



**Region 7 2026 Spring Assembly  
POST-ASSEMBLY PACKET  
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April 2, 2026

Dear friends,

I hope you enjoyed the **Region 7 Spring Assembly** as much as I did! Fully 42 Representatives, Board members and visitors / guests joined us for a day of business and fellowship. The Board and I thank you for your attendance and service to support your local meetings, Intergroups and Region 7.

The R7 Board tried something new this time around - we structured the agenda so that the lunchtime speaker was followed directly by a workshop on OA's global theme for this year, **The Power Of We**. We want to be mindful of the strength we receive from the unity of our fellowship and the many ways that together we can recover and help others to also recover.

### **ORDER of BUSINESS**

OA Region 7 Committees met during the morning, and reviewed each Committee's updates since Fall Assembly, then planned for the period between now and our Fall Assembly in October. We met our Quorum requirements with a comfortable margin, and convened the Business Meeting. Our Motion relating to restructuring of the OA R7 Bylaws and Policy Manual was passed without objections. Our R7 Vice Chair, Leslie F. and our Corresponding Secretary, Hope R. were elected to fill out the remainder of their terms. We were joined by a number of our fellow OAs for fellowship during and following the lunch break. A survey was sent around to all attendees to get thoughts on Assembly changes to benefit the entire region.

Over the coming few weeks, the R7 Bylaws\* and Policy Manual\* will be reviewed for accuracy of the updates, then sent for review by our R7 Trustee Liaison, then the updated versions will be republished.

\*Current Bylaws & Policy Manuals can be found here: <http://oaregion7.org/resources>

### **NEWS and UPDATES**

Region 7 is starting the process of redesigning our website. It has been a number of years since the website has been updated, so that is an exciting thing to be working on. Our new webmaster will be updating our Registration software and process first, so that we can be ready to take your reservations for upcoming events such as

- OA Region 7 in person Convention - October 23-25th, Bethesda, MD
- OA Region 7 Fall Assembly - in person October 2-4, Winchester VA

### **REGION 7 EMAIL LOOP**

Do you subscribe to the Region 7 Email Loop? It has Region 7 & OA events and announcements.

To join, go to: <http://oaregion7.org/forms/request-google-group-access/>

Again, we deeply appreciate your service as region representatives and visitors. We are fortunate to have your commitment, time, energy, hard work, and creativity.

Let us carry the message to the still suffering compulsive overeater in and out of our rooms.

In Service of Region 7,

Lee Ann S.

OA Region 7 Chair



## **2026-03-14 OA Region 7 Spring Virtual Assembly**

### **Business Meeting Minutes - Revised**

Saturday, March 14-2026

**Welcome** - Serenity Prayer (“we” version) said in unison at 2:15 pm. Lee Ann asked guests on Zoom to rename themselves using the naming conventions and explained guidelines for camera etiquette and Zoom hand usage.

**Readings** – Members read the Twelve Steps, the Twelve Traditions, and the 12 Concepts.

### **Introduction of Board Members and Trustee Liaison –**

Lee Ann S. (Chair), Annmarie T. (Treasurer), Leslie F. (Vice-Chair), Hope R. (Corresponding Secretary), Linda A. (Recording Secretary), Kristi K. (Apprentice Treasurer) and Bob L. (Trustee Liaison)

**Roll Call was taken** - Board Members (5 Voting), One Trustee Liaison (Non-Voting), 18 Representatives. The total number of possible votes is 23.

**Adoption by Unanimous Consent** - Lee Ann reviewed how unanimous consent works. There are three steps:

1. Inform the representatives that without objections, the motion will be adopted.
2. State that if there are any objections, reps need to raise them now.
3. If there is no objection, Chair will announce that the motion is adopted. If there is an objection, Chair will ask visitors to leave the virtual room and will call for a vote.

The Chair stated that we have elections and one motion on the agenda. No emergency motions were submitted by 11am this morning as required.



**Establishing the Quorum** - Roll call was taken to determine the number of authorized representatives present from the various intergroups across the region. Lee Ann confirmed a quorum was reached for this business meeting.

**Standing Rules** - The Standing Rules, read by Hope, were reviewed and approved. (It was noted that the Standing Rules on our website was an outdated version. The webmaster will be given the correct version to upload to the website).

