

St. Louis Bi-State Area Intergroup Meeting Minutes
Sunday February 9, 2025

Open: The meeting was called to order by Chairperson Eileen M. at 1:30 pm. The Zoom recording feature was enabled for the duration of the meeting and all members were informed of the recording process.

Minutes: The minutes from the January IG meetings were approved as submitted (JMO/Chris).

Reports: There were no questions or comments about the reports submitted prior to the meeting.

Seventh Tradition Collection – Our treasurer reminded IG members of our 7th tradition and the importance of giving what you can when you can.

Roll Call: Reps were reminded that if there are any changes or updates to their contact information to please notify our secretary at info@stlouisoa.org with that updated information. Also, any changes to your group's meeting information may be e-mailed to info@stlouisoa.org.

New Business:

The World Service Business Conference is coming up and there are several motions and proposed changes that WSO is asking Intergroups to discuss and weigh in on. A link to a survey of these changes was sent to IG reps in the days leading up to this meeting. Members were asked to respond to this poll and make their views known.

There were 19 eligible members originally present to vote, but later one member had to leave and then there were 18 voting members.

Based on poll results our Intergroup Board and World Service Delegate recommend that the following be forwarded to the World Service Business Conference as part of a **consent agenda**:

Bylaws 1: Amend Bylaws by changing the number of regions from 11 to 10 and updating the geographic makeup of each of those regions.

Bylaws 2: Adds an additional qualification for applicants for a World Service Trustee. Along with having worked the Steps, practicing the Steps and Traditions to the best of their ability, being committed to the Traditions, applicants must have stated two specific ideas, in writing, to improve the health and long-term survival of the Fellowship; and affirmed these qualifications on their application forms.

Bylaws 3: To reduce the size of the board by 2 trustees, to be achieved through attrition as vacancies occur.

Bylaws 8: To define full requirements for WSBC meeting scheduling, including dates and times along with method and manner.

Bylaws 10: to allow groups not affiliated with intergroups or national service boards to choose the region they wish to be affiliated with.

Based on poll results, the following New Business Motions and Bylaws Amendments were discussed and voted on:

NBM A: Establish an OA Young People's Adults (ages 18-30) Conference Committee. Approved 19-0.

NBM B: Adopt the following policy statement: "*The Fellowship respects the rights of members, groups, and service bodies to follow a particular concept of recovery within OA and encourages each member, group and service body to respect those rights as they extend the hand of fellowship to those who still suffer. In particular, this means we do not try to convince any member or visitor to adopt a belief in God.*" We were all in agreement that there should be no proselytizing at meetings and were sorry that it is obviously still happening to newcomers or even existing members. Approved 19-0.

NBM C: In keeping with Tradition 10, OA has no opinion on ~~bariatric (weight loss) surgery~~ the various medically recommended methods of weight management. In the spirit of Tradition 3, OA welcomes anyone ~~with a desire to stop eating compulsively, including those who have had bariatric surgery or are contemplating it~~ who want to stop eating compulsively. We all agreed that it is good for OA to keep up with the times and the various advances in medical science. Approved 18-0.

Bylaws 4: Remove a 1995 change and restore bylaw to its original standard of 50% of all intergroups and service boards that respond. The original standard was stringent enough and ratification of any changes would still require a yes vote from 75% of all responding groups. Approved 15-1.

Bylaws 5: Amend Steps 3, 7 and 11 and Tradition 2 to remove the application of gender to God without altering the meaning of the Steps and Traditions in any way. AA has given permission for this adjustment. Although there was agreement that we should remove any reference to gender a few of us were concerned about the “clunkiness” of saying “God” every other word. Approved 16-2.

Bylaws 6: To stop holding the World Service Business Conference in person and solely use an online videoconferencing venue. There was quite a bit of discussion about this motion. Although we appreciate the challenge it creates to travel to WSBC, especially for our overseas friends, we also like the in-person aspect of the conference and the chance for fellowship and connection. Many of us liked the current plan of meeting virtually every other year. Approved 11-7.

