



OVEREATERS ANONYMOUS – REGION 5 SECRETARY

February 19, 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**.

This letter is part of the 2025 Spring 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 2025 Spring Assembly Packet B Documents:

- **B01_Region 5 2025 Spring Assembly Secretary Letter**
- **B02_Region 5 2025 Spring Assembly Credentials Report**
- **B03_Region 5 2025 Spring Assembly Chair Report**
- **B04_Region 5 2025 Spring Assembly Vice Chair Report**
- **B05_Region 5 2025 Spring Assembly Treasurer Report**
- **B06_Region 5 2024 Fall Assembly Finance Documents**
- **B07_Region 5 2025 Spring Assembly Region Trustee Report**
- **B08_Region 5 2025 Spring Assembly Parliamentary Moment**
- **B09_Region 5 2025 Spring Assembly Consent Agenda**
- **B10_Region 5 2025 Spring Assembly New Business Motion_Theme**
- **B11_Region 5 2025 Spring Assembly Bylaws Committee Report**
- **B12_Region 5 2025 Spring Assembly Convention Committee Report**
- **B13_Region 5 2025 Spring Assembly Everything Intergroup Subcommittee Report**
- **B14_Region 5 2025 Spring Assembly Sponsorship-Speakers Subcommittee Report**
- **B15_SCRIPT DEC 12 2024 12&12 -THE INTERACTIVE WORLD OF SPONSORSHIP - v3**
- **B16_Region 5 Post Office Box Change Flyer**
- **B17_2025 Convention Brochure**
- **B18_2025 Convention Flyer**
- **B19_Living Abstinently in '25 Convention Flyer**
- **B20_Sheraton Hotel 2025 Convention Flyer**
- **B21_BAL Survey Results Tri-fold**
- **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.

PACKET B PAGE 2

- 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 2025 Spring Assembly Proposed Agenda**
- **And all of those same pages within the Packet A Combined Print Document.pdf**

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

Thank you.

Keri E.

Region 5 Secretary

R5Secretary@outlook.co

PACKET B PAGE 4

Region 5 Credentials Report - Spring 2025

Registered Intergroups: 27 Registered Groups: 532 Unaffiliated Groups: 30

Total Groups: 562 Eligible # of Region 5 Reps: 66 Virtual Meetings in R5: 149

<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	25	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	21	3			
IL	Two Rivers	9690	14	2			
	Illinois		104	13	0	0	0
IN	Central Indiana	9096	34	4			
IN	Let Go Let God (LG2)	9642	5	1			
	Indiana		39	5	0	0	0
KY	Louisville Metro	9022	20	2			
	Kentucky		20	2	0	0	0
MI	Greater Detroit Intergroup	9026	36	4			
MI	Southwest Michigan	9141	13	2			
MI	Greater Ann Arbor Area	9251	25	3			
	Michigan		74	9	0	0	0
MN	Northern Serenity	9422	9	1			
MN	Unity	9589	51	6			
	Minnesota		60	7	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	18	2			
OH	Cleveland Central	9041	40	4			
OH	Greater Canton Area	9122	4	1			
OH	Central Ohio Service	9134	19	2			
OH	Greater Dayton	9175	11	2			
OH	Crossroads of Hope	9274	7	1			
	Ohio		99	12	0	0	0
WI	Milwaukee Area	9053	41	5			
WI	Rock River	9073	9	1			
WI	Madison Area	9161	19	3			
	Wisconsin		69	9	0	0	0
Voting Reps Present			532	66	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



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

**Vice Chair Report
Assembly March 7, 8, and 9, 2025**

I thank you for the honor of serving as your Vice Chair. Service is important to my abstinence and program. I am grateful to Milwaukee Area Intergroup for serving as our host for this Assembly. Thank you for your service. I have heard some wise words about service in groups, Intergroups and Region, “God does not call the equipped, but equips the called. I feel as though I am still learning this position.

I am looking forward to this Assembly March 7th, 8th, and 9th. We will be renewing our goals for the coming year and determining what subcommittees are worthy of our attention. Be sure to look over the sheets on Smart Goals which we will focus on to find the best subcommittees to serve our needs. I find it helpful to have copies in your packet to keep track of suggestions in the brainstorming session. We may be changing subcommittees so you may want to be thinking what is the best direction for the ideas you worked with in your committee, and what else needs to be addressed.

Remember to spread the excitement about the upcoming Region 5 convention presented by the Milwaukee Area Intergroup, “Be Alive In '25” May 23 to 25 at the Brookfield Sheraton Hotel, Brookfield, Wisconsin. The hotel is the same one that Milwaukee Area Intergroup hosts their annual convention. Registration started February 1st. They are looking for raffle basket donations for the Marketplace, so start thinking about what to put in a great basket.

Your Servant,
Kevin F. Region 5 Vice Chair
219-921-9379
kevinf250e@gmail.com



2025 SPRING ASSEMBLY TREASURER REPORT

*****New Post Office Box*****

REGION 5 OVEREATERS ANONYMOUS

POST OFFICE BOX 22175

LOUISVILLE, KY 40252

It is my honor that I have been elected the new Region 5 Treasurer. My role as treasurer is to maintain the financials of Region 5. I have been working to transfer all the necessary documents and accounts to Louisville, KY. Many of the accounts will stay in Cleveland where we are currently registered. Thanks to the continuing support from our past Treasurer Linda P. I am able to make this transition.

I am excited to be attending my first assembly as Treasurer and look forward to seeing everyone. Attached in this packet are the 2024 final financial statements - **Budget v. Actual, Income and Expenditures and Meeting Donations**. I look forward to working with those of you that are registered for the finance committee. We will look over these documents and discuss our coming year's budget.

With gratitude,

Barbara H.
Region 5 Treasurer
R5treasurer@outlook.com

[BudgetvsActualsBudget FY24 PL-FY24PL.pdf](#) [2024 Income and Expenditure Detail.pdf](#)

[Meeting Donations 2024.pdf](#)

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	529.00	400.00	129.00	132.25 %
Assembly Documents	135.00		135.00	
Registrations	2,041.00	2,600.00	-559.00	78.50 %
Total Assembly Income	2,705.00	3,000.00	-295.00	90.17 %
Contributions				
Conventions				
2024 Convention	43,813.78	30,000.00	13,813.78	146.05 %
Scholarship donation	913.00		913.00	
Total 2024 Convention	44,726.78	30,000.00	14,726.78	149.09 %
Total Conventions	44,726.78	30,000.00	14,726.78	149.09 %
Credit Return	192.87		192.87	
Interest Income	4.74	6.00	-1.26	79.00 %
Uncategorized Revenue	0.90		0.90	
Total Revenue	\$88,786.04	\$65,006.00	\$23,780.04	136.58 %
GROSS PROFIT	\$88,786.04	\$65,006.00	\$23,780.04	136.58 %
Expenditures				
2024 Convention Expense	30,567.00	20,000.00	10,567.00	152.84 %
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	34,916.20	20,000.00	14,916.20	174.58 %
2025 Convention	2,500.00		2,500.00	
2025 Convention Hotel Liaison	884.05		884.05	
Total 2025 Convention	3,384.05		3,384.05	
2026 Convention				
Seed money 2026	2,000.00		2,000.00	
Total 2026 Convention	2,000.00		2,000.00	
Assemblies				
Assembly Exp		6,000.00	-6,000.00	
Hotel Liaison - Assembly Exp	696.08		696.08	
IG Delegate Assistance		3,000.00	-3,000.00	
Luncheon	1,813.53		1,813.53	
Meeting Rooms	2,014.70		2,014.70	
New Rep Information	477.49		477.49	
Total Assembly Exp	5,001.80	9,000.00	-3,998.20	55.58 %

Region 5 OA

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

January - December 2024

	TOTAL			
	ACTUAL	BUDGET	OVER BUDGET	% OF BUDGET
Officers Assembly Expenses	3,246.47	6,000.00	-2,753.53	54.11 %
Chair Assembly Expense	115.86		115.86	
Officer Lodging	1,538.13		1,538.13	
Officer Meals	388.40		388.40	
Vice-Chair Assembly Expense	209.51		209.51	
Total Officers Assembly Expenses	5,498.37	6,000.00	-501.63	91.64 %
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	11,048.23	17,700.00	-6,651.77	62.42 %
Assembly Registration	-161.00		-161.00	
Contract Services				
Accounting Fees				
Accountant		2,000.00	-2,000.00	
Total Accounting Fees		2,000.00	-2,000.00	
Outside Contract Services	4.31		4.31	
Webmaster	4,200.00	6,500.00	-2,300.00	64.62 %
Total Outside Contract Services	4,204.31	6,500.00	-2,295.69	64.68 %
Total Contract Services	4,204.31	8,500.00	-4,295.69	49.46 %
Facilities and Equipment				
Furniture and Equipment	140.11		140.11	
software program upgrades	404.95	100.00	304.95	404.95 %
Total Facilities and Equipment	545.06	100.00	445.06	545.06 %
Insurance - Liability, D and O				
Bond Insurance	144.00		144.00	
Liability Insurance	1,067.00	1,200.00	-133.00	88.92 %
Total Insurance - Liability, D and O	1,211.00	1,200.00	11.00	100.92 %
Operating Expenses				
Bank charges	40.00		40.00	
Bank Service Charges	2.54		2.54	
Total Bank charges	42.54		42.54	
Officer Operating Expenses		2,000.00	-2,000.00	
Chair Office Expense	121.50		121.50	
Chair Travel Expense	110.00		110.00	
Secretary Office Expense	23.88		23.88	
Treasurer Office Expense	379.36		379.36	
Total Officer Operating Expenses	634.74	2,000.00	-1,365.26	31.74 %
Total Operating Expenses	677.28	2,000.00	-1,322.72	33.86 %
Operations				