**Adoption of Agenda** - Lee Ann asked if there were questions or objections to the Agenda. The Agenda was adopted as presented.

## **Region 7 Officer Reports.**

**Chair (Lee Ann S.):** Lee Ann stated that the Treasurer position continues to be vacant, however we are pleased to welcome Kristi K., who is now serving by Board appointment as the R7 Apprentice Treasurer. We thank Annmarie, who continues to serve past her term limit, to provide time for Kristi to transition into the Treasurer position. Kristi expects to train with Annmarie and then transition into the Treasurer position. When that time comes, an election will be held at a future Region 7 Assembly. Once Kristi takes over as Treasurer, a new Apprentice Treasurer will need to be appointed; all Representatives are asked to consider Region service.

Lee Ann thanked the Convention Committee for the amazing job done by Region 7 volunteers, several of whom are present today. We had a superb Virtual Convention in 2025, which provided a full suite of workshops and speakers. Lee Ann said she would save the great news concerning the Region 7 Convention for the Convention Committee to announce.

Elizabeth (Beth) Haynes was introduced as the Parliamentarian for the Assembly.



**Recording Secretary (Linda A.):** The minutes of the Fall 2025 Assembly were approved without any correction changes. Linda, the Board liaison to the Outreach Committee, shared her positive experience working with that committee. She also mentioned that a Post-Assembly Survey will be sent out soon and encouraged everyone to fill it out. Results will be shared in the 2026 Spring Post-Assembly Packet.

**Vice-Chair (Leslie F.):** Since the last Assembly, Leslie (who is Board liaison to the Convention Committee), has been working on the upcoming convention with the Convention committee volunteers. The in-person Region 7 Convention will be held October 23-24, 2026 in Bethesda MD. The theme is “I Put My Hand in Yours – Welcome Home”.

**Corresponding Secretary (Hope R.):** Hope is the Board liaison for the newly combined Twelfth Step Within & Intergroup Renewal Committee. She has been working on the 2026 Spring Pre-Assembly Packet.

**Acting Treasurer (Annmarie T.):** Annmarie will continue serving as Treasurer until our Apprentice Treasurer is voted into that position. Annmarie presented the Region 7 Year End FY 2025 Statement and asked for questions from the Assembly.

**Region 7 Trustee Liaison (Bob L.):** Bob highlighted parts of his report. Please read his full report that was sent with the Pre-Assembly packet. There is a great deal of good information in it. There are two years left in Bob’s term as Trustee. Be thinking if you would like to run for that position. Intergroup updated Bylaws need to be sent to Bob. There is a new contribution platform that allows members to schedule 7<sup>th</sup> Tradition donations, and an <oa.org> service contribution report. Bob can be reached at <R7trustee@oa.org >.



## Committee Reports

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**Convention Committee (John D.):** There will be an in-person Convention in Bethesda, MD on Oct. 23-25, 2026. The title will be “I Put My Hand in Yours - Welcome Home”. Co-chairs have been appointed! Shari B., our new webmaster, will be working on a new registration format. A “Save the Date” flyer will be sent out. Scholarships will be available. Please read the Convention Committee Report in the Post-Assembly Packet.

**Outreach Committee (Mark V.):** There are several new committee members. Mark reminded the representatives that Region 7 will provide ½ of the cost for a Region 7 Intergroup’s table at an Outreach event. Support for the Baltimore and Central Jersey intergroups will be considered once the applications are submitted. Also, WSO will provide literature at half price for these events. An application for literature needs to be sent to Bob L. Concerning the pilot program for helping intergroups advertise on social media, six intergroups have asked to participate. Instagram will most likely be chosen rather than Facebook, because it is skewed to a younger population. Please read the Outreach Committee Report in the Post-Assembly Packet.

**Bylaws and Finance (Glenn K.):** New officers were elected. Please read the Bylaws and Finance Committee Report in the Post-Assembly Packet.

**Twelve Step Within /Intergroup Renewal Committee (Teresa E.):** New officers were elected. Please read their Committee Report in the Post-Assembly Packet.

