

Expressions of Unity *may* 2025



Step Of The Month

Step 5:

Admitted to God, to ourselves,
and to another human being the
exact nature of our wrongs.

Spiritual Principle of Step 5:
Integrity

5th Tradition:

Each group has but one primary
purpose- to carry its message to
the compulsive overeater who
still suffers

Spiritual Principle of Tradition 5:
Purpose

The monthly
Intergroup
meeting will be
held on
Saturday May 10
AND
Sat. June 14 2025
from 12:30 –
2:30pm
via Zoom
ID 810 4426 4132 /
PW 12345

*Together
We Can!*

**Still
Time To
Register!!**

**Region 5
Convention**



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W O R L D S E R V I C E O F F I C E

2025 Annual Appeal Letter from Your World Service Office

To: Groups, Service Bodies, and Members of Overeaters Anonymous:

If you are a group, please read this appeal letter at three consecutive meetings. If an intergroup, service board, or region, please consider an annual contribution for this appeal.

Your contributions continue to make a difference for Overeaters Anonymous. Thank you! Here are some of the wonderful new ways we've been able to put them to work. In 2024, OA began a redesign of the Find-a-Meeting tool to make it faster and easier to use. In 2024, OA's social media followers increased by 35 percent to 24,950. In this same period, our social media content was viewed by 256,000 members of the public, an 880-percent increase over 2023. Also, we funded five requests from the Professional Exhibits fund across a variety of healthcare verticals and geographies.

Your support allowed us to make literature and other media available to members in their native languages. Translations of *Where Do I Start?* increased to 48 languages, up from 27 last year at this time. The One-on-One Professional Outreach: Demonstration Video and Talking Points was subtitled in 23 languages, which accounts for more than 99 percent of all non-English OA meetings, and the "Talking Points" section of the document is available in 46 languages via oa.org's translation feature. In fact, our websites, oa.org and lifeline.oa.org, now have built-in translation in 48 languages.

New publications enabled by your funding included production of *Diverse Voices* and *The OA Handbook for Members, Groups, and Service Bodies*. Also, the Worksheets in the *Twelve Steps Workshop and Study Guide* are now available in the OA bookstore as a PDF download. Finally, your contributions enabled OA to manage over 150 infringements to our copyrighted and trademarked materials since 2022.

As technology and costs accelerate, we will need your support in 2025 to continue our outreach to diverse populations and to offer innovative ways for you to connect with others who suffer from compulsive food behaviors. Here are ways you can show your support in addition to your regular Seventh Tradition contribution:

- Donate directly, individually or as a group, online at oa.org/contribute (remember to include your meeting or service body number). That page also offers a QR code for Paypal, connection to the OA portal and more.
- Cut out the form below and mail your check to the World Service Office
- Consider contributing automatically through the Automatic Recurring Contributions link at oa.org/contribute

Any amount would be appreciated and, if you cannot contribute now, we know that you support OA in other ways.

In loving service and gratitude,
Board of Trustees Treasurer

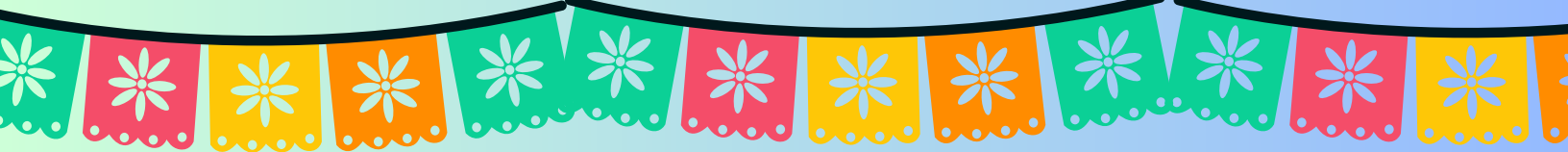
Please forward the collective contribution, including your group number, to:
- - - cut here - - - - - cut here - - - - -

Overeaters Anonymous World Service Office/Appeal to Groups

PO Box 44727

Rio Rancho NM, 87174-4727 USA

Group/Service Body # _____ Enclosing US\$ _____



Step Five: Admitted to God, to ourselves and to another person, the exact nature of our wrongs.


