



Expressions of Unity

Márch* 2026

Step 3

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

Spiritual Principle: Faith

Tradition 3

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

Spiritual Principle: Identity

Promise 3

We will not regret the past nor wish to shut the door on it.



Monthly Reminders

Monthly Newsletter

Share your experience, strength, and hope any month!

Send submissions by the 27th for the next month's newsletter to unity.intergroup.newsletter@gmail.com

Monthly Intergroup Business Meeting (Zoom)

All are welcome!
Every 2nd Saturday of the month
12:30-2:30

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Sponsored by:
OVEREATERS ANONYMOUS

REGION 5
Serving areas in IL, IN, IA, KY, MI, MN, MO, ND, OH & WI

REGION 5 2026 CONVENTION

September 4-6, 2026

All activities and accommodations are at the Crowne Plaza Hotel by the Indianapolis Airport
2501 S High School Rd,
Indianapolis, IN 46241

GENERAL EVENT PROGRAM:

- Keynote speakers modeling lives of recovery
- Levels of service panels
- Opportunities to find a sponsor
- Writing tools workshops
- Live meetings throughout ALL of the convention
- Recovery-centered crafts
- Adapting a food plan to life's changes workshops

FLUTTER INTO THE 12 FREEDOMS!

-From July 23, *Voices of Recovery*;
reprinted with permission

Region 5 Fundraisers:
Marketplace,
Gift Basket Raffles
50/50 raffle

Pricing:

Friday Pre-Convention Workshop (includes lunch) \$65

Early-bird Pricing (register before August 1st) \$155

Regular Pricing (on or after August 1st) \$180

Walk-in Pricing (No meals included) \$105

Optional Breakfast Add-On \$20 per breakfast (+gratuity and taxes)

Hotel (Group rate ends \$109 per night + taxes and fees on August 1st)

Price includes lunch and dinner on Saturday

To Register:

Keep an eye out for registration information at:
www.region5oa.org

Be sure to register before August 1st to lock in Early-Bird Rates!

Hosted by:

OVEREATERS ANONYMOUS
Midwest Crossroads Intergroup



Buffalo Retreat 2026

ROCK INTO RECOVERY

This could be the final Unity event at this beautiful retreat facility. Register soon at overeaters.org

APRIL 17, 18, AND 19

LIVE
at

Christ The King Retreat Center
Buffalo, MN

HEADLINERS :

- OA Recovery Speakers
- Interactive Workshops
- Raffle
- Morning Meditation
- Fellowship
- Bingo
- Literature for Sale
- Games and Crafts

\$390 Shared Room \$470 Private Room
Includes Room, Meals, and Retreat Activities!

If you have questions about handicapped rooms, partial scholarships, or other special accommodations for hearing, vision, meals or other questions, contact Michele G 651-247-1858, OA2recover@gmail.com



The group of Anoka, "Freedom From Bondage," took the opportunity to answer the below questions to submit a group response to Step 3 and Tradition 3. You will find the question, followed by responses from members.

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

In what way do you find yourself daily turning over your will or your life to your Higher Power?

Expecting life on life terms, and when something is not the way I like it, I just turned it over to God as I understand him and peace returns imagine that!

-Max W.

I'm pretty stubborn, so this isn't something that came naturally for me. If I'm awake I have to turn my will over because the food calls to me and I have already admitted I am powerless. It's only with my Higher Power daily that I will see any life changes.

-Anonymous

It wasn't until I came fully to step three that I was able to really explore abstinence in my life. It often began with a prayer that my prayer was being heard and it would be a plea for abstinence and an acknowledgement that I was powerless and was in need of my Higher Power to lead the way.

-N

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

How does tradition three help you keep your membership in OA? Or how has this tradition been empowering for you?

It's nice that I can just come as I am, and not afraid to be the real me. Knowing that the mantra of step 3 as I see it is, come as you are.

-Max W.

If not for this tradition there would be days lightning would have struck me at the door because that was all I had. The desire, the desperation to stop was there but the will was nowhere to be found, but showing up I found people that were there to support me right where I was.

-N

The only requirement for membership is a desire to quit eating compulsively has been so useful as I sponsor new people who feel as though they fail at OA because they can't get abstinent! I'm so grateful to be able to lovingly remind them to be a member of OA you only need a desire and most of us that walk into these rooms have that desire!

-CC

Additional Writings on Step 3 and Tradition 3



Tradition 3 states: The only requirement for OA membership is a desire to stop eating compulsively.