Region 5 OA

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

January - December 2024

	TOTAL			
	ACTUAL	BUDGET	OVER BUDGET	% OF BUDGET
Books, Subscriptions, Reference	285.29		285.29	
Postage, Mailing Service	200.00		200.00	
Post Office Box		200.00	-200.00	
Postage		60.00	-60.00	
Total Postage, Mailing Service	200.00	260.00	-60.00	76.92 %
Printing and Copying				
Copies	659.80		659.80	
Total Printing and Copying	659.80		659.80	
Processing Fees				
Webconnex	742.30		742.30	
Wepay	1,836.57	1,600.00	236.57	114.79 %
Total Processing Fees	2,578.87	1,600.00	978.87	161.18 %
Record Storage/Shredding	1,210.00	1,320.00	-110.00	91.67 %
Web Expenses				
Virtual Meeting Expenses	299.80	300.00	-0.20	99.93 %
Web Site Security	297.00	300.00	-3.00	99.00 %
Website Hosting & Domain	644.50	300.00	344.50	214.83 %
Total Web Expenses	1,241.30	900.00	341.30	137.92 %
Total Operations	6,175.26	4,080.00	2,095.26	151.35 %
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	10,000.00		10,000.00	
World Service General Fund	10,000.00	20,000.00	-10,000.00	50.00 %
Total WSO Contribution	20,000.00	20,000.00	0.00	100.00 %
Total World Service Organization	26,036.68	34,500.00	-8,463.32	75.47 %
Total Expenditures	\$90,161.96	\$88,130.00	\$2,031.96	102.31 %
NET OPERATING REVENUE	\$ -1,375.92	\$ -23,124.00	\$21,748.08	5.95 %
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	\$ -1,411.93	\$ -23,124.00	\$21,712.07	6.11 %

Region 5 OA
Statement of Activity
January - December 2024

	TOTAL
Revenue	
Assembly Income	
7th Tradition	529.00
Assembly Documents	135.00
Registrations	2,041.00
Total Assembly Income	2,705.00
Contributions	
#13 Illinois	14,415.94
#14 Indiana	5,802.39
#15 Iowa	221.76
#18 Kentucky	1,372.70
#22 Michigan	4,939.81
#23 Minnesota	2,877.27
#24 Missouri	937.19
#34 North Dakota	546.41
#35 Ohio	7,014.65
#49 Wisconsin	2,782.63
Other Region Individual	245.00
Total Contributions	41,155.75
Conventions	
2024 Convention	43,813.78
Scholarship donation	913.00
Total 2024 Convention	44,726.78
Total Conventions	44,726.78
Credit Return	192.87
Interest Income	4.74
Uncategorized Revenue	0.90
Total Revenue	\$88,786.04
GROSS PROFIT	\$88,786.04
Expenditures	
2024 Convention Expense	30,567.00
2024 Convention Hotel Liason	1,422.07
Convention Registration	904.22
Decorations	613.17
Entertainment	324.36
Hospitality Committee	407.26
Marketplace Committee	31.30
Program Committee	106.82
Scholarship	540.00
Total 2024 Convention Expense	34,916.20

Region 5 OA

Statement of Activity

January - December 2024

	TOTAL
2025 Convention	2,500.00
2025 Convention Hotel Liaison	884.05
Total 2025 Convention	3,384.05
2026 Convention	
Seed money 2026	2,000.00
Total 2026 Convention	2,000.00
Assemblies	
Assembly Exp	
Hotel Liaison - Assembly Exp	696.08
Luncheon	1,813.53
Meeting Rooms	2,014.70
New Rep Information	477.49
Total Assembly Exp	5,001.80
Officers Assembly Expenses	3,246.47
Chair Assembly Expense	115.86
Officer Lodging	1,538.13
Officer Meals	388.40
Vice-Chair Assembly Expense	209.51
Total Officers Assembly Expenses	5,498.37
Outreach Committee	42.62
IG Outreach Committee	505.44
Total Outreach Committee	548.06
Total Assemblies	11,048.23
Assembly Registration	-161.00
Contract Services	
Outside Contract Services	
Webmaster	4,204.31
Total Outside Contract Services	4,204.31
Total Contract Services	4,204.31
Facilities and Equipment	
Furniture and Equipment	140.11
software program upgrades	404.95
Total Facilities and Equipment	545.06
Insurance - Liability, D and O	
Liability Insurance	1,211.00
Total Insurance - Liability, D and O	1,211.00

Region 5 OA
Statement of Activity
January - December 2024

	TOTAL
Operating Expenses	
Bank charges	40.00
Bank Service Charges	2.54
Total Bank charges	42.54
Officer Operating Expenses	
Chair Office Expense	121.50
Chair Travel Expense	110.00
Secretary Office Expense	23.88
Treasurer Office Expense	379.36
Total Officer Operating Expenses	634.74
Total Operating Expenses	677.28
Operations	
Books, Subscriptions, Reference	285.29
Postage, Mailing Service	200.00
Printing and Copying	
Copies	659.80
Total Printing and Copying	659.80
Processing Fees	
Webconnex	742.30
Wepay	1,836.57
Total Processing Fees	2,578.87
Record Storage/Shredding	1,210.00
Web Expenses	
Virtual Meeting Expenses	299.80
Web Site Security	297.00
Website Hosting & Domain	644.50
Total Web Expenses	1,241.30
Total Operations	6,175.26
Tax	
Non Profit Status	50.00
Total Tax	50.00
Unapplied Cash Bill Payment Expenditure	74.89
World Service Organization	
Region Chair Committee (RCC)	859.11
Trustee expenses	6.40
World Service Business Conf	
Chair to WSBC	1,692.84
Region 5 Delegate to WSBC	3,478.33
Total World Service Business Conf	5,171.17

Region 5 OA

Statement of Activity

January - December 2024

	TOTAL
WSO Contribution	10,000.00
World Service General Fund	10,000.00
Total WSO Contribution	20,000.00
Total World Service Organization	26,036.68
Total Expenditures	\$90,161.96
NET OPERATING REVENUE	\$ -1,375.92
Other Expenditures	
Reconciliation Discrepancies-1	36.01
Total Other Expenditures	\$36.01
NET OTHER REVENUE	\$ -36.01
NET REVENUE	\$ -1,411.93

Region 5 OA

Profit and Loss by Tag Group

January - December 2024

	TOTAL
Revenue	
Assembly Income	
7th Tradition	529.00
Assembly Documents	135.00
Registrations	2,041.00
Total Assembly Income	2,705.00
Contributions	
#13 Illinois	
- Personal Donations	1,162.00
-00417 Normal Wed 515pm	200.00
-01232 Chgo Wash Pk Sat 1015 am	101.30
-04500 Naperville Mon 730 pm	755.00
-04667 Burbank Thu 1000 am	241.75
-04737 Burbank Tue 730 pm	255.20
-06854 Benet Lake Fri 1000am	83.00
-07207 Northbrook Sat 1100 am	94.90
-07972 Schaumburg Wed 930 am	152.50
-07984 Ferguson Tues 6PM	13.40
-08909 Aurora Wednesday 930 am	60.00
-09118 Suburban North Intergrou	667.00
-09168 CHIWIF Intergroup	1,125.00
-09467 Turning Point Intergroup	1,861.75
-09539 CSSI Intergroup	1,856.63
-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	79.40
-22469 Highland PK Sun 1000 am	70.00
-30462 Evanston St Fr Sat 930am	45.00
-31397 Tuesday PM	34.30
-32205 Chgo St. Johns Sat 930 a	55.15
-32222 Elmhurst Sat 1015 am	160.00
-33054 Oak Lawn Fri 700 pm	116.20
-33402 Libertyville Sat 800 am	79.00
-33891 Waterloo-Columbia 6;15PM	33.42
-34562 Evanston St M Sat 900 am	119.90
-34566 Monkena Mon 1000 am	67.90
-34571 River Grove Mon 730 pm	20.00
-35752 Darien Tue 530 pm	50.00
-35994 Evanston Fri 730 am	21.20
-36157 Roselle Sat 830 am	132.00