Over the years, I have done several fifth steps using a variety of formats (the Big Book, the OA 12x12 Workbook, Workshops). One of the helpful things about the workshop and the OA 12x12 Workbook were an opportunity to go through my Fourth Step Inventory and write about patterns and themes. My ineffective tools of relating to others surfaced in many of my relationships and ways of relating to others. The underlying thread of fear was more readily apparent. Rather than just reciting my list of resentments, fears, harms, and sexual conduct, I was better able to see that in many relationships, I felt like a victim or was trying to control the behavior of others.

The OA Pamphlet “Sponsoring Through The Twelve Steps” lists these helpful questions for us to ask ourselves at the end of the Step Five process:

- Is there anything I have omitted from this inventory?
- Have I shared everything with another human being?
- Is there anything I want to keep secret forever?
- Can I see fear as an underlying factor in my problems?
- Have I shared the exact nature of my wrongs?
- Have I included my Higher Power in this process?
- Have I been fearless and thorough to the best of my ability?
- Do I have a sense of relief or freedom?
- Have I experienced the nearness of my Higher Power?
- Do I believe I have begun to have a spiritual experience?

As I continue to grow in the practice of the principles in all my affairs and do a daily review of my conduct (Step 10), I can see the behaviors more readily. With practice, sometimes I even amend my words or behavior before I do something I'll need to correct! As I heard a fellow say “sometimes I behave better because I don't want to do the paperwork.”

-Anonymous





If you're struggling to remain abstinent or you're in full-blown relapse, help is as close as a weekly Zoom meeting. A Minnesota-based Recovery from Relapse meeting takes place at 6 p.m. Central time every Thursday.

We're based in Minnesota, but OA members from around the globe are welcome.

This is a safe space. No guilt. No shame.

