



Expressions of Unity



JUNE

2026

STEP 6

Were entirely ready to have God remove all these defects of character.

Spiritual Principle: Willingness

TRADITION 6

An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Spiritual Principle: Solidarity

PROMISE 5

That feeling of uselessness and self-pity will disappear.



Monthly Reminders

UNITY COMMUNITY BUILDERS

Upcoming Hosts

- June: Mankato Thursday
- July:
- August: Wednesday Joy of Recovery
- September:
- October:
- November:
- December:

Break down the deadly isolation of our disease! Tell your intergroup rep when you want your group to host something fun!



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

ID: 810 4426 4132

Passcode: 12345

Phone: +13126266799

Passcode: 12345



EVENTS



**FIRST UNITY COMMUNITY
BUILDERS EVENT JUNE 13TH
SEE PAGE 3 FOR DETAILS**



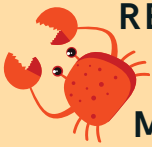
**UNITY COMMUNITY
BUILDERS EVENT
JULY HOSTED BY
FREEDOM FROM BONDAGE
MORE DETAILS TO FOLLOW!**



**UNITY COMMUNITY BUILDERS EVENT
AFTERNOON IN THE PARK
FAMILY, FRIENDS AND FELLOWS!
SATURDAY, AUGUST 1 HOSTED BY
THE JOY OF RECOVERY MEETING
MORE DETAILS TO FOLLOW!**



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



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



**REGION 5 CONVENTION
2027 IN MINNESOTA!
SEE PAGE 5!**

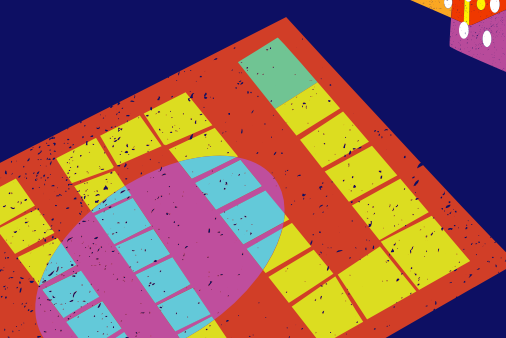


**SCAN TO SEE EVENTS
HOSTED ALL OVER THE
WORLD**



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

Hosted by Mankato Thursday Meeting



REGION 5 2026 CONVENTION Flutter into Freedom!

**Last Call For
Early-Bird
Pricing!**

BASED ON THE TWELVE FREEDOMS FOUND IN "VOICES OF RECOVERY" JULY 23RD
September 4-6, 2026 - Indianapolis, IN

**REGISTER BY JUN 7,
2026 FOR EARLY-BIRD
PRICING**

Pre-Convention Workshop: \$65

"Emotional Sobriety"

Friday September 4th; 10am-2pm (lunch
included in cost)

Early Bird Registration: \$155

Includes Convention, lunch and dinner
buffets on Saturday only

Online or mail (postmarked by June 7th, 2026)

Regular Pre-Registration: \$180

Includes Convention, lunch and dinner
buffets on Saturday only

**Online or mail (postmarked by August 1st,
2026)**

To Register:

Go online to www.REGION5OA.org

Payment by major credit card

Print, complete, and mail the paper information and
registration form (1 per person) to:

Region 5 of Overeaters Anonymous;

P.O. Box 22175; Louisville, KY 40252

Payment by money order or check: payable to **OA**

Region 5

please do not send cash

**Crowne Plaza Hotel by the
Indianapolis Airport**
2501 S High School Rd,
Indianapolis, IN 46241

Room Block is OPEN!

Special Room Rate: \$109+tax
Thursday, September 3 - Saturday, September 5th

- 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

Pre-reservation cutoff is Saturday, August 1st

To make your reservation:

Call: 317-244-6861 and mention the OA
Convention room block

Visit this link: Region5-OA

OR Use the QR Code:



**DON'T LET THE LOWER RATES
BUTTER "FLY" BY!!!!!!**

Hosted by:



Sponsored by:



2027 Region 5 Convention

Unity Intergroup is hosting the 2027 Region 5
Convention! If you want to join the committee come to
the next Zoom meeting!

Sunday June 28th 6 PM

ID: 810 4426 4132

Passcode: 12345

Phone: +13126266799 Passcode: 12345



Contact Chris C with questions chrischell@gmail.com



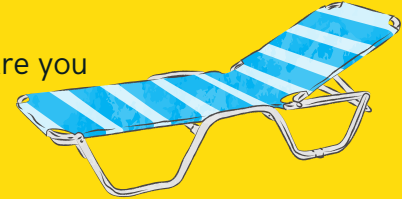
Step 6 - Were entirely ready to have God remove all these defects of character.



I have been around the rooms of OA for a long time, and my thinking about step 6 has changed a lot. At first, steps 6 and 7 seemed like brief moments in time between the big step 4 & 5 inventory and confession process, and the big step 8 & 9 amends process. But the last time I worked through steps 4 - 9, it turned out that most of the amends I needed to make were living amends. In previous step work, I had already apologized, paid back, and paid forward for harms done. Living amends meant I needed to change my behaviors and attitudes on a day-to-day basis. But how? This is when the need for daily step 6 work became clear to me.

I found a resource from the VSB Website Resources Sub-Committee dated January 2018 called 'Step 6 Questions and Suggested Actions'. One of the suggestions was creating a chart of your character defects with the following headings:

1. Name of the character defect
2. What does this defect do for you? How is it helping you?
3. How is it now hurting you? Do you believe it has now out-served its usefulness? Are you ready to let it go?
4. What would you/your life look like without this defect?
5. What is the contrary action of this defect? Be as specific as possible.



Filling in that chart has had a profound effect on me. It helped me look closely at each defect (taken from my recently completed step 4), see how the defect was benefitting me, notice how the defect was hurting me, and picture what I would be like without the defect. But the real magic was in identifying contrary actions. I had been doing my daily 10th step inventory and chastising myself for character defects showing themselves again and again. Now I had a list of contrary actions I could employ to practice new behaviors. For example: when fearful, pause and pray. When critical of others, look for things to be grateful for. When self-important, look for ways to be of humble service. Be curious not righteous. Accept myself, others and situations.

The 10 th step inventory is an opportunity every day to reaffirm that I am ready for God to remove my defects. I look at how my character defects cropped up again and how that turned out. I can also look at how it felt when I practiced contrary actions and how that worked. Every day it helps me genuinely say, "Thy will, not mine, be done".



Liz Z.



6TH STEP PRAYER FROM "ALCOHOLICS ANONYMOUS"

"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen." (p. 75)