Region 5 OA

Profit and Loss by Tag Group

January - December 2024

	TOTAL
-36275 Chicago Sun 1100 am	110.00
-38938 Burr Ridge Sat 800 am	96.00
-39338 Chgo Masonic Sat 730 am	30.00
-39340 Chgo Thorek Sun 915 am	105.13
-41015 Chi St. Johns Tue 700 pm	54.53
-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	260.80
-49518 Kankakee Wed 700 pm	20.00
-50027 Alton Tues 7PM	90.00
-50044 LaGrange Sun 700 pm	67.60
-51048 Darien Wed 630	184.20
-51151 Elgin Fri 900 am	12.00
-51233 Oak Park Wed 700 pm	135.10
-53345 Chicago Alano Sun 900 am	45.00
-53693 Orland Park Wed 930 am	100.00
-53859 Springfield Sat 10AM	22.33
-54010 Northbrook Mon 1000 am	10.00
-56429 Northbrook Thu 1000 am	37.00
-57330 Crystal Lake Thurs noon	100.30
-57518 Burbank Tues 6;30 Newcom	397.25
-57855 Urbana Tuesday evening	363.00
-57859 Chicago Wed 6PM	9.00
-58175 Silvis Wed 5PM	5.00
-800455 Evanston Zoom Sat 730A	150.00
-800561 Burbank Zoom 7;30	177.79
-800669 Morton Grove Wed 7PM	261.60
-801159 Zoom Central IL Thurs 730P	275.00
-801561 Back to Basics 6-8PM	42.70
-88960 Zoom Tues Acceptance is the Answer	7.80
-89078 Saturday 8 am Virtual	242.20
-89098 Friends in Recovery 8AM	33.00
-89823 Naperville Thursday 730	26.00
-89941 Monday Chi No 7PM Zoom	49.20
Total #13 Illinois	14,415.94
#14 Indiana	156.90
- Personal	65.00
-01026 Indianapolis Thu 1200 pm	28.70
-02327 Elkhart Mon 600 pm	111.32
-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

Region 5 OA

Profit and Loss by Tag Group

January - December 2024

	TOTAL
-22495 Goshen Sat 1000 am	97.46
-22838 Indianapolis Fri 1200 pm	520.00
-24741 Highland Fri 900 am	30.00
-26994 Indianapolis Sat 830 am	58.78
-29422 Kokomo Tue 700 pm	8.00
-36184 Greenwood Sat 1000 am	170.00
-36536 Indianapolis Mon 630 pm	91.20
-37739 Ft. Wayne Sat 900 am	64.60
-38165 Evansville Sat 840 am	55.90
-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	80.22
-57032 Fort Wayne Monday Noon	31.41
-57348 Hebron Sat 11AM	20.95
-57854 Indianapolis Sun 7PM	34.88
-57937 Noblesville Why Not Try OA	75.00
-58090 Bloomington Sat 930AM	10.00
-800456 Friday 730PM Zoom	10.00
-800523 Indianapolis Tues noon	10.70
-800546 Indianapolis Wed 7PM	20.00
-800576 Sat 830AM Eye Opener	117.10
-800787 Friday night zoom	34.20
-800788 Sunday 4PM Zoom	15.00
-801146 Wednesday 530PM	71.35
-89294 Tuesday Body Image	173.21
Total #14 Indiana	5,802.39
#15 Iowa	
-18486 Saturday 9AM Iowa City	100.00
-22408 Bettendorf Sat AM	27.76
-34242 Waterloo Zoom Mon 515P	94.00
Total #15 Iowa	221.76
#18 Kentucky	
- Personal Donations	100.00
-09022 Louisville Metro IG	130.00
-14857 Erlanger Wed 1030 am	149.50
-24532 Lakeside Sat 1030 am	105.04
-25760 Lexington Tues 7PM	209.20
-27020 Lexington Mon 700 pm	125.00
-33828 Louisville Fri 630 pm	38.83
-45007 Louisville Mon 530 pm	72.07
-52921 Louisville Sat 400 pm	33.38
-53648 Louisville Thu 6pm	23.10
-57047 Louisville Sun 6PM	109.00

Region 5 OA

Profit and Loss by Tag Group

January - December 2024

	TOTAL
-57611 Saturday AM Recovery	61.20
-57702 Louisville TGIF	147.76
-800175 Lexington 9AM Zoom	68.62
Total #18 Kentucky	1,372.70
#22 Michigan	10.00
- Personal	105.00
-01953 Muskegon Tue 1000 am	80.00
-07433 Clinton Twp Tue 700 pm	20.00
-09026 Greater Detroit IG	461.95
-09208 Western Michigan IG	3,457.61
-16847 Grand Rapids Sat 1000 am	20.00
-19743 St Clair Shr Sat 1000 am	10.00
-29352 Charlevoix 630PM	30.00
-32527 Bloomfield H Wed 1000 am	20.60
-33110 Jackson Sat 930 am	47.00
-34924 Adrian Thu 700 pm	50.00
-35412 Ferndale Fri 1000 am	33.55
-38900 Ferndale Mon 1000 am	20.00
-39685 Garden City Sat 100 pm	20.00
-46681 Adrian Sat 1000 am	20.00
-49379 Bay City Thu 700 pm	16.60
-49919 GrandvilleThu 1000 am	25.00
-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
-54538 Livonia Sat 1000 am	16.20
-54870 Grand Rapids Thu 7PM	156.00
-56447 Jackson Monday 6PM	37.30
-57508 Ann Arbor Thurs 6PM BB	95.40
-800033 Grand Rapids Wed 10AM	60.00
-801082 Detroit Monday 730PM	25.00
Total #22 Michigan	4,939.81
#23 Minnesota	
-00188 Bloomington Tues 6;30	70.00
-00475 Detroit Lakes Tues 12N	128.23
-04913 Anoka Mon 7PM	284.00
-10686 Mankato Thurs 7PM	180.00
-11356 Saturday 11AM Spirit of God	36.00
-17188 St Paul Saturday 7;30AM	225.00
-18284 Minneapolis Tues 930	68.83
-25104 St. Cloud Saturday	37.22
-28143 Chippewa Falls Mon 630	50.00
-28391 Eden Prairie Sat 9AM	130.00

Region 5 OA

Profit and Loss by Tag Group

January - December 2024

	TOTAL
-31497 Minnetonka Friday noon	116.50
-40376 Tuesday Two Harbors	20.00
-46492 Minneapolis Sun 6PM	52.29
-47680 Rochester Sun 3-5PM HOW	30.00
-47708 Apple Valley Thurs 630P	64.70
-49557 Hopkins Sat 730A	29.00
-51440 Monday 630 PM Living Word Church Eagan	72.00
-55391 Wayzata Tues 7PM	26.30
-55707 Sunday 6PM HOW online	24.17
-800138 Minneapolis Thurs 7PM	561.00
-800782 Crossroads Saturday 7;30A	155.00
-800882 Wednesday 6PM Unity IG	26.00
-801089- Duluth Monday 630P	65.00
-89258 Robbinsdale Mon 630P	238.13
-Personal donation	170.00
55385	17.90
Total #23 Minnesota	2,877.27
#24 Missouri	84.87
-00990 St Louis Tues 1PM	107.50
-06234 Sunday Recovery 11AM	10.00
-07418 St Louis Sat 10am	81.60
-08734 Saturday Morning Step study	188.67
-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
-35575 Columbia Wed 530PM	10.00
-45077 St Louis Abstinence First	73.00
-53204 Eureka MO Tues 7PM	50.00
-53332 Thursday Big Book	10.00
-57275 Warrensburg Tues 630PM	37.00
-801181 St. Louis Tues 7AM	5.00
-801183 St Louis Wed 7AM	20.00
-801486 St Louis Big Book	12.00
09525	171.35
Total #24 Missouri	937.19
#34 North Dakota	
-09211 Red River Valley Intergroup	370.76
-30526 Grand Forks Thurs 515PM	75.65
-personal	100.00
Total #34 North Dakota	546.41
#35 Ohio	
-00915 Elyria Mon 730 pm	120.00
-01041 Mentor Thu 1000 am	143.20