### ASSEMBLY ITEMS VOTED ON:

There was one motion to vote on – the shifting of content from our Bylaws to the Policy Manual and vice versa. Lee Ann explained the changes prior to the vote. No wording was changed; only lines of text were relocated to the correct document. This work was undertaken at the recommendation of our



Parliamentarian, Elizabeth H. Lee Ann thanked Alan H., previous Bylaws and Finance Committee Chair, for the work that was accomplished on these changes. There being no objections, the motion passed. (Scott W. asked about typos and was assured that they would be taken care of. Kristi K. and Linda A. will help with this task).

Both Hope R., Corresponding Secretary, and Leslie F., Vice Chair, were elected with majority of votes to fulfill the rest of their service time in their positions.

There were no emergency motions.

Green Dots (first time Assembly attendees) were welcomed and thanked. Ben D., Baltimore Area Intergroup's Region 7 Rep, was the only Green Dot at this assembly.

Natasha M., Philadelphia Area Intergroup's Region 7 Rep, was recognized as the only representative rotating out of their position.

**Ask it Basket** – Lee Ann suggested that any questions be sent to her and the Board will answer them. The answers will be included in the Post-Assembly Packet.

The Assembly Business Meeting closed with the OA Responsibility Pledge and the OA Promise at 4:34 p.m.

Respectfully submitted by,

Linda A., Recording Secretary

### **UPCOMING EVENTS:**

World Service Business Conference – April 20-25, 2026, in Albuquerque NM (Lee Ann and Leslie are attending.)

Region 7 In-Person Fall Assembly – October 2-4, 2026, at the Hilton Garden Inn, Winchester VA



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In-person Region 7 Convention – October 23-25, 2026: Theme “I Put My Hand in Yours – Welcome Home”, Bethesda MD

Region 7 In-Person Fall Assembly – September 24-26, 2027, Bon Secours Retreat House, Marriottsville MD



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## RESULTS OF POST-ASSEMBLY SURVEY, SPRING OF 2026

Eleven members responded. All responses were favorable (4s and 5s on a 1-5 rating scale where 1 was Unsatisfactory and 5 was Completely Satisfactory). The one exception was the green dot meeting that was scored at 2 with no explanation.

The following are the results of the open-ended questions:

12. What is your overall opinion of the Spring Virtual Assembly? (11 responses)

A. I think it was very good. I enjoyed the speaker and workshop.

B. Very good.

C. It was good.

D. I think having the workshop prior to the business meeting was an excellent strategy as we had quite a few visitors. I believe the committee meeting I attended accomplished much.

E. I loved the assembly. There was a great attendance and I think that's because it was virtual.

F. Good

G. great

H. Awesome

I. I was a visitor. The speaker was great.

J. Excellent

K. Great event; a day with diverse activities

13. Do you have any suggestions for the next Spring Virtual Assembly? (8 responses)

A. No

B. I think the candidates for board position should be held separately. I believe it is better to say, "They were elected by a majority of votes" rather than stating "There was one 'no' vote." No one needed to know that.

C. I would like a slightly more detailed agenda for the business meeting.



D. In regards to the process for election voting, I would suggest the following if it is aligned with our Bylaws. 1. Have a separate vote for each board position. 2. When announcing the results, state only that the candidate was approved with a majority vote.

E. Not at this time.

F. A planned break in AM and PM

G. Visitor section on the Schedule: Visitors joined during downtime – listing break times and suggested joining time for visitors would be helpful.

14. If you attended the workshop “The Power of We” what did you think of it? (10 responses)

A. I enjoyed it and felt that Annmarie moderated it very well.

B. It was nice.

C. I appreciated being able to hear open discussion of the reflection prompts.

D. I thought the workshop was very good and I would like to bring it back to my intergroup.

E. Good

F. great

G. Loved it – interactive, reflective, speaker amazing

H. Just OK. I did enjoy the shares.

I. It was very informative.

J. Love it. . Maybe more instruction time before diving into writing reflection.

Thank you everyone who took the time to take the Survey. All the commits were great and the suggestions will be discussed at the next Board meeting.

