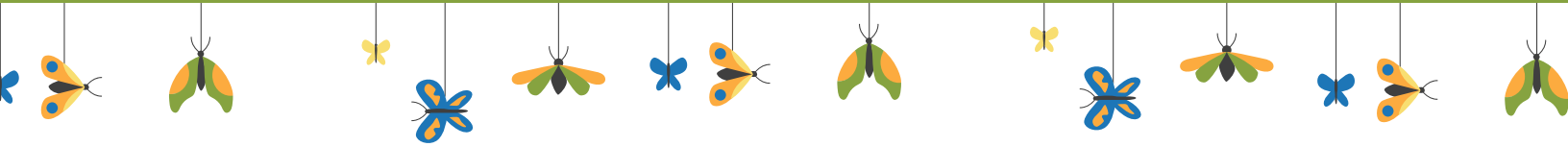




# Expressions of Unity

# May 2026



## STEP 5

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

Spiritual Principle: Integrity

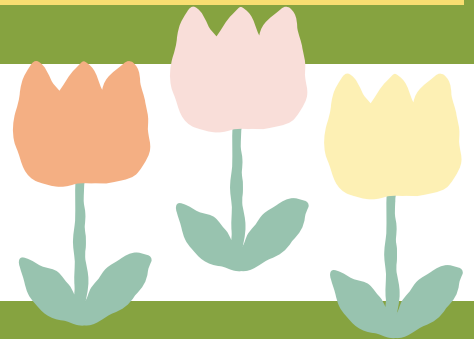
## TRADITION 5

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

Spiritual Principle: Purpose

## PROMISE 5

No matter how far down the scale we have gone, we will see how our experience can benefit others.

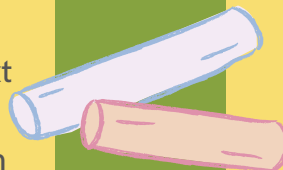


## Monthly Reminders

### MONTHLY NEWSLETTER

Share your experience, strength, and hope any month!

Send submissions by the 27<sup>th</sup> for the next month's newsletter to [unity.intergroup.newsletter@gmail.com](mailto:unity.intergroup.newsletter@gmail.com)



### MONTHLY INTERGROUP BUSINESS MEETING (ZOOM)

All are welcome!

Every 2<sup>nd</sup> Saturday of the month  
12:30-2:30

ID: 810 4426 4132

Passcode: 12345

Phone: +13126266799

Passcode: 12345

# *EVENTS*



**FIRST  
UNITY COMMUNITY  
BUILDERS EVENT  
JUNE 13<sup>TH</sup>  
SEE PAGE 3  
FOR DETAILS**



**REGION 5 CONVENTION  
SEPTEMBER 4<sup>TH</sup>-6<sup>TH</sup> 2026  
INDIANAPOLIS, IN  
SEE PAGE 4 FOR DETAILS**



**REGION 5 FALL ASSEMBLY  
OCTOBER 23-25, 2026 IN  
CHESTERTON, IN  
MORE DETAILS TO COME**



**SCAN TO SEE  
EVENTS  
HOSTED ALL  
OVER THE  
WORLD**





# Unity Community Builders GAME DAY

**Saturday, June 13, 2026**

**Church of Christ  
900 MN-99  
Cleveland MN 56017**

**12:00: Doors open  
12:30 Unity Intergroup Meeting  
2:00 Games  
5:00 Doors close**

Bring friends, family, and your own abstinent food! Let's have fun getting to know both our OA family and our non-OA family!

Hosted by Mankato Thursday Meeting



## REGION 5 FUNDRAISERS

Marketplace.  
Literature Sales  
Gift Basket Raffles  
50/50 raffle

### OA's Responsibility Pledge:

"Always to extend the heart and hand of OA to those who share my compulsion, for this I am responsible."

Your support of Convention fundraisers helps OA carry the message to other compulsive eaters!

## PRE-CONVENTION WORKSHOP

Join us for a pre-convention morning/afternoon workshop on Friday September 4<sup>th</sup> to kickstart a wonderful weekend of recovery!

More details to come!

## THE TWELVE FREEDOMS OF OA

For many of us, this freedom came when we took Step Three and turned the entire problem over to our Higher Power.