Region 5 OA

Profit and Loss by Tag Group

January - December 2024

	TOTAL
-02089 Columbus Thu 930 am	339.75
-02169 Medina Wed 730 pm	75.00
-02612 Parma Heights Mon 930 am	32.00
-04811 Seven Hills Fri 730	71.28
-07447 Lyndhurst Fri 10 am	15.00
-08083 Columbus Mon 930 am	166.80
-08503 N Olmsted Wed 1000 am	60.13
-09134 Central Ohio Intergroup	1,988.44
-12766 Cincinnati Sat 1030 am	80.00
-15272 Olmsted Falls Sat 10 am	55.00
-16720 Brunswick Tue 1000 am	111.97
-19937 Bedford Sat 1000 am	59.00
-21586 Kettering Sun 630 pm	77.80
-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
-47588 Stow Mon 730 pm	61.00
-49022 Bay Village Tue 730 pm	24.10
-49336 Latonia Thurs 7PM	6.50
-53969 Westerville Wed 700 pm	92.70
-54299 Athens Saturday 1000 am	51.00
-55745 Toledo Tues BB 530	25.00
-56786 Toledo Fri 1100 am	65.00
-57037 Findlay Thu 530pm	20.00
-57174 Montezuma Tue 730 pm	28.00
-57288 Fort Thomas Tuesday 730	17.25
-57342 Youngstown Monday 7PM	216.00
-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
-58015 Toledo Mon 10;15A	80.00
-58072 Willow Brook Tues 330P	43.00
-800061 Elyria Thursday S&T	299.20
-800618 Monday Newcomer Cleveland	43.20
-801365 Cleveland Sun 10AM	138.00
-801409 Sat 10AM BB	50.00
-88762 - Reg Sunday Morning C&R	741.95
-88932 Virtual Meeting	196.19

Region 5 OA

Profit and Loss by Tag Group

January - December 2024

	TOTAL
-89151 - Wednesday Bridgetown	54.00
-89904 Columbus Sunday 7PM	22.16
-Personal	320.30
Total #35 Ohio	7,014.65
#49 Wisconsin	
- 800542 Mequon Tues 630PM	5.00
- Personal Contributions	35.00
-00122 Franklin Mon 645 pm	45.07
-00347 Racine Mon 700 pm	3.00
-03478 West Bend Thu 300 pm	9.95
-03631 New Berlin Wed 930 am	173.30
-04055 West Allis Sat 930 am	69.42
-09053 Milwaukee Intergroup	103.65
-09161 Madison Area IG	100.00
-11228 Oshkosh Sat 10AM	13.00
-20992 Wauwatosa Wed 630 am	92.20
-21024 Menomonee Falls Tues 10A	109.90
-30176 Whitefish Bay Mon 700 pm	119.00
-32315 Madison Mon 1200 pm	20.00
-32466 Fox Point Sat 930 am	167.02
-34657 Madison Sun 900 am	136.41
-38390 Wauwatosa Sat 730 am	177.00
-39166 Neenah Mon 600 pm	33.69
-39254 New London Mon 430 pm	20.00
-40998 Moniowoc Mon 130 pm	37.60
-46721 Delavan Fri 845 am	30.00
-49329 Burlington Sat 830 am	30.00
-49495 Madison Mon 530 pm	22.50
-49816 Slinger Mon 630 pm	86.20
-50571 Green Bay Tue 6 pm	33.30
-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
-56813 Cambridge Wed 830am	253.00
-57396 Waukesha Tues 4PM	11.44
-57585 Grafton Thurs 630 PM	105.50
-58078 West Bend Th 630P	10.28
-801106 Menomonee Falls Wed 630P	2.00
-88911 Zoom BB Mon 830 AM	77.00
-89909 Zoom Tues 10AM	37.90
-89919 Zoom Sun 630PM	67.30
Total #49 Wisconsin	2,782.63
Other Region Individual	245.00

Region 5 OA

Profit and Loss by Tag Group

January - December 2024

	TOTAL
Total Contributions	41,155.75
Conventions	
2024 Convention	43,813.78
Scholarship donation	913.00
Total 2024 Convention	44,726.78
Total Conventions	44,726.78
Credit Return	192.87
Interest Income	4.74
Uncategorized Revenue	0.90
Total Revenue	\$88,786.04
GROSS PROFIT	\$88,786.04
Expenditures	
Total Expenditures	
NET OPERATING REVENUE	\$88,786.04
NET REVENUE	\$88,786.04



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,

Barb K

R5Trustee@oa.org

New email: barb1362@me.com

PARLIAMENTARIAN MOMENT

Today, Robert's Rules of Order is adopted by more organizations than any other governing process or procedure. While originally an American creation, Robert's Rules of Order has influenced parliamentary procedure worldwide and is used by various organizations, including governmental bodies, nonprofits, and homeowner associations.

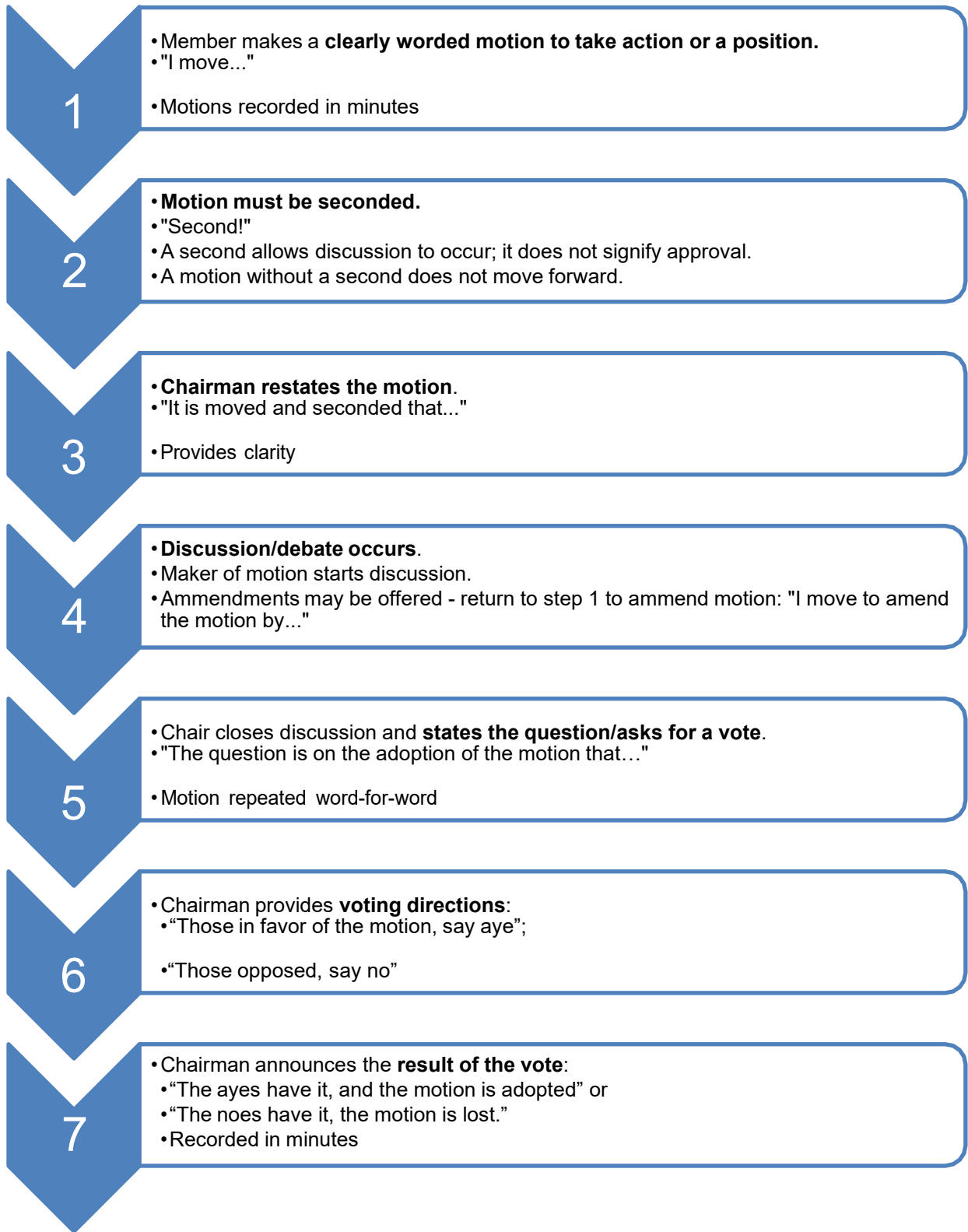
Almost 150 years ago, Robert's Rules of Order was first published by U.S. Army officer Henry Martyn Robert. This first edition spanned 176 pages and was intended to be a brief and simple guide for the average meeting-goer.

However, after its publication, Captain Robert received numerous letters from readers inquiring about situations not specifically addressed in the first edition. This type of correspondence led to the publication of more robust editions. The current 12th edition has 816 pages.

Wow, this is a long way from simple meeting formats! As your Parliamentarian, I can tell you honestly I don't know what is in all of those 800+ pages. We try to keep our Assembly meetings simple. I like to think of them as Bob's Rules of Order. We use them to prevent our meetings from going off-topic, maintain decorum, and protect the rights of both the majority and minority.

The rules are not one-size-fits-all. They can be adapted to fit the needs of different types of meetings, whether large or small. Rules aren't one-size-fits all. Problems are common when large meetings behave too informally, or small meetings behave too formally. Rules should be like clothes—they should fit the organization they are meant to serve.

Most parliamentary manuals provide that board meetings and membership meetings are conducted differently. Large meetings must be fairly formal. However, formality can hinder business in smaller bodies. As a result, *Robert's* recommends less formal rules for small boards and committees.