Bylaws 7: To grant volunteers the right to offer information during the annual Conference. Approved 18-0.

Bylaws 9: Details the timetable of the trustee application and affirmation process. Approved 18-0.

Old Business:

2025 Retreat – a brief report was given by Chairs Cindy and Amy. The first planning meeting is coming up and we were encouraged to help with the planning; it's really going to be a fantastic event.

Intergroup Rep Announcements:

Jane F. reminded everyone that the Monday evening Newcomers Meeting is looking for speakers, particularly in March, so if anyone is interested, please reach out.

Marilyn from the Sunday afternoon Abstinence First meeting is talking with the Saturday morning Webster meeting to possibly co-host a Super Saturday. Stay tuned for updates.

IG Reps were reminded of the following to be announced in their home meetings:

If your group has a new IG rep, please provide them this link to information on role and responsibilities: <https://stlouisoa.org/wp-content/uploads/2025/01/IG-Representative-Role-Responsibilities.pdf>

Our Intergroup needs a World Service Business Conference Delegate: <https://stlouisoa.org/wp-content/uploads/2023/11/Nomination-Form-for-WSBC-Delegate-2023.pdf>

And two Region 5 Representatives: <https://stlouisoa.org/wp-content/uploads/2024/09/Nomination-form-for-Region-5-Rep.pdf>

Please share this link to our IG 'OA Today' FEBRUARY newsletter: <https://stlouisoa.org/wp-content/uploads/2025/01/02-2025-FINAL.pdf>.

AND consider writing for our newsletter, specifically, the committee is looking for someone to report on our Unity Day event on February 23, and an article on managing body image during the changing seasons. Inquiries and submissions to: Newsletter@stlouisoa.org.

Adjournment and Closing, Responsibility Pledge, OA Promise.

Respectfully submitted,
Martha Place, Secretary

Next Intergroup Meeting – Sunday March 9, 2025 at 1:30 pm

March 2025 Intergroup Treasurer Report and Monthly Summary

Dear OA Fellows,

Attached are two sets of reports:

First, February 2025 Monthly Information

1. Monthly Summary
2. February 2025 Year-to-date Profit & Loss Statement
Because of the timing of check, you will not see expense for accounting in this report. It will be included next month.
3. February Group Donations
A second page has been added so you can also see the additional income from We Care, Super Sat, Nov Gratitude, Retreat, and any other income we would receive.

Second, Updated January 2025 Monthly Reports

1. Updated January Monthly Summary
This new report fixes the mistake that was found in December and corrects the opening balance.
2. Updated January 2025 Year-to-date Profit & Loss Statement

If you have any questions or comments, please feel free to contact me at 314-348-5975 or at info@stlouisoa.org.

In Service,

Julie J.

Also, just a gentle reminder

Please help keep OA alive by continuing to contribute generously to Intergroup in 2025. As mentioned in January, our donations support WSO, Region V, and our Intergroup.

Please **reference our group number 09029** for Intergroup and donations can be made

1. By personal check or money order and mailed to:
St. Louis Bi-State Intergroup
P.O. Box 28882
St. Louis, MO 63123

or

2. Through the PayPal account at stlouisoa.org website. Choose 7th Tradition at the top of the page.
If possible, make quarterly or annual contributions to reduce the administrative fees.

