

Freedom from Bondage

March 2016

In this Issue:

Page 2-3
Concept 1

Page 4
Concept 2

Page 5
From the Chair

Page 6
Concept 3

Page 7
Concept 4

Page 8
From the Trustee

Page 9
Concept 5

Page 10
Lifeline Article

Page 11
Staying in
the Solution

Page 12
Announcements
& Service Opportunities



Overeaters Anonymous Region 5 Convention
September 16-18, 2016

Take The Freeway of Recovery

Sheraton Detroit Airport Hotel
8000 Merriman Road
Romulus, Michigan 48174

July Freedom from Bondage will cover:

Concepts 6-11

- 6. Responsibility**
- 7. Balance**
- 8. Delegation**
- 9. Ability**
- 10. Clarity**
- 11. Humility**



Send future submissions to
R5NewsletterSubmissions@gmail.com

Next Region 5 General Assembly
July 8-9, 2016

Unity: Concept 1 and Tradition 1 Make a Beautiful Pair.

Concept 1:

The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

Tradition 1:

Our common welfare should come first, personal recovery depends on OA unity.

For most of my life, I used to be a lone wolf. I isolated; chose to do things my own way. Until I came to OA. Here, I found others who used to suffer as I did and they found a way out of that misery. By unifying. Joining ranks. By being "one among many." Even now, after years of recovering in meetings, my tendency can veer back to the old way of doing things on my own. And, when I do ask for help, it is not always there. Or, it's there, but not in a way that I perceive to be helpful to me. So what do I do? I turn to God. He is the One who has all power. I have found that doing small tasks... anything that gets me a little bit closer to being the person God wants me to be - helps me. Humbles me. Fills me with gratitude for all I've been given. I am very grateful that it is our collective conscience (and not just one person or a few people) who make the decisions for OA. It's really marvelous, isn't it? I doubted it would work as well as it does. Even when things don't go the way I'd prefer, there's something to learn. And, I'm glad to be willing to keep learning. To twist an old phrase just a bit: "The Teacher (capital "T") is here and ready: now the student appears." And, for today, the student is me.

- Anonymous

From Legalize to Amberize - Concept 1: Unity

The group conscience of all of OA is the final word about everything.

Each OA member has a say in all OA final decisions by being a part of local group decisions, service body (intergroup, etc.) decisions and world service decisions. OA is based on the core belief that God, as we understand Him, voices His opinion through our group conscience. Each OA member is part of decisions at every level of OA by picking a representative through a group conscience. The chosen reps listen to all views from everyone, even minority opinions, on every issue. Then based on their conscience (which is made up of all opinions the rep has heard) the voting rep decides on how they'll vote making sure they aren't breaking any OA Traditions and keeping in mind what is best for OA as a whole. The OA 12&12 states that "[paraphrased] A group conscience is not a majority rule, it differs because of the bond we all share. We all let go of self-will and focus on what's best for the group. We honor OA's Steps and Traditions in every decision we make (Page 120)". One example is asking no one wear perfume because it bothers one or more group members. The group might make this a rule because it likely won't deter people from coming to the meeting. This one decision made by this one group doesn't affect OA as a whole. The 12&12 also says "[paraphrased] We get an informed group conscience by listening to all opinions with open minds and treating everyone equally; we discuss things so that everyone makes the decision with all the needed info" (page 120). After a group conscience decision has been made everyone goes along with the decision because we believe God spoke through the group conscience. Fighting after a decision has been made is bad for everyone. Any member who wants another group conscience done to revisit the issue needs to get it done according to the process outlined in Concept 5.

-Amber
CHIWIF Intergroup

Unity - the common good for the group; be it my little Tuesday night meeting, or the Intergroup, or the region or OA as a whole. We will operate on the belief that whatever the majority wants will be inspiration from our Higher Power and the group conscience. God, as we each understands Him is the absolute decision maker. We will all let go of self-will and become part of a group that is healing individuals and moving forward as a group.

