



MARCH 2025

Region 5 Trustee Liaison Report

Find A Meeting – update your meetings!

This is very important to do. The database is being updated and you may receive some inquiries about your meeting. Please continue to update your meetings.

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

Sign up for Newsletter:

You can sign up for the current news from our World Service Office. Go to oa.org and click on “Let’s Keep In Touch” After you sign up you will receive a monthly newsletter. Here is the link to our current newsletter: <https://oa.org/news/> This includes information on our last survey, which is included in my report, Literature updates, ordering just the worksheets for the 12 Step Workshop, and much more.

Living Abstinently – New Book! Please send this to our members to add to the collection of “how do we stay abstinent?” <https://oa.org/news/are-you-living-abstinently-share-your-insights-by-march-3-for-a-new-publication/?news-category=0&page=0>

Seventh Tradition Policy Change – The Board of Trustees now suggests that groups send 50% of their contributions go to their intergroup or service body, 10% to their region, and 40% to the World Service Office.

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>

World Service Convention! Walking in the Sunlight Together! <https://oa.org/world-service-convention/> Our world convention is in Orlando this year and will celebrate 65 years of Overeaters Anonymous! Reservations will open after World Service Business Conference in May.

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

In closing, I want to express my heartfelt gratitude for your kindness and support during my six years as Trustee. Visiting Intergroups and supporting their Intergroup Renewal efforts has been a deeply rewarding experience, and witnessing the growth of recovery in our region fills me with immense gratitude.

The wonderful friendships I have made throughout the region have truly overwhelmed me with appreciation. I often referred to myself as the “Reluctant Trustee” as I never initially sought this role. However, I am profoundly thankful that my Higher Power guided me into this service position. My hope is that you, too, will embrace this path if the opportunity arises.

It continues to amaze me how many friends I have gained across the world. Thank you, Region 5, for granting me this incredible opportunity. Serving in this role has significantly strengthened my recovery journey. Over the past six years, our world has experienced so many changes, and reflecting on my personal growth during this time fills me with awe. Once again, I am deeply grateful for this opportunity. Thank you.

Respectfully Submitted,

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