Respectfully submitted,

Linda A., Recording Secretary

<b>REGION 7 - INTERGROUP ROSTER FOR SPRING 2026</b>				
<b>STATE / Intergroup</b>	<b>ID NUMBER</b>	<b># OF GROUPS</b>	<b># OF AUTHORIZED REGION REPS</b>	<b># OF REPS IN ATTENDANCE</b>
<b>DELAWARE</b>				
Diamond State	008-09158	13	2	1
<b>MARYLAND</b>				
Annapolis Area	020-09339	8	1	1
Baltimore Area	020-09088	14	2	2
Northern Blue Ridge	020-09509	6	1	1
<b>NEW JERSEY</b>				
Central Jersey	030-09031	37	4	2
North Jersey	030-09057	44	5	1
South Jersey	030-09069	23	3	2
<b>PENNSYLVANIA</b>				
Brandywine	038-09254	14	2	1
Greater	038-09045	31	4	2
Lackawanna	038-09465	3	1	0
Penn-Jersey	038-09170	7	1	0
Philadelphia	038-09044	27	3	1
South Central	038-09197	19	2	2
<b>VIRGINIA</b>				
Central Virginia	046-09207	13	2	0
Shenadoah	046-09489	7	1	0
NOVA	046-09358	49	5	1
Tidewater	046-09136	6	1	0
<b>DISTRICT OF COLUMBIA</b>				
Washington DC Are	051-09015	25	3	1
<b>TOTAL MTGS/REPS</b>		346	43	<b>18</b>
<b>COMMITTEE CHAIRS</b>				
(who are not already reps)				0
<b>REGION BOARD/TRUSTEE</b>				
				<b>5</b>
<b>TOTAL VOTING MEMBERS</b>				
				23
			<b>Majority =</b>	13
			<b>2/3 Vote =</b>	17

Quorum is 30% of auth reps

Note: The Apprentice Treasurer was serving as a voting representative of an intergroup and not as a member of the board as was reflected in the adopted roll call.

## 2025 Budget (Jan 1 - Dec 31)

### INCOME

	CY 2025 Budget	Actual
Contributions	\$ 20,000.00	\$ 22,112.03
Region 7 Convention	\$ 16,000.00	\$ 2,745.00
Region 7 Fall Assembly	\$ 1,750.00	4,225.00
Region 7 Spring Assembly	\$ 1,750.00	-
Fundraising Sales (Journals)	\$ 7,500.00	\$ 959.50
<b>Total Income</b>	<b>\$ 47,000.00</b>	<b>\$ 30,041.53</b>
Fund Balance (difference between expenses and income)	\$ (20,394.00)	\$ (10,784.43)
<b>Total Expenses</b>	<b>\$ 67,394.00</b>	<b>\$ 40,825.96</b>

### EXPENSES

	CY 2025 Budget	
Chair	\$ 200.00	
Chair, WSBC/WSC expenses	\$ 2,700.00	\$ 249.00
Chair, Region Chairs meetings expense	\$ 2,000.00	
Chair, WS Convention	\$ 2,000.00	
Corresponding Secretary	\$ 100.00	
Recording Secretary	\$ 100.00	
Treasurer	\$ -	
Vice-Chair	\$ 50.00	
h STC Workshop expenses (IG's \$100 max)	\$ 1,000.00	
Region 7 WSBC Delegates (IG attendance last year was greater than 40%)	\$ -	
a <b>Committee Budgets</b>		
a Committee, 12th Step Within	\$0	
a Committee, Bylaws and Finance	\$ -	
a Committee, Bylaws and Finance (journals)	\$6,000.00	\$ 6.74
a Committee, Convention Planning-carryover from 2024	\$ 4,500.00	\$ 217.00
a Committee, IG Renewal	\$500	
a Committee, Outreach	\$5,000	\$ 3,300.00
d Convention committee travel	\$ 3,000.00	
Webmaster/Technology	\$ 3,000.00	\$ 1,910.84
b R7 Assemblies - Intergroup Scholarships	\$ 2,000.00	
Region Chairs Committee Scholarship Fund	\$ 1,000.00	
Region 7 Assembly - Fall	\$ 8,000.00	\$ 9,442.26
Region 7 Assembly - Spring (Virtual)	\$ 7,500.00	\$ 750.00
Region 7 Convention (visiting, supplies) (refunds for inperson convention)	\$ 9,000.00	\$ 1,340.00
f WSBC - Intergroup Scholarships	\$ 5,000.00	
Software (Zoom, Quickbooks, Acrobat DC, MS office, Security)	\$ 1,400.00	\$ 1,500.00
Insurance (Liability and Bonding)	\$ 850.00	\$ 1,039.00
Tax Professional	\$ 200.00	\$ 160.00
Business Registration Fees	\$ 94.00	\$ 94.00
j Intergroup PI/PO event funding at 50%	\$ 1,500.00	
Paypal Fees	\$ 700.00	\$ 584.62
WSBC Delegate Support Fund Contribution	\$ -	
World Service Office Contribution (Fall 2025)		\$ 20,232.50
<b>Total Expenses</b>	<b>\$ 67,394.00</b>	<b>\$ 40,825.96</b>