U United we get better

N Not divided, shredded or alone

I Instead we build a strong group, a strong fellowship for healing

T The ultimate authority is God

Y Yesterday, today, tomorrow building each other up around the world

Abstinetly yours,

Sue W

Milwaukee Area Intergroup

Concept 1 – UNITY – there are 2 of us in my marriage. Just as it takes all of us in a meeting to decide what's best for the group, it takes both of us in our marriage to decide what's best. How would I feel if he decided to go out and buy a car without consulting me or the budget? I'd be very hurt and angry! He'd be upset if I chose to go buy new furniture without consulting him or our budget. Those decisions were not made with the principle of UNITY in mind. IF we work together, WE are better.

Abstinent today,

Denise O.

**Concept 1: The ultimate responsibility and authority for
OA world services reside in the collective conscience of our whole Fellowship.**

Unity – portions of the Merriam-Webster Dictionary Definition of the word unity is used and commented on below.

1. the state of being in full agreement

a. We may not always ALL agree on something but we do ALL agree that whatever it is we disagree on is less important than making sure we can ALL still recover.

2. a condition of harmony: accord

a. In OA we treat everyone fairly, hear everyone out, so even if someone disagrees with the final decision of a group conscience we still move forward as one.

3. continuity without deviation or change (as in purpose or action)

a. OA and all of its members have one primary purpose: to recover from compulsive eating and to share the message of recovery with those who still suffer. Whatever else we do, whatever else we may get hung up on, we are always part of one unified purpose.

4. the quality or state of being made one: unification

a. As the Big Book says "We are people who normally would not mix" (Pg. 17), but we are all the same in that we suffer from the same illness and seek the same solution.

-Amber M.

From Legalize to Amberize - Concept 2 - Conscience

The World Service Business Conference (WSBC) is in charge of OA because we all agreed to put it in charge.

Because there are too many groups within OA; and too many people within all the various groups, it is not possible to have a group conscience at which every member can be present. This is the reason the World Service Business Conference (WSBC) was created. We send trusted delegates to the WSBC to represent the membership. At the WSBC the delegates set OA policy and guide world services. WSBC delegates discuss and vote on issues that affect OA as a whole. These issues include adoption of new literature, election of trustees, adoption and revision of policies, procedures and Subpart B of OA's bylaws (use of food plans, tools of recovery and suggested meeting closings). Delegates come to the WSBC knowing the will of their respective service bodies; however they are not limited to only vote in agreement with their service bodies. Because the delegates will get more information from a variety of sources at the WSBC they make up their own mind on how to vote. The delegates then report back to their service groups on what took place at the WSBC. Collectively delegates form the group conscience of OA as a whole. This representational democracy has been found to be the best method for serving OA.

-Amber
CHIWIF Intergroup

Conscience - I give you the right to be my voice, to be my representative. I am delegating you to vote responsibly on my behalf. You may vote at Intergroup, or you may be chosen at Intergroup to vote at the region level, you may even be chosen to represent me at the world level. Wherever you serve you are still a trusted servant, meeting basic requirements, representing me and my fellowship. It is your duty to make my morals and principles heard.

Abstinetly yours,
Sue W; Milwaukee Area Intergroup

Concept 2: The OA groups have delegated to World Service Business Conference (WSBC) the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

Conscience – portions of the Merriam-Webster Dictionary Definition of the word conscience is used and commented on below.

1. the part of the mind that makes you aware of your actions as being either morally right or wrong
 - a. Each representative sent to the WSBC is fully aware that they represent those back home that sent them to the conference. The responsibility for those people being taken care of rests on their shoulders.
2. the sense or consciousness of the moral goodness or blameworthiness of one's own conduct, intentions, or character together with a feeling of obligation to do right or be good
 - a. OA reps make the best decisions they can, knowing that their choices have the possibility of weighing heavily on their conscience.
3. sensitive regard for fairness or justice: scruple
 - a. Living in the Steps, Traditions and Concepts gives OA reps a firm foundation upon which to make solid judgments.

-Amber M.

Concept 2 – CONSCIENCE – can you be in 2 places at one time? I can't. Sometimes my husband and I have to divide and conquer. I "delegate" authority to him to express OUR opinion/vote when I can't be there too. We talk about it ahead of time so he is prepared. He may also hear something during a meeting that would change "our" minds, especially if it's best for all of us. This is how our World Service Business Conference Delegates work – your Intergroup sends a delegate on their behalf. You "delegate" authority to that person to speak & vote on your behalf during the Conference. Your Delegate may also hear something during Conference that could change their vote, especially when they put on their "world-wide fellowship" hat. It's not just about your Intergroup – it's about the Fellowship as a whole.

