Expressions of Unity

AUGUST 2026

STEP 8

Made a list of all persons we had harmed and became willing to make amends to them all

Spiritual Principle:Self-discipline

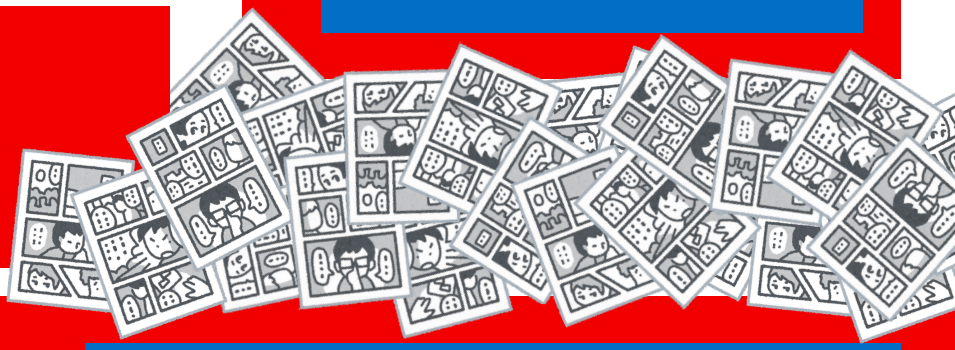
TRADITION 8

Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Spiritual Principle: Fellowship

PROMISE 8

Self-seeking will slip away.



Monthly Reminders

UNITY COMMUNITY BUILDERS

Upcoming Hosts

- September: Walk for Recovery
- 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

REGION 5 CONVENTION
SEPTEMBER 4-6, 2026
INDIANAPOLIS, IN
SEE PAGE 3 FOR DETAILS

WALK FOR RECOVERY
SEPTEMBER 12TH
MINNESOTA STATE CAPITOL
MORE INFO TO COME

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

UNITY INTERGROUP SPRING RETREAT
APRIL 9-11, 2026
MORE INFO TO COME!

Contact Chris C to be involved!

chrischell@gmail.com

REGION 5 CONVENTION 2027 HOSTED BY UNITY INTERGROUP!
SEE PAGE 4 FOR DETAILS

SCAN TO SEE EVENTS HOSTED ALL OVER THE WORLD

REGION 5 2026 OA CONVENTION

Flutter into Freedom!

-Based on the Twelve freedoms found in "Voices of Recovery" July 23rd

September 4-6, 2026 - Indianapolis, IN

LAST CHANCE TO PRE-REGISTER AND RESERVE HOTEL BLOCK!!

PRE-REGISTRATION CLOSES AUG 1ST, 2026

Pre-Convention Workshop: $65
"Emotional Sobriety"
Friday September 4th ; 10am-2pm (lunch included in cost)

Regular Pre-Pregistration: $180
Includes Convention, lunch and dinner 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

Walk-In Pricing (no meals included): $105

Walk up registration will be open Friday 4-6:30pm and Saturday 7:30-8:15am. No Sunday registration.

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

SPACE VERY LIMITED!
NO ROOMS AVAILABLE ON 9/3

Special Room Rate: $109+tax

- 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: 2026 Convention Hotel Link
OR Use the QR Code:

Based on the 12 Freedoms of Overeaters Anonymous

Freedom From...

- the obsession with food
- insanity and hopelessness
- the bondage of self
- dishonesty
- isolation
- running the show
- self-reliance
- blame
- fear of people
- complacency
- loneliness
- lack of purpose

–Voices of Recovery, July 23

Hosted by: OVEREATERS ANONYMOUS. Midwest Crossroads Intergroup

Sponsored by: OVEREATERS ANONYMOUS. REGION 5

FALL 2027

REGION 5 CONVENTION

Hosted by Unity Intergroup

Rooted in RECOVERY

SUPPORT OA'S 2026 ANNUAL APPEAL

Recovery happens every day — and so does the work that supports it.

As OA members, we depend on a shared infrastructure that provides:

- our website
- Find a Meeting
- literature
- recovery materials for members, meetings, and service bodies
- public information tools
- and much more.

These resources support our recovery every day.

Support of the Annual Appeal and ongoing contributions to OA's General Fund help ensure these resources remain available to members and newcomers worldwide.

How members, meetings and service bodies can help

- Share this appeal in your meeting for one month by reading it aloud, passing a special basket, or screen sharing this flyer
- Post this appeal on service body websites, social media pages, and email groups
- Watch and share the video from OA's Managing Director
- Contribute by mail, at oa.org/contribute, or use the QR code below

Thank you for supporting recovery.

OVEREATERS ANONYMOUS®

WORLD SERVICE OFFICE

June 9, 2026

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

We're reaching out to ask for your support for our 2026 Annual Appeal.

OA members around the world depend on a shared infrastructure that provides resources—our website, the Find a Meeting search tool, OA literature, recovery materials for members, meetings, and service bodies, public information tools, and much more.

These resources support our recovery every day.

The Annual Appeal and your ongoing contributions to OA's general fund help ensure these resources remain available to OA members and newcomers worldwide.

We hope your meeting will participate in this year's Annual Appeal. If you're able to make space for this appeal in your meeting format for one month—whether by passing a basket or screen sharing this letter—it would go a long way.

Individual members, meetings, and service bodies can all take part—by contributing as they are able and sharing this appeal with others.

Thank you for your support.

With gratitude,

Beverly M.

Board of Trustees Treasurer

Scan the QR code and select "Annual Appeal" or mail contributions to:

Overeaters Anonymous
PO Box 44727
Rio Rancho, NM 87174-4727
USA

6075 Zenith Court NE • Rio Rancho, New Mexico 87144-6424 USA
Mail address: P.O. Box 44727 • Rio Rancho, NM 87174-4727 USA
Tel: (505) 891-2664 • Email: info@oa.org
Website: oa.org

8TH STEP PRAYER FROM "ALCOHOLICS ANONYMOUS"

God, I ask for the willingness to make amends for the damage I have done in the past. (p. 76)

Wright your own prayer or experience strength and hope.

The personal stories express the experience, strength, and hope of the individual members and not OA as a whole.