– The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 20

The Twelfth Step of Overeaters Anonymous talks about the qualities we gain as a result of working the Twelve Steps, but the word freedom appears so many times in all of our literature, I began to think about the freedoms from my disease I gained by working each of the Steps of Overeaters Anonymous:

- One: Freedom from the obsession with food
- Two: Freedom from insanity and hopelessness
- Three: Freedom from the bondage of self
- Four: Freedom from dishonesty
- Five: Freedom from isolation
- Six: Freedom from running the show
- Seven: Freedom from self-reliance
- Eight: Freedom from blame
- Nine: Freedom from fear of people
- Ten: Freedom from complacency
- Eleven: Freedom from loneliness
- Twelve: Freedom from lack of purpose

Voices of Recovery, July 23  
Reprinted with permission

Sponsored by:  **OVEREATERS ANONYMOUS**  
**REGION 5**  
MIDWEST CROSSROADS INTERGROUP

## ANNUAL CONVENTION



SEPTEMBER 4<sup>TH</sup> - 6<sup>TH</sup>, 2026

BASED ON THE TWELVE FREEDOMS FOUND IN  
"VOICES OF RECOVERY" JULY 23RD  
REPRINTED WITH PERMISSION

All events are in-person

HOSTED BY:  **OVEREATERS ANONYMOUS**  
Midwest Crossroads Intergroup

## 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 convention
- Recovery-centered crafts
- How to adapt a food plan to life's changes workshop

## HOTEL INFORMATION

CrownePlazaHotel  
by the Indianapolis Airport  
2501 S High School Rd,  
Indianapolis, IN 46241  
(317) 244-6861

**Benefit from special room block rates by booking before August 1st !**

Room rates \$109+taxes and fees  
Thursday September 3 to  
Saturday September 5

- Smoke-free property
- Complimentary onsite parking
- Complimentary airport shuttle
- Fitness center
- Coffee/tea maker & Hairdryer in each room
- Workspace in each room
- Mini fridge

Hotel Check-In: 4pm  
Hotel Check-Out: 12pm

Call **1 877 2 CROWNE (1 877 227 6963)**  
or visit [theCrownePlaza.com](http://theCrownePlaza.com)  
Indianapolis-Airport website to register!

## REGISTRATION INFORMATION


Friday Pre-Convention Workshop (includes lunch)	\$65
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Convention Registration Fees	
Early-Bird Pricing (register before August 1st)	\$155
Regular Pricing (on or after August 1st)	\$180
Optional Breakfast Add-On (Fee per breakfast)	\$20 (+gratuity and taxes)
Walk-In Pricing (no meals included)	\$105

More registration information and ways to register will be available at [region5oa.org](http://region5oa.org)

# CALL FOR SHORT STORIES FOR OA'S NEW DAILY READER!

**Hey there!** We're excited to create a new daily reader that reflects the wide range of beliefs in our OA community. If you come from a secular or non-traditional background—whatever that means to you—we'd love to hear your voice.



We want to create something that can inspire anyone, regardless of belief or non-belief. Share a meaningful quote from OA literature and let us know how it supports your recovery journey in your own words. Just keep it under **two type-written pages** and **leave out any religious references**, and you're all set.

**We can't wait to see what you contribute!**  
**SUBMIT VIA JOTFORM BY**  
**JUNE 1, 2026:**



<https://form.jotform.com/220035565825050>

*Please note: Submissions are assumed intended for publication, are edited for length and clarity, become the property of OA, Inc., and will not be returned. All languages welcome!*

# Struggling with food? You're not alone

Welcome to Overeaters Anonymous. OA is a community of people who support one another in recovering from unhealthy relationships with food.

[Start here](#)



Dear OA Family,



After years of planning, development, and the dedicated volunteer effort that makes Overeaters Anonymous so remarkable, we are proud to announce the launch of our completely updated [oa.org](https://oa.org) website.

This is not a small refresh. From the home page to the Find a Meeting feature to the way you search for information, nearly every corner of the site has been reimagined, and we think you're going to love what you see.

## A Fresh New Look and Feel

Whether someone is visiting [oa.org](https://oa.org) for the first time or returning after an absence, we want them to feel welcome and find what they need. The updated site arrives with a modern design that works beautifully on any device—phone, tablet, or desktop.

Navigation is cleaner and more intuitive, with a new menu structure and style that makes it easier to find what you're looking for. The home page has been redesigned with new features to welcome visitors and help them quickly understand what OA is and how to get started in the program.

## A Warmer Welcome for Newcomers

We've given special attention to the newcomer experience. The Newcomer section is more prominent on the navigation menu and features updated content to encourage visitors to explore our site further. Our OA Quiz helps visitors understand whether OA might be right for them.



## A Completely Rebuilt Find a Meeting



The new Find a Meeting feature brings the meeting details together on one screen, with filters for time zone, language, meeting format, day of the week, time of day, topic, focus, literature, and visitor access.

The updated search experience supports the many ways OA meetings are held today: face-to-face, online, by phone, in hybrid combinations, and non-real-time using chat and messaging platforms. Search results may be printed, downloaded, or shared directly via email or social media.

Need help with your search? Use our Find a Meeting Quick Reference Guide.