Abstinent today,
Denise O.

From the Chair

Our theme this year is the “Twelve Concepts of OA Service”. Are you like me? I tuned out/dozed off when the Concepts were read at Intergroup, because of course they didn’t apply to me! I understand what the Steps mean to me (life!), and I know how the Traditions apply (how we get along with each other), but the Concepts? Boring!!! Then I went to my first World Service Business Conference in 2008; now, the Concepts make sense! Who knew!!

Notice that these are Concepts of OA SERVICE. “These Concepts depict the chain of delegated responsibility we use to provide service throughout the world.” (From the OA pamphlet titled “The Twelve Concepts of OA Service”, #330) The Concepts define who has responsibility for what in terms of serving each other in this fellowship, whether that’s service at your meeting, as a delegate at Business Conference, as a Trustee, etc. The Concepts also outline our “bill of rights” as OA members. (Did you know you have rights? You do!) Our crack Newsletter Committee did an excellent job summing up the first 5 Concepts (and their associated principle) as topics for this Newsletter. I’ve added some additional “translation”:

Concept 1 – UNITY – The fundamental belief in Higher Power as the ultimate authority. Together we get better.

Concept 2 – CONSCIENCE – The right of delegation. I give you the right to be the voice for me, my group and OA as a whole.

Concept 3 – TRUST – The right of decision. Because our leaders are trusted, they are free to decide how best to do their jobs.

Concept 4 – EQUALITY – The right of participation. All members have an equal voice in the decision process; however, voting representatives must meet certain requirements.

Concept 5 – CONSIDERATION – The right of appeal and petition. Any member has the right to have their opinion reconsidered.

Let’s try to apply these to our lives and see how it works...throughout this newsletter I’ve provided some examples from my own experiences for each concept discussed.

I’ve often heard the following: the Steps keep me from suicide, the Traditions keep me from homicide, and the Concepts keep me from genocide.

Thank you God (HP for me), OA, and my Region 5 OA family for the daily blessings and opportunities to make progress. We are worth the effort of recovery!

Abstinent today,
Denise O.

From Legalize to Amberize - Concept 3 - Trust

Giving our leadership the right to make decisions for OA, because we trust them, is what makes our leadership work.

Within the bounds of their job descriptions OA leaders decide how to do their jobs themselves. We trust them to act and lead responsibly. Most of us felt untrustworthy before finding OA and recovery, but through recovery we learn to trust ourselves and then others. This concept gives groups the right to choose someone to make decisions on behalf of the group when it is needed. Usually people chosen have served in other roles so the group figures, based on past experience, that these members will do a good job. Having representatives makes for efficient decision making and information dissemination. At the heart of this concept is trusting the delegates with the freedom to make their own judgements.

-Amber
CHIWIF Intergroup

Trust - I trust that the leaders of OA are trusted servants who have met basic requirements and have been chosen to represent me and my meetings. I trust they will make appropriate decisions, spend money wisely and communicate their ideas to all by any means necessary.

T trusted servants
R representing
U us
S serving
T the OA group as a whole

Abstinetly yours,
Sue W; Milwaukee Area Intergroup

Concept 3—TRUST—my husband trusts me to buy groceries—fresh, edible food that’s good for us. I trust him to take care of our cars. Again, it’s the right of trust that we will both make good decisions for the 2 of us.

Abstinent today,
Denise O.

Concept 3: The right of decision, based on trust, makes effective leadership possible.

Trust – portions of the Merriam-Webster Dictionary Definition of the word trust is used and commented on below.

1. Belief that someone or something is reliable, good, honest, effective, etc.
 - a. Those sent to represent the OA membership are people that those members have faith in to make the best possible decisions.
2. assured reliance on the character, ability, strength, or truth of someone or something
 - a. OA reps are believed to be capable as well as good people.
3. something committed or entrusted to one to be used or cared for in the interest of another
 - a. The membership entrusts their right of group conscience to the chosen reps.

-Amber M.

From Legalize to Amberize - Concept 4 - Equality

Every OA member has an equal chance to represent OA in decision making processes.