Roberts Rules of Order – Simplified

Guiding Principle:

Everyone has the right to participate in discussion if they wish, before anyone may speak a second time.

Everyone has the right to know what is going on at all times. Only urgent matters may interrupt a speaker.

Only one thing (motion) can be discussed at a time.

A **motion** is the topic under discussion (e.g., “I move that we add a coffee break to this meeting”). After being recognized by the Chair, any member can introduce a motion when no other motion is on the table. A motion requires a second to be considered. Each motion must be disposed of (passed, defeated, tabled, referred to committee, or postponed indefinitely).

How to do things:

You want to bring up a new idea before the group.

After recognition by the Chair, present your motion. A second is required for the motion to go to the floor for discussion, or consideration.

You want to change some of the wording in a motion under discussion.

After recognition by the Chair, move to amend by

- adding words,
- striking words or
- striking and inserting words.

You like the idea of a motion being discussed, but you need to reword it beyond simple word changes.

Move to substitute your motion for the original motion. If it is seconded, discussion will continue on both motions and eventually the body will vote on which motion they prefer.

You want more study and/or investigation given to the idea being discussed.

Move to refer to a committee. Try to be specific as to the charge to the committee.

You want more time personally to study the proposal being discussed.

Move to postpone to a definite time or date.

You are tired of the current discussion.

Move to limit debate to a set period of time or to a set number of speakers. Requires a 2/3rds vote.

You have heard enough discussion.

Move to close the debate. Requires a 2/3rds vote. Or move to previous question. This cuts off discussion and brings the assembly to a vote on the pending question only. Requires a 2/3rds vote.

You want to postpone a motion until some later time.

Move to table the motion. The motion may be taken from the table after 1 item of business has been conducted. If the motion is not taken from the table by the end of the next meeting, it is dead. To kill a motion at the time it is tabled requires a 2/3^{rds} vote. A majority is required to table a motion without killing it.

You believe the discussion has drifted away from the agenda and want to bring it back.

Call for orders of the day.

You want to take a short break.

Move to recess for a set period of time.

You want to end the meeting.

Move to adjourn.

You are unsure that the Chair has announced the results of a vote correctly.

Without being recognized, call for a "division of the house." At this point a roll call vote will be taken.

You are confused about a procedure being used and want clarification.

Without recognition, call for "Point of Information" or "Point of Parliamentary Inquiry." The Chair will ask you to state your question and will attempt to clarify the situation.

You have changed your mind about something that was voted on earlier in the meeting for which you were on the winning side.

Move to reconsider. If the majority agrees, the motion comes back on the floor as though the vote had not occurred.

You want to change an action voted on at an earlier meeting.

Move to rescind. If previous written notice is given, a simple majority is required. If no notice is given, a 2/3^{rds} vote is required.

You may INTERRUPT a speaker for these reasons only:

- to get information about business – **point of information**
- to get information about rules – **parliamentary inquiry**
- if you can't hear, safety reasons, comfort, etc. – **question of privilege**
- if you see a breach of the rules – **point of order**
- if you disagree with the Chair's ruling – **appeal**

Quick Reference					
	Must Be Seconded	Open for Discussion	Can be Amended	Vote Count Required to Pass	May Be Reconsidered or Rescinded
Main Motion	√	√	√	Majority	√
Amend Motion	√	√		Majority	√
Kill a Motion	√			Majority	√
Limit Debate	√		√	2/3 ^{rds}	√
Close Discussion	√			2/3 ^{rds}	√
Recess	√		√	Majority	
Adjourn (End meeting)	√			Majority	
Refer to Committee	√	√	√	Majority	√
Postpone to a later time	√	√	√	Majority	√
Table	√			Majority	
Postpone Indefinitely	√	√	√	Majority	√



OVEREATERS ANONYMOUS

Region 5 2025 Spring Assembly

Consent Agenda

The Chair has determined the following motion be placed on the Assembly Consent Agenda as of 02/18/25.
These is a housekeeping motion.

Region 5 New Business Standing Rules Amendment NB1.....5

Region 5 New Business

Date: January 26, 2025

MOVE TO: Accept a Region 5 Theme to apply to all committee and board work for the coming year. The Theme will be voted upon during the Spring Assembly before the Outreach Committee of the Whole is formed.

SUBMITTED BY: Region 5 Bylaws Committee

Contact Name:	Phone #:	Email Address:
Susan Mc	847-710-8823	susan.m.oa@gmail.com

INTENT: To provide targeted, cohesive focus for our Committees and Board members

IMPLEMENTATION: Vote on the Theme to be in effect for the next year

COST: None

RATIONALE: We want the Region to speak with one voice and move in the same singular direction.

Region 5 Bylaws Committee Report for Spring 2025 Assembly Packet B

The Bylaws Committee met January 12, 2025. Committee Chair Barbara H. stepped down, due to her new role as Region 5 Treasurer. Susan M. is the acting chair until the March Assembly.

We decided on three motions, which we submitted for Packet A for this assembly:

1. To update the Standing Rules by removing reference to tape recording.
2. To simplify the assembly hosting rotation in the Policies and Procedures in response to our new geographical areas.
3. To update the requirements for officer applicants to allow experience as a representative in regions other than Region 5 to apply.

We also submitted a new business motion (for Packet B) regarding having an annual theme related to the Region's work each year.

We chose not to address the possibility of offering travel expense assistance to Assemblies for remote intergroups until after the Everything Intergroup Subcommittee gathered information about why 12 intergroups were not represented at the 2024 Region 5 Assemblies.

Susan M :-)

Acting Region 5 Bylaws Chair



Convention Committee Spring 2025 Assembly Report



BE ALIVE IN '25

Greetings all ! We're looking forward to being together in Milwaukee, Wisconsin in May 2025. The Convention Committee as a Whole meets the first Tuesday of each month at 6:30 pm CST via Zoom for 90 minutes. Attendance has been very good. Our upcoming meetings are



- March 18, 2025
- April 8, 2025
- April 29, 2025
- May 13, 2025

Join Zoom Meeting
 Meeting ID: 894 9230 2569 Passcode: 822170
 Dial 312/626-6799 Meeting ID: 894 9230 2569#

The Welcoming, Decorations, Registration, Raffles and Program subcommittees have been diligently meeting monthly or more frequently.

Thanks to the Region 5 board of directors for approving new A La Carte pricing in 2025.

Registration is open now on Regfox! Also, by phone or by mail to the Milwaukee Area Registrar. <https://OARegion5.regfox.com/2025-region-5-oa-convention>

The approved convention flyer can be found on Regfox. for easy downloading or printing. The link to the Sheraton Room Block is also found on Regfox. Volunteer lists will start emerging as people register.

Program Highlights

- Pre-Convention Workshop Friday, May 23 10 am – 2 pm (separate registration fee)
LIVING ABSTINENTLY IN '25: Eating and Emotions
- **3 Tracks:** COME TO BEE-LIEVE (the steps and principles); BEE ALIVE & THRIVE (diversity and traditions); and, BEE ENGAGED! (tools, PI/PO)\
- **5 Keynote Speakers:** 30-35 minutes followed by sharing at your table for 20-25 minutes followed by positive pitches for 10 minutes.
- **18 recorded sessions:** 5 keynotes and 13 workshops



Welcoming Highlights

Under the leadership of the Welcoming Committee, members are giving service to attend every virtual Intergroup meeting in R5 between Feb 15 - Apr 15, to ensure that everyone feels welcomed and invited to attend BE ALIVE IN '25. The Raffle Basket flyer will be provided at this time, too.

Other Highlights

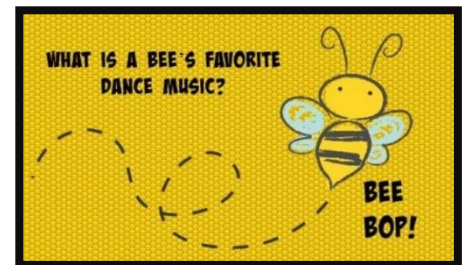
- The Convention event is posted on the WSO website.
- Co-chair Laurie L is filling the role of Liaison to The Sheraton Milwaukee Brookfield Hotel
- The draft program topics was sent to the Region 5 board for approval on February 4.
- Keynote Speakers are being qualified now.
- Table centerpieces were assembled on February 15.
- Deadline for submission of printed materials is April 25, 2025.
- The DJ is reserved for the Bee Bop Dance on Saturday night.



Still Needed

- Hospitality co-chair for May 23-25
- Literature chair needed for May 23-25
- Marketplace co-chair needed

Yours in love and service,
 Judy W., Chair
 Laurie L., co-Chair

Everything Intergroup report for Region 5 Spring 2025 Assembly Packet B

Region 5 Everything Intergroup Subcommittee Report for Spring 2025 Packet B

Since the last assembly, we met via Zoom on November 17, December 2, and January 15. Our next meeting is February 18.