## Managing Your Meeting—Made Simple

The Add, Edit, and Cancel meeting forms have been completely rebuilt. The new forms feature a clean new look and have been designed with non-technical users in mind. They will guide you step-by-step, and the new email verification feature will allow for some of your meeting edits to appear much more quickly on oa.org. Plus, the forms now support all meeting formats, including hybrid combinations. Training videos and quick reference guides will be available soon.

## Documents Where You Need Them

Our resource library has always been a powerful tool, and soon, relevant documents will also appear directly on the pages where they apply; for example, diversity and inclusion resources will be on the Unity with Diversity page, and newcomer materials will appear on the Newcomer pages. Most documents will automatically open in the language of your browser, just as it did before.

## Better Navigation in News and Event Calendar

The News and Event Calendar pages have a new look too. Select a category in the onscreen menu and watch the results refresh live—no back button needed, no starting over from the main menu. It's a much smoother way to explore what's happening across the Fellowship.

## An Improved Site Search

OA.org now has a powerful site search tool that will do a much better job of bringing up the most relevant results for your search. It recognizes partial words, tolerates minor spelling variations, and prioritizes the most useful content rather than just listing every page that contains the word you typed.

Currently, this enhanced search engine works in English. For members using our site in other supported languages, we will continue using the search tool from the previous site design to provide results for both the main site and the bookstore. We recognize all of our members deserve a quality search experience, and improving oa.org for users of all languages remains a priority.

## Report Problems Using Our Contact Form

The new design and features of oa.org demonstrates huge progress, but not perfection. We invite you to report any problems using our Contact form, and we will work to fix them as soon as possible. We always appreciate when OA members report problems with the website.



With Deep Gratitude



A project of this scope does not happen without an extraordinary amount of work. The Board of Trustees and the World Service Office extend our heartfelt thanks to the Website Review Committee, whose vision, persistence, and patience over many years made all this possible.

We are also deeply grateful to the members and service bodies across our Fellowship who contributed financially to make this project possible. Your generosity is a beautiful expression of OA's Seventh Tradition and a testament to what we can accomplish together when we invest in our common welfare.

We want to recognize three World Service Office staff members whose contributions went far above and beyond: **Sandra Zimmerman**, Associate Director / Member Services Manager; **Lorie Laurence**, Group Registrations Coordinator / IT Liaison; and **Kevin McGuire**, Digital Communications Manager. Their expertise, care, and deep commitment to this Fellowship shine through every corner of the new site.

We also want to recognize our website design team for their partnership and tireless work. From planning through launch, they worked closely with OA with dedication, care, and a true spirit of collaboration. We are deeply grateful for their expertise, persistence, and partnership in building a site that will serve the Fellowship for years to come.

Thank you for being part of this Fellowship, for your service, and for your patience as we worked to build something worthy of the community you represent. We are proud of what we've accomplished together.

With gratitude and joy,



The Board of Trustees and World Service Office

Overeaters Anonymous



### HEARD IT AT BUFFALO

- "Relapse usually starts by losing sight of the first step."
- "Working the program is a verb."
- "We don't have to like it. We just have to do it."
- "Do something different."
- "I'm not going to give this disease any more of my life."
- "For today I'm going to do this one more day."
- "Recovery is not resisting the craving."
- "I don't understand aerodynamics, but I trust a plane. I don't understand the program or my HP, but I can trust."
- "Relapse is not the first bite. It is the binge four weeks later."
- "No one has a perfect program. Progress not perfection."
- "Practice these principles in all our affairs. The key word is practice."
- "Self-care is not stepping out of the program."
- "Reframe it from something we have to do to something we get to do."



One of my fellows asked me on my abstinence anniversary what the top three gifts of abstinence and recovery are for me. As hard as it is to narrow it down to three, this is what came to me when the question was posed:



Restored relationships. Being abstinent and working the 12-Step program has allowed me to see my part in relationships with others. My way of showing up, always adding my two cents, frequently being condescending and judgmental (for your own good) was pushing people away. Working the steps helped me change how I show up and my relationships are less chaotic.



Having a community where I can be vulnerable. The very last thing I wanted was to let myself be vulnerable. However, keeping myself hidden and separate was keeping me trapped and alone in addiction. Being abstinent and working the 12-Step program has given me a community where I can safely speak my truth and receive loving support while I work through the next right thing.



Gaining agency in my own life. Before abstinence, I described myself as a shadow in my own life. I was so stuck in my disease and self-pity that I could not act in my own interest.

Another of the top gifts of abstinence and recovery is summed up for me in the Big Book on page 89.

"Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends - this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives."

I am beyond grateful to be on this path of recovery with you.

Jean K



## 5TH STEP PRAYER FROM "ALCOHOLICS ANONYMOUS"

"God, I thank You from the bottom of my heart that I may know you better." (p. 75)