Each member gets a say on all issues at every level of OA. It is the right and responsibility of every OA member to be a part of making the decisions in their group conscience at business meetings. The participation can be direct with the member themselves participating or it can be via a chosen representative. Delegated participation ensures the democratic foundation of OA. As Tradition 4 states, each group can make its own decisions on anything that doesn't affect OA as a whole. The right of participation means that any OA member can be a part of the group conscience; but groups can set certain restrictions on the level of participation for members. All OA members have the right to attend and participate in a group conscience but ground rules determining who can and can't vote are allowed. Examples of such ground rules are: voting at a meeting can be limited to those who regularly attend that meeting; at most intergroup meetings only representatives, committee chairpersons and board members can vote; at region and WSBC meetings registered delegates and other members (as defined by the bylaws of the service body involved) are granted active participation.

-Amber
CHIWIF Intergroup

Concept 4 – EQUALITY – decisions made in our home would not be very popular if only one of us was doing all the deciding. Since there's 2 of us, we both have a vote/a say in what happens in our home. I can attend a local civic authority meeting, expressing my opinions and making my voice heard. Unless I'm an elected representative however, I may not be able to vote. As an OA member, I have the right to attend & participate in a group conscience meeting, although the group may have established guidelines that prevent me from voting. I may also participate in Intergroup or Region, although I may not be able to vote (there might be specific requirements for voting). The important thing is that I CAN participate – my voice is heard!

Abstinent today,
Denise O.

Concept 4: The right of participation ensures equality of opportunity for all in the decision-making process.

Equality – portions of the Merriam-Webster Dictionary Definition of the word equality is used and commented on below.

1. The quality or state of being equal: the quality or state of having the same rights, social status, etc.
 - a. Anyone who desires to stop eating compulsively has the right to OA membership.
 - b. All OA members are on the same level as far as their worth and their rights within the organization.
 - c. Every OA member has the right to voice their opinion and to have their voice heard.

-Amber M.

From the Trustee

New Literature and Resources

The Twelfth Step Within Committee is pleased to announce a new Board-approved video resource for members in relapse and those giving Twelfth Step Within service. Free to download or stream, [Breaking Out of Relapse](#) can help isolating members and others in relapse return to their program and their abstinence. A new workshop is available for downloading at [Importance of Working the Steps Workshop](#). This workshop can be used by groups and services bodies as well as members and sponsors to encourage Step work and awareness.

Guide to Carrying the Message

A new [Guide to Carrying the Message](#) can be downloaded from oa.org. This document has great suggestions of what to say and what not to say when speaking to someone about OA for the first time. This is also available as a pocket card.

Sponsorship Kit

The Sponsorship Kit has been updated. It contains pamphlets for sponsoring, a new collection of sponsorship stories from "Lifeline", wallet cards, and an Abstinence Literature Resource Guide., The Guidelines for Membership Retention has been revised. Offering more than fifty suggestions to help retain members, these Guidelines are available on oa.org. Click Members/Groups, then "OA Guidelines." Download them for free.

OA Literature Copyright Dates

A [list of copyright dates for OA literature is now available](#). How do you know if you and your group are reading current OA literature? Use the new [OA Literature List by Copyright Date/Revision Date](#) to review and To maintain your OA library. OA pamphlets and books are scrutinized regularly and updated as needed to reflect current OA philosophy and policies. Outdated literature is misleading, especially for newcomers. To check, look for the copyright date on the back cover of the pamphlet or on the copyright page within the first two pages of the book. Then compare that date to the one on the list. If there has been an update since the last comprehensive revision, a pamphlet may show a revise date. In those cases, the revision date indicates the most recent publication.

BOT Meetings

The BOT met Nov 12-14, 2015; 3 days after our Region 5 Nov Assembly. The BOT will have met again Feb. 18-20, 2016. Many of the new literature resources mentioned above were approved at the Nov BOT meeting. The ballot for elections at WSBC was revised. Trustees must receive a majority vote to be elected. The ballot will not be a "yes/no" ballot; instead, **all** ballots will be counted towards the elections for Trustees, including "abstentions". The ballots will have names and the delegates will mark an "X" by the name(s). This means that an abstention essentially counts as "I have no opinion or I don't approve of any of the candidates. Hopefully this will help clarify the voting process and still allow a negative voice to be heard. I am honored to serve as your Trustee. Feel free to contact me if I can be of service.

