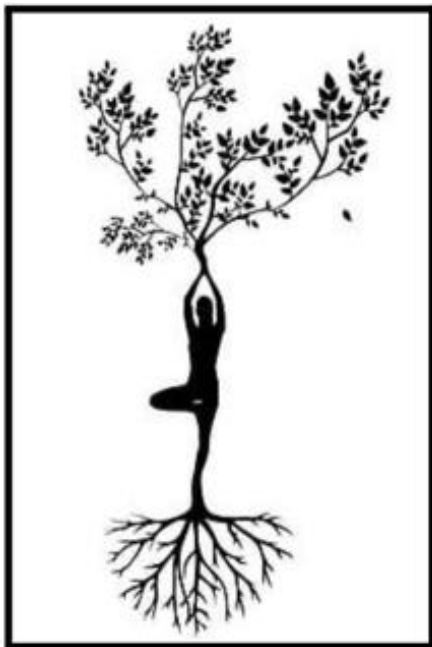


- The **bylaw motion** that was sent out last Thursday, October 1st has been withdrawn, as we realized that it is unnecessary.
- Stay tuned for (or better yet, get involved in) the **decision** regarding whether SNI will continue as an intergroup, or join Turning Point Intergroup (TPI).
 - Please address questions, concerns, suggestions, and other comments to Susan at susan.m.oa@gmail.com.
 - The **4 Chicagoland Intergroups will be meeting** October 21st to discuss possibilities for the future of those intergroups. An email was sent October 4th with the details, including the link.
 - See more discussion opportunities under Region 5 Fall Assembly below.
- See the **Downloader report** on our website (OACHicagoSNI.org) for the following:
 - Update on the **World Service Business Conference (WSBC) 2027**
 - Reminder that you have until October 31st to contribute to the **Annual Appeal**, which funds the OA website, the Find a Meeting upgrade, literature, recovery material, and public information tools.
 - **OA Members Who Have Lost 100 Pounds or More** is a new e-book and audio book which you can find in the oa.org bookstore. See the flyer on p 5.
 - Several OA **documents have been updated** to reflect the change from this year's WSBC of "service board" to "service body".
 - **Region 5 Fall Assembly** will meet in Chesterton, IN, October 23-25.
 - **Visitors are welcome** and can register for free.
 - Virtual visitors may register for the **hybrid Intergroup Sharing** session Friday evening at 8:30 CT.
 - Virtual visitors may contact Kerry M. (R5Secretary@outlook.com) for the link to the **hybrid Illinois State meeting** Friday evening at 9:30 CT. The link is scheduled to be sent out (to those who have emailed Kerry) by October 21st.
 - **More discussion** about the health of intergroups is scheduled for Saturday afternoon and evening during the in-person assembly.
 - **Assembly Documents:** Packet A has been posted and Packet B is scheduled to be posted October 9th. on Region5OA.org (choose Assemblies from the Region 5 pull down menu, then click on Region 5 2026 Fall Assembly).
 - There are several interesting **virtual events** listed, including:
 - A Different Outlook on the 12 Steps
 - Men's Courage and Recovery Workshop
 - Newcomer events
 - Don't Fall in the Fall
 - The Joy of Service!
- **SNI held elections** at the October 3rd meeting.
 - Carolyn S. was elected for another 2-year term as SNI treasurer.
 - Josephine C. volunteered to be acting recording secretary.
 - Current vacancies: Chair, Corresponding Secretary, Region 5 Representative, and World Service Business Conference Delegate.

- Mark your calendars for the **2027 Region 5 Convention!** See the flyer on p 3.
- There is a new **in-person meeting** in Park Ridge. See the flyer on p 4.
- OA Foot Steps is hosting their 4th annual retreat. See the 2 flyers on pp 6&7.
- Consider **doing service** by working on a project on your own or with OA fellows. For details, contact Susan at susan.m.oa@gmail.com. Here are some ideas:
 - Putting up posters on public bulletin boards.
 - Sending pre-scripted emails to post high school educational institutions.
 - Giving *The Courier* to your health professionals.
 - Helping organize a recovery event.
 - Help distribute Public Service Announcements to media outlets.
 - Chairing or co-chairing an SNI committee.





