

# Freedom from Bondage

Semiannual Newsletter from Region 5 of Overeaters Anonymous

*Spring 2018*

## From the Chair

The thought that kept going through my mind throughout the Region 5 Assembly weekend was, "Together we get better." It is such joy to see the members of this fellowship come together to do the business of OA and work together to make a plan to strengthen recovery in our meetings, Intergroups and our Region.

The tasks that we set out to complete toward our goals will require a lot of work throughout the year. Thankfully, in Region 5, we have many members who have made a commitment to work together to grow OA recovery. Let us work together toward our goals and share our experience, strength, and hope along the way. TOGETHER WE DO GET BETTER!

CJ M.



## What I Thought About Region 5 Assemblies

I was really nervous before I came that I would not fit in, that I would be standing around all by myself and I felt unqualified and lacking. My low self-esteem real-

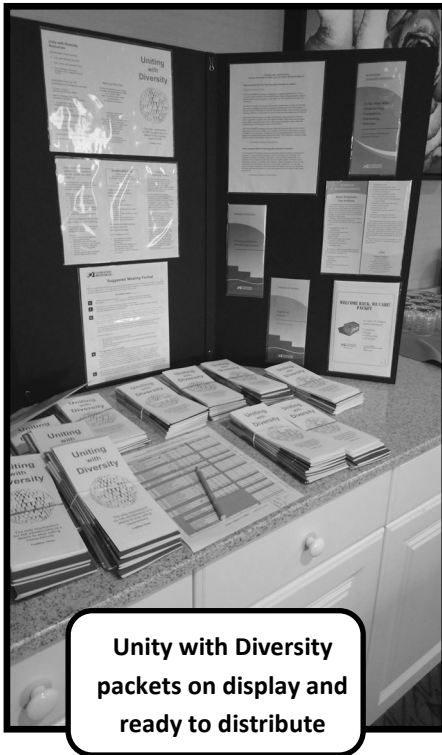
ly kicked in but I bit the bullet and accepted the challenge anyway because of all the positives I heard from intergroup members.

Assembly is nothing like I thought; everyone is so helpful, loving, and caring. It's like one big family that works together.

They are willing to help wherever they can and when asked. Our Board Members exhibit their hu-

manness. They are not afraid to ask for help or say they don't know and will find out. There is work to be done and we were busy, but to be involved in helping OA in our region and beyond is an honor.

-Anonymous



## The Truth About Region 5 Assembly

I thought I had to have the bylaws memorized as well as the entire Region 5 handbook. I thought I was too old. All those old tapes came back of being unqualified and the thought of “why would they want me anyway?”

Well, everyone was just so helpful and friendly that I felt immediately at home. I was there with other newbies (green dots) and most of us were unsure of what was going to happen. Yes we were busy, but the fellowship and help that I received that first time as well as the second and so on, has been invaluable. The friends I have made from all over Region 5 are priceless.

I feel honored to be a delegate and can't wait to bring someone from my intergroup to their first Region 5 assembly.

- Excerpt from Anonymous

### Region 5 Assembly: What did I expect? What was it really like?

Even though I was fairly certain I wouldn't be the only new rep at assembly, I envisioned that I would somehow feel “less than”. (In fact, in the days preceding my trip here, I had convinced myself that I was the embodiment of incompetence. Will I ever be ready to give up that notion that it's all about me?) I did assume, however unfairly, that I would be surrounded only by people who have been in Program for the better

part of forever. Yes, there are a lot of those folks here and by virtue of abstinence requirements there should be. Seasoned reps have been more than happy to hold my hand and walk me through the various tasks assigned. Things that hold true at the group level are also true at the intergroup and Region level. Unlike my world outside of OA, people are not jealous of the knowledge they have. They truly live the adage “you can't keep what you're not willing to give away”.

I also assumed it would be business from sun up to sun down. While we are definitely here to work, and there will be plenty of

work once we leave, I have found many opportunities to share recovery. Even the way a comment or question is framed during a committee meeting opens a door to more recovery – if I'm open to receiving it. I am humbled by the level of trust that our Cincinnati Intergroup has placed in me. More humbling still is the opportunity to work side by side with the folks here at Region 5 Assembly knowing that “Just for Today” we are each abstinent working to bring the strength of OA back to those we serve.

