person and virtual meetings around the world. In OA, there are opportunities for recovery and to give service at local and virtual group, intergroup/service board, region, and world service levels. We strive to provide literature and support in every language, worldwide, to meet still-suffering compulsive eaters wherever they are.”

<https://oa.org/news/new-welcome-text-added-to-suggested-meeting-formats/?news-category=0&page=0>

New Video for PIPO! <https://vimeo.com/944093842>

Our new Public Information videos are AWESOME! Put them on your Facebook pages – use in your Public Information Meetings!

<https://oa.org/news/oa-releases-new-public-information-video-and-web-page/?news-category=0>

New literature/catalog order for online a oa.org:

<https://oa.org/news/2024-literature-catalog-and-order-form-now-available/?news-category=0&page=0>

University outreach:

Is there a university close to you who supports 12 step programs? Check it out!

<https://oa.org/news/new-reach-out-to-university-staff-who-support-student-well-being/?news-category=0&page=0>

The Joy of Service E-Zine

<https://oa.org/news/discover-the-joy-of-service-in-our-new-e-zine/?news-category=0&page=0>

New! 12 Concepts of Service Workshop! Check it out!

<https://oa.org/news/delve-into-the-twelve-concepts-of-oa-service-with-our-new-workshop/?news-category=0&page=0>

Updated Newcomers Informational Meeting

<https://oa.org/news/new-guidelines-for-a-newcomers-informational-meeting/?news-category=0&page=0>

Respectfully Submitted,

Barb K

R5Trustee@oa.org

REGION 5 OVEREATERS ANONYMOUS
POST OFFICE BOX 221224
SHAKER HTS, OHIO 44122

Treasurer's Report Fall 2024 Assembly

Thank you for letting me do the service of being your Region Treasurer for the last four years. During this time we went through the COVID pandemic, we learned the power of online meetings, and we had several years of contributions that exceeded spending.

This year we had our first in person Region Convention since 2019. We had an excellent turnout, great speakers, and wonderful entertainment. We exceeded our registration and income goals. We spent less than budgeted and still have some supplies that are being sent on to Milwaukee for the 2025 Convention. A successful event by all standards!

As usual I am attaching an updated budget statement as well as a detailed list of meetings that have sent us contributions this year.

I'm also including a draft budget for 2025. The Finance Committee will review this Saturday and make updates and changes as needed. If you have a comment or suggestion, please feel free to contact me.

We still need a new Treasurer for 2025 to 2027. I hope some of you will seriously consider this position. It's not terribly strenuous and offers an excellent opportunity to do service at the Region level.

Linda P.
Treasurer
Region 5 OA

Region 5 OA

Budget vs. Actuals: Budget_FY24_P&L - FY24 P&L

January - December 2024

	TOTAL			
	ACTUAL	BUDGET	OVER BUDGET	% OF BUDGET
Revenue				
Assembly Income		0.00	0.00	
7th Tradition	247.00	400.00	-153.00	61.75 %
Registrations	1,627.00	2,600.00	-973.00	62.58 %
Total Assembly Income	1,874.00	3,000.00	-1,126.00	62.47 %
Contributions				
		32,000.00	-32,000.00	
#13 Illinois	11,873.09		11,873.09	
#14 Indiana	5,323.64		5,323.64	
#15 Iowa	27.76		27.76	
#18 Kentucky	756.64		756.64	
#22 Michigan	4,324.91		4,324.91	
#23 Minnesota	1,907.32		1,907.32	
#24 Missouri-Illinois	465.18		465.18	
#34 North Dakota	58.90		58.90	
#35 Ohio	5,871.35		5,871.35	
#49 Wisconsin	2,155.85		2,155.85	
Other Region Individual	90.00		90.00	
Total Contributions	32,854.64	32,000.00	854.64	102.67 %
Conventions				
2024 Convention	44,363.00	30,000.00	14,363.00	147.88 %
Scholarship donation	913.00		913.00	
Total 2024 Convention	45,276.00	30,000.00	15,276.00	150.92 %
Total Conventions	45,276.00	30,000.00	15,276.00	150.92 %
Credit Return	192.87		192.87	
Interest Income	2.89	6.00	-3.11	48.17 %
Total Revenue	\$80,200.40	\$65,006.00	\$15,194.40	123.37 %
GROSS PROFIT	\$80,200.40	\$65,006.00	\$15,194.40	123.37 %
Expenditures				
2024 Convention Expense	15,023.13	20,000.00	-4,976.87	75.12 %
2024 Convention Hotel Liason	1,422.07		1,422.07	
Convention Registration	904.22		904.22	
Decorations	613.17		613.17	
Entertainment	324.36		324.36	
Hospitality Committee	407.26		407.26	
Marketplace Committee	31.30		31.30	
Program Committee	106.82		106.82	
Scholarship	540.00		540.00	
Total 2024 Convention Expense	19,372.33	20,000.00	-627.67	96.86 %
2025 Convention				
2025 Convention Hotel Liaison	884.05		884.05	
Total 2025 Convention	884.05		884.05	
Assemblies		5,000.00	-5,000.00	

Region 5 OA

Budget vs. Actuals: Budget_FY24_P&L - FY24 P&L

January - December 2024

	TOTAL			
	ACTUAL	BUDGET	OVER BUDGET	% OF BUDGET
Assembly Exp		0.00	0.00	
Banquet	940.41		940.41	
Copies	288.66		288.66	
Hotel Liaison - Assembly Exp	757.08		757.08	
IG Delegate Assistance		3,000.00	-3,000.00	
Meeting Rooms	1,414.70		1,414.70	
New Rep Information	417.30		417.30	
Officers Assembly Expenses	414.91	6,000.00	-5,585.09	6.92 %
Chair Assembly Expense	115.86		115.86	
Officer Lodging	1,538.13		1,538.13	
Officer Meals	313.42		313.42	
Vice-Chair Assembly Expense	209.51		209.51	
Total Officers Assembly Expenses	2,591.83	6,000.00	-3,408.17	43.20 %
Outreach Committee	42.62		42.62	
IG Outreach Committee	505.44	1,500.00	-994.56	33.70 %
Professional Outreach		1,000.00	-1,000.00	
Total Outreach Committee	548.06	2,500.00	-1,951.94	21.92 %
Parliamentarian		200.00	-200.00	
Total Assemblies	6,958.04	16,700.00	-9,741.96	41.66 %
Contract Services				
Accounting Fees				
Accountant		2,000.00	-2,000.00	
Total Accounting Fees		2,000.00	-2,000.00	
Total Contract Services		2,000.00	-2,000.00	
Facilities and Equipment				
Furniture and Equipment	140.11		140.11	
software program upgrades		100.00	-100.00	
Total Facilities and Equipment	140.11	100.00	40.11	140.11 %
Insurance - Liability, D and O				
Liability Insurance	1,211.00	1,200.00	11.00	100.92 %
Total Insurance - Liability, D and O	1,211.00	1,200.00	11.00	100.92 %
Operating Expenses				
Bank charges				
Bank Service Charges	2.54		2.54	
Total Bank charges	2.54		2.54	
Officer Operating Expenses		2,000.00	-2,000.00	
Chair Office Expense	121.50		121.50	
Secretary Office Expense	15.92		15.92	
Secretary Travel Expense	67.87		67.87	
Treasurer Office Expense	379.36		379.36	
Vice Chair Travel Expense	549.22		549.22	
Total Officer Operating Expenses	1,133.87	2,000.00	-866.13	56.69 %