a	Committee budget requests are submitted and reviewed by Bylaws/Finance Committee at Fall Assem
b	per Policy manual - Sect. 2.II.G.1.a.ii (\$150 max per Intergroup)
d	per Policy manual - Sect. 2.II.H.4 (motion to increase to \$3000)
f	not budgeted - taken directly from Fund Balance (if positive)
h	per Policy manual - Sect. 2.I.F.2 & .3 - \$100 per IG, up to \$1,000 for STC workshops
j	per Policy manual - Sect 2.II.F

Account balances as of 3/10/2026

Bank	39,266.67
Paypal	2900.72
Venmo	0
Total	42,167.39



## How can my group/Intergroup send contributions to Region 7?

- ◆ You must have a PayPal account.
- ◆ You can send funds using credit card, debit card or checking account.
- ◆ Send contribution to @region7treasurer
- ◆ Be sure to include Group # in notes
- ◆ Select "Sending to a friend"; there are no fees!
- ◆ Selecting "paying for an item or service" incurs a fee of 2.2% + \$0.30.



## venmo

- Must have a Venmo account
- No fees for linked bank account, debit cards or Venmo balance.
- Send contribution to @R7treasurer

Text

## zelle®

- No account required—your bank sends it for you!
- Pay via your own banking app/website
- Send contribution to treasurer@oaregion7.org
- No fees via Zelle

### Checks and Money Orders

We prefer contributions via one of the electronic payment methods, but we do still accept checks. Please only send a money order if no other method of payment is feasible.

To verify the current address for mailing contributions, check with your Intergroup or send an email to treasurer@oaregion7.org



**COMMITTEE SUMMARY REPORT**

Committee: Outreach

Date: March 14, 2026

Current Officers		Officers for next Assembly	
Chair	Mark V.	Chair	Mark V
Vice Chair	Pam H	Vice Chair	Pam H
Secretary	Sue K	Secretary	Sue K.
Board Liaison	Linda		

**Please include the Committee Member Sign-in Sheet with this report.**

Mark V. - Annapolis, Pam H - Brandywine, Sue K - Central Jersey, Linda - Board Liaison, Philippa - Tidewater, Dorothy - Greater Pittsburgh, Lee Ann - Central Jersey

**Issues Discussed and Decisions Made:** (summarize or list in sequence):

**Unfinished Business:**

- The Committee put together a [summary report](#) describing our social media pilot.
- The Committee shared how we are working on a social media pilot. This is what we've learned so far:
  - focus on Instagram to get a younger audience
  - use OA approved posters
  - need an established email address, Facebook account, and Meta Business account
  - we got 6 IGs to agree to participate in pilot
  - The Committee has agreed that hiring an outside expert is probably the right strategy to set up the accounts and program. We have identified a potential candidate who is doing similar work for other OA entities and has given us a quote of \$150-\$250.
    - **Action item:** The Committee will consult the Region 7 Board to discuss the process of hiring a consultant for this.
  - Canva will allow us to use the free version because OA is a non-profit so we can create our own ads to save money
  - still have concerns around anonymity and transferability of the social media program
  - **Action item:** Ask World Service Trustee what OA World Service is doing with regard to social media so we can learn from/understand their efforts.
  - Committee still needs to decide where our ads would "click thru" to - 15 questions? [OA.org](#) getting started page? local IG webpage?
    - The Committee discussed that we like the 15 questions. We looked at Annapolis' webpage and really like the approach - 15 questions, meeting list, what is OA? The group looked at the websites of other IGs involved in the pilot. We could not find a website for Shenandoah.

