



OVEREATERS ANONYMOUS – REGION 5 SECRETARY

January 20, 2025

RE: Region 5 2025 Spring Assembly

March 7th, 8th, and 9th, 2025.

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, March 7th through Sunday, March 9th, 2025 and is **open to all Region 5 OA members**.

You can register for the 2025 Spring Assembly by clicking on the button at the top of our homepage at [REGISTER HERE](#)

There is more information about the Hotel in the A03 document in Packet A.

This letter is part of the 2025 Spring Assembly **Packet A**. There will be one more Packet released before the Assembly (**Packet B** – Containing Officer and Committee Reports and other important Region 5 business information) and one Packet released after the Assembly (**Packet C** – containing the Assembly Meeting Minutes and other supporting documents).

Region 5 2025 Spring Assembly Packet A Documents:

- A01_Region 5 2025 Spring Assembly Secretary Letter
- A02_Region 5 2025 Spring Assembly Agenda
- A03_Region 5 2025 Spring Assembly Hotel Information
- A04_Region 5 2024 Fall Assembly Minutes
- A05_ A02_Region 5 2025 Spring Assembly Amendments and Motions
- A06_Region 5 Bylaws_UPDATED 11_8_24
- A07_Region 5 Policies and Procedures_UPDATED 11_8_24
- A08_Region 5 StandingRules_UPDATED 9_24
- A09_Region 5 Assembly Info
- A10_Region 5 Assembly Handbook_UPDATED 9_24
- A11_Region 5 Funding Assistance Form-2022
- A12_Region 5 Outreach Committee_SMART Goals Form
- A13_R5 Bylaws Amendment Form
- A14_R5 Policy Amendment Form
- A15_R5 New Business Form
- A16_Region 5 Business Committee Form
- A17_Region 5 Committee Contact Form
- A18_Region 5 Updated Convention Guidelines_2022
- Packet A Combined Print Document

- **We recommend reviewing Packet A online**, but waiting to print both Packets until we release Packet B on February 21 (in case updates are needed). And then 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).
- We have also included the option to request Packet printouts, as part of the Spring Assembly online registration.
 - There will be an additional **\$50** charge for R5 supplying the Packet printouts.
 - The deadline for requesting Region 5 Packet printouts will be **February 21**.

What is not included in Packet A

- Reports from Region 5 Committees and Officers of the Board. These will be in **Packet B** and available on the website on Friday, February 21st.

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

Thank you.

Keri E.

Region 5 Secretary

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