There are currently 6 members of the Everything Intergroup Subcommittee who are Region 5 representatives. Between us, we are reaching out to and developing connections with the 12 intergroups which were not represented at 2024 Region 5 Assemblies.

Here are questions we discussed:

1. How is your intergroup doing? Growing, shrinking, or holding steady?
2. What is your intergroup doing well?
3. What does your intergroup struggle with?
4. When you dream, what does your intergroup do? What is it like?
5. What are your barriers for making that happen?
6. If your intergroup is doing well, would you be willing to mentor or share your experience with another intergroup?

These may be good questions for all of us to consider about our intergroups.

The following are projects we expect to work on:

- Making sure Region 5 and World Service has current information about each of our intergroups.
- Collecting “Best Practices” (strategies that work) to be made available through the R5 website.
- Arranging Zoom sessions for intergroups to connect and support each other.

We were asked to consider facilitating a session at the May 2025 Region 5 Convention. A subset of our subcommittee is working on this.

Susan M :-)
Subcommittee Chair

Region 5 Sponsorship – Speakers Subcommittee Report

February 18, 2025

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 ACHIEVED:

- ✚ Region 5 Sponsorship Zoom Workshop was presented by our committee on October 6th 2:00-4:00PM EST
- ✚ Workshop template for R5 Representatives was made available November 1, 2024 at the R5 Assembly
- ✚ Our team conducted a 2-hour Sponsorship Workshop for the World Service sponsored 24-hour 12&12 Day on December 12, 2024 at the request of R5 newly-elected Chair, Pam Piar.
- ✚ The Sponsorship Workshop template to be placed on the R5 website

RESULTS

December 12, 2024 this Sponsorship Subcommittee presented and ran the Sponsorship Workshop at the World Service Virtual 12&12 Day 24-hour event.

- ✚ It was held at 3:00-5:00pm EST
- ✚ At one point we had 130 people in attendance from around the globe. The interactive format allowed for us all to share best practices.
- ✚ In addition, we were able to provide a forum for those people looking for sponsors and those available to sponsor.
- ✚ 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.

FUTURE DELIVERABLES TO BE DISCUSSED

- ✚ Post a link to the Sponsorship Workshop on the Region 5 website.
- ✚ 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.



SPONSORSHIP SUCCESS ONLINE WORKSHOP

LEADER SCRIPT

(Please note, each Speaker should introduce the next as is printed in this script. Also, after your presentation, please read some/all questions first from the Chat then open for sharing.)

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 experiences and challenges, hosted by the topic speaker. If you have any questions, please post them in the Chat during each of the speaker’s session. This session is being recorded but will be disabled during open sharing for security. 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:

3:05-3:20 pm : “**The first speaker is Linda P. 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 10 minutes of Q&A and open sharing called a SHOUT OUT SESSION. Any questions may be posted in the Chat.

- 3:20-3:30 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 B is Leigh Ann M. 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 10 minutes of Q&A and open sharing called a SHOUT OUT SESSION. Any questions may be posted in the Chat.

- 3:45-3:55 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.”

3:55-4:10 pm : “**Speaker C is Allen B. His topic is WHAT ARE SOME DIFFERENT SPONSORING STYLES?** He will have 10-15 minutes to share and will be given a two-minute warning. Afterward, we will have 10 minutes of Q&A and open sharing called a SHOUT OUT SESSION. Any questions may be posted in the Chat.

- 4:10-4:20 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.”

4:20-4:35 pm : “**Speaker D is Beverly B. 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 will be given a two-minute warning. Afterward, we will have 10 minutes of Q&A and open sharing called a SHOUT OUT SESSION. Any questions may be posted in the Chat.

- 4:35-4:45 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



Overeaters Anonymous

New Mailing Address

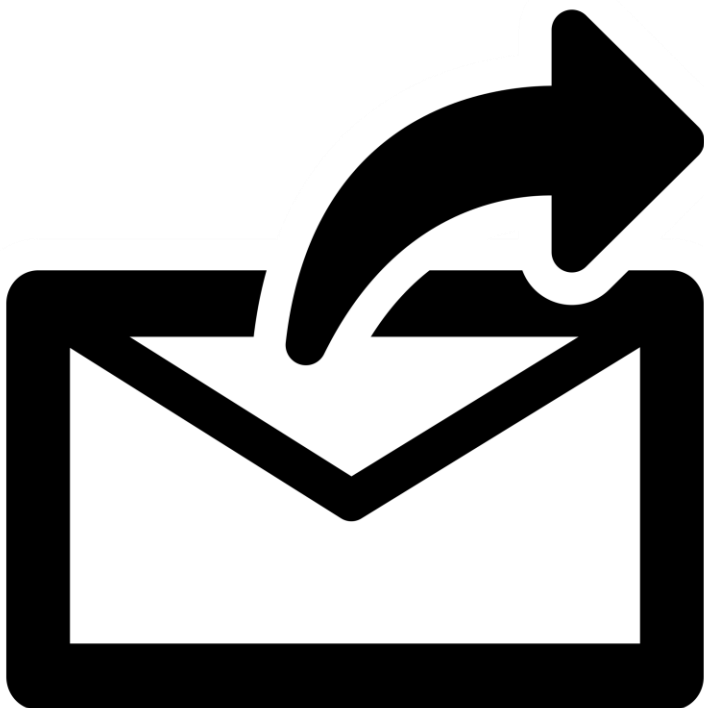
Hello my name is Barbara H. and it is my pleasure to be the new Treasurer for Region 5 of Overeaters Anonymous. We have changed our PO Box from Shaker Heights, OH to Louisville, KY, closer to my home.

The new address is:

Region 5 of Overeaters
Anonymous

P.O. Box 22175

Louisville, Ky., 40252

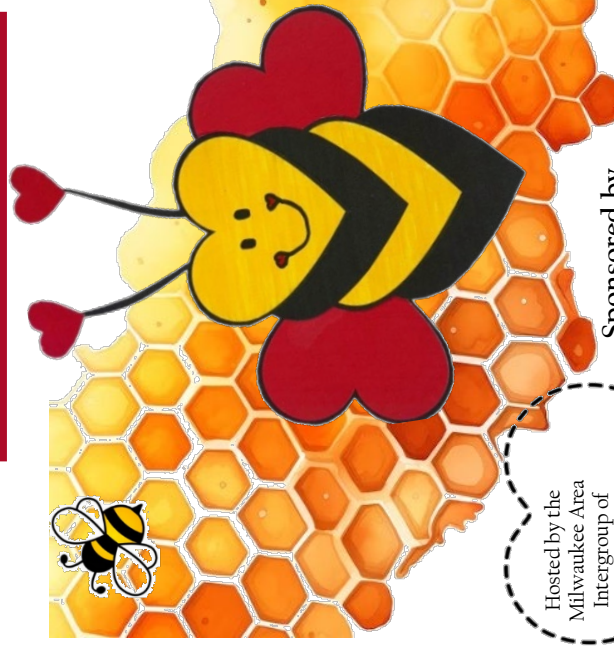


Annual Convention

All events are In-person
(all times are central time)

May 23-25, 2025

BE ALIVE IN '25



Sponsored by



Hosted by the
Milwaukee Area
Intergroup of
Overeaters
Anonymous



Living Abstinently: *Eating and Emotions*

Pre-Convention Workshop

- Sheraton Milwaukee Brookfield Hotel
- Friday May 23, 2025
- 10:00 am – 2:00 pm central
- Lunch break 11:30 am – 12:30 pm
- Pre-registration \$30.00
- Walk-in \$45.00
- Lunch Buffet \$35.00 register by May 2

Review your **eating patterns**, choose your **binge/trigger foods**, learn how we **change our eating behaviors**, more about **sticking to your plan** and **dealing with life** without using food.

Read, write, share based on OA's New *Plan of Eating* pamphlet and *Abstinence* book.

Read, write, share on the practice of **emotional abstinence** to stop the cycle of emotional bingeing.

- Learn the value of putting yourself first
- Hear how HP comes to the rescue when members are faced with cravings
- Find simple truths waiting to be revealed behind the wide range of emotions
- Hear how taking a hard look at insanity paved the way to sanity for your fellows
- Explore the Top 10 things that help one member maintain abstinence in difficult situations

...I began to see that even though I was physically abstinent, I wasn't emotionally abstinent...Maybe that was why I lacked serenity...Today God helps me to be emotionally abstinent. I do the footwork, and God does for me what I cannot do for myself.

Voices of Recovery p 65

R5 Fundraisers

- Marketplace
- Gift Basket Raffle
- 50-50 Raffle

FUN * FUN * FUN

Supporting the Convention's fundraising efforts is **SERVICE** and carries the OA message of **RECOVERY**.

Always to extend the heart and hand of OA to those who share my compulsion, for this I am responsible.

