REGION ONE Assembly

VIRTUAL ASSEMBLY

OCTOBER 23–25, 2026

Two important things to know!
Please read this entire flyer and share with your membership.

1 REPRESENTATIVES & ASSEMBLY REGISTRATION

Please send me the names and email addresses of Representatives or Alternate Representatives that will attend the virtual Region One Assembly October 23-25, 2026 by AUGUST 8.

Each Intergroup is entitled to one (1) Representative for up to the first ten (10) groups it represents and one (1) for each additional ten (10) groups or any fraction thereof. The primary responsibility of the Region Representatives at the annual Region One Assembly is to represent their Intergroups and to report back to their Intergroups on actions taken at Assembly.

QUALIFICATIONS FOR REPRESENTATIVES & ALTERNATE REPRESENTATIVES

- Each Representative should have a minimum of six (6) months of current abstinence and at least one (1) year of service beyond the group level. Each Representative shall be the sole judge of his/her abstinence and maintenance.
- Each Representative should be selected for sound judgment, experience, stability, willingness to serve and for faithful adherence to the program of the Twelve Steps and Twelve Traditions of Overeaters Anonymous.

Please have your Representatives or Alternate Representatives register for assembly here:

https://form.jotform.com/oaservicework/2026AssemblyRegistration

Thank you for helping our fellowship grow!

2 BOARD POSITIONS OPEN FOR ELECTION

The following Region One board positions will be open for election at the Assembly:

- First Vice-Chair
- Second Vice-Chair
- Secretary
- Treasurer
- Technology Coordinator
- Second Member-at-Large

QUALIFICATIONS FOR THESE POSITIONS

- Be a member of Overeaters Anonymous within the geographical boundaries of Region One.
- Be working the Twelve Step program to the best of their ability and have taken the Fifth Step.
- Be familiar with the Twelve Traditions of Overeaters Anonymous and the Twelve Concepts of OA Service.
- Be presently abstaining from compulsive overeating for at least one (1) year.
- Have two years of service to Overeaters Anonymous beyond the group level, if a member of an Intergroup.
- Be proficient in using various software and digital platforms that the Board utilizes to conduct its day-to-day business, or be willing to learn how to use them.

TO BE ELIGIBLE FOR ELECTION, A NOMINEE MUST:

- Meet the above qualifications
- Understand responsibilities of the position as defined in Article VII of the Region One Bylaws (attached) and as defined in the Region One Policies Job Descriptions (attached).

To be elected to the Region One Board, a nominee must consent to serve in that position and must receive a majority vote of the voting members at the Assembly.

Applicants may submit their completed application to **chair@oaregion1.org** any time prior to the election date. Those received by **SEPTEMBER 23** will be included in the Assembly documents distributed to the Assembly registrants. I will ensure applications received after September 23 will be distributed to Assembly registrants.

Please let me know if you have any questions or concerns.

In love and service,
Alanna C.
Region One Chair