I am so grateful for this tradition because it means I have a right to be at the meetings whether I am abstinent or not, no matter what I weigh, whether I work a plan perfectly or not. I find that refreshing in a world where it seems you can not belong unless you look a certain way, are in a certain income bracket or a certain political party or come from the "right" side of town. I don't have to pass a test to become a member or go to an interview. I can belong just because I have the desire to stop eating compulsively.

I grew up in a family where I was told what to think and what to do. I did not have a right to my own opinion and could not express how I felt. I was expected to be seen and not heard. I felt as though I did not matter. I also had to be perfect. If you made a mistake you could be punished harshly. As an adult I saw the world as black and white, all or nothing. I had to be perfect at whatever I did or I would not try at all. I thought everyone judged me on my performance alone and I had to be perfect or I would not be accepted. How grateful I am that I don't have to be perfect to be eligible for membership in OA. I have been accepted as I am. It took me a while to feel comfortable but I kept coming to meetings and eventually I felt I belonged. Everyone was so friendly and welcoming to me. My sponsor knows I have struggled with abstinence but she has been patient with me and gives me the grace and space I need to grow in my recovery. I am definitely not perfect but I have come a long way in my OA journey. I thank God for bringing me to OA and giving me the courage to stay.

Jan K.

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

This decision is made daily. Turning my life (my actions) and my will (my thoughts) over to the care (love) of God as we understood (my concept) Him.


I am facing a situation that will be life changing. It is an external change that is brought upon by the actions of others. It threatens my security, my ambitions, my pocketbook, my self-esteem, and my relationships. My will tells me to fight! My desire is to do – to take some action to fix this or eliminate the threat.

What is mine to change? What actions can I take? What am I to do? Trust my Higher Power, take action that is mine and then wait. Days have gone by and no answer. All that is mine to do is done. Today I pray, again. Today I wait and trust God. Living the day to the fullest – fully engaged in life, not complaining but trusting.

Months have gone by and no change and no resolution. Things are in limbo – not knowing. It is good to live one day at a time. Knowing and trusting that God is in charge of my life. God cares for me and will provide. Trusting in God has relinquished the threat. Each day that goes by is good – engaged, living to the full. My will is content to wait, to live today peacefully knowing God cares for me.

There is nothing to fight, nothing to resist. The situation has not changed. I have.

Chris C.



“If that is what this is going to be about, then I can’t do this.” Early on when I would drag myself into meetings, I remember this thought coming to mind straight from the heart as I would hear the Higher Power texts shared in meetings. I didn’t need fairy dust. I needed a solution. I needed a step-by-step guide to stopping the spiral of my compulsive eating disease. I didn’t need a “higher power.”

My spiritual walk has had many choose your own adventures. No matter what I believed I was always open to making friends with others’ understanding of how this world continues to spin on its axis. Just as my spiritual journey seemed to make sense the bottom got swept out from under me and what remained was a very broken spirit. It’s also when I hit absolute rock bottom with compulsive eating, where things had completely gotten away from me, when I could no longer recognize myself physically, emotionally, or mentally. I had never participated in a 12-step program, but I knew that they were out there and that beyond Alcoholics Anonymous there were people with other life-threatening diseases that were using the foundations of AA to find recovery/abstinence in their life.

This battle has been a lifelong one. I won’t deny that when I walked into those first meetings that what I wanted was a quick fix. I decided I would keep going, I’d leave all that Higher Power and God-talk for those who needed that, but I would figure out a way through it without that.

To this point a Higher Power felt like something crushing, violating, displeased, and out to thwart a life I wanted to live to the fullest. So, my expectation was that when this Higher Power finally showed up it would be in this punitive, soul-crushing way. It was more like the lightest of breezes on a sun kissed day. It started with me just being open to letting a Higher Power unfold before me. I became curious about how a Higher Power might show up in my day. Was it really just a coincidence that a fellow from a meeting reached out to say hello, or maybe...could it be? Was there something at work?

There were things that would bring stillness to me in the deafening sound that is my inner voice, when I mess up or when I am about to. I have always loved the outdoors, the world around me somehow started to become more beautiful, more peaceful. I discovered things I once loved or that I always wanted to try like painting, writing, and singing like I knew all the words to every song. Peace started to enter in a way that I had never been able to manifest it for myself.

Slowly the fractured spirit was healed. I saw it in every meeting I went to, every call I made, and every time my sponsor answered the phone. I had met my Higher Power.