*To be alive is Power
Existence in itself
Without a further function
Omnipotence enough.*

Emily Dickinson

I am alive. I can make of that fact anything I want. I need no terms or conditions to exercise the power of life. All I have to do is live now. It is enough. There may be life in the future, and there was certainly life in the past, but my footing is in the present. Today is where the past has its meaning, and where the future is shaped. Looking far forward, mapping out my life in the future, I waste the power of my life in the present. And lingering in the past, twisting its circumstances and falsifying its memory is an injustice to both past and present. I am thankful that my past has brought me to this present, where I am learning to use all my energy and spirit to live.

For today: I revel in the power of being alive, and I thank God I am not afraid to exercise it to the fullest today.



BE ALIVE IN '25



Event Program (tentative)

all times are central time
all events are In-Person

Friday May 23 – Pre-Convention Workshop 10:00 am – 2:00 pm
(additional registration required)

Living Abstinently in '25: *Eating and Emotions*

Friday May 23 Early Hotel Check in 2:30 – 4:00 pm



Friday evening, May 23

4:00 – 6:15 pm OA meetings, Big Book Study, Meditation

6:45 – 8:30 pm Welcome followed by Keynote speaker

8:45 – 10:00 pm OA Promises by Candlelight, other Activities

Saturday May 24

Breakfast 7:00 – 8:30 am

6:15 – 8:30 am

9:00 am – 8:30 pm OA meetings, Writing Workshop and more

Three Keynote speakers

Workshops: Be Fearless, Carrying the

Message, Sponsorship Success, Weeding Out

Negative Thinking, Using Tech for Recovery

Panel Discussions: Be United in Recovery

Lunch 5:30 – 7:00 pm

11:30 am – 1:15 pm *Bee Bop* Dance

8:30 – 10:30 pm



Sunday morning, May 25

7:00 – 9:15 am Meetings and Workshops

9:30 – 11:00 am Keynote speaker followed by Closing

Register online from www.REGION5OA.org

Register by mail using form to the right

Register by phone 414/259-0640

Scholarship support is available for

Region 5 residents:

call 414/259-0640 or email

convention@oamilwaukee.org



Pre-Convention Workshop

details on reverse



Living Abstinently in '25:
Eating and Emotions

Friday, May 23

10:00 am – 2:00 pm

Sheraton Milwaukee

Brookfield Hotel

375 S Moorland Rd
Brookfield, WI 53005
262/364-1100



Room Block is open NOW

Special room rates \$119 + tax

Thursday, May 22 to Monday, May 26

- No rate increase for double occupancy
- State and local taxes will be added at check out (estimated 15.5%)
- Rooms are newly remodeled
- Fitness Center and Indoor Pool
- Breakfast is not included
- Refrigerator in each room
- Coffee & Tea maker in each room
- Microwaves available in vending area and Convention Hospitality suite

Reservation cutoff is Friday, May 2, 2025

Make your reservations by phone or online

- ✓ Call 888/627-8235 with code OA50A5J mention "Region 5 Convention Room Block"
- ✓ Click here for [Online Reservation](#)

HOTEL INFORMATION

Check In 3:00 pm

Check Out 11:00 am

Daily Housekeeping

Free Airport Shuttle

Complimentary on-site Parking

Smoke-free Property



Pre-register by May 2, 2025

PACKET B PAGE 58

Pre-Convention Workshop:	Pre-Register	Walk-in
Living Abstinently in '25: <i>Eating and Emotions</i> Friday, May 23 10:00 am - 2:00 pm	\$30.00	\$45.00
Convention Registration Fee:	Pre-Register	Walk-in
Weekend Rate Fri 4:00pm - Sun 11:00 am	\$ 70.00	\$90.00
Friday evening 4:00 – 10:00 pm	\$ 10.00	\$10.00
Saturday 7:45 am – 10:30 pm	\$ 50.00	\$70.00
Sunday morning only 7:15 am – 11:00 am	\$ 10.00	\$10.00

Region 5 charges exact meal cost; your purchase helps meet contractual hotel minimums that reduce room rental & lodging costs for all. Meals available until May 2, 2025

Convention Meal Tickets includes tax and gratuity	Pre-Register
Friday Salad Bar Lunch	\$35.00
Saturday Breakfast	\$ 30.00
Saturday Salad Bar Lunch	\$ 40.00
Saturday Dinner <input type="checkbox"/> Vegetarian Dinner	\$ 60.00



Scholarship Donation \$ _____

TOTAL ENCLOSED \$ _____

[Refunds available through May 2, 2025]

Do you consent to share first name, last initial, city, phone, email with other participants? Yes No

I want to serve in this way(s) (check all that apply)

Fundraisers Panelist Workshop Leader

Session Timer Session AV Assistant

Meeting Leader Meditation Guide

Hospitality Greeter Wherever Needed

Name _____

Mailing Address _____

Phone _____ email _____



Register by phone at 414/259-0640 or mail this form with check payable to OA Region 5 c/o OA-MAI PO Box 270054, Milwaukee, WI 53227 Do not send cash, please



**BE
ALIVE
IN '25**

R5 Fundraisers

- Marketplace
- Gift Basket Raffle
- 50-50 Raffle



FUN * FUN * FUN

All convention activities are at
**The Sheraton Milwaukee
 Brookfield Hotel**
 375 S Moorland Rd
 Brookfield, WI 53005



Free parking * Free airport shuttle

\$119 + tax per room night
 Thursday to Monday * any occupancy

Sponsored by



May 23-25, 2025



Annual Convention

Event Program (tentative)

all times are central time
 all events are In-Person

Friday May 23 – Pre-Convention Workshop 10:00 am – 2:00 pm
 (additional registration required)

Living Abstinently in '25: Eating and Emotions

Friday May 23 Early Hotel Check in 2:30 – 4:00 pm



Friday evening May 23

4:00 – 6:15 pm OA meetings, Big Book Study, Meditation
 6:45 – 8:30 pm Welcome followed by Keynote speaker
 8:45 – 10:00 pm OA Promises by Candlelight, other Activities

Saturday May 24

6:15 – 8:30 am Breakfast 7:00 – 8:30 am
 OA meetings, Meditation, Writing Workshop and more
 9:00 am – 8:30 pm Three Keynote speakers

Workshops: Bee Fearless, Carrying the Message, Sponsorship Success, Weeding Out Negative Thinking, Using Tech for Recovery
Panel Discussions: Be United in Recovery

11:30 am – 1:15 pm Lunch Dinner 5:30 – 7:00 pm
 8:30 – 10:30 pm **Bee Bop Dance**



Sunday morning May 25

7:00 – 9:15 am Meetings and Workshops
 9:30 – 11:00 am Keynote speaker followed by Closing

NEW a la carte Pricing Structure	Pre-Register by May 2, 2025	Walk-in
Pre-Convention Workshop Fri May 23 10:00am - 2:00pm	\$ 30.00	\$ 45.00
Weekend Rate Friday 4 pm to Sunday 11 am	\$ 70.00	\$ 90.00
Friday evening 4:00 pm – 10:00 pm	\$ 10.00	\$ 10.00
Saturday 6:15 am – 10:30 pm	\$ 50.00	\$ 70.00
Sunday morning only 7:00 am – 11:00 am	\$ 10.00	\$ 10.00
Friday Lunch includes tax and gratuity	Pre-register only \$ 35.00	
Saturday Breakfast includes tax and gratuity	Pre-register only \$ 30.00	
Saturday Lunch includes tax and gratuity	Pre-register only \$ 40.00	
Saturday Dinner includes tax and gratuity	Pre-register only \$ 60.00	



- Register online from www.REGION5OA.org
- Register by mail
- Register by phone 414/259-0640

Region 5 residents request scholarship support by phone 414/259-0640 or by email to convention@oamilwaukee.org

LIVING ABSTINENTLY IN '25

Sponsored By



PRE-CONVENTION WORKSHOP

Friday May 23, 2025

10:00 am – 2:00 pm central

Lunch break 11:30 am – 12:30 pm

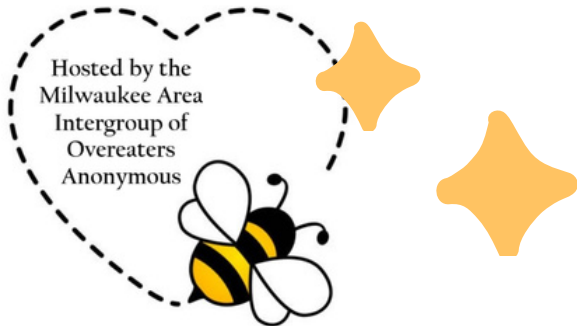
Registration required \$30.00

Lunch Buffet \$35.00

Sheraton Milwaukee Brookfield Hotel

375 S Moorland Rd

Brookfield, WI 53005



Review your **eating patterns**, choose your **binge/trigger foods**, learn how we **change our eating behaviors**, more about **sticking to your plan** and **dealing with life without using food**. Read, write, share based on OA's New Plan of Eating pamphlet and Abstinence book.