**New Business:**

- The Committee shared that Central Jersey (Lucille) sent a request for funding for social worker conference in Atlantic City which has been shared with Lee Ann. We won't get time to talk about it today, but Mark wanted to make sure Lee Ann had it on her radar.

## REGION 7 COMMITTEE SUMMARY REPORT (continued)

- **Action item:** The Committee is waiting for the official write up request for this event before it comes to the Committee for a recommendation.
- Lee Ann shared about "Obesity Week" conference which will be in Washington DC in November 2026. We'd like that area's IGs to investigate supporting and participating in that. Region 7 would support that effort financially as well. OA World Service can do 50% off literature for that event. This would be a scientific conference and would be considered a professional outreach event. Multiple IGs might want to share responsibility for manning this event.
  - **Action Item:** The Committee will investigate how to get this started.

### **Motions for the next available Business Meeting:**

- None at this time

### **Goals : To include Assignments Deadlines & Action Plan**

- **Action item:** The Committee will consult the Region 7 Board to discuss the process of hiring a consultant for setting up the social media program.
- **Action item:** The Committee will search online and ask World Service Trustee what OA World Service is doing with regard to social media so we can learn from and understand their efforts.
- **Action item:** The Committee is waiting for the official write up request from Central Jersey for the social worker conference to facilitate the Committee's consideration of this request.
- **Action Item:** The Committee will investigate how to participate in the Obesity Week conference.

### **Committee Communication:**

(Dates for planned committee meetings and/or conference calls between assemblies)

All meetings via Zoom:

April 13, 2026 - 6:30 - 7:30



Committee: Intergroup Renewal/Twelve Step Within      Date: 03/14/2026

Current Officers		Officers for next Assembly	
Chair	Teresa E.	Chair	Teresa E.
Vice Chair		Vice Chair	Mark H.
Secretary		Secretary	Lucille P.
Board Liaison	Hope		

**Please include the Committee Member Sign-in Sheet with this report.**

Attendees: Teresa E. (NBRI), Will (SJI), Mark H. (NJI), Natasha (PAIG), Lucille P. (CJI), Hope (Lias-son)

Issues Discussed and Decisions Made: (summarize or list in sequence):

Unfinished Business:

- Reviewed the committee’s statement of purpose. Intergroup Renewal and Twelve Step Within committees were merged at the Region 7 Fall Assembly in 2025 due to lack of people in each separate committee. It was suggested to confirm the Region 7 Outreach committee is not duplicating efforts planned by this committee

New Business:

- Openings for the position of Vice Chair and Secretary were addressed. Hope provided details of the duties of each position. Mark H. offered to assume the Vice Chair position and Lucille P. agreed to take on the Secretary position during the interim period. There was a unanimous vote of approval for each. These positions will be discussed again at the Region 7 Fall Assembly. Elections are normally held during the Fall Assembly and the position term is 1 year but the person can maintain the position for up to 2 consecutive terms.

Motions for the next available Business Meeting:

- None

Goals : To include Assignments Deadlines & Action Plan

## REGION 7 COMMITTEE SUMMARY REPORT (continued)

- Reach out to Reps. who did not attend the Region 7 Spring Assembly to assess reason and possible areas of concern for future consideration
- Increase awareness on how to find resources on the Region 7 website – send email to intergroup Chairs with a link to information related to IR-TSW
  - Mark H. will create a direct link (not redirected to World Service website which may not be updated)
    - Teresa will put together email to include link and send prior to next assembly
- Green Dots – Will is going to work with Hope to help mentor first time attendees to the next Region 7 Fall Assembly
- Host a workshop on “Support Across Generations” on Sunday, October 4, 2026 during the OA Region 7 Fall Assembly
  - Details – create PowerPoint presentation with initial page outlining the 5 different generations that OA currently supports:
    - Silent Generation (81 yrs. +), Baby Boomers (62-80 yrs.), Gen X (46-61 yrs.), Millennial/Gen Y (30-45 yrs.), Gen Z (16-29 yrs.) – discuss different characteristics and preferences of each generation
    - Meetings – next outline types of OA meetings (face-to-face, phone, hybrid, Zoom) and list positive aspects of each (PowerPoint)
    - Speakers – have 1 person from each generation speak up to 5 minutes on how OA supports them, what works, what could be better
    - Will to get someone from Gen Y + Gen Z, Lucille will get someone from Silent Generation, Hope will get someone from Millennials, Teresa will get someone from Baby Boomers (remind speakers to register as a Visitor at Region 7 Fall Assembly to access Zoom link)
- Experience – Mark H. and Lucille P. will speak to actual experiences through monitoring hot line at North Jersey and Central Jersey intergroups
- End – PowerPoint presentation with Questions & Answers