St. Louis Bi State Area Intergroup
Profit & Loss
February 2025 Year to Date

Income

Group Donations:	\$	2,077.00
We Care:	\$	105.90
November Gratitude:	\$	170.00
Super Saturday:	\$	72.00
Bank Account Earned Interest:	\$	2.86
Total Income:	\$	2,427.76

Expenses

T-Mobile:	\$	109.76
Accounting:	\$	330.00
PayPal Fees:	\$	44.97
Operating Expenses: Communication: Internet	\$	194.61
Region 5: Travel	\$	539.54
Region 5: Contribution	\$	64.00
Total Expenses:	\$	1,282.88
Net Profit (Loss):	\$	1,144.88

St. Louis Bi State Area Intergroup

Monthly Summary

February 2025

Previous Month

Checking:	\$ 9,778.96
We Care:	\$ 1,917.33
Total:	\$ 11,696.29

Income

Group Donations:	\$ 503.00
We Care:	\$ 105.90
November Gratitude:	
Super Saturday:	\$ 72.00
Total Income:	\$ 680.90

Expenses

T-Mobile:	\$ 54.88
Accounting:	\$ -
PayPal Fees:	\$ 12.88
Operating Expenses: Communication: Internet	\$ 179.64

Total Expenses:	\$ 247.40
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Balance

Balance on Hand: (Operating Fund)	\$ 12,129.79
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Prudent Reserve (Savings Account)

Beginning:	\$ 4,911.25
Interest:	\$ 1.25
Ending:	\$ 4,912.50

Goup Donations and Other Income 2025

			January	PayPal	1316.00
				Checks	428.00
				Total	1744.00
			February	PayPal	350.90
				Checks	330.00
				Total	680.90
00990	New Me	195			
03448	Free to Choose	0			
04699	Carbondale	40			
06234	Sunday OA Recovery	30			
07276	Creve Coeur	0			
07418	Reaching Out	0			
08734	Webster Groves Step Study	478			
11652	Newcomers Meeting	20			
14194	New Horizons	298			
21534	New Day	0			
20413	Sunday Step Study	0			
24305	Recovery from Relapse	300			
56327	Work to Recover	0			
33891	Waterloo OA	48			
801554	Welcome Home	0			
45077	Abstinence First/Newcomers	88			
45964	Recovery Book Worms	0			
801183	St. Louis Early Bird Meeting	160			
50027	Renewed Hope	60			
46420	Serenity Seekers	0			
51315	Thursday Rolla	0			
801168	Recovery ABCs	0			
801182	St. Louis Early Bird Meeting	60			
53186	Mix It Up	0			
53204	Welcome Home!	0			
801184	St. Louis Early Bird Meeting	0			
801486	Any Lengths Big Book Study	0			
53859	Saturday Steppers	40			
56156	Farmington OA Group	0			
56420	H.O.P.E.	0			
57161	OA Workshop	0			
800758	Literature Study Group	0			
801181	St. Louis Early Bird Meeting	55			
58191	OA 90	0			
58217	Promises	0			
09029	Intergroup	165			
	Individual	40			
	Total:	2077			

Goup Donations and Other Income 2025

Year to date

End of February

We Care	105.90
Super Sat	72.00
Nov Grat	170.00
Retreat	0
Other	0
Total:	347.90

St. Louis Bi State Area Intergroup

Monthly Summary

January 2025

Previous Month

Checking:	\$ 9,070.44
We Care:	\$ 1,917.33
Total: *	\$ 10,987.77

Income

Group Donations:	\$ 1,574.00
We Care:	
November Gratitude:	\$ 170.00
Total Income:	\$ 1,744.00

Expenses

T-Mobile:	\$ 54.88
Accounting:	\$ 330.00
PayPal Fees:	\$ 32.09
Operating Expenses: Communication: Internet	\$ 14.97
Region 5: Travel	\$ 539.54
Region 5: Contribution	\$ 64.00
Total Expenses:	\$ 1,035.48

Balance

Balance on Hand: (Operating Fund)	\$ 11,696.29
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Prudent Reserve (Savings Account)

Beginning:	\$ 4,909.64
Interest:	\$ 1.61
Ending:	\$ 4,911.25

* Corrected from December 2024.

