REGION 7 - Fall Assembly

Hilton Garden Inn
Winchester, VA
October 2–4, 2026

The OA Region 7 Fall Assembly took place in-person from October 2nd through October 4th in Winchester, VA. I was excited about attending since it would be my first in-person OA event in seven (7) years. About 48 hours before the Assembly something triggered my Vertigo but I was able to see a doctor the next day. When I explained that I would be driving alone for 5 hours my doctor said that would be dangerous with my condition so I advised everyone that I could not go. It was very disappointing especially since my 12 Step Within-Intergroup Renewal committee was scheduled to present a workshop on the last day of the Assembly. Thankfully Region 7 was able to set me up to attend certain portions of the Assembly via Zoom. Since I was the only Representative for Central Jersey Intergroup (CJI), I was considered a visitor since I was not there in person and not allowed to vote so CJI officially had zero (0) in attendance.

Verbal reports from each of the committees that met in the morning on Saturday, October 3rd were heard. It was reported that I was elected Secretary of the 12 Step Within (TSW) – Intergroup Renewal (IR) committee as our previous Secretary Kristi is now the Region 7 Treasurer (apprentice). The current "acting" Chair Teresa was elected as Chair and Mark was elected Vice Chair for the next year. We did not have any new members (green dots) for this committee. This committee is responsible for updating the OA Speakers List and the Region 7 Intergroup Chair List. We will also be reaching out to the Intergroup Chairs about 12 Step Within Day and Unity Day to encourage participation in hosting an event or attending an event.

During the Business Meeting elections were held and Lee Ann was voted to continue as Chair for Region 7 for another term.

On Sunday morning, 10/4 the TSW-IR Committee presented a workshop called "OA Support Through The Generations: How OA Provides Guidance To Members 18-100." There were 5 Speakers each representing a different generation –

- Silent Generation: 1928-1945 (Ages 81-98)
- Baby Boomer Generation: 1946-1964 (ages 62-80)
- Generation X: 1965- 1980 (ages 46-61)
- Generation Y/Millennials: 1981-1996 (ages 30-45)
- Generation Z: 1997-2012 (ages 14-29)

The Speakers were asked three questions:

- What was OA like when you joined & what attracted you to it?
- How has OA changed since you joined?
- How do you handle the idea of a Higher Power?

Afterwards it was opened up to questions from anyone in attendance. It was really interesting to hear the answers from each of the Speakers and how different their experiences and opinions were in regards to each question. Overall, it was a very successful workshop and received positive feedback from many of the attendees.

Region 7 encompasses seven states, 18 intergroups with about 330 representatives, and I was disappointed to find out how low the attendance was at this Assembly. They were just barely able to make quorum in order to do business. In addition, there financial situation is not great and this could affect their ability to provide substantial funding to Outreach as they have done in the past. It just strengthens my passion to increase outreach to young adults as they are the future of this organization.

Next year's 2027 Region 7 Spring Assembly will be held via Zoom. Hopefully, Central Jersey Intergroup will have someone to represent us that is able to attend virtually.

Thank you for giving me the opportunity to serve and I am sorry that I was not able to be there in person due to circumstances beyond my control.

Lucille P.