

# 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 4<sup>th</sup>  
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*  
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Sponsored by:  **OVEREATERS  
ANONYMOUS®**  
**REGION 5**  
Serving areas in L, IN, IA, KY, MI, MN, MO, ND, OH & WI

## ANNUAL CONVENTION

FLUTTER  
INTO  
FREEDOM

SEPTEMBER 4<sup>TH</sup> - 6<sup>TH</sup>, 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 [region50a.org](http://region50a.org)