New In Person OA Meeting

Freethinkers Park Ridge

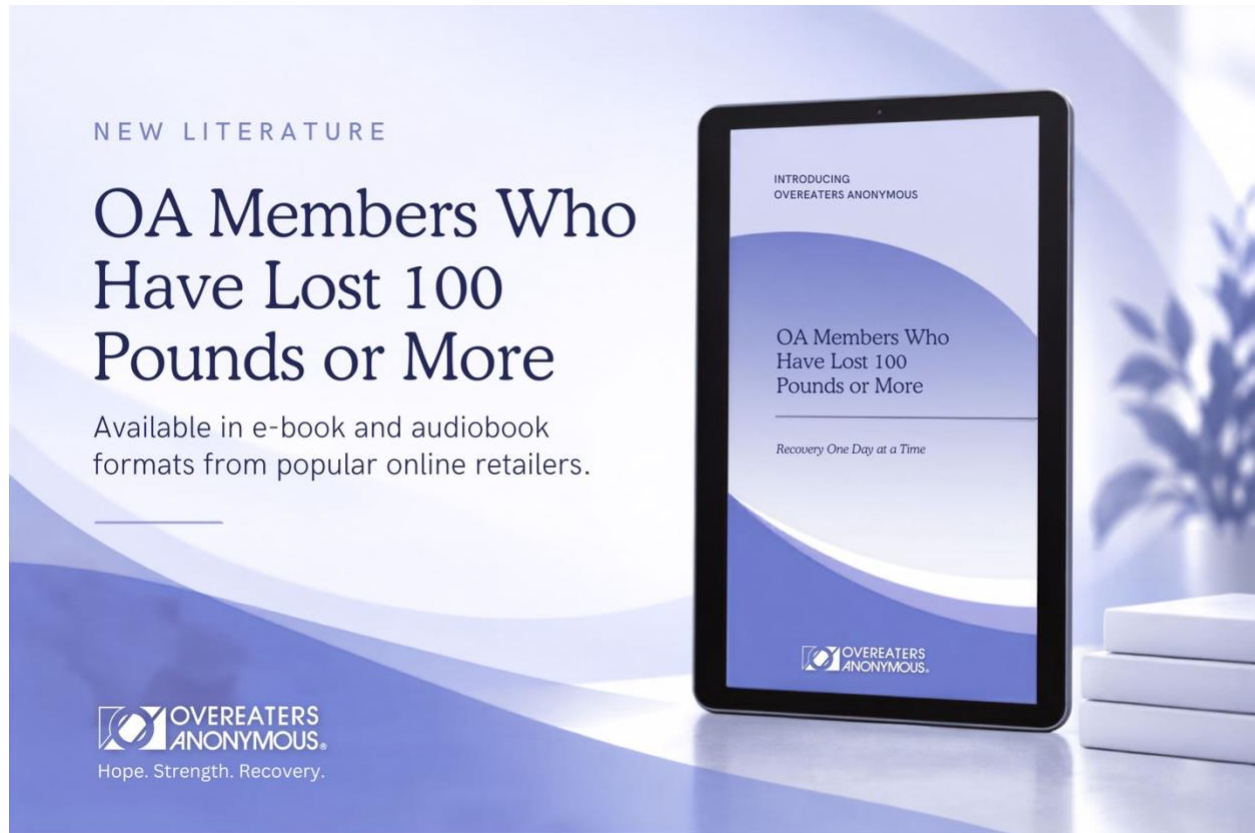
Wednesdays, 4:30 p.m.
(starting Wed. Aug 5, 2026)

St. Luke's Lutheran Church
205 N Prospect Ave
(Enter through glass doors)
Lower Level Room LL 152
Park Ridge, IL

All are welcome!

Special focus: Secular/Body
Image/Diverse Voices

Contact Nora Maeve (773) 550-7675



NEW LITERATURE

OA Members Who Have Lost 100 Pounds or More

Available in e-book and audiobook formats from popular online retailers.

INTRODUCING
OVEREATERS ANONYMOUS

OA Members Who Have Lost 100 Pounds or More

Recovery One Day at a Time

 OVEREATERS ANONYMOUS.
Hope. Strength. Recovery.

OA Foot Steps 4th Annual Retreat



Steps to Freedom The Next Right Action

**Friday, October 9th
Noon to 5 pm ET US**



**Saturday, October 10th
9 to 5 pm ET US**

**For More Information Contact:
tsw@oafootsteps.com**

Schedule



**Meeting ID:
914 9995 6265
Passcode: 1212**

Scan to Join





OA Foot Steps 4th Annual Retreat Steps to Freedom

The Next Right Action

ALL TIMES ARE IN US EASTERN TIME

FRIDAY, OCTOBER 9, 2026 Day 1

12:00 - 12:05 PM	Retreat Intro
12:05 - 12:30 PM	Prayer Meditation Journaling
12:30 - 1:30 PM	Creative Reprieve
1:30 - 2:30 PM	2-Way Prayer Meeting with Q&A
2:30 - 3:30 PM	Newcomer
3:30 - 4:30 PM	Open Space (Newcomers, Returning Members, Milestones)
4:30 - 5:00 PM	Friday Closing

SATURDAY, OCTOBER 10, 2026 Day 2

9:00 - 9:05 AM	Retreat Intro
9:05 - 9:30 AM	12 Stepping a Problem
9:30 - 10:30 AM	Keynote Speaker
10:30 - 11:30 AM	First 12 Days
11:30 AM - 12:00 PM	Break
12:00 - 12:05 PM	Retreat 2nd Half Intro
12:05 - 1:30 PM	Keynote Speaker
1:30 - 2:30 PM	Compulsive Eating - Childhood Trauma
2:30 - 3:30 PM	A/B - Body Image
3:30 - 4:30 PM	How to Find a Sponsor
4:30 - 5:00 PM	Retreat Closing Activity

Meeting ID: 914 9995 6265
Passcode: 1212