

News from Suburban North Intergroup (SNI) July 11, 2026

NEW OA Men's Meditation Meeting Starting next week!

When: Weekly starting Thursday, July 16, 2026, 5:00 pm

Where: 1417 Hinman Ave, Evanston (First Congregational Church **Community Center**—NOT the main sanctuary at 1445 Hinman)

We need a strong group of regulars to get this meeting off the ground!

Questions or want to be of service? Text or call Dan F. at 773-383-2644

The OA **Unity with Diversity** Committee would like each group to consider reading the first paragraph of our Unity with Diversity Policy at each meeting. This would replace the statement about the policy in the suggested meeting format. Here is the suggested paragraph:

"THE FELLOWSHIP of Overeaters Anonymous encourages and promotes acceptance and inclusivity. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute. We welcome all who share our compulsion. Everyone with the desire to stop eating compulsively is welcome in Overeaters Anonymous."

The **Downloader Report** has many recovery events and other information worth noting, such as: (OACHicagoSNI.org, Downloader or follow this link:

<https://oachicagosni.org/wp-content/uploads/2026/07/July-2026-SNI-Downloader-Report.pdf>)

- **Find a Meeting Quick Reference Guide** with video:
<https://oa.org/documents/find-a-meeting-quick-reference-guide/>
 - This is very helpful if you have experience trouble finding what you wanted.
- OA 2026 **Annual Appeal letter** to be read aloud at meetings for a month and managing director video message: <https://oa.org/documents/2026-annual-appeal-instructions-and-letter/>
- Learn how \$31 from each group could **help OA avoid a \$178,600 draw from our prudent reserves**: <https://oa.org/news/together-we-contributed-us331494-in-the-first-quarter/>
- **Sponsorship Day** (August 21-23) resources
- **Region 5 Convention** September 4-6 in Indianapolis. Preregistration closes August 1. Walk-ins are welcome. Register online:
<https://oaregion5.regfox.com/the-twelve-freedoms-of-oa-region-5-2026-convention>
 - Please contact Susan M (susan.m.oa@gmail.com) if you or someone you know is going to the Region 5 Convention.
- There are several **QR codes for quickly accessing specific information on oa.org**. To request a QR code for an OA page, contact the World Service Office.

- Many **recovery events** worth checking out! Here are some of the upcoming topics:
 - Body Image and Recovery Workshop (July 12)
 - Canva Flyer Creating Workshop (July 18)
 - How I found Freedom (July 26)
 - Cultivate an Attitude of Gratitude (July 26)
 - Sponsor Training Workshop (July 26)

The 4 Chicagoland intergroups in Illinois are exploring the possibility of merging into one intergroup. This will affect everyone, so we would like as much participation in the discussion as possible. An advantage to the merger would be to have more qualified volunteers to do the work of the intergroup to better serve our groups. Please have your group send a representative to SNI as we explore this and other issues. All visitors are welcome. Our meetings are either hybrid or Zoom only, and usually on the 1st Saturday of each month from 10 am-noon.

The 4 intergroups are:

- Suburban North Intergroup (SNI)
- Chicago West Intergroup Far-Out (CHI-WIF)
- Turning Point Intergroup (TPI)
- Chicago Suburban Southwest Intergroup (CSSI)

Consider arranging to **leave a legacy of recovery** (and other ways to support OA). See the attached flyer.

There are numerous ways to service at every level of OA, and service is a vital part of our recovery. We plan to have **elections at our meeting on October 3rd**, and have a number of positions to be filled: Chair, Secretary (Recording and Corresponding), Region 5 Representative, and World Service Business Conference Delegate.

Information about qualifications and responsibilities are in the SNI Bylaws and the SNI Policy and Procedure Manual. These documents are part of the SNI Handbook. You may ask your group's SNI representative to share that information with you to help you consider where you could best serve the Fellowship.

Together, we get better!!

Thank you for your service!

Leave a Legacy of Recovery

OA's Bequest Campaign

For many of us, Overeaters Anonymous has been a place of hope, healing, and lasting change. If OA has touched your life, you may wish to remember the Fellowship in your future planning—as an expression of gratitude and service.

A legacy gift costs nothing today, yet it helps ensure that the message of recovery will be available for those who still suffer.

Remembering OA in Your Will

A bequest is a gift included in your will or estate plan. You may choose to leave:

- A specific amount
- A percentage of your estate
- The remainder after other gifts are distributed

Because laws differ around the world, please consult a qualified legal advisor in your country.

Sample language you may share with your attorney:

"I give to Overeaters Anonymous, Inc., a nonprofit corporation incorporated in the State of New Mexico, USA, the sum of \$____ (or ____ % of my estate, or the residue of my estate) for its general purposes."

Memorial or Tribute Gifts

Members may also choose to make a contribution in memory of a fellow member, in honor of a sponsor, or in gratitude for recovery milestones. Such gifts are a meaningful way to celebrate recovery and carry the message forward.

A Gentle Note

In keeping with OA's Traditions, contributions to Overeaters Anonymous are made by members. If you are considering including OA in your estate plans or making a tribute gift, we encourage you to speak with your family so your wishes are clearly understood.

Questions?

Contact the World Service Office at info@oa.org or 1-505-891-2264