Region 5 OA

Budget vs. Actuals: Budget_FY24_P&L - FY24 P&L

January - December 2024

	TOTAL			
	ACTUAL	BUDGET	OVER BUDGET	% OF BUDGET
Total Operating Expenses	1,136.41	2,000.00	-863.59	56.82 %
Operations				
Books, Subscriptions, Reference	134.66		134.66	
Postage, Mailing Service				
Post Office Box		200.00	-200.00	
Postage		60.00	-60.00	
Total Postage, Mailing Service		260.00	-260.00	
Processing Fees				
Webconnex	460.07		460.07	
Wepay	1,825.86	1,600.00	225.86	114.12 %
Total Processing Fees	2,285.93	1,600.00	685.93	142.87 %
Record Storage/Shredding	1,100.00	1,320.00	-220.00	83.33 %
Web Expenses				
Virtual Meeting Expenses	299.80	300.00	-0.20	99.93 %
Web Site Security	222.75	300.00	-77.25	74.25 %
Webmaster	3,154.31	6,500.00	-3,345.69	48.53 %
Website Hosting & Domain	646.49	300.00	346.49	215.50 %
Total Web Expenses	4,323.35	7,400.00	-3,076.65	58.42 %
Total Operations	7,843.94	10,580.00	-2,736.06	74.14 %
Tax				
Non Profit Status	50.00	50.00	0.00	100.00 %
Total Tax	50.00	50.00	0.00	100.00 %
Unapplied Cash Bill Payment Expenditure	74.89		74.89	
World Service Organization				
Region Chair Committee (RCC)	859.11	2,000.00	-1,140.89	42.96 %
Trustee Candidate Expense		2,000.00	-2,000.00	
Trustee expenses	6.40		6.40	
World Service Business Conf				
Chair to WSBC	1,692.84	2,500.00	-807.16	67.71 %
IG Funding Assistance		3,000.00	-3,000.00	
Region 5 Delegate to WSBC	3,478.33	5,000.00	-1,521.67	69.57 %
Total World Service Business Conf	5,171.17	10,500.00	-5,328.83	49.25 %
WSO Contribution				
World Service General Fund	10,000.00	20,000.00	-10,000.00	50.00 %
Total WSO Contribution	10,000.00	20,000.00	-10,000.00	50.00 %
Total World Service Organization	16,036.68	34,500.00	-18,463.32	46.48 %
Total Expenditures	\$53,707.45	\$87,130.00	\$ -33,422.55	61.64 %
NET OPERATING REVENUE	\$26,492.95	\$ -22,124.00	\$48,616.95	-119.75 %
Other Expenditures				
Reconciliation Discrepancies-1	36.01		36.01	
Total Other Expenditures	\$36.01	\$0.00	\$36.01	0.00%

Region 5 OA

Budget vs. Actuals: Budget_FY24_P&L - FY24 P&L

January - December 2024

	TOTAL			
	ACTUAL	BUDGET	OVER BUDGET	% OF BUDGET
NET OTHER REVENUE	\$ -36.01	\$0.00	\$ -36.01	0.00%
NET REVENUE	\$26,456.94	\$ -22,124.00	\$48,580.94	-119.58 %

Region 5 OA

Profit and Loss by Tag Group

January 1 - October 7, 2024

	TOTAL
Revenue	
Assembly Income	
7th Tradition	247.00
Registrations	1,627.00
Total Assembly Income	1,874.00
Contributions	
#13 Illinois	
- 801159 Zoom Central IL Thurs 730P	275.00
- Personal Donations	500.00
-00417 Normal Wed 515pm	200.00
-01232 Chgo Wash Pk Sat 1015 am	76.50
-04500 Naperville Mon 730 pm	510.00
-04667 Burbank Thu 1000 am	217.75
-04737 Burbank Tue 730 pm	219.70
-06854 Benet Lake Fri 1000am	58.00
-07207 Northbrook Sat 1100 am	71.20
-07972 Schaumburg Wed 930 am	103.50
-07984 Ferguson Tues 6PM	13.40
-08909 Aurora Wednesday 930 am	60.00
-09118 Suburban North Intergrou	667.00
-09168 CHIWIF Intergroup	900.00
-09467 Turning Point Intergroup	1,861.75
-09539 CSSI Intergroup	1,578.61
-09690 Two Rivers Intergroup	185.00
-11921 Forest Park Sat 900 am	14.00
-13044 Arlington Hgts Sat 230 p	98.80
-14691 Palos Hgts Fri 1000 am	232.13
-15457 Niles Mon 700 pm	70.10
-19803 Crystal Lake Sat 1000 am	113.10
-20655 LaGrange Fri 900 am	56.40
-22469 Highland PK Sun 1000 am	70.00
-30462 Evanston St Fr Sat 930am	30.00
-31397 Tuesday PM	19.30
-32205 Chgo St. Johns Sat 930 a	55.15
-32222 Elmhurst Sat 1015 am	120.00
-33054 Oak Lawn Fri 700 pm	48.60
-33402 Libertyville Sat 800 am	67.00
-33891 Waterloo-Columbia 6;15PM	27.30
-34562 Evanston St M Sat 900 am	58.00
-34566 Monkena Mon 1000 am	67.90
-34571 River Grove Mon 730 pm	20.00
-35752 Darien Tue 530 pm	10.00
-35994 Evanston Fri 730 am	21.20
-36157 Roselle Sat 830 am	103.00

Region 5 OA

Profit and Loss by Tag Group

January 1 - October 7, 2024

	TOTAL
-36275 Chicago Sun 1100 am	90.00
-38938 Burr Ridge Sat 800 am	26.70
-39338 Chgo Masonic Sat 730 am	30.00
-39340 Chgo Thorek Sun 915 am	105.13
-41015 Chi St. Johns Tue 700 pm	41.78
-45986 Oak Forest Wed 730 pm	31.40
-46082 Grayslake Fri 730pm	123.30
-46915 Orland Park Sat 830 am	315.68
-49214 Chicago St Ma Mon 600 pm	175.80
-49518 Kankakee Wed 700 pm	20.00
-50027 Alton Tues 7PM	70.00
-50044 LaGrange Sun 700 pm	44.60
-51048 Darien Wed 630	184.20
-51233 Oak Park Wed 700 pm	100.50
-53345 Chicago Alano Sun 900 am	30.00
-53693 Orland Park Wed 930 am	100.00
-53859 Springfield Sat 10AM	14.63
-54010 Northbrook Mon 1000 am	10.00
-56429 Northbrook Thu 1000 am	27.00
-57330 Crystal Lake Thurs noon	71.30
-57518 Burbank Tues 6;30 Newcom	296.40
-57855 Urbana Tuesday evening	273.00
-57859 Chicago Wed 6PM	9.00
-800455 Evanston Zoom Sat 730A	150.00
-800561 Burbank Zoom 7;30	162.48
-800669 Morton Grove Wed 7PM	261.60
-88960 Zoom Tues Acceptance is the Answer	7.80
-89078 Saturday 8 am Virtual	242.20
-89098 Friends in Recovery 8AM	33.00
-89941 Monday Chi No 7PM Zoom	26.20
Total #13 Illinois	11,873.09
#14 Indiana	156.90
- 800456 Friday 730PM Zoom	10.00
- Personal	28.00
-01026 Indianapolis Thu 1200 pm	10.00
-02327 Elkhart Mon 600 pm	95.72
-08475 Lafayette Wed 700 pm	50.00
-09096 Central Indiana IG	3,000.00
-12098 Indianapolis Tue 700 pm	25.28
-14137 Michigan City Mon 700 pm	279.00
-22495 Goshen Sat 1000 am	70.42
-22838 Indianapolis Fri 1200 pm	402.00
-24741 Highland Fri 900 am	15.00
-26994 Indianapolis Sat 830 am	28.53

