

# Expressions of Unity

## MARCH 2025



## Step Of The Month

### Step 3:

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Spiritual Principle of Step 3:  
Faith

### 3rd Tradition:

The only requirement for OA membership is a desire to stop eating compulsively.

Spiritual Principle of Tradition 3:  
Identity

## Fellow Contributions

### Page 7 & 8



### News and Noteworthy

The Feb Intergroup meeting will be held on Saturday March 8 AND April 12, 2025 from 12:30 – 2:30pm via Zoom ID 810 4426 4132 / PW 12345

*Together We Can!*

## Buffalo Retreat News!

### Pg 2 & 3



## Region 5 Convention pg 4-6



# SAVE THE DATE!

## OA BUFFALO RETREAT

Using the Tools to Escape the Three-Ring Circus of Compulsive Overeating!

Emotional

Physical

Spiritual

Sponsored by Unity Integroup!

**April 4th-6th, 2025**

**Christ the King Retreat Center**  
**\$360 - 5 Meals and 2**  
**Nights are included.**  
**Partial Scholarships**  
**Available!**

**CLICK HERE**

Go to:

[overeaters.org/  
upcoming-oa-  
events](https://overeaters.org/upcoming-oa-events)



Contact [oabuffaloretreat2025@gmail.com](mailto:oabuffaloretreat2025@gmail.com)

# Registration

Please note: all registrations must be paid in full. Partial payments are not accepted.

Check required for mail-in registration. **Credit card payments** can be made at **overeaters.org/upcoming-oa-events**. No refunds are available. If you register but cannot attend, please consider giving or selling your space to someone who can use it. We appreciate your understanding.

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Name Tag:** (1st Name, Last Initial): \_\_\_\_\_

**Home Meeting:** \_\_\_\_\_



**Room (circle):** Roommate      Private (+\$100)

Roommate Request (Name/Gender) \_\_\_\_\_

## **Service Opportunities (circle all willing to do):**

Willing to do Anything / Registration / Check-In  
Greeter / Small Group Leader / Speaker / Raffle Basket  
Timer / Literature / Set Up Decor / Tear Down Decor  
Donate \$ for Scholarships

## **Thanks in advance for your service!**

*If you need a mailing address for checks, handicapped room, partial scholarships, special accommodations for vision, hearing, mobility, meals, or other accommodations, please email*

***oabuffaloretreat2025@gmail.com***



# LIVING ABSTINENTLY IN '25

Sponsored By



## PRE-CONVENTION WORKSHOP

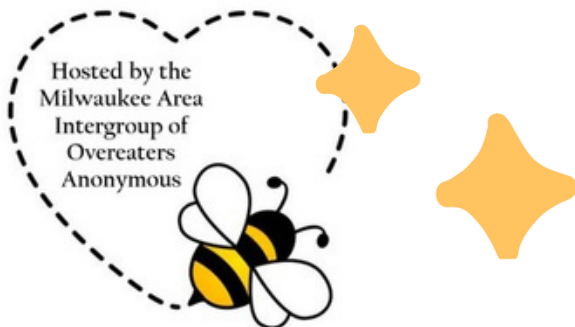
Friday May 23, 2025  
10:00 am – 2:00 pm central

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](http://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](mailto:convention@oamilwaukee.org)



**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

all times are central time  
 all events are In-Person

### Event Program (tentative)

**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, Meditation, Writing Workshop and more  
 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

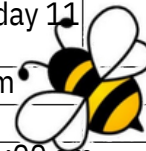
Meetings and Workshops

9:30 – 11:00 am

Keynote speaker followed by Closing

### NEW a la carte Pricing Structure

	Pre-Register <b>by May 2, 2025</b>	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	



Hosted by the  
 Milwaukee Area  
 Intergroup of  
 Overeaters  
 Anonymous



- Register online from [www.REGION50A.org](http://www.REGION50A.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](mailto:convention@oamilwaukee.org)

## R5 Fundraisers

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**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 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.

OA For Today January 4

## 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.

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*Voices of Recovery p 65*

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(all times are central time)

May 23-25,  
2025

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Hosted by the  
Milwaukee Area  
Intergroup of  
Overeaters  
Anonymous

Sponsored by

**OVEREATERS  
ANONYMOUS**

**REGION 5**

**CLICK  
HERE!**

**For Hotel  
Registration**

**CLICK  
HERE!**

**For Convention  
Registration**

## Step 3 Share:

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

When I came into OA, I made a decision to turn my will and my life over to the God of my understanding. But I have found that I must renew that decision often as I learn how to live life on life's terms. After years of practice in turning to excess food to deal with my unmanageable life, I must adopt new thoughts, attitudes and behaviors. My life of self-sufficiency and pride in my intelligence led to misery and compulsion. Can't do that anymore. I must learn to live again without excess food.

On page 417 in the Big Book it says, "When I am disturbed, it is because I find some person, place, thing or situation – some fact of my life – unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly as it is supposed to be at this moment." My ego has a bunch of things – facts of my life – that are unacceptable to me in this moment and I don't trust that things are going to turn out the way I think they should. I can choose to focus my thoughts on self-righteous indignation, resentment, argument, retaliation and other manifestations of thinking I know best how others should behave. But my decision to turn my will and my life over to the God of my understanding calls me to a different response. This is an opportunity to practice new skills of trust and reliance on my Higher Power; of praying to be shown the way of patience, tolerance, kindness and love towards all; of asking God to direct my thinking; of reaching out to the fellowship to help me feel my feelings and open my mind to different, more spiritually-centered points of view. To stay in unacceptance and self-will means the return of compulsion and disease. My decision to turn my life over to my Higher Power means choosing today to do my best to live by spiritual principles and leave the outcomes and timelines in God's hands.

## **Step 3 Share:**

**I was talking with a program friend recently about our step 3 decisions to turn our will and life over to our higher power, and she kindly shared a text she wrote to her sponsor after an emotional conversation. It struck me as a great example of how we experience step 3 in the challenging moments of life. She gave me permission to share it in the newsletter.**

**“Thank you for hearing me speak my truth, what’s eating me. It is life threatening if I don’t. It is a reality check when we talk about current affairs and context for our abstinent life. We are living through enormous upheaval and uncertainty. Working our program every day we turn it over to our higher power to manage. My higher power says, “I’ll guide you, but you must do the footwork, pull your weight, be present and watch your step. Do the very next right thing.”**

**Anonymous**