### Future Goals

- Update and maintain OA Speakers List prior to the end of January 2027
- Update IG Chair contact list (email address, cell phone number, date elections held)

### Committee Communication:

(Dates for planned committee meetings and/or conference calls between assemblies)

### Next Meeting

Saturday, 07/11/26 @ 1:00 pm via Zoom (Hope will send Zoom link)



**COMMITTEE SUMMARY REPORT**

Committee: Convention

Date: 3/14/2026

Current Officers		Officers for next Assembly	
Chair	Sonya P.	Chair	Sonya P.
Vice Chair	Sue B.	Vice Chair	Sue B.
Secretary	Shari B.	Secretary	Shari B.
Board Liaison	Leslie F.		

**Please include the Committee Member Sign-in Sheet with this report.**

See attached.

**Convention Planning Overview**

- New Region 7 Convention Planning Committee meeting
- Convention dates: October 23-25, 2026 at Bethesda Hotel, Bethesda, Maryland
- First in-person event after virtual years
- Theme: “I put my hand in yours - Welcome home”

**Committee Structure & Leadership**

- Co-Chairs elected: Sonya and Sue (worked well together last year)
- Leslie F serving as Board liaison (not official chair)
- Shari as meeting secretary and new Region webmaster
- Committee members: Bob L, Linda C, Judith, Terri, Karen, Juanita, others
- Monthly meetings scheduled: Sundays 5:30pm, 1-hour duration

**Meeting Schedule for 2026**

- Proposed dates (second Sunday each month):
  1. April 12
  2. May 17
  3. June 21 (Father’s Day - may change)
  4. July 19
  5. August 16
  6. September 20
  7. October 3 (R7 Assembly in Winchester, VA - Zoom link for remote attendees)

**Registration System & Pricing**

- Three-tier pricing structure approved:

## **REGION 7 COMMITTEE SUMMARY REPORT (continued)**

- Early Bird: \$70 (through September 23)
- Regular: \$85 (through October 16)
- On-site: \$100
- Online registration cutoff: October 16 (one week before convention)
- New registration system being built by Shari
  - No login required
  - Direct payment processing (eliminates need for Square units)
  - Can ask detailed questions for speaker/topic matching
- Scholarship fund option available with donation feature

### **Refund & Transfer Policy**

- Cancellation deadline: September 23 (one month before)
- After deadline: considered donation to Region 7
- Transfers allowed but attendee must find replacement
- Registration acknowledgment checkbox required
- Hotel follows separate cancellation policy

### **Program Development**

- Sue & Terri leading program committee
- Two keynote speakers planned (preferably from Region 7)
- Workshop leaders need 6 months abstinence minimum
- Friday night: Welcome/intention setting, keynote, open meeting
- Saturday/Sunday: 7am meditation, multiple workshop tracks
- Workshop topics include:
  - Body image, Steps 1&2, Forgiveness
  - Step 3, Relapse to Recovery, Emotional Sobriety
  - Steps 6&7, 8&9, Aging Gracefully
  - Step 10, Sponsorship, “We are not a glum lot”
  - Step 11, Step 12
- Need to match popular workshops with larger rooms

### **Hotel & Logistics**

- Hotel amenities confirmed: refrigerators in rooms, microwaves by ice machines
- Meeting spaces: registration area, hospitality room, main meeting room, 4 workshop areas
- \$4,000 food & beverage minimum required
- Water provided in all meeting rooms
- Leslie and Judith will visit hotel early summer for site inspection
- Local resources: Trader Joe’s and supermarket nearby

### **Marketing & Communications**

- Flyer approved: Second design with hands reaching out
- Save the Date flyer ready (needs email contact and hotel address added)
- Convention email address to be created/updated
- Will blast to nearly 700 people on Region email list
- Registration launch target: May/June (pending webmaster transition)