Goup Donations and Other Income 2025

January	PayPal	1316.00
	Checks	428.00
	Total	1744.00

Year to date
End of January

00990	New Me	195
03448	Free to Choose	0
04699	Carbondale	0
06234	Sunday OA Recovery	25
07276	Creve Coeur	0
07418	Reaching Out	0
08734	Webster Groves Step Study	378
11652	Newcomers Meeting	20
14194	New Horizons	298
21534	New Day	0
20413	Sunday Step Study	0
24305	Recovery from Relapse	300
56327	Work to Recover	0
33891	Waterloo OA	48
801554	Welcome Home	0
45077	Abstinence First/Newcomers	0
45964	Recovery Book Worms	0
801183	St. Louis Early Bird Meeting	0
50027	Renewed Hope	60
46420	Serenity Seekers	0
51315	Thursday Rolla	0
801168	Recovery ABCs	0
801182	St. Louis Early Bird Meeting	60
53186	Mix It Up	0
53204	Welcome Home!	0
801184	St. Louis Early Bird Meeting	0
801486	Any Lengths Big Book Study	0
53859	Saturday Steppers	40
56156	Farmington OA Group	0
56420	H.O.P.E.	0
57161	OA Workshop	0
800758	Literature Study Group	0
801181	St. Louis Early Bird Meeting	25
58191	OA 90	0
58217	Promises	0
09029	Intergroup	105
	Individual	20

Total: 1574

Goup Donations and Other Income 2025
Year to date
End of January

We Care	0
Super Sat	0
Nov Grat	170
Retreat	0
Other	0
Total:	170

Report from Intergroup Newsletter Team For March 2025

The March 2025 newsletter is posted at our Intergroup website at [THIS LINK](#). Here is a summary - with our thanks to all who contributed:

- A Step Three article
- A Tradition Three article
- A newcomer's corner article – the final excerpt of a long article on “The Power of NOT”
- An article on problem solving with guidance from the **Big Book**
- The Intergroup Chair's column for March
- Two personal experience articles on body image issues that often come up in summer
- A report from the February 23 Intergroup Unity Day recovery event
- A “book review” of the **OA 12 & 12** (as part of our focus on OA-approved literature this year)
- The calendar of events
- A Save-the-Date flyer for the Fall Retreat

Please help your fellows know the newsletter exists by sharing information about how to access them during announcement time at your home meetings. It can be helpful to post a link in the Chat Box if your meetings are by Zoom or to take some printed copies to your meetings if you are meeting face-to-face. (That makes a simple, but potentially impactful service role for a member of your home meeting. Feeling useful is one of the most wonderful things that can happen in OA.) The newsletter, along with a **Where and When**, can also make an excellent leave behind resource when you have a Step 12 conversation.

And speaking of printed copies, please help share this information which was published in the February newsletter: ***Individuals without access to electronic versions of the newsletter may request a printed version by texting or calling Kelley G. at: 314-591-4696. She'll mail them the newsletter monthly.***

If you wish to send a letter or an article about any topic – or send art - please let the newsletter committee know by email, text, or phone call. The email address is newsletter@stlouisoa.org. The **deadline is the 20th of each month**, but there's a little wiggle room if you let me know what's coming and when. Generally, articles should not exceed 400 words, but not every item needs to be that long. Shorter items of a paragraph or two are very welcome. Graphics can be JPG, GIF, or PNG format.

When submitting an article, also consider submitting it to **Lifeline**. Our Region 5 Trustee Liaison Barb K loves our newsletter and suggests we ask writers to send their articles to this link: <https://form.jotform.com/220035565825050>

Our goal is for the newsletter to attract still-suffering compulsive eaters to our fellowship, to help those in relapse within our membership to regain abstinence, and to support the recovery of all readers. We want to lift spirits by sharing experience, strength, and hope, and we may even bring a smile or laugh at times because “we are not a glum lot.” We highlight OA events at all levels, offer a witness that long-term recovery is possible, and encourage our fellows to consider filling service positions. Rotation of service is part of how we live out the Eleventh Tradition and keep the fellowship alive for all who need it.

J-MO, Newsletter Editor

314-775-3261

And Team Members

Elizabeth C.

