

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 4th
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
Serving areas in IL, IN, IA, KY, MI, MN, MO, ND, OH, & WI

ANNUAL CONVENTION

**FLUTTER
INTO
FREEDOM**

SEPTEMBER 4TH - 6TH, 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

Crowne Plaza Hotel
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 the Crowne Plaza
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