### **Committee Assignments**

## REGION 7 COMMITTEE SUMMARY REPORT (continued)

- Programming: Sue & Terri
- Registration/Technology: Shari & Leslie
- Hospitality: Linda & Karen
- Hotel liaison: Judith & Leslie
- Marketing: Sonya
- Audio recording: Audio Bob (confirmed available)
- Entertainment: Need DJ/emcee (researching options)

### Outstanding Items

- Finalize keynote speaker expenses policy (½ double room, registration, transportation)
- Determine meal options and F&B minimum strategy
- Create scholarship fund process if desired
- Develop newcomer orientation (Friday night pop-up suggested)
- Entertainment planning (talent show, dancing, games)
- Print materials and giveaways (badges, lanyards, pens, notepads, hotel maps)

### Next Steps

- Leslie will update timeline/roadmap with Sonya and distribute
- Sonya will edit approved flyer with contact info and hotel address
- Committee members to send contact information to Leslie
- Shari to provide registration system timeline once webmaster transition complete
- Save contact list with emails and phone numbers for texting

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Chat with meeting transcript: <https://notes.granola.ai/t/03acfe5f-8002-48ba-9271-c286046e7b04>



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Region 7 Convention Planning Committee

**Attendees:**

- Leslie F – R7 Convention Liaison
- Bob L – R7 Trustee Liaison
- Sue B – Rep from Baltimore Area Intergroup and Program Co-Chair
- Linda C – Visitor from Greater Pittsburgh Area Intergroup, Hospitality Co-Chair
- Cindy – Rep from Diamond State Intergroup
- John D – Rep from South Jersey Intergroup
- Sonya – Rep from DC Metro Intergroup
- Terri B – Visitor, Program Co-Chair
- Juanita – Visitor, Registration Committee (for on-site)
- Loraine – Rep from North Jersey Intergroup
- Lee Ann – R7 Chair
- Shari B – Visitor from Philadelphia Area Intergroup, R7 Webmaster and Registration Chair
- Judith – Visitor
- Karen – Visitor, Hospitality Co-Chair
- Carlene – Rep from DC Metro Intergroup
- Juliet – from Northern VA Intergroup



Committee: Bylaws and Finance

Date: 3-14-2026

Current Officers		Officers for next Assembly	
Chair	-	Chair	Scott
Vice Chair	Glenn K.	Vice Chair	Glenn K.
Secretary	Kristi K. (acting)	Secretary	vacant
Board Liaison	Annmarie		

**Please include the Committee Member Sign-in Sheet with this report.**

Issues Discussed and Decisions Made: (summarize or list in sequence):

**Unfinished Business:**

- Discussion about setting up savings account - in process.
- Discussed prudent reserve which will be moved into the savings account - in the amount of \$20,413.00 (per Policy Manual).
- Discussed updates to the policy manual regarding language for prudent reserve - rounded to the nearest thousand and to exclude the amount of the WSO contribution. Looked back at amounts contributed to the WSO over the past several years, to help understand affect on prudent reserve.
- Reviewed approved 2026 Budget.
- Discussion about expenses related to hiring new webmaster and website updates.
- Conducted audit of the 2025 treasurer books.

**New Business:**

- Discussed proposed budget for 2027, and some possible format adjustments.
- Discussed switching to an online bank to facilitate ease of making changes. Will investigate Capital One Bank as a potential institution.
- Discussed checking into the possibility of getting price break on Quickbooks through TechSoup (discount for non-profits).
- Discussed possibility of making payments with a credit card instead of debit card for fraud protection purposes.
- Looking to restart selling the Region 7 journals. Annmarie is considering taking on the job of handing the orders and shipping them out

Motions for the next available Business Meeting:

- None

## **REGION 7 COMMITTEE SUMMARY REPORT (continued)**

Goals : To include Assignments Deadlines & Action Plan

- Glenn will prepare the audit report for the board
- Scott W volunteered to be the chair of this committee

Committee Communication:

(Dates for planned committee meetings and/or conference calls between assemblies)

- Next meeting of the committee will be Thursday, April 30th, 7-8pm