Region 5 OA

Profit and Loss by Tag Group

January 1 - October 7, 2024

	TOTAL
-29422 Kokomo Tue 700 pm	8.00
-36184 Greenwood Sat 1000 am	145.00
-36536 Indianapolis Mon 630 pm	57.20
-37739 Ft. Wayne Sat 900 am	64.60
-38165 Evansville Sat 840 am	18.90
-52025 Indianapolis Sun 4pm	177.00
-54446 Crown Point Tue 700pm	51.20
-54657 Ft. Wayne Thu 615 pm	58.03
-56566 Indianapolis Mon 7pm	66.22
-57032 Fort Wayne Monday Noon	17.50
-57348 Hebron Sat 11AM	5.00
-57854 Indianapolis Sun 7PM	34.88
-57937 Noblesville Why Not Try OA	75.00
-58090 Bloomington Sat 930AM	10.00
-800523 Indianapolis Tues noon	10.70
-800546 Indianapolis Wed 7PM	20.00
-800576 Sat 830AM Eye Opener	88.80
-800787 Friday night zoom	34.20
-801146 Wednesday 530PM	37.35
-89294 Tuesday Body Image	173.21
Total #14 Indiana	5,323.64
#15 Iowa	
-22408 Bettendorf Sat AM	27.76
Total #15 Iowa	27.76
#18 Kentucky	
- Personal Donations	100.00
-09022 Louisville Metro IG	130.00
-14857 Erlanger Wed 1030 am	149.50
-24532 Lakeside Sat 1030 am	37.99
-27020 Lexington Mon 700 pm	125.00
-33828 Louisville Fri 630 pm	38.83
-52921 Louisville Sat 400 pm	33.38
-53648 Louisville Thu 6pm	23.10
-57611 Saturday AM Recovery	61.20
-57702 Louisville TGIF	14.64
-800175 Lexington 9AM Zoom	43.00
Total #18 Kentucky	756.64
#22 Michigan	10.00
- Personal	50.00
-01953 Muskegon Tue 1000 am	60.00
-09026 Greater Detroit IG	200.55
-09208 Western Michigan IG	3,457.61
-16847 Grand Rapids Sat 1000 am	10.00
-29352 Charlevoix 630PM	30.00

Region 5 OA

Profit and Loss by Tag Group

January 1 - October 7, 2024

	TOTAL
-32527 Bloomfield H Wed 1000 am	20.60
-33110 Jackson Sat 930 am	27.00
-34924 Adrian Thu 700 pm	50.00
-35412 Ferndale Fri 1000 am	33.55
-39685 Garden City Sat 100 pm	10.00
-46681 Adrian Sat 1000 am	20.00
-49379 Bay City Thu 700 pm	16.60
-50804 Plymouth Thu 830 am	12.60
-51179 Okemos Tue 700pm	50.00
-51645 Livonia Wed 800 am	20.00
-53616 Adrian Monday 1230pm	20.00
-54870 Grand Rapids Thu 7PM	96.00
-57508 Ann Arbor Thurs 6PM BB	70.40
-800033 Grand Rapids Wed 10AM	60.00
Total #22 Michigan	4,324.91
#23 Minnesota	
--51440 Monday 630 PM Living Word Church Eagan	60.00
-00475 Detroit Lakes Tues 12N	68.23
-04913 Anoka Mon 7PM	284.00
-10686 Mankato Thurs 7PM	80.00
-11356 Saturday 11AM Spirit of God	36.00
-17188 St Paul Saturday 7;30AM	75.00
-25104 St. Cloud Saturday	23.54
-28143 Chippewa Falls Mon 630	25.00
-28391 Eden Prairie Sat 9AM	60.00
-31497 Minnetonka Friday noon	116.50
-46492 Minneapolis Sun 6PM	52.29
-47680 Rochester Sun 3-5PM HOW	30.00
-47708 Apple Valley Thurs 630P	30.66
-49557 Hopkins Sat 730A	18.00
-55391 Wayzata Tues 7PM	26.30
-800138 Minneapolis Thurs 7PM	400.00
-800782 Crossroads Saturday 7;30A	140.00
-801089- Duluth Monday 630P	65.00
-89258 Robbinsdale Mon 630P	153.00
-Personal donation	120.00
18284 Minneapolis Tues 930	43.80
Total #23 Minnesota	1,907.32
#24 Missouri-Illinois	64.87
- 06234 Sunday Recovery 11AM	10.00
- 801181 St. Louis Tues 7AM	5.00
-00990 St Louis Tues 1PM	74.50
-07418 St Louis Sat 10am	14.70
-08734 Saturday Morning Step study	96.91

Region 5 OA

Profit and Loss by Tag Group

January 1 - October 7, 2024

	TOTAL
-09020 Waterloo-Columbia Mon 6;15	6.00
-09029 St Louis Bi-state IG	16.70
-21534 Ferguson Thurs 10AM	13.50
-24305 Gethsemane Lutheran Sun 5PM	40.00
-45077 St Louis Abstinence First	73.00
-53332 Thursday Big Book	10.00
-57275 Warrensburg Tues 630PM	24.00
-801183 St Louis Wed 7AM	10.00
-801486 St Louis Big Book	6.00
Total #24 Missouri-Illinois	465.18
#34 North Dakota	
- 30526 Grand Forks Thurs 515PM	58.90
Total #34 North Dakota	58.90
#35 Ohio	
- 55745 Toledo Tues BB 530	25.00
- 57342 Youngstown Monday 7PM	105.00
- 58015 Toledo Mon 10;15A	80.00
- 800618 Monday Newcomer Cleveland	29.20
- 801409 Sat 10AM BB	50.00
- Personal	235.30
-00915 Elyria Mon 730 pm	80.00
-01041 Mentor Thu 1000 am	143.20
-02089 Columbus Thu 930 am	233.10
-02169 Medina Wed 730 pm	75.00
-02612 Parma Heights Mon 930 am	32.00
-04811 Seven Hills Fri 730	36.67
-08083 Columbus Mon 930 am	141.80
-08503 N Olmsted Wed 1000 am	60.13
-09134 Central Ohio Intergroup	1,988.44
-15272 Olmsted Falls Sat 10 am	55.00
-16720 Brunswick Tue 1000 am	83.90
-19937 Bedford Sat 1000 am	24.00
-21586 Kettering Sun 630 pm	25.80
-22079 Westlake Sun 10 am	81.40
-23004 Westerville Mon 700 pm	80.00
-23332 (deleted)	45.75
-24484 Toledo Tue 930 am	90.00
-29990 Chesterland Mon 730 pm	23.30
-40943 Concord Twp Sun 700 pm	120.00
-46541 Strongville Mon 730 pm	32.50
-47134 Cleveland Thu 645 pm	150.00
-49022 Bay Village Tue 730 pm	24.10
-49336 Latonia Thurs 7PM	6.50
-53969 Westerville Wed 700 pm	63.50