Submitted Anonymously



Howw I found my HP (God as I understand him/her/whatever)

Finding my higher power was not easy for me. Step three says, made a decision to turn our will and our lives over to the care of God as we understood him. I was brought up in a family that sent me off to Bible camp and confirmation. Growing up in the chaotic circus that was my family, this was quite a joke. My mother and father were alcoholics, and mom was also addicted to prescription drugs. I medicated with food my whole life and later pot and alcohol. So, this early indoctrination to religion did me no good whatsoever. It only confused me and maybe poured on a little shame for me to carry.

Over the years I had tried my best to control life to the best of my abilities. My best thinking got me to the doors of OA. When I came in my wife and I were on the verge of divorce, my son and I we're not getting along well, and I could barely fit in any of my clothes. Let's just say, I was not on a winning streak. It says in the big book something like no human power could relieve us of our obsession. I knew this was true because I had tried everything! Forty years of excessive exercise, fasting, supplement plans, 90 - day exercise programs, pay to play weight loss programs (that helped me drop 25 pounds that I gained back right away) nothing worked! I knew also in the book of Alcoholics Anonymous it says God could and would help if sought. The tools and the steps were laid out before me and I had experience with these steps from another 12-step group that I participate in so I knew what I needed to do. I got a sponsor and worked through the steps. By the way, I learned that I could not just substitute the word "food" for the word "alcohol" and not attend OA meetings! OA meetings are crucial in my weight loss success.

What the book said was TRUE God did come to meet me and worked through my sponsor and the people in my group. I would love to say that I can sit down for prayer and meditation and listen to God give me directions on how to run my life. However, this is not the case I have never heard God speak directly to me. However, my Higher Power communicates with me through people in the meetings. The minute I share my problems with another fellow in the program or my sponsor my higher power is present. If I am willing to follow the directions that I get from my group and my sponsor (thus GOD of my understanding) I have a very good shot at having a wonderful life. So, what happened? I followed the suggestions given to me and used the tools that I learned in my OA group. I wanted to lose 40 pounds but what I got was so much more. My wife and I are still together and working on our relationship which is not perfect but it's wonderful. My son and I still have our differences, but we get along great. He now has the dad he deserves. Another really weird thing is that I did not come into this program thinking that I was lacking self-love but that was a bonus I got from higher power and my OA group. I can now say that I love myself most days. I now fit into my clothes and have even dropped a size! Most importantly my head fits better, the fat between my ears has been drained and I am living a much more satisfying life. For this I am truly grateful to OA and to my higher power/GOD for coming to meet me through the people in OA.

Max W. Anoka, MN





"I can't; God can; I think I'll let God." (OA 12x12 pg. 17)

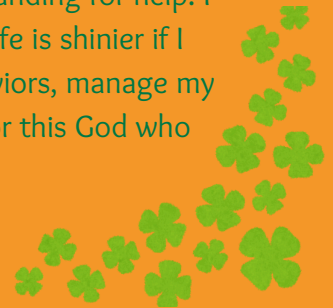
I came to the rooms of OA desperate and painfully aware no human power could help me. But how can God help me? I wondered, picturing a George Burns character perched on the fluffy white clouds of my childhood; God seemed so out of reach! You explained I didn't need to understand who God is (or isn't); I just need to believe in a power greater than myself.

Wanting the peace and serenity I saw in your eyes, I dropped to my knees one morning, asking this God of my not understanding, "Help me with the food," and I was given abstinence! It felt like a miracle, and I began each morning with this ritual of cleansing my own lens to see through God's eyes.

My sponsor guided me to ask this God (I still did not understand) to help me with my food choices and behaviors throughout the day; a quick midday squirt to cleanse the lens of self will. God's love evolved into a strong spray cleaner, ready to help in the toughest eating areas; since it made breakfast sparkle, I use it to clean all my thinking around food.

Then my sponsor gently suggested I ask God for help in other areas of my life. This felt unnatural, overwhelming, ridiculous. Why would God help me get along with my parents, keep up with household tasks, arrive at meetings on time? But I couldn't ignore the facts in front of me: I was abstinent, and that miracle didn't happen until I asked the God of my not understanding for help. I began having faith that God could be used to clean up all parts of me. Today my life is shinier if I keep my spray bottle close; I abstain from binge foods and compulsive food behaviors, manage my time better, and nurture healthier relationships, one day at a time. I am grateful for this God who keeps cleansing the lens of my beautiful life.

LA, Anoka Monday Night Meeting



Third Step Prayer "Alcoholics Anonymous" (page 63)

"God, I offer myself to Thee-to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of live. May I do Thy will always!"