JoAnne B.

LaNae S.

Melanie T.

Pat O.

Website report: January 30 – February 28, 2025; Submitted by Colleen C.

Sessions: 365

Page views: 749

New vs. returning: 91%/9%

Desktop/Tablet/Mobile: 47%/5%/48%

Top Pages:

1. [Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 338
2. [Meeting Information – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 166
3. [Events – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 43
4. [“OA Today” Newsletter – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 39
5. [New to Overeaters Anonymous, OA for Short? – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 29
6. [7th Tradition – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 28
7. [Podcasts – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 17
8. [Cart – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 14
9. [Member and Intergroup Information – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 13
10. [Checkout – Overeaters Anonymous – St. Louis Bi-State Area Intergroup](#) 11

**Secretary Report
Reporting February 2025**

Incoming Email Contacts for our info@stlouisoa.org email address:

In February there were 22 real email conversations.

All routine emails regarding news and events from Region 5, the Virtual Region, and notices from our bank that statements are available, and that it is time to renew our email addresses.

Following the February IG meeting and our work on the motions and business for the upcoming WSO Business Conference I submitted the results of our work to the WSO portal.

Submitted by Martha P.

Meeting Time Change

OA90 Newcomers - Tools of the Trade!

Face-to-Face (in St. Louis, MO) and Online (via Zoom)

Recovery Saint Louis – 8029 Clayton Rd., St. Louis, MO. 63117

On Zoom

ID 856 4726 7716

Passcode 521639



Dial-in 1-669-900-9128



Tuesdays – 7:00 AM (Central)

8:00 AM (Eastern) – 5:00 AM (Pacific)

Contact – Bob L. (314) 256-9574

For more info on the 90-Day format of
Overeaters Anonymous – www.OA90.org

LIVING ABSTINENTLY IN '25

Sponsored By



PRE-CONVENTION WORKSHOP

Friday May 23, 2025

10:00 am – 2:00 pm central

Lunch break 11:30 am – 12:30 pm

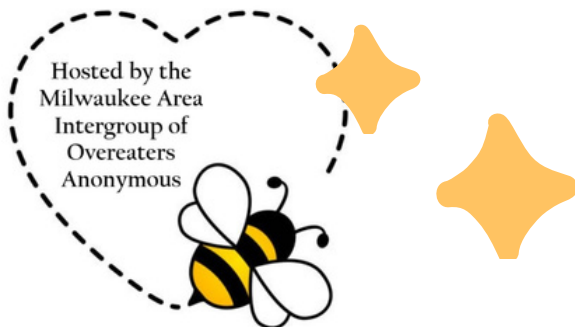
Registration required \$30.00

Lunch Buffet \$35.00

Sheraton Milwaukee Brookfield Hotel

375 S Moorland Rd

Brookfield, WI 53005



Review your **eating patterns**, choose your **binge/trigger foods**, learn how we **change our eating behaviors**, more about **sticking to your plan** and **dealing with life without using food**. Read, write, share based on OA's New Plan of Eating pamphlet and Abstinence book.

Read, write, share on the practice of **emotional abstinence** to stop the cycle of emotional bingeing.

- Learn the value of putting yourself first
- Hear how HP comes to the rescue when members are faced with cravings
- Find simple truths waiting to be revealed behind the wide range of emotions
- Hear how taking a hard look at insanity paved the way to sanity for your fellows
- Explore the Top 10 things that help one member maintain abstinence in difficult situations

...I began to see that even though I was physically abstinent, I wasn't emotionally abstinent...Maybe that was why I lacked serenity...Today God helps me to be emotionally abstinent. I do the footwork, and God does for me what I cannot do for myself.

