

R5 Fundraisers

- Marketplace
- Gift Basket Raffle
- 50-50 Raffle



FUN * FUN * FUN

Supporting the Convention's fundraising efforts is SERVICE and carries the OA message of RECOVERY.

Always to extend the heart and hand of OA to those who share my compulsion, for this I am responsible.

*To be alive is Power
Existence in itself
Without a further function
Omnipotence enough.*

Emily Dickinson

I am alive. I can make of that fact anything I want. I need no terms or conditions to exercise the power of life. All I have to do is live now. It is enough. There may be life in the future, and there was certainly life in the past, but my footing is in the present. Today is where the past has its meaning, and where the future is shaped. Looking far forward, mapping out my life in the future, I waste the power of the present. And lingering in the past, twisting its circumstances and falsifying its memory is an injustice to both past and present. I am thankful that my past has brought me to this present, where I am learning to use all my energy and spirit to live.

For today: I revel in the power of being alive, and I thank God I am not afraid to exercise it to the fullest today.

OA For Today January 4

Living Abstinently: *Eating and Emotions*

Pre-Convention Workshop

- Sheraton Milwaukee Brookfield Hotel
- Friday May 23, 2025
- 10:00 am – 2:00 pm central
- Lunch break 11:30 am – 12:30 pm
- Pre-registration \$30.00
- Walk-in \$45.00
- Lunch Buffet \$35.00 register by May 2

Review your **eating patterns**, choose your **binge/trigger foods**, learn how we **change our eating behaviors**, more about **sticking to your plan** and **dealing with life** without using food.

Read, write, share based on OA's *New Plan of Eating* pamphlet and *Abstinence* book.

Read, write, share on the practice of **emotional abstinence** to stop the cycle of emotional bingeing.

- Learn the value of putting yourself first
- Hear how HP comes to the rescue when members are faced with cravings
- Find simple truths waiting to be revealed behind the wide range of emotions
- Hear how taking a hard look at insanity paved the way to sanity for your fellows
- Explore the Top 10 things that help one member maintain abstinence in difficult situations

...I began to see that even though I was physically abstinent, I wasn't emotionally abstinent...Maybe that was why I lacked serenity...Today God helps me to be emotionally abstinent. I do the footwork, and God does for me what I cannot do for myself.

Voices of Recovery p 65

Annual Convention

All events are In-person
(all times are central time)

May 23-25, 2025

BE ALIVE IN '25



Hosted by the
Milwaukee Area
Intergroup of
Overeaters
Anonymous

Sponsored by

**OVEREATERS
ANONYMOUS®**

REGION 5



BE ALIVE IN '25



Event Program (tentative)

all times are central time
all events are In-Person

Friday May 23 – Pre-Convention Workshop 10:00 am – 2:00 pm
(additional registration required)

Living Abstinently in '25: *Eating and Emotions*

Friday May 23 Early Hotel Check in 2:30 – 4:00 pm



Friday evening May 23

4:00 – 6:15 pm OA meetings, Big Book Study, Meditation
6:45 – 8:30 pm Welcome followed by Keynote speaker
8:45 – 10:00 pm OA Promises by Candlelight, other Activities

Saturday May 24

Breakfast 7:00 – 8:30 am
6:15 – 8:30 am OA meetings,
Meditation, Writing Workshop and more
9:00 am – 8:30 pm Three Keynote speakers
Workshops: Bee Fearless, Carrying the
Message, Sponsorship Success, Weeding Out
Negative Thinking, Using Tech for Recovery
Panel Discussions: Be United in Recovery
11:30 am – 1:15 pm Lunch Dinner 5:30 – 7:00 pm
8:30 – 10:30 pm *Bee Bop Dance*

Sunday morning May 25

7:00 – 9:15 am Meetings and Workshops
9:30 – 11:00 am Keynote speaker followed by Closing



Register online from www.REGION5OA.org

Register by mail using form to the right

Register by phone 414/259-0640

Scholarship support is available for
Region 5 residents:

call 414/259-0640 or email

convention@oamilwaukee.org



Pre-Convention Workshop

details on reverse



Living Abstinently in '25:
Eating and Emotions

Friday, May 23
10:00 am – 2:00 pm

Sheraton Milwaukee Brookfield Hotel

375 S Moorland Rd
Brookfield, WI 53005
262/364-1100



Room Block is open NOW

Special room rates \$119 + tax
Thursday, May 22 to Monday, May 26

- No rate increase for double occupancy
- State and local taxes will be added at check out (estimated 15.5%)
- Rooms are newly remodeled
- Fitness Center and Indoor Pool
- Breakfast is not included
- Refrigerator in each room
- Coffee & Tea maker in each room
- Microwaves available in vending area and Convention Hospitality suite

Reservation cutoff is Friday, May 2, 2025

Make your reservations by phone or online

- ✓ Call 888/627-8235 with code OA50A5J mention "Region 5 Convention Room Block"
- ✓ Click here for [Online Reservation](#)

HOTEL INFORMATION

Check In 3:00 pm
Check Out 11:00 am
Daily Housekeeping



Free Airport Shuttle
Complimentary on-site Parking
Smoke-free Property

Pre-register by May 2, 2025

Pre-Convention Workshop:	Pre-