Region 5 OA

Profit and Loss by Tag Group

January 1 - October 7, 2024

	TOTAL
-54299 Athens Saturday 1000 am	51.00
-56786 Toledo Fri 1100 am	65.00
-57037 Findlay Thu 530pm	20.00
-57174 Montezuma Tue 730 pm	12.00
-57288 Fort Thomas Tuesday 730	17.25
-57352 Warren Monday 10AM	65.00
-57419 Kenwood Sober Eating	107.00
-57731 Parma Thursday 1PM	78.12
-57819 Pickerington Tues 9;30AM	110.66
-58001 Cityview Sun 4PM BB	41.00
-800061 Elyria Thursday S&T	201.50
-801365 Cleveland Sun 10AM	99.68
-88762 - Reg Sunday Morning C&R	551.40
-88932 Virtual Meeting	154.99
-89151 - Wednesday Bridgetown	54.00
-89904 Columbus Sunday 7PM	22.16
Total #35 Ohio	5,871.35
#49 Wisconsin	
- 800542 Mequon Tues 630PM	5.00
- Personal Contributions	5.00
-00122 Franklin Mon 645 pm	35.07
-03478 West Bend Thu 300 pm	9.95
-03631 New Berlin Wed 930 am	145.21
-04055 West Allis Sat 930 am	44.42
-09053 Milwaukee Intergroup	99.65
-11228 Oshkosh Sat 10AM	8.00
-20992 Wauwatosa Wed 630 am	73.00
-21024 Menomonee Falls Tues 10A	71.90
-21024 Menomonee Fls Tue 10am	8.00
-30176 Whitefish Bay Mon 700 pm	98.70
-32315 Madison Mon 1200 pm	20.00
-32466 Fox Point Sat 930 am	130.52
-38390 Wauwatosa Sat 730 am	145.34
-39166 Neenah Mon 600 pm	26.77
-39254 New London Mon 430 pm	20.00
-46721 Delavan Fri 845 am	30.00
-49329 Burlington Sat 830 am	20.00
-49495 Madison Mon 530 pm	22.50
-49816 Slinger Mon 630 pm	86.20
-50571 Green Bay Tue 6 pm	5.00
-51134 Cambridge Fri 830 am	253.00
-53314 Cambridge Mon 830 am	253.00
-56006 Menomonee Fls Wed 630pm	30.00
-56592 Oconomowoc Tue 1030 am	10.00

Region 5 OA

Profit and Loss by Tag Group

January 1 - October 7, 2024

	TOTAL
-56813 Cambridge Wed 830am	253.00
-57396 Waukesha Tues 4PM	11.44
-57585 Grafton Thurs 630 PM	63.50
-58078 West Bend Th 630P	10.28
-801106 Menomonee Falls Wed 630P	2.00
-88911 Zoom BB Mon 830 AM	76.00
-89909 Zoom Tues 10AM	31.10
-89919 Zoom Sun 630PM	52.30
Total #49 Wisconsin	2,155.85
Other Region Individual	90.00
Total Contributions	32,854.64
Conventions	
2024 Convention	44,363.00
Scholarship donation	913.00
Total 2024 Convention	45,276.00
Total Conventions	45,276.00
Credit Return	192.87
Interest Income	2.89
Total Revenue	\$80,200.40
GROSS PROFIT	\$80,200.40
Expenditures	
Total Expenditures	
NET OPERATING REVENUE	\$80,200.40
NET REVENUE	\$80,200.40

2025 Budget Proposal Compared to Actual 2024			
<u>Accounts</u>	<u>2025 Budget</u>	<u>2024 Actual</u>	<u>Notes</u>
Income			
Assembly Income	\$4,000.00	\$1,874.00	
Contributions	\$40,000.00	\$33,913.00	
Convention	\$40,000.00	\$44,658.91	
Interest Income	\$6.00	\$2.89	
Miscellaneous Revenue	\$8.00	\$192.00	
Total Income	\$84,014.00	\$80,640.80	
Expenses			
Convention	\$22,000.00	\$21,872.00	
Convention Hotel Liaison	\$1,500.00	\$2,306.00	
Assemblies			
Assembly Exp (rooms, food, equipment)	\$6,000.00	\$3,818.00	
IG Delegate Assistance	\$3,000.00	\$0.00	
Officers Assembly Expenses	\$6,000.00	\$2,591.00	includes travel, lodging, and meals for officers, trustee, hotel
Outreach Committees	\$6,000.00	\$548.00	single line due to committee variation year to year
Parliamentarian	\$400.00	n/a	travel/meal costs
Accounting Fees			
Accountant	\$1,000.00	\$0.00	
Facilities and Equipment			
Furniture and Equipment	\$2,000.00	\$140.00	
software programs for owned computers	\$500.00	\$0.00	
Insurance - Liability, D and O			
Bond Insurance	\$200.00	\$144.00	
Liability Insurance	\$1,100.00	\$1,094.00	
Bank charges			
Bank charges	\$12.00	\$2.54	for cash deposits
Officer Operating Expenses			
Chair Office Expense	\$1,000.00	\$516.00	
Chair Travel Expense		\$121.00	
Secretary Office Expense		\$15.92	
Secretary Travel Expense			
Treasurer Office Expense	\$300.00	\$379.00	Includes Quickbooks for Non-Profits course for new Treasurer
Treasurer Travel Expense			

Vice Chair Office Expense				
Vice Chair Travel Expense				
Workshops				
Operations				
Books, Subscriptions, Reference	\$300.00	\$260.00		Security software for owned computers
Postage, Mailing Service				
Post Office Box	\$200.00	\$184.00		
Postage	\$80.00			
Printing and Copying				
Copy Expense	\$600.00	\$289.00		Removed from Assemblies
Processing Fees				
Webconnex	\$4,000.00	\$2,286.00		
Record Storage/Shredding				
Record Storage/Shredding	\$1,440.00	\$1,100.00		
Web Expenses				
Virtual Meeting Expenses	\$300.00	\$300.00		
Web Site Security	\$300.00	\$223.00		
Webmaster	\$5,200.00	\$3,154.00		
Website Hosting & Domain	\$650.00	\$646.00		
Tax				
Non Profit Status	\$50.00	\$50.00		
World Service Organization				
Region Chair Committee (RCC)	\$2,000.00	\$859.00		In person with BOT and possible before WS convention
Travel Fund Assistance	\$1,000.00	\$0.00		
Trustee Candidate Expense	\$500.00	\$0.00		registration only for up to 3 candidates
Trustee expenses	\$300.00			currently rolled into Convention and Assembly
World Service Business Conf - VIRTUAL				
Chair to WSBC	\$200.00	\$1,692.00		VIRTUAL - registration cost only
IG Funding Assistance	\$2,000.00	\$0.00		VIRTUAL - registration cost only
World Service Convention (Chair cost)	\$2,000.00			
WSO Contribution				
Professional Exhibit Fund				
Translation Fund				
World Service General Fund	\$30,000.00	\$20,000.00		\$10,000 more than 2024
WSBC Delegate Fund				
Total Expense	\$102,132.00	\$64,590.46		
Total Net Income	-\$18,118.00	\$16,050.34		Deficit if all lines spent
Current account balance	\$81,099.00			Checking + Savings
Predicted account balance	\$62,981.00			End of year amount in the bank



OVEREATERS ANONYMOUS

RE: Region 5 2024 Fall Assembly

Friday, November 1st, 2nd, and 3rd, 2024.