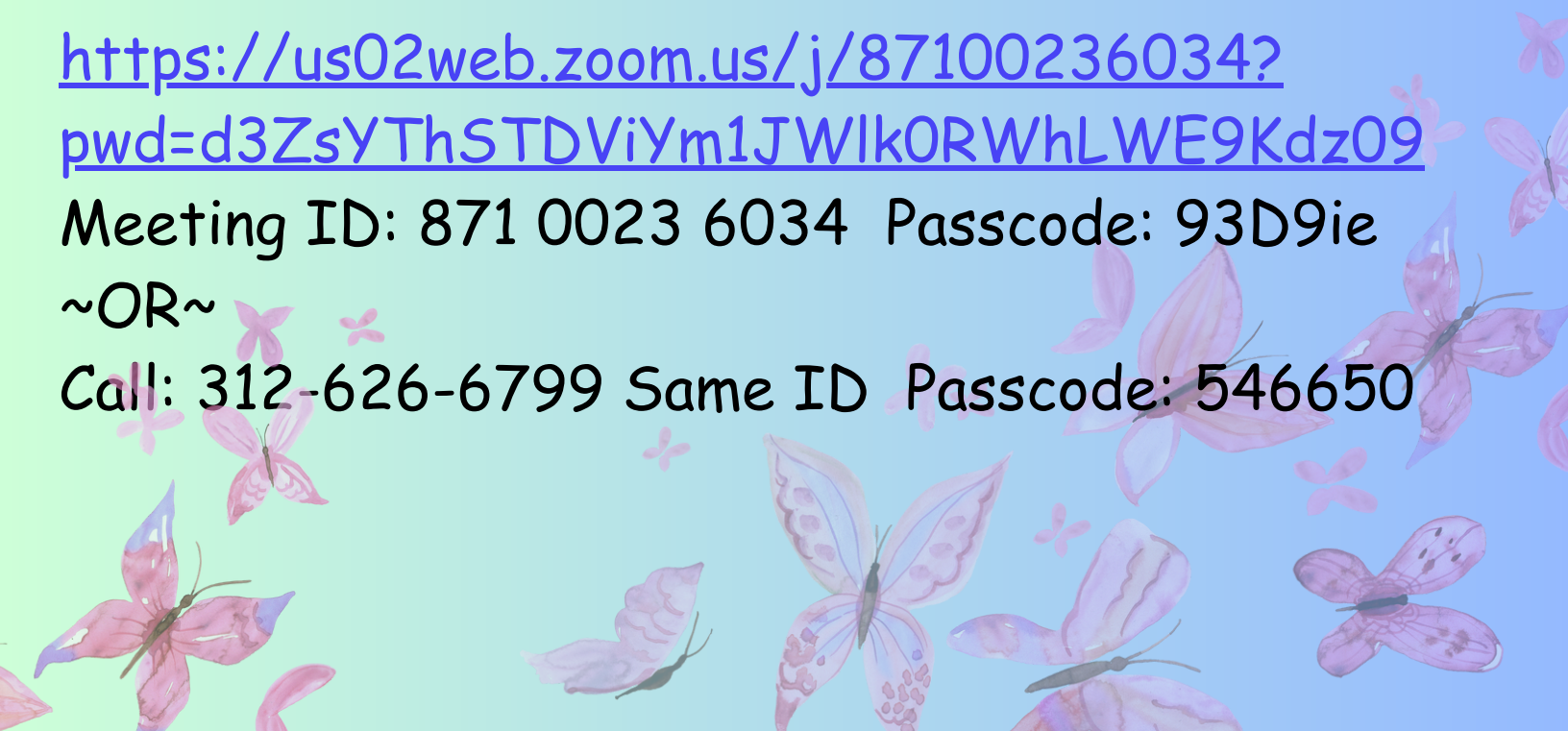
If you have recovered from relapse and have at least 30 days abstinence, we would welcome you as a speaker. If you're interested in sharing your experience, strength and hope, please text Jeanine at 320-493-2438 or send an email to jeaninenistler@outlook.com and we'll get you scheduled.

<https://us02web.zoom.us/j/87100236034?pwd=d3ZsYThSTDViYm1JWlIkORWhLWE9Kdz09>

Meeting ID: 871 0023 6034 Passcode: 93D9ie

~OR~

Call: 312-626-6799 Same ID Passcode: 546650



LIVING ABSTINENTLY IN '25

Sponsored By



PRE-CONVENTION WORKSHOP

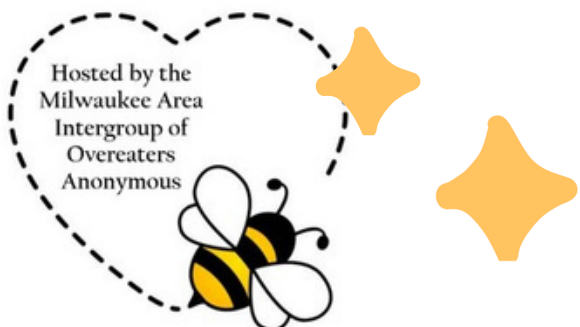
Friday May 23, 2025
10:00 am – 2:00 pm central

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

Sponsored by



May 23-25, 2025

Annual Convention



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

all times are central time
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 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

- Marketplace
- 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**.

Read, write, share based on OA's **New Plan of Eating** pamphlet and **Abstinence** book.

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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

Road Trip

SUMMER TRAVEL



A freedom of recovery for many in OA is traveling with our abstinence!



*Where are ya'll from?

*Where did you go?

*Who did you travel with?

*Wat is your TIP FOR STAYING ABSTINENT while traveling?



Send me the photo with the details for this Summer's Newsletters!
recoveryvm23@gmail.com