Voices of Recovery p 65

Register online from www.REGION5OA.org
Register by mail using the registration form

Register by phone 414/259-0640

You may attend only the Pre-Convention Workshop

Scholarship support is available for
Region 5 residents:

call 414/259-0640 or email
convention@oamilwaukee.org

Sponsored by



May 23-25, 2025



Annual Convention



**BE
ALIVE
IN '25**

all times are central time
all events are In-Person

Event Program (tentative)

Friday May 23 – Pre-Convention Workshop 10:00 am – 2:00 pm
(additional registration required)

Living Abstinently in '25: Eating and Emotions

Friday May 23 Early Hotel Check in 2:30 – 4:00 pm



Friday evening May 23

4:00 – 6:15 pm OA meetings, Big Book Study, Meditation
6:45 – 8:30 pm Welcome followed by Keynote speaker
8:45 – 10:00 pm OA Promises by Candlelight, other Activities

Saturday May 24

6:15 – 8:30 am Breakfast 7:00 – 8:30 am
OA meetings, Meditation, Writing Workshop and more
9:00 am – 8:30 pm Three Keynote speakers

Workshops: Bee Fearless, Carrying the Message, Sponsorship Success, Weeding Out Negative Thinking, Using Tech for Recovery
Panel Discussions: Be United in Recovery

11:30 am – 1:15 pm Lunch Dinner 5:30 – 7:00 pm
8:30 – 10:30 pm *Bee Bop Dance*

Sunday morning May 25

7:00 – 9:15 am Meetings and Workshops
9:30 – 11:00 am Keynote speaker followed by Closing



R5 Fundraisers

- Marketplace
- Gift Basket Raffle
- 50-50 Raffle



FUN * FUN * FUN

All convention activities are at
**The Sheraton Milwaukee
Brookfield Hotel**
375 S Moorland Rd
Brookfield, WI 53005



Free parking * Free airport shuttle

\$119 + tax per room night
Thursday to Monday * any occupancy

NEW a la carte Pricing Structure

	Pre-Register <i>by May 2, 2025</i>	Walk-in
Pre-Convention Workshop Fri May 23 10:00am - 2:00pm	\$ 30.00	\$ 45.00
Weekend Rate Friday 4 pm to Sunday 11 am	\$ 70.00	\$ 90.00
Friday evening 4:00 pm – 10:00 pm	\$ 10.00	\$ 10.00
Saturday 6:15 am – 10:30 pm	\$ 50.00	\$ 70.00
Sunday morning only 7:00 am – 11:00 am	\$ 10.00	\$ 10.00
Friday Lunch includes tax and gratuity	Pre-register only \$ 35.00	
Saturday Breakfast includes tax and gratuity	Pre-register only \$ 30.00	
Saturday Lunch includes tax and gratuity	Pre-register only \$ 40.00	
Saturday Dinner includes tax and gratuity	Pre-register only \$ 60.00	



Hosted by the
Milwaukee Area
Intergroup of
Overeaters
Anonymous



- Register online from www.REGION5OA.org
- Register by mail
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Region 5 residents request scholarship support
by phone 414/259-0640 or by email to
convention@oamilwaukee.org

R5 Fundraisers

- Marketplace
- Gift Basket Raffle
- 50-50 Raffle



FUN * FUN * FUN

Supporting the Convention's fundraising efforts is SERVICE and carries the OA message of RECOVERY.

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

*To be alive is Power
Existence in itself
Without a further function
Omnipotence enough.
Emily Dickinson*

I am alive. I can make of that fact anything I want. I need no terms or conditions to exercise the power of life. All I have to do is live now. It is enough. There may be life in the future, and there was certainly life in the past, but my footing is in the present. Today is where the past has its meaning, and where the future is shaped. Looking far forward, mapping out my life in the future, I waste the power of the present. And lingering in the past, twisting its circumstances and falsifying its memory is an injustice to both past and present. I am thankful that my past has brought me to this present, where I am learning to use all my energy and spirit to live.

For today: I revel in the power of being alive, and I thank God I am not afraid to exercise it to the fullest today.