Consent Agenda

The Chair has determined the following motions be placed on the Assembly Consent Agenda: Region 5 Policies Amendment as Of 10/1/24. These are housekeeping motions.

Region 5 Policies and Procedures Amendment P1 2

|

Region 5 Policies Amendment

P1

Date: July 9, 2024

MOVE To add a new Article V to the Region 5 Policies and Procedures as follows:

V. PREASSEMBLY CONNECTION WITH NEW REPRESENTATIVES

A. As soon as possible after a new rep has registered for a Region 5 Assembly, the new rep will receive:

From the Trustee Liaison

- 1. An emailed welcome letter
- 2. A pdf of the "Region 5 Assembly Information for Representatives and Visitors"

And from a board member

- 3. Contact information for a mentor, when one has been assigned, if the new rep has requested one.

VI. INSTRUCTIONS FOR LEADER OF FIRST TIME REGION 5 REPS ORIENTATION

MEETING

SUBMITTED BY: The Everything Intergroup Subcommittee
Susan M 847-710-7723 susan.m.oa@gmail.com

INTENT: To welcome new reps and give them resources to prepare them for their first assembly.

IMPLEMENTATION: Update the Region 5 Policies and Procedures Manual. Assign these actions to the appropriate board member(s).

COST: Nominal: Time to update the policies.

RATIONALE: To make sure new reps receive the information they need to adequately prepare for their first assembly.

Region 5 Media Committee Report

October 12, 2024

Submitted by Chair

Yvonne Cory

The responsibilities of the Media committee include checking the website for link breaks in articles, ensuring that people can get to the linked website by clicking on the link, and encouraging OA fellows to contribute to the Freedom from Bondage newsletter on the Region 5 website.

We do our work by email loop, and as chair I have checked with OA fellows on our committee to be sure someone is checking the links. This is being done every other month at present, and the failed links are being sent to the secretary, Keri E. She then fixes them or works with the webmaster on what needs to be done.

Our other job is to encourage articles, artwork on recovery, poems, or anything that will help OA fellows in their recovery journey. The last article to be submitted and published on the site was from August 2024. It is an article I submitted. It is now October. The secretary informed me that there are two more articles that will be published soon. Our committee is going to discuss whether the newsletter is something Region 5 wants to continue or if articles should go straight to Lifeline online. If we discontinue the newsletter, one possibility of service for the Media committee would be more involvement in the presentation of the website and working with the webmaster, in place of the current plan, which has the secretary doing that, in addition to many other duties. The Media committee will discuss these possibilities at the November assembly, and hopefully make recommendations for the whole body to consider and vote on these items in March. A bylaw may be considered or a policy change, depending on the recommendation of the board.

I hope to continue as Media committee chair, if I am elected in November for a second two year term by my CCI fellows.

Glad to be of service,

Yvonne Cory

Cleveland Central Intergroup

Convention Committee Fall 2024 Assembly Report

WELCOME HOME: Many Symptoms, One Solution

Greetings all!

The first in-person since 2019 Region 5 Convention was a hit! So much fellowship, inspiration, reunion, wellness and hope. All of our committees worked tirelessly to welcome our Region Family home. We used the characters from L. Frank Baum's "The Wonderful Wizard of Oz" to help us portray *Many Symptoms, One Solution* and to follow that 12 Step road to recovery. Our Decorations Committee beautifully created decorated homes as centerpieces for our banquet tables and Oz themed signs for our breakout rooms. Our Greeters wore yellow sashes decorated with a little house and carried baskets filled with affirmations that they handed out to attendees as they entered each meeting room. In addition, some of our greeters volunteered to be Ambassadors and made themselves available to those who may have been overwhelmed, alone, discouraged, or just needed a friend. The Hospitality Room was decorated with a Yellow Brick Road backdrop and affirmations posters. Our Marketplace was titled "Emerald City Pot of Gold" and lived up to the name. And who can forget the catchy Oz and Wiz related titles of our breakout sessions by our Program Committee.

Registration seemed to flow smoothly with pre-registration, walk-in registration, speaker sign-in, and volunteer sign in. There was a great group of committed dancers at the dance party presented to you by our wonderful entertainment committee. The final committee reports, along with suggestions for improvements, will be included in the thumbnail to be passed on to future convention hosting intergroups.

As Chairperson I am relieved to say there were no major problems or "fires" to put out. I am forever grateful for the 2024 Convention Committee and the sub-committees and the commitment each person gave. I can't say enough about this OA family.

Thank you for the support of the Region 5 Board. Special thanks to Convention Vice Chair Pam P., you are a beautiful inspiration to all who have the privilege of knowing you.

It was an honor to Chair this event.

Yours in loving service,

Marilyn D., 2024 Region 5 Convention Chair

Nominating Committee Report November 1 – 3

This year the Nominating Committee has been working to find positions for the following positions on the Region 5 Board:

Trustee

Chair

Treasurer

The members of the Nominating Committee are:

Ed L. Chair

Barbara H.

Cecilia S.

Carolyn S.

Lynn H.

Laura M.

Kevin F.

We still don't have a nominee for Treasurer. Eileen will open up nominations from the floor at the Assembly.

We have members of the fellowship who have stepped forward to do service.

Pam P. has accepted the nomination for Chair.

Juliette R. has accepted the nomination for Trustee

Preston F. has accepted the nomination for Trustee.

Respectfully submitted,

Kevin F.

Vice Chair

The Bylaws committee meeting was held via zoom on 8/11/24.

We discussed amending Article 1 Section C. Discussion establishes we would amend this section to provide instruction for voting electronically as well as paper ballots. Amendment to be presented at the November Assembly.

Other pending items were discussed and will be tabled until the Region 5 Assembly meeting in November.

Barbara H.

Chair of Bylaws committee.

Region 5 Committee

Intergroup Everything

Purpose: To Support Intergroups in Region 5 and continue to help the still suffering compulsive overeater

Goals:

- Increase the number of intergroups participating in Region 5
 - o Obtain contact information for missing IG's and contact them
 - Identify IG's that are strong and willing to mentor smaller and/or struggling IG's
 - Develop regular and ongoing "Chat with Chairs"
 - Continue to support Intergroup Renewal Project
- Create and Support a Welcoming Environment for intergroups and reps

Actions/Decisions taken

1. Made decision to not meet monthly but to use email.
2. "Chat with the Chairs" project to be continued by Intergroup Chairs
3. Purchase Region 5 bags for representatives. In the bag will be:
 - a. Existing "R5 Assembly Information for Reps & Visitors"
 - b. New welcome letter, assembly info material
 - c. Possibly offer to each a FREE printed copy of Packet A&B with binder.
4. Suggested to the R5 Board that a process for assigning mentors to green dots during the assembly registration be created by:
 - a. Updating the registration form to ask returning members if they would like to mentor a green dot
 - b. Updating the registration form to ask new reps if they would like to be assigned a mentor
 - c. Pairing mentors with mentees and contacting them with mutual contact information

5. Develop Procedure for Welcoming New Assembly Attendees

We determined that the procedure has already been set up to welcome new comers. Susan will contact Barb to offer our services if needed prior to or during Assembly.

6. Develop Procedure for Welcoming New Intergroups

The Board has a procedure in place to welcome the new Intergroups. Nothing more is needed from us in this area.

