



Greetings to Region 5,

Three things to take away from my report:

1. We will be working on a theme and goals for our region
2. We will determine how to operate in the future
3. Your input is essential to our future.

It is with great honor and gratitude that I step into the role of Chair for our Region. As I step into this role, I am filled with enthusiasm and a deep sense of responsibility. However, I am also aware that I may make mistakes along the way. I kindly ask for your patience and understanding as we navigate this journey together. Your insights, suggestions, and feedback are invaluable as we shape the future of Region 5 of Overeaters Anonymous. Together, we have the power to foster positive change, support one another, and carry our message of hope and recovery to those in need.

Some changes I would like us to consider this year is having a Theme that would help drive our goals for the year. The Board has developed some suggestions for review, but we are open to all suggestions. This will help serve as a foundation upon which we can build our goals and initiatives for the coming year. Here are the suggestions:

- Creating pathways to deliver the message
- Connecting our community to carry the message
- Strengthening ties to promote the message

I would like to use Friday night at Assembly to continue to flush out a theme and vote on Saturday.

As we embark on this journey together, I am eager to hear from each of you. Your insights, suggestions, and feedback are invaluable as we shape the future of Region 5 of Overeaters Anonymous. Here are some questions to consider:

- How would you like to operate in the future?
- What specific goals and initiatives would you like to see us pursue?
- How can the Region support you in your efforts to carry the message?

I encourage you to share your thoughts and ideas. Together, we can create a dynamic and supportive environment that empowers us all to achieve our mission.

Just a couple of notes on other things happening on the Board and my Committees.

I take part in the monthly 'Chat with the Chair' meetings alongside other Region chairs. Through these meetings, I am gaining insights into how other regions function and will be sharing some of their best practices. Additionally, I am a member of the World Service website committee, where we are currently working on redesigning the 'Find a Meeting' process." I am eager to share the knowledge I gain with you all.

Thank you for your dedication, passion, and commitment to Overeaters Anonymous. I look forward to working closely with each of you and witnessing the incredible impact we can make together.

In Service,

Pam P. Chair, Region 5 Overeaters Anonymous