Read, write, share on the practice of **emotional abstinence** to stop the cycle of emotional bingeing.

- Learn the value of putting yourself first
- Hear how HP comes to the rescue when members are faced with cravings
- Find simple truths waiting to be revealed behind the wide range of emotions
- Hear how taking a hard look at insanity paved the way to sanity for your fellows
- Explore the Top 10 things that help one member maintain abstinence in difficult situations

...I began to see that even though I was physically abstinent, I wasn't emotionally abstinent...Maybe that was why I lacked serenity...Today God helps me to be emotionally abstinent. I do the footwork, and God does for me what I cannot do for myself.

Voices of Recovery p 65

Register online from www.REGION5OA.org
Register by mail using the registration form

Register by phone 414/259-0640

You may attend only the Pre-Convention Workshop

Scholarship support is available for
Region 5 residents:

call 414/259-0640 or email
convention@oamilwaukee.org

Sheraton Milwaukee Brookfield Hotel

The Sheraton Milwaukee Brookfield Hotel enjoys an ideal location just off Interstate 94, ensuring convenient access to the city's prime attractions, culinary gems, and shopping havens. Following a recent renovation, the hotel now boasts a contemporary ambiance, offering guests a revitalized and modern experience throughout their stay.



Guest Room Features



- ✔ 386 Renovated Total Guestrooms
 - (74) Double beds
 - (139) Two Queen beds
 - (165) Kings
 - (8) Suites
- ✔ Complimentary WiFi
- ✔ 65" inch smart tv's with premium channels
- ✔ Refrigerator, coffee & tea maker in each rooms

Hotel Facilities & Services

- ✔ The Craft Room:
 - Full-Service Breakfast and Dinner
 - Room Service
 - Grab N' Go Market
 - Starbucks
- ✔ Outdoor Deck with Firepit
- ✔ Indoor Pool & Outdoor Pool
- ✔ Two (2) On-site Fitness rooms
- ✔ Self-Service 24-Hour Laundry Facilities; Dry Cleaning
- ✔ Complimentary Parking (**Motor Coach Included**)
- ✔ Sheraton Club Lounge
- ✔ Renovated Public Areas

Customized Contracts and Concessions for our Partners

Sheraton Perks

Groups Pricing with 10+ Rooms
Flexible Billing

Marriott Bonvoy Points: Double/Triple Points Available
Courtesy & Attrition Blocks Available
Renovated 20,000 sq. ft. of event space

We're Working the Twelve Steps

77% of survey participants have completed all Twelve Steps and 67% have worked through the Steps multiple times.

88% have worked the Steps with an OA sponsor. 60% have sponsored others through the Steps.

Almost half (48%) have participated in an OA Step-study group, and 34% have worked the Steps in another Twelve Step program.

Only 4% of participants had not worked the Steps at all.

Almost all use both the Overeaters Anonymous Twelve Steps and Twelve Traditions (89%) and the AA Big Book and/or AA 12&12 (90%) to work the Steps. A majority (52%) have used the OA Workbook.

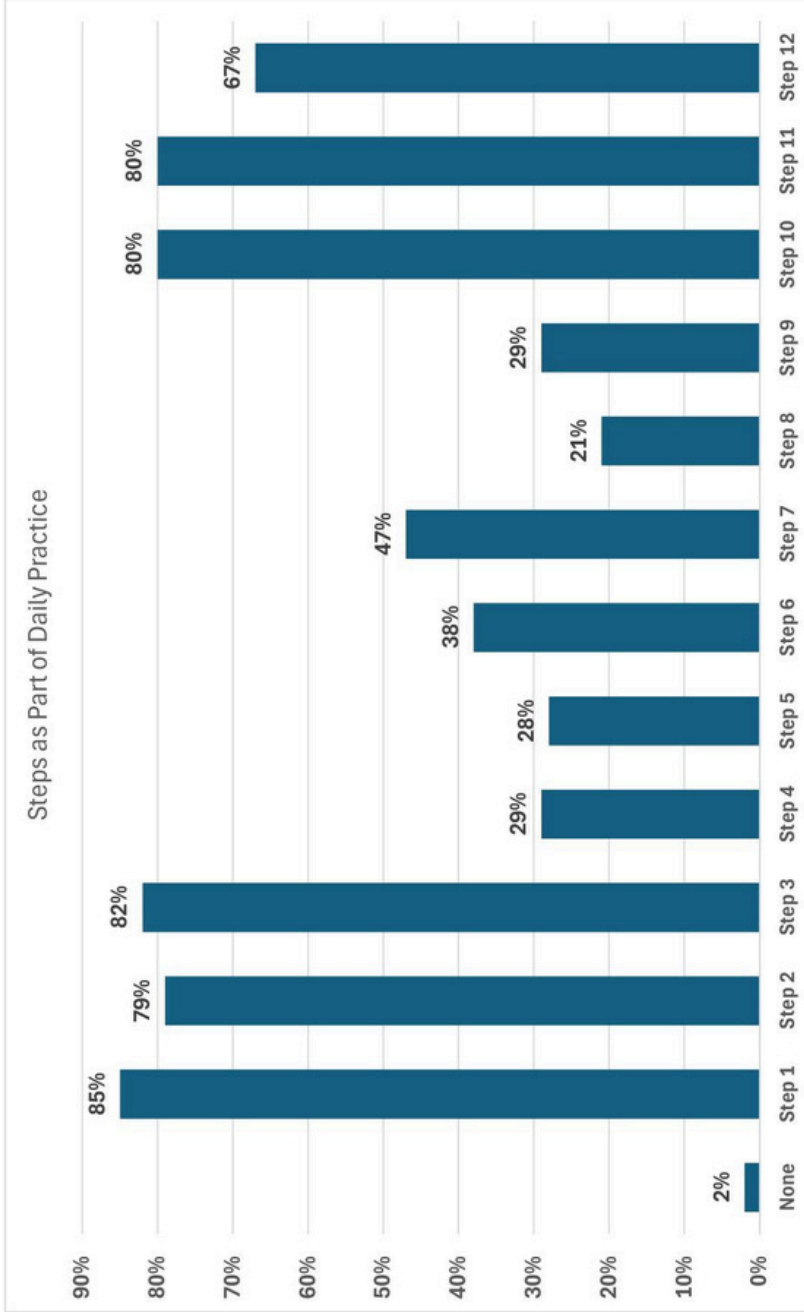
Most participants use Steps 1-3 and Steps 10-12 on a daily basis. Only 2% of reported no daily practice involving the Steps.

“Every day I wake up as an ‘untreated’ compulsive eater; I need to get my ‘treatment’ right away.”

Recovery. What Works?

OVEREATERS ANONYMOUS
2024 MEMBERSHIP
SURVEY RESULTS

N = 3,468



We are Recovering!

86% of participants were abstinent (refraining from compulsive eating and compulsive food behaviors while working toward a healthy body weight) when they took the survey. 85-96% say the symptoms that brought them to OA have improved, and are "Better," "Much Better" or "No Longer an Issue." Combined totals are shown below.

Symptom	Improvement
Eating food that is burned, frozen, or spoiled; from containers in the grocery store; or out of the garbage.	96%
Going on eating binges for no apparent reason, sometimes eating until I'm stuffed or even feel sick.	95%
Eating when I'm not hungry, or not eating when my body needs nourishment.	94%
Fasting or severely restricting my food intake to control my weight.	92%
Eating sensibly in front of others and then making up for it when I am alone.	92%
Using laxatives, vomiting, diuretics, excessive exercise, diet pills, shots, or other medical interventions (including surgery) to try to control my weight.	92%
Losing weight with a diet or "period of control" only to be followed by bouts of uncontrolled eating and/or weight gain.	90%
Reaching for food when my emotions are intense.	89%
Feelings of guilt, shame, or embarrassment about my weight or the way I eat.	89%
My eating behaviors make me or others unhappy.	88%
My eating is negatively affecting my health or the way I live my life.	88%
Spending too much time thinking about food, arguing with myself about whether or what to eat, planning the next diet or exercise cure, or counting calories.	87%
The need to chew or have something in my mouth all the time: food, gum, mints, candies, or beverages.	86%
Fantasizing about how much better life would be if I were a different size or weight.	85%

We're Using the Tools of Recovery

82% use **Anonymity** daily; an additional 3% use it four to six times per week.

73% use a **Plan of Eating** daily; an additional 8% use it four to six times per week.

68% attend at least two to three **meetings** per week.

47% use an **Action Plan** daily; an additional 8% use it four to six times per week.

45% use **Literature** daily; an additional 15% use it four to six times per week.

36% use **Sponsorship** daily; an additional 23% use it four to six times per week.

31% use **Service** daily; an additional 13% use it four to six times per week.

29% use **Writing** daily; an additional 11% write four to six times per week.

23% use the **Telephone** daily; an additional 13% use it four to six times per week.

"Writing helps me clarify the next right thing to do."