Region 5 Sponsorship – Speakers Subcommittee Report

October 19, 2024

Chair: Beverly Berkenfeld bberkenfeld@ymail.com 440-759-1728

Members:

Judy W. (Milwaukee) websterjudy@yahoo.com 414-403-8361




Linda P. (Cleveland) r5treasurer@outlook.com 216-392-2644

Allen B (Cleveland) allenodat@aol.com 201-280-6609

GOAL

This committee is committed to developing, presenting and distributing a template for an interactive Sponsorship Workshop which can be used virtually or in-person.

Deliverables were achieved:

-  Region 5 approved flyer available for distribution at the Region 5 Convention in September.
-  Region 5 Sponsorship Zoom Event took place on October 6th 2:00-4:00 PM EST
-  Template for Region-wide distribution is available November 1, 2024 at the R5 Assembly

RESULTS

1. On October 6, 2024 the subcommittee held a Region 5 online 2-hour workshop on Sponsorship
 - a. The Sponsorship Workshop script OA-approved and found on oa.org was used as the basis for this event.
 - b. Each of us on the committee took a sponsorship topic as outlined in the script, shared for 15 minutes and hosted 15 minutes of comments, questions and concerns.
 - i. Topic A: Linda - “Why should you get a sponsor and how can you get a sponsor?”
 - ii. Topic B: Judy - “When can you start sponsoring? When can you start being sponsored?”
 - iii. Topic C: Allen - “What are some different sponsoring styles?”
 - iv. Topic D: Beverly - “How do you know when it’s time to end a sponsor/sponsee relationship?”
 - c. The workshop was a great success with 41 people in attendance with 10 states and Canada represented. Some of these states were in our Region 5. The represented states were: Ohio, Wisconsin, Illinois, Indiana, Minnesota, Kentucky, Montana, Virginia, Oregon and Texas.
 - d. At least two people were able to get sponsors from this workshop and Minnesota is planning a workshop on sponsorship.
 - e. In conclusion, we encourage all Intergroups to host a Sponsorship Workshop in their own areas. Our subcommittee is available for questions or to mentor any group who needs it have a successful event.

POSSIBLE FUTURE DELIVERABLES

- Promotion of this event
- Discuss ideas for an available sponsorship list for the meeting level
- Writing articles for Lifeline and the Region 5 Newsletter on sponsorship and mentoring new sponsors.



THE INTERACTIVE WORLD OF SPONSORSHIP

*Join us for an Overeaters Anonymous workshop
for everyone who wants to stop eating compulsively!*

October 6, 2024

2:00 – 4:00 PM EST

(No Breakout Rooms)

Link to ZOOM: 860 512 7192 PW: 883975

Brought to you by the 2024 Region 5 Sponsorship Subcommittee



“How do I know which sponsor is right for me?”

“How do I help someone who has been in OA for years but has relapsed?”

“Why do I even need a sponsor?”

“How do I know if I am ready to sponsor someone else?”

OVEREATERS ANONYMOUS
RESPONSIBILITY PLEDGE
“Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.”

“I need a sponsor but do not know how to find or ask for one.”

“How do I work with a newcomer?”

**This workshop script will be available for the use of all Region 5 Intergroups and Meetings at the November 2025 R5 Assembly*
Contacts: Beverly B. 440-759-1728 or Allen B. 201-280-6609*



SPONSORSHIP SUCCESS ONLINE WORKSHOP

LEADER SCRIPT

INTRODUCTION: “Welcome to Region 5’s Interactive World of Sponsorship Workshop. My name is _____. We have planned a virtual setting where you will hear four experienced members describe their sponsoring experiences.

After each Topic Speaker, you will be able to share your questions, concerns, and experiences with the speakers as your guide. The set of questions each of the speakers will address are a loose guide for today’s discussions. They are referenced to help you examine the sponsoring experience in full, but feel free to bring up your own concerns as well. In the interest of time, there will be no breaks in today’s schedule, so get up for what you need as you wish.

Let’s begin with the Serenity Prayer. Please remain muted and if you wish to join me as I lead you slowly. *‘God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.’*”

TODAY’S SCHEDULE:

2:00-2:15 pm : “**Speaker A is _____.** Her topic is **WHY SHOULD YOU GET A SPONSOR AND HOW CAN YOU GET A SPONSOR.** She will have 10-15 minutes to share and I will give you a two-minute warning. Afterward, we will have 15 minutes of open sharing called a SHOUT OUT SESSION.

2:15-2:30 pm **SHOUT OUT SESSION:** “It’s time to shout out any take-away ideas from today that surprised you, informed you, or made you think. Please raise your hand to be called on.”

2:30-2:45 pm : “**Speaker B is ____.** Her topic is **WHEN CAN YOU START SPONSORING? WHEN CAN YOU START BEING SPONSORED?.** She will have 10-15 minutes to share and I will give you a two-minute warning. Afterward, we will have 15 minutes of open sharing called a SHOUT OUT SESSION.

2:45-3:00pm **SHOUT OUT SESSION:** “It’s time to shout out any take-away ideas from today that surprised you, informed you, or made you think. Please raise your hand to be called on.”

3:00-3:15 pm : “**Speaker C is ____ His topic is WHAT ARE SOME DIFFERENT SPONSORING STYLES?** He will have 10-15 minutes to share and I will give you a two-minute warning. Afterward, we will have 15 minutes of open sharing called a SHOUT OUT SESSION.

3:15-3:30 pm **SHOUT OUT SESSION:** “It’s time to shout out any take-away ideas from today that surprised you, informed you, or made you think. Please raise your hand to be called on.”

3:30-3:45 pm : “**Speaker D is _____ Her topic is HOW DO YOU KNOW WHEN IT IS TIME TO END A SPONSOR/SPONSEE RELATIONSHIP?** She will have 10-15 minutes to share and I will give you a two-minute warning. Afterward, we will have 15 minutes of open sharing called a SHOUT OUT SESSION.

3:45-4:00 pm **SHOUT OUT SESSION:** “It’s time to shout out any take-away ideas from today that surprised you, informed you, or made you think. Please raise your hand to be called on.”

For additional workshop materials, see A Sponsor’s Toolbox in the Document Library.

CLOSING: “Thank you for joining us in this virtual workshop experience. We have included a writing activity for you to do independently in order to strengthen your sponsoring experience. Region 5 hopes to support your recoveries with workshops like these in the future. Please consider sending your Seventh Tradition donation via the website Region5OA.org. Also please put any comments about this workshop in the chat.

Please stay muted and let us close with The OA Promise.

SPEAKER TOPICS AND BREAKOUT QUESTIONS

Topic A. Why should you get a sponsor and how can you get a sponsor?

- What is your greatest fear about getting a sponsor?
- Can your sponsor help you create your food plan?
- What if my sponsor asks me to do something I'm not ready to do?
- Can I have a temporary sponsor to get me started?

Topic B. When can you start sponsoring? When can you start being sponsored?

- What are the traits of a good sponsor?
- Do I always need to take sponsees through the Steps?
- Do I need a separate Twelve Step sponsor? Or a separate food and action plan sponsor?
- How many sponsees should I have?

Topic C. What are some different sponsoring styles?

- What approach works best for you: strict or flexible?
- Do sponsors/sponsees need to be in contact daily?
- What techniques does your sponsor use that you find helpful?
- Can I have a long-distance sponsor that I "meet" in a phone and/or online meeting?

