

Expressions of Unity

April 2025



Step Of The Month

Step 4:

Made a searching and fearless
moral inventory of ourselves

Spiritual Principle of Step 4:
Courage

4nd Tradition:

Each group should be
autonomous except in matters
affecting the groups
or OA as a whole

Spiritual Principle of Tradition 4:
Autonomy

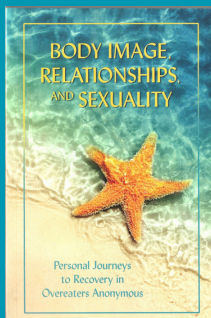
Fellow Contributions

Page 3 & 4

The monthly
Intergroup
meeting will be
held on
Saturday April 12
AND
Sat. May 10 2025
from 12:30 –2:30pm
via Zoom
ID 810 4426 4132 /
PW 12345

*Together
We Can!*

Upcoming
Workshop:
Comfortable In
My Own Skin
—Creating a
New Body
Image Using
the 12 Steps”



Page 2

**Region 5
Conven-
tion
pg 5-7**



Unity Intergroup presents: “Comfortable In My Own Skin—Creating a New Body Image Using the 12 Steps”

MAY 4, 2025
1-3PM Central Time

Changing our old beliefs and challenging our self-criticism, we can embrace our strengths and who we truly are. This nurturing workshop will encourage self-love and resilience, guiding us all toward a journey of body image acceptance and healing.

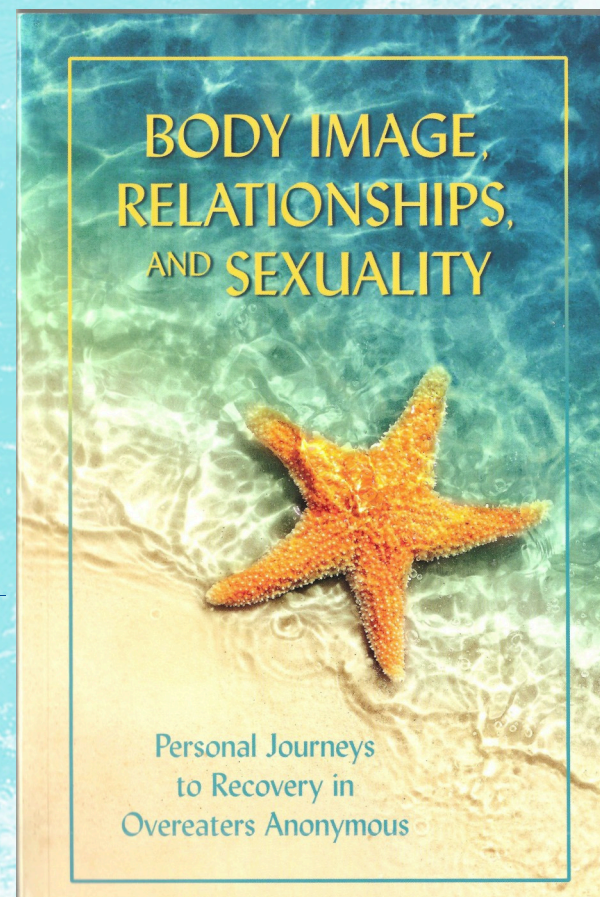
“Today I choose to practice unconditional self-acceptance while I relish in the mystery of change” Voices of Recovery, p 15

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- ▣ All are Welcome.
 - ▣ No registration is necessary.
 - ▣ Three Inspirational Speakers
 - ▣ Open Sharing, Time for Q&A
 - ▣ Fellowship, Freedom and Joy

Zoom Link:

<https://us02web.zoom.us/j/88611574146?pwd=efcTPfMrk8qfGPD3JRpWTTDvb5kw9g.1>
Meeting ID: 886 1157 4146

Passcode: 635797



Step 4 Share:

The Voices of Recovery reading for February 25 has a great quote that describes the trap I was living in as a person who saw herself as a victim and a compulsive overeater. The quote: "We realize the futility of continuing to blame others for our compulsive over eating and our unmanageable lives."

I used to complain, and feel crippled by, my challenges and dealing with life. I did not see the harm that I was doing. Working step four with my sponsor, I became willing to see my part in situations where I used to feel hopeless. Owning my part in a difficulty with another person, and asking my higher power for the courage to look at myself has helped me so much and it removes the shame that powered the compulsive over eating.

I don't have to eat to block out the stresses of life. I can call a OA fellow or my sponsor so I can talk about "situations that used to baffle me" !

Anonymous

Spring

Step 4 Share:

Step four is an important step, one which I've taken several times in the 45 years I've been a member of Overeaters Anonymous. The month of April we are to focus on step four.

Sometimes, after years of doing this program, things become all swirled together and step four is mixed with step 10 mixed with step one mixed with all the steps and I sometimes wonder am I doing it correctly? Is there a different way I'm supposed to be doing this? But then I think we're all in this together we're not alone and everybody's a unique individual so it's probably OK, whatever I'm doing. All I know is after working these steps in totality over and over and over, year after year, I have found such peace and serenity and calm in my life. I don't know that I could ever get the same peace, serenity and calm any other way except through this fellowship of OA.

I thank you, my fellows, for being with me on this journey and pointing out the areas where I need to grow, in sharing with me your stories. For in hearing your stories, many times I have your same concerns and issues and this puts me a few more inches towards growth. I thank you so much for being my fellow as we all trudge the road of happy destiny. Have a great month of April!

Peace to each of us.
Mary T.



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



Event Program (tentative)

all times are central time
 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, 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

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

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	



Hosted by the
 Milwaukee Area
 Intergroup of
 Overeaters
 Anonymous



- Register online from 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**

R5 Fundraisers

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- 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 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**.

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Voices of Recovery p 65

Annual Convention

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

May 23-25,
2025

BE
ALIVE
IN '25



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**