Trustee on the Road

I am planning to give a workshop on Abstinence and another on Sponsorship this spring. I'm available to present talks on Abstinence, Strong Meetings, Service, Traditions, and Concepts. My expenses are covered by WSO. Just let me know when you would like to have me come visit. The Region 5 Board is also available to do this service.

Yours in Service,

Linda

Region 5 Trustee

From Legalize to Amberize - Concept 5 - Consideration

**OA members have the right to appeal and petition,
to have their opinions and personal grievances given proper attention.**

Any OA member can present an issue at the group level. Above the group level the member needs to contact their representative (either from intergroup or region). OA members have the right to express their opinions on any OA issue at any level of OA personally or through a representative. Everyone has the right to be heard and treated kindly regardless of who agrees with them or disagrees with them. If a member's view differs from the group it is their duty to present the opposing view. The group must listen carefully in order to come to an agreement. Hearing a wide range of opinions on matters is a benefit to the voting body. OA believes that talking through things fully leads to making the best decision and we respect and support one another in this process. By being inclusive and kind regarding a wide range of viewpoints OA builds strength, unity and cooperation. No matter how hard we try not to, sometimes delegates make a decision which conflicts with the Traditions and/or Concepts. If that happens members can appeal to another level of the OA service structure. For example, moving from group to intergroup, intergroup to region and region to the Board of Trustees. If a member disagrees with a WSBC decision they can take it to their intergroup or region reps who may then submit a motion to have the issue reviewed at the next WSBC. The best way to make an appeal is to write a detailed account of your concern and bring it to the attention of the appropriate service body. While having an appeal reviewed is every OA member's right, automatic reconsideration is not. And an issue being reconsidered does not mean the final decision will change. The final decision on an appeal depends on the merit of the appeal. For example, maybe people didn't have all the information or they had incorrect information at the time of the first vote. Just because you don't like the result of a vote doesn't mean you automatically get a revote. If the group agrees that there was an issue with the previous vote it may decide to reconsider the issue. Finally, the "test of time" can prove prior decisions to be "right" or "wrong". Policies at all levels of OA have been revised after many years of discussion and reconsideration.

-Amber
CHIWIF Intergroup

Concept 5 – CONSIDERATION – in my marriage, we may not always have the same opinions on certain topics. J We do have enough respect for each other that we listen to what the other one has to say. He considers my input, I consider his. He's practical, I'm emotional – you never know where we will end up! And guess what...sometimes we make a poor decision....and we have to change our minds. In OA terms, think about your most recent group conscience meeting. There may have been many different opinions about what is best for the group, and after listening to all of them, an INFORMED group conscience was reached. But what if it turns out to be a poor decision? As an OA member, you can 'appeal' – you can ask the group to discuss the topic again, to consider other options – this is your right as an OA member. We aren't perfect, but we're making progress!

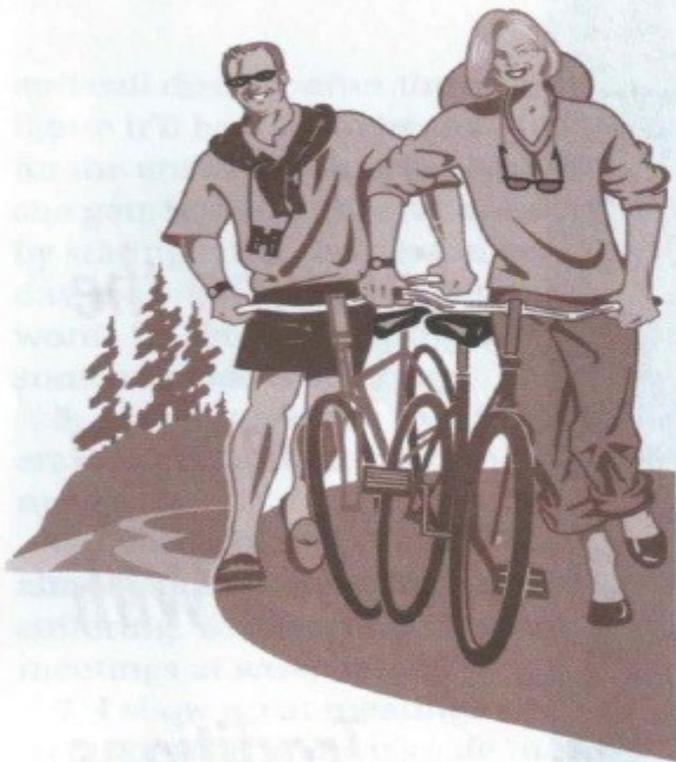
Abstinent today,
Denise O.