Topic D. How do you know when it's time to end a sponsor/sponsee relationship?

- What if my sponsor/sponsee is obviously slipping or in relapse?
- My sponsee doesn't comply with the disciplines we've agreed on. What should I do?
- My sponsor gives me the same responses all the time ("Trust in God," "One day at a time," etc.) What if I want more?
- How can we detach lovingly in order to move on?

ADDITIONAL RESOURCES

- *A Guide for Sponsors* pamphlet
- *Sponsorship Kit*
- *Sponsoring Through the Twelve Steps* pamphlet
- *Temporary Sponsors: Newcomers' First Twelve Days* (downloadable document available in the Document Library at oa.org)
- *The Tools of Recovery* pamphlet Chapter 7 of the Big Book: "Working with Others"
- The Sponsorship Success podcasts on oa.org

Overview

Parliamentary procedure provides the process for proposing, amending, approving and defeating legislative motions. It helps us keep our Region Assemblies running smoothly.

Basic Rules

- **Only one subject may be before a group at one time.** Each item to be considered is proposed as a motion and requires a "second" before being put to a vote. Once a motion is made and seconded, the Chair places the question (motion) before the Assembly by restating the motion for clarity.
- **Only one person may speak at any given time.** When a motion is on the floor, Robert's Rules outline a speaker order, allowing the maker of a motion to speak first, so that the group understands the basic premise of the motion.
- **All members have equal rights.** Each speaker must be recognized by the moderator prior to speaking. Each speaker should make clear his or her intent by stating, "I wish to speak for/against the motion" prior to stating an argument. Motions generally have 3 pros and 3 cons while amendments to motions have 2 pros and 2 cons.
- **Each item presented for consideration is entitled to a full and free debate.** Each person speaks once, until everyone else has had an opportunity to speak.
- **The rights of the minority must be protected, but the will of the majority must prevail.** Persons who don't share the point of view of the majority have a right to have their ideas presented for consideration, but ultimately the majority will determine what the Assembly will or will not do. Use parliamentary procedure as a tool, not a bludgeon.

Ways to Alter the Motion

- **Tabling.** Used to postpone discussion until the group decides by majority vote to resume discussion. By adopting the motion to "lay on the table," a majority has the power to halt consideration of a question immediately without debate. This motion requires a second and is not debatable or amendable.
- **Previous question or close debate.** Used to bring the body to an immediate vote. It closes debate and stops further amendment. Contrary to some misconceptions, the majority decides when enough discussion has occurred, not the moderator. The formal motion is to "call for the question" or "call for the previous question," or simply, "I move to close debate." The motion requires a second, is not debatable, and requires a two-thirds majority.
- **Limit/extend debate.** May be desired if the group has adopted a rule limiting the amount of time that will be spent on a topic, or if the group desires to impose a time limitation. If

discussion is going on too long or is becoming repetitive, either a Rep or Chair can ask that the Question be called.

- **Postpone to a definite time.** Similar to tabling, except that the motion directs that the matter will be taken up again at some specific date and time.
- **Amendment.** Used to "fine tune" a motion to make it more acceptable to the group. The amendment must be related to the main motion's intent and cannot be phrased in a way that would defeat the main motion. Two amendments may be on the floor at one time: the first amendment modifies the main motion, and the second amendment must relate to the first amendment. When an amendment is on the floor, only the amendment may be debated. The amendments are voted on in the reverse order in which they were made, as each amendment changes to some degree the intent of the main motion. As each amendment is voted on, an additional primary or secondary amendment may be introduced. An amendment is debatable, and requires a second and a majority vote.
- **Refer to committee.** Directs that some other body will study the matter and report back. This must happen if a 3rd amendment is proposed to a motion.
- **Postpone indefinitely.** This motion effectively kills a motion, because, if adopted, a two-thirds vote is subsequently required to take the matter up again.

Incidental Motions

Incidental motions are housekeeping motions which are in order at any time, taking precedence over main motions and subsidiary motions. These motions include:

- **Point of order.** To bring to the group's attention that the rules are being violated. You don't need to be recognized prior to making a point of order. This is not really a motion, but requires the moderator to make a ruling as to whether or not immediate consideration is proper.
- **Appeal from the decision of the chair.** The group can overrule the chair on any decision. While the motion must be seconded, it cannot be amended. When this motion is moved and seconded, the moderator immediately states the question, "Shall the decision of the chair stand as the judgment of the Assembly?" If there is a tie vote, the chair's decision is upheld. The motion is not debatable when it applies to a matter of improper use of authority or when it is made while there is a pending motion to close debate. However, the motion can be debated at other times. Each person may speak once, and the moderator may also state the basis for the decision.
- **Parliamentary inquiry.** Not a motion, but a question as to whether an action would be in order.
- **Point of information.** A person may rise to offer information that is considered necessary for the group. This provision is not used to offer debate.
- **Division of assembly.** To require a more precise method of counting votes than by a voice vote, such as having persons raise hands or stand. Divisions of assembly don't require seconds or votes, and are not debatable.

- **Request to withdraw a motion.** Contrary to popular misconception, a motion cannot be withdrawn by its mover. This request requires majority approval.
- **Suspension of the rules.** When matters are to be taken out of order, or a particular task can be better handled without formal rules in place, this motion can be approved by a two-thirds vote of the group. However, until the rules are restored, only discussion can occur; no decisions can be made. This motion requires a second but is not debatable or amendable.
- **Object to consideration of a question.** When a motion is so outrageous, intended to distract the group from resolving legitimate business. The motion can be objected to and ruled out of order without debate. However, if the chair does not rule the motion out of order, a two-thirds vote of the group can block further consideration.

Questions of Privilege

Finally, there are a few questions of privilege that are in order at any time and must be disposed of prior to resuming discussion on the matter at hand:

- **Fix the time for next meeting.** This is in order at any time, including when a motion to adjourn is pending. Second required, not debatable, and amendable.
- **Adjourn.** To bring the meeting to a halt. Second required, not debatable, and not amendable. Alternatively, instead of a motion, the chair can ask if there is any further business. If there is no response, the chair can say, "Since there is no further business, the meeting is adjourned."
- **Recess.** A temporary break in the meeting; should state a time at which the meeting will resume. Second required, not debatable, and not amendable.
- **Point of privilege.** A matter that concerns the welfare of the group. Can be raised even when another person is speaking. No second, not debatable, and no vote required. This is often used to calm things down and call for the Serenity Prayer.
- **Call for the orders of the day.** A demand that the group return to the agenda. Can be taken when another person is speaking, no second required, not debatable, and no vote required.



Call for Abstinence Stories

Overeaters Anonymous is seeking new stories/creative works of personal experiences with abstinence. Submit your story to our *Lifeline: Stories of Recovery* blog. Submissions published on *Lifeline* may be chosen for publication in a new book. Your experience, strength, and hope can help others as they walk the path to recovery!

OA Abstinence and Recovery Statement

Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living and working the Overeaters Anonymous Twelve Step program on a daily basis.

Share your experience...

