

## SERVICE OPPORTUNITIES

- Registration
- Sell Raffle Tickets
- Session Timer
- Hugger/Greeter
- Marketplace/Literature
- Hospitality
- Wherever I am needed
- OA Meeting Leader/Speaker  
(1 year of current, continuous abstinence required)

If you volunteer to speak or provide service, opportunities are available from 3pm Friday until noon Sunday.

1. Please indicate your arrival/departure times so that we may schedule you accordingly.

- Friday \_\_\_\_\_
- Saturday \_\_\_\_\_
- Sunday \_\_\_\_\_

2. Please provide your cell # in case we need to contact you: \_\_\_\_\_

## SCHOLARSHIP

**You may request a scholarship for the full cost of registration only. Scholarships do not cover meals, rooms or other expenses.**

Would like to apply for a scholarship?

Yes \_\_\_\_ ("First come basis" - apply early!)

Preference may be awarded to those who have not previously attended a Region 5 Convention. You may complete a scholarship application if you have not previously received a scholarship within the last 5 years. You must be a Region 5 resident. Recipients will be notified by the registrar. Scholarship recipients are asked to perform service at the convention in a capacity that matches their abilities. Please indicate the type of service you are willing to provide in the Service Opportunities section (above).

Scholarship Deadline: **June 7, 2026**

## 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*  
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Sponsored by:  **OVEREATERS ANONYMOUS®**  
**REGION 5**  
Serving areas in IL, IN, IA, KY, MI, MN, MO, ND, OH & WI

## ANNUAL CONVENTION

# REGISTRATION INFORMATION AND FORM

# FLUTTER



# INTO

# FREEDOM



BASED ON THE TWELVE FREEDOMS FOUND IN  
"VOICES OF RECOVERY" JULY 23RD  
REPRINTED WITH PERMISSION



## SEPTEMBER 4<sup>TH</sup> - 6<sup>TH</sup>, 2026

All activities are in-person and held at the  
**Crowne Plaza Hotel by the Indianapolis Airport**

 **OVEREATERS ANONYMOUS.**

Hosted by: Midwest Crossroads Intergroup

# GENERAL EVENT PROGRAM

## Friday

10:00am-2:00pm Pre-Convention Workshop  
4:00pm-6:30pm Convention Registration  
6:00pm-7:30pm General Session #1  
8:00pm-10:00pm Bingo and Board Games

## Saturday

7:30am-8:15am Registration  
8:00am-9:30pm General Session #2  
10:00am-12:00pm Breakout Sessions  
12:00pm-1:30pm Lunch  
1:30pm-4:30pm Breakout Sessions  
5:00pm-6:30pm Dinner  
6:30pm-8:00pm General Session #3  
8:30pm-10:30pm Dance

## Sunday

**No Sunday Registration**

8:00am-10:00am Breakout Session  
10:00am-11:30am Closing Session

Marketplace  
Literature Sales  
Gift Basket Raffles  
50/50 raffle

**Keynote Speakers**- OA Steps and the Freedoms found in Voices of Recovery

**Breakout Sessions**- How to Run Hybrid Workshops, Living Sanely Through Good Times and Bad, Food Planning Through Different Stages of Life, How to Be a Newcomer, How to Prevent Relapse, How to be a Sponsor, Literature, Meditation, Tools, Traditions

**Live OA Meetings all Weekend Long!**

# PRE-CONVENTION WORKSHOP

## “Emotional Sobriety”

Join us for a workshop on Emotional Sobriety to kickstart a wonderful weekend of recovery!

Friday September 4th; 10am-2pm

Questions?

Email: [convention@mci-oa.org](mailto:convention@mci-oa.org)

# HOTEL INFORMATION

## 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<sup>rd</sup>-Saturday, September 5<sup>th</sup>

- 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**

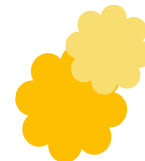
### To make your reservation:

**Call:** 317-244-6861 and mention the OA

Convention room block

**Visit this link:** [Region 5-OA](#)

**OR Use the QR Code:**



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

**Pre-Convention Workshop: \$65**  
“Emotional Sobriety”

Friday September 4<sup>th</sup>; 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 7<sup>th</sup>, 2026)**

**Regular Pre-Registration: \$185**

Includes Convention, lunch and dinner buffets on Saturday only

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

Quantity: \_\_\_\_\_ Breakfast Buffet Tickets \$20/each

Quantity: \_\_\_\_\_ **Additional** Lunch Buffet Tickets \$30/each

Quantity: \_\_\_\_\_ **Additional** Dinner Buffet Tickets \$50/each

Donation to Scholarship Fund: \$\_\_\_\_\_

Total Enclosed: \$\_\_\_\_\_

**After June 7th, 2026 pre-registration is closed. You must pay at the door (no meals)**

**At- The-Door Pricing:** All Weekend: **\$90**  
Saturday only: **\$60**

**Name (First and Last):** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Email:** \_\_\_\_\_

### **To Register:**

Go online to [www.REGION5OA.org](http://www.REGION5OA.org)  
Payment by major credit card

Detach, complete, and mail this 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*