OA For Today January 4

Living Abstinently: *Eating and Emotions*

Pre-Convention Workshop

- Sheraton Milwaukee Brookfield Hotel
- Friday May 23, 2025
- 10:00 am – 2:00 pm central
- Lunch break 11:30 am – 12:30 pm
- Pre-registration \$30.00
- Walk-in \$45.00
- Lunch Buffet \$35.00 register by May 2

Review your **eating patterns**, choose your **binge/trigger foods**, learn how we **change our eating behaviors**, more about **sticking to your plan** and **dealing with life** without using food.

Read, write, share based on OA's *New Plan of Eating* pamphlet and *Abstinence* book.

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Voices of Recovery p 65

Annual Convention

All events are In-person
(all times are central time)

May 23-25, 2025

BE ALIVE IN '25



Hosted by the
Milwaukee Area
Intergroup of
Overeaters
Anonymous

Sponsored by

**OVEREATERS
ANONYMOUS®**

REGION 5



BE ALIVE IN '25



Event Program (tentative)

all times are central time
all events are In-Person

Friday May 23 – Pre-Convention Workshop 10:00 am – 2:00 pm
(additional registration required)

Living Abstinently in '25: *Eating and Emotions*

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Saturday May 24

Breakfast 7:00 – 8:30 am
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Meditation, Writing Workshop and more
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Message, Sponsorship Success, Weeding Out
Negative Thinking, Using Tech for Recovery
Panel Discussions: Be United in Recovery
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Register by phone 414/259-0640

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call 414/259-0640 or email

convention@oamilwaukee.org



Pre-Convention Workshop

details on reverse



Living Abstinently in '25:
Eating and Emotions

Friday, May 23
10:00 am – 2:00 pm

Sheraton Milwaukee Brookfield Hotel

375 S Moorland Rd
Brookfield, WI 53005
262/364-1100



Room Block is open NOW

Special room rates \$119 + tax
Thursday, May 22 to Monday, May 26

- No rate increase for double occupancy
- State and local taxes will be added at check out (estimated 15.5%)
- Rooms are newly remodeled
- Fitness Center and Indoor Pool
- Breakfast is not included
- Refrigerator in each room
- Coffee & Tea maker in each room
- Microwaves available in vending area and Convention Hospitality suite

Reservation cutoff is Friday, May 2, 2025

Make your reservations by phone or online

- ✓ Call 888/627-8235 with code OA50A5J mention "Region 5 Convention Room Block"
- ✓ Click here for [Online Reservation](#)

HOTEL INFORMATION

Check In 3:00 pm
Check Out 11:00 am
Daily Housekeeping



Free Airport Shuttle
Complimentary on-site Parking
Smoke-free Property

Pre-register by May 2, 2025

Pre-Convention Workshop:	Pre-Register	Walk-in
Living Abstinently in '25: <i>Eating and Emotions</i> Friday, May 23 10:00 am - 2:00 pm	\$30.00	\$45.00

Convention Registration Fee:	Pre-Register	Walk-in
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Saturday 7:45 am – 10:30 pm	\$ 50.00	\$70.00
Sunday morning only 7:15 am – 11:00 am	\$ 10.00	\$10.00

Region 5 charges exact meal cost; your purchase helps meet contractual hotel minimums that reduce room rental & lodging costs for all. Meals available until May 2, 2025

Convention Meal Tickets includes tax and gratuity	Pre-Register
Friday Salad Bar Lunch	\$35.00
Saturday Breakfast	\$ 30.00
Saturday Salad Bar Lunch	\$ 40.00
Saturday Dinner <input type="checkbox"/> Vegetarian Dinner	\$ 60.00



Scholarship Donation \$ _____

TOTAL ENCLOSED \$ _____
[Refunds available through May 2, 2025]

Do you consent to share first name, last initial, city, phone, email with other participants? Yes No

I want to serve in this way(s) (check all that apply)