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. What were your <u>early</u> days of abstinence like? What else changed besides the food? 2. When you let go of the food, what did that make room for in your life? 3. How do you get through difficult times without turning to food? 4. How do you encourage and support others who are new or struggling with abstinence? 5. How has OA service supported your abstinence? 6. Has your abstinence changed over time? | <p>If so, how is your abstinence different now compared to when you first started in OA?</p> <ol style="list-style-type: none"> 7. How have you maintained your abstinence around those who don't understand your commitment? 8. Has your cultural/racial/religious background had an impact on your abstinence? 9. If you have experienced relapse, what helped you regain your abstinence? 10. I'm grateful for my abstinence because... |
|--|--|

*To submit your story/creative work, go to lifeline.oa.org and click on "Lifeline Submission Form" by **January 1, 2025.***

IMPORTANT RULES:

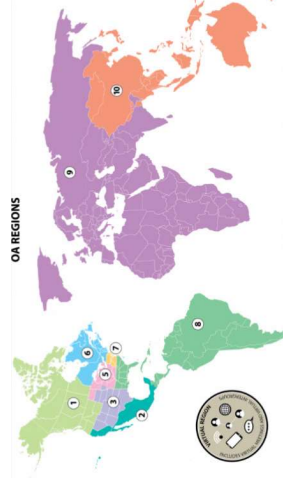
- Submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc.
- Submissions are not returned.
- All submissions must contain the author's full name and address, but you may request anonymity with publication. Your state, province, or country may remain anonymous if you so indicate.
- Submissions of approximately 1,500 words or less are preferred.
- All languages welcome!

Save the Date!
December 12, 2024—A 24-hour virtual event
Staying in Recovery—Wisdom from Around the World

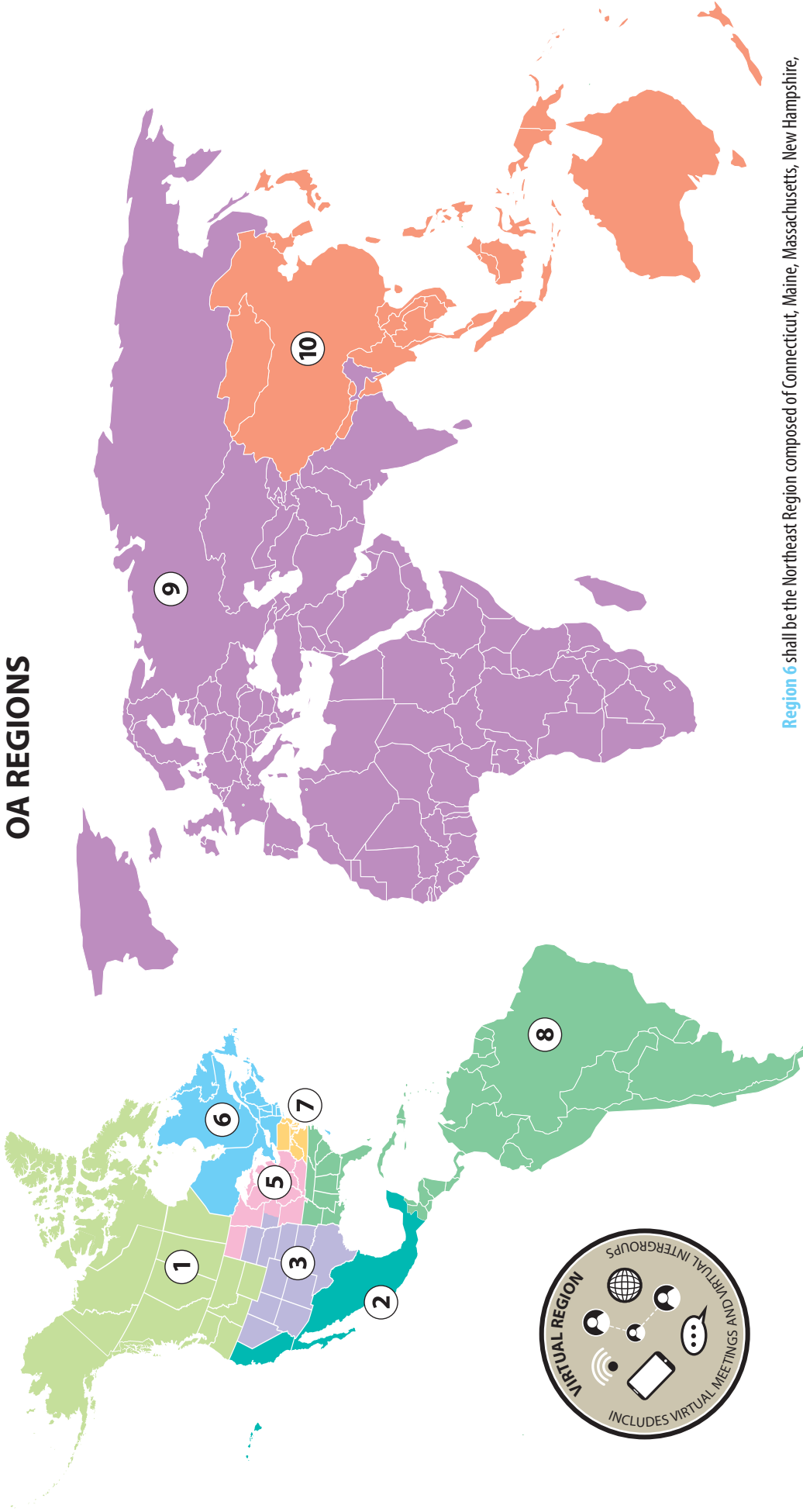


Overeaters Anonymous has designated December 12 (12/12) as International Twelfth Step Within Day. The purpose is to encourage OA service bodies, meetings, and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors. This 24-hour event will bring experience, strength, and hope from speakers from around the world.

Check with your Region contact for Service Opportunities:
<https://oa.org/service-bodies/regions/>



OA REGIONS



Region 1 shall be the Pacific Northwest region composed of Alaska, Idaho, Montana, Oregon, Washington, Wyoming, Alberta, British Columbia, Manitoba, Northwest Territories, Nunavut, Saskatchewan, and Yukon.

Region 2 shall be the Pacific Southwest Region composed of California, Hawaii, Reno/Tahoe area of Nevada, and Mexico.

Region 3 shall be the Southwest Region composed of Arizona, Colorado, Central and West Iowa, Kansas, Nebraska, Nevada, New Mexico, Oklahoma, South Dakota, Texas, and Utah.

Region 4 was dissolved/disbanded in July 2024 and ratified at World Service Business Conference 2025.

Region 5 shall be the Central Region composed of East Iowa, Illinois, Indiana, Kentucky, Michigan, Minnesota, Missouri (except the Greater Ozarks Intergroup), North Dakota, Ohio, and Wisconsin.

Region 6 shall be the Northeast Region composed of Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, Vermont, New Brunswick, Newfoundland and Labrador, Nova Scotia, Ontario, Prince Edward Island, Quebec, and Bermuda.

Region 7 shall be the Eastern Region composed of Delaware, District of Columbia, Maryland, New Jersey, Pennsylvania, Virginia, and West Virginia.

Region 8 shall be the Southeast Region composed of Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, Puerto Rico, South Carolina, Tennessee, the Greater Ozarks Intergroup, the US Virgin Islands, the Caribbean Islands, Central America, and South America.

Region 9 shall be composed of countries and territories in Africa, Europe, the Middle East, and Western Asia, including all of Russia.

Region 10 shall be composed of countries and territories in Australia, East Asia, New Zealand, Southeast Asia, and the Western Pacific Basin.

Virtual Region is nongeographic and is primarily composed of virtual groups and virtual intergroups.