Mary F.  
Greater Cincinnati Intergroup

## What happens when the entire assembly forms the Outreach Committee...

All representatives met as a committee of the whole to decide how to approach this year's theme: Growing Recovery Worldwide. After a lively discussion, several points were brought up, including:

- We need to reach out to everyone including Latinos and African-Americans for membership.
- We are killing people with kindness. Sometimes we need to confront members about honesty in their programs.
- This is really a life and death program. We should encourage each other at meetings by socializing and exchanging phone numbers.
- We need to incorporate ideas that increase recovery such as celebrating abstinence with coins.

After discussion we separated into two subcommittees. Read about those below!

I put my hand in yours, and  
together we can do  
what we could never do alone

### Each One Reach One Subcommittee

**“Our mission: Nurturing recovery one by one. We decided to focus our efforts on recovery of individuals to build meetings. “**

This subcommittee is looking for ways to build our membership and plans to reach out to hospitals and institutions for names of professionals interested in receiving OA literature. The committee decided The Twelve Step Study Guide will become the source of a 12 step workbook meeting. Other chief resources include Chapter 7 of the Big Book of Alcoholics Anonymous and the 12 Step Within Handbook, both of which are to be reviewed at the April 15<sup>th</sup> conference call.

### IG<sup>2</sup> (Intergroup to Intergroup Subcommittee)

**“Our committee’s purpose is to develop and carry out actions to strengthen intergroup recovery.”**

This subcommittee plans to develop a one day workshop to improve intergroups. Using survey results presented by the Unity subcommittee and phone calls to Michigan OAs, they will design a workshop to help build healthy intergroups. The first workshop will be hosted in Michigan where only one representative attended assembly. The next meeting is the conference call scheduled May 6<sup>th</sup>.

# SAVE THE DATE

**April 1** OA Marathon of Meetings – Sunday, 9am -2pm Community First Medical Center 5645 W. Addison St. Chicago, IL 60634 (Addison and Central) <http://www.region5oa.org/wp-content/uploads/2018/03/OA-Marathon-of-Meetings-april.pdf>

**April 14<sup>th</sup>** Spring Workshop- Saturday 1pm -4pm Chesterton Health & Emergency Center 770 Indian Boundary Road Chesterton, IN <http://www.region5oa.org/wp-content/uploads/2018/02/NWII-Spring-Workshop-2018-2.pdf>

**April 20 -22<sup>nd</sup>** The Lighter Side of Recovery Retreat Saint Paul, IN <https://www.eventbrite.com/e/spring-retreat-2018-tickets-38699818198>

**April 20 -22<sup>nd</sup>** Spring Into Action Retreat Clarkston, MI [http://www.region5oa.org/wp-content/uploads/2018/01/OA\\_Warren\\_Retreat\\_Spring\\_2018.pdf](http://www.region5oa.org/wp-content/uploads/2018/01/OA_Warren_Retreat_Spring_2018.pdf)

**Apr 23-28** World Service Business Conference, Albuquerque, NM

**May 5** Eleventh Step Workshop- Saturday 9am to 12pm St Francis of Assisi Church Hall (lower level), 15050 S. Wolf Road, Orland Park, Illinois <http://www.region5oa.org/wp-content/uploads/2018/02/SOUGHT-THROUGH-PRAYER-AND-MEDITATION-workshop.pdf>

**May 18-20** Finding Peace Retreat- Techny, IL. <http://www.region5oa.org/wp-content/uploads/2017/07/Finding%20Peace%20Flyer%20Final-rev.pdf>

**June 2** Workshop Saturday 1pm -4pm Vernon Township Building 2900 North Main Street, Buffalo Grove, Illinois <http://www.region5oa.org/wp-content/uploads/2018/03/SNI-JUNE-2018-EVENT-FLYER.pdf>

**July 14<sup>th</sup>** Region 5 Summer Assembly Conference Call – Saturday, 3:00pm ET/2:00pmCT

**Aug 31-Sept 2** Region 5 Convention, Indianapolis, IN [http://www.region5oa.org/wp-content/uploads/2018/02/Region5\\_2018\\_Convention.pdf](http://www.region5oa.org/wp-content/uploads/2018/02/Region5_2018_Convention.pdf)



## Links:

[www.oa.org](http://www.oa.org)

[OA Podcasts](#)

[The 12 Steps](#)

[The 12 Traditions](#)

[The 12 Concepts](#)

[R5 Board & Committees](#)

[R5 Assemblies](#)

[Region 5 Calendar](#)

[www.region5oa.org](http://www.region5oa.org)

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[WSO Events](#)

[OA Technology Solutions](#)

[Breaking Out of Relapse Video](#)

[A Guide for Anonymity](#)

[in the Digital World](#)