- Fundraisers Panelist Workshop Leader
 Session Timer Session AV Assistant
 Meeting Leader Meditation Guide
 Hospitality Greeter Wherever Needed



Name _____

Mailing Address _____

Phone _____ email _____

Register by phone at 414/259-0640 or mail this form with check payable to OA Region 5 c/o OA-MAI PO Box 270054, Milwaukee, WI 53227 Do not send cash, please

Sheraton Milwaukee Brookfield Hotel

The Sheraton Milwaukee Brookfield Hotel enjoys an ideal location just off Interstate 94, ensuring convenient access to the city's prime attractions, culinary gems, and shopping havens. Following a recent renovation, the hotel now boasts a contemporary ambiance, offering guests a revitalized and modern experience throughout their stay.



Guest Room Features



- ✓ 386 Renovated Total Guestrooms
 - (74) Double beds
 - (139) Two Queen beds
 - (165) Kings
 - (8) Suites
- ✓ Complimentary WiFi
- ✓ 65" inch smart tv's with premium channels
- ✓ Refrigerator, coffee & tea maker in each rooms

Hotel Facilities & Services

- ✓ The Craft Room:
 - Full-Service Breakfast and Dinner
 - Room Service
 - Grab N' Go Market
 - Starbucks
- ✓ Outdoor Deck with Firepit
- ✓ Indoor Pool & Outdoor Pool
- ✓ Two (2) On-site Fitness rooms
- ✓ Self-Service 24-Hour Laundry Facilities; Dry Cleaning
- ✓ Complimentary Parking (**Motor Coach Included**)
- ✓ Sheraton Club Lounge
- ✓ Renovated Public Areas

Customized Contracts and Concessions for our Partners

Sheraton Perks

Groups Pricing with 10+ Rooms

Flexible Billing

Marriott Bonvoy Points: Double/Triple Points Available

Courtesy & Attrition Blocks Available

Renovated 20,000 sq. ft. of event space

Relapse Through the Eyes of the Big Book

Quarterly Region III Relapse Prevention Workshop

Saturday March 29, 2025 Time: 2:00-4:00 (mt)

A presentation by Linda T. addressing relapse with Big Book quotes, Linda's experience, strength and hope, and obstacle to abstinence. Also, questions to ponder or journal on and time for questions or comments.

ZOOM ID: 842 4509 9831

Password: itworks

Questions? Email

Annette H. ortzow@hotmail.com

Sponsored by Region III



Is food a problem for you?



- Do you eat when you're not hungry?
- Do you binge, purge or restrict?
- Is your weight affecting your life?

JOIN US FOR THIS UPCOMING OA WORKSHOP

NO dues • NO fees • NO weigh-ins • NO diets

*Pikes Peak
Serenity*

Traditions and Service Workshop



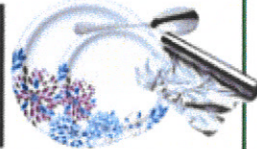
FREE

EVENTS OF THE DAY:
Sponsored by Region 3

- ❖ Traditions and Service – How to Use the Traditions in Daily Life and Relationships
- ❖ Steps 6 & 7 – Events, Thoughts & Feelings
- ❖ Affirmation Circle – A Group Experience
- ❖ Savor Each Bite – The Art of Conscious Eating (Prepare and bring your packed meal with you!)



LOCATION: *First Lutheran Church – "Luther Hall"*
1524 North Tejon St.
Colorado Springs, CO 80907



Bring the Following Items for "Savor Each Bite":

- Prepared Meal • Plastic Fork • Paper Napkin • Serving Spoon • Large Paper Plate (10-12") • Small Paper Plate (6-8") • Sheet of Aluminum Foil



Zoom Login:

ID: 504 914 3635

Passcode: BPresent

For More Info Call

Kathleen at 719-963-0184

HYBRID

HOPE YOU JOIN US!

Sunday, Feb. 23, MST

1:00pm – 5:30pm MST

Overeaters Anonymous ♦ Together We Get Better