**Concept 5: Individuals have the right of appeal and petition in
order to ensure that their opinions and personal grievances will be carefully considered.**

Consideration – portions of the Merriam-Webster Dictionary Definition of the word consideration is used and commented on below.

1. careful thought: the act of thinking carefully about something you will make a decision about
 - a. Not only does every OA member have the right to voice their opinion, they also have the right to have their opinion heard and genuinely thought about by those who make the final decision(s) regarding something.
2. a desire to avoid doing something that will make another person sad, upset, angry, etc.
 - a. In order for recovery to be possible moving forward OA must care for all of its members. If it does not OA divisions will arise and as President Abraham Lincoln said "A house divided against itself cannot stand."
3. thoughtful and sympathetic regard
 - a. Issues that are considered are given proper and full attention. Decisions are not made lightly.
4. an opinion obtained by reflection
 - a. OA endeavors to hear every opinion on an issue, to gather all needed information and to give the matter a fair amount of time before a decision is made.

-Amber M.



Traditions, Concepts and Service Move OA Forward

find conscious contact with my Higher Power and clear away the wreckage of my past. Applying the Traditions and Concepts to my personal life prevents me from causing wreckage today. As a result, I don't have to make Tenth-Step amends as often. When I forget about the Traditions and Concepts, I usually fall into a pattern of "The road to hell is paved with good intentions." By going to business meetings, I see the Traditions and Concepts in action. I see why they are important and experience their practical application.

Attending business meetings also gives me an opportunity to see the benefits of service. If I had not attended a business meeting, I would not have known I was missing anything in my recovery. My Higher Power has used my service positions to give me what I need when I need it. I would have missed several key opportunities to learn and use this program in all areas of my life if I had not had the opportunity to do service.

I love business meetings because I hear all the exciting ways service happens. I get to hear the results of past projects, voice my ideas on current projects and even present or help brainstorm future projects.

Business meetings keep me excited about recovery and help me stay abstinent.

— Edited and reprinted from Utah Soaring newsletter, Northern Utah Intergroup, January 2006

Cheers for Business Meetings!

I love OA business meetings because they help me in my recovery. Attending my first business meeting was what truly got me excited about recovery. I met people who were enthusiastic about what the program had done for them. They were willing to apply the Twelfth Step and reach out to the still-suffering compulsive eater.

When people ask me how to pick a sponsor, I commonly tell them to attend a business meeting. The members who attend business meetings have good recovery and are willing to share it.

I also have a passion for the Twelve Traditions and the Twelve Concepts of OA Service.

They guide me in how to respond to real life. If I have a conflict with a coworker, a family member or a friend, I can think, "What Traditions or Concepts apply to my situation?"

The Twelve Steps give me a way to

Why we're all here. Staying in the solution.

New Body, New Life

I've never been 170lbs; my norm by 8th grade was 180-200lbs at 5'9" and was large chested. I felt socially awkward and out of place. I think my weight never went real high because my parents had me in competitive sports since I was 3yo. Then, after my first baby at age 21 I went up to 300lbs.

After a failed 9yr marriage in 2004 at age 32 I lost over 100lbs by exercising 2-3x's a day and bingeing and restricting food. My dating scene became exiting and scary. Men were interested in me like I had never experienced before. I was promiscuous and started having sex with who ever took interest in me sexually. But deep down I longed for a permanent relationship and then I met my second husband and I panicked as I did not want to screw up, but my disease progressed, fear and anxiety became so overwhelming I felt I had no choice but to eat, numb myself, I had no control. The weight I lost slowly started to come back.

Again I went from 180lbs back up to over 200lbs as I was training for marathons and my first Ironman event in 2009. A counselor suggested that I go to OA. I had hit bottom and was ready as I knew I didn't want to go back up to 300lbs or go back on high blood pressure medication (which I had been on since age 29yo).

My first meeting I cried and knew this was for me. I could relate, I had a disease and OA had a solution, a spiritual one. My spiritual awakening came a week later after that first meeting. I prayed that God make the food be enough, and He did just that! I was filled with peace and serenity after taking the last bite of my last food item on my food plan for the day.

God relieved me of 40lbs within the first few months of OA. I completed my first Ironman at 185lbs at 38 years old in 14hours and 40minutes. My first sponsor whispered to me that first year in program that some may say I am an over exerciser. I thought she was crazy for saying that I kept training and exercising but instead of undoing the binge from the night before with a 5am run, I spent time with God.

Now at age 43, I exercise in moderation, I'm at a healthy body weight of 167lbs and I continue to live and practice living all the principles of this program. My food plan has evolved over the years that fit my lifestyle today. Most days I am comfortable in my own skin. I have sagging skin and my muscles are not as toned as they used to be, but I'm in a size 12 pants which is a true miracle. I'm five years into my second marriage. Thank you OA and thank you GOD!

-Kim B.

My Prescription for my Food Addiction

Eat three moderate, weighed and measured meals

Connect daily with sponsor, OA friends

Read OA/AA/Spiritual books 2-3 times a day, more as needed (PRN)

Write on daily readings

Do service work daily

Weigh myself once a month and report to my sponsor

Live in the principles of the program daily imperfectly

Pray morning, day, night and as needed (PRN)

Attend 2-3 OA face to face meetings a week

Exercise (walk, yoga, stretch, housecleaning, yard work) 3-6 times a week

Write and share with sponsor 12 step work weekly

Write a gratitude list as needed (PRN) – usually when in a "poor me" attitude

Seek professional help as needed (PRN)

Breathe, relax, let go and live life in the moment

I do these prescribed actions daily to relieve me of my cunning, baffling, powerful and deadly disease of compulsive eating and food behavior whether I want to or not. If I try to play "Dr." on myself, I will fail. Now I follow directives. Thanks OA and God!

-Kim B

Links:

www.aa.org

[The 12 Steps](#)

[The 12 Traditions](#)

[The 12 Concepts](#)

[Region 5 2016 Convention](#)

[R5 Board & Committees](#)

[Region 5 Calendar](#)

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[Virtual Workshop on Step Ten](#)

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[R5 Intergroups](#)

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Announcements & Service Opportunities

Overeaters Anonymous
Region 5 Convention – Detroit, MI



**Take the Freeway
of Recovery**

September 16-18, 2016
Sheraton Detroit Metro Airport Hotel
8000 Merriman Road • Romulus, Michigan

Take the bus

For more info call Susan at 847-710-8823
or email her at susan.m.oa@gmail.com



PIPO— Region 5 has \$500 budgeted for Public Information/Professional Outreach. Please email Lynn at lynnhilly2@sbcglobal.net to request funds.

The new 2016 Courier is available at [Click Here for 2016 Courier](#). The Courier is OA's annual newsletter directed to hospitals, institutions, professionals, and the military and is part of OA's public information effort to increase awareness of Overeaters Anonymous.

World Service Convention 2016
Boston, MA USA
September 1-4, 2016

Convention Registration and lodging are NOW OPEN! Visit the Convention web page at <https://www.oa.org/world-service-events/world-service-convention/> for details. Interested in receiving the latest details on Convention? Email conventioninfo@oa.org to sign up for the e-mailing list. Please include your name, state or country and email address.

Make sure your group info is up-to-date! Update your group's meeting details and secretary contact info by going to Edit a Meeting at oa.org. First search your meeting; then click "Edit Details" to update your group's information. WSO uses your info to keep Find a Meeting current so that members can locate a meeting in their area.

Phone workshops and podcasts on "Service and My Recovery"

The Board of Trustees, Virtual Services Committee, and Region Chairs are continuing the series of phone workshops and podcasts on "Service and My Recovery". They are held the second Sunday of the month at 2PM Central time. The phone number is: 424-203-8405 and the access code is: 925619#. The past workshops are available as podcasts at

<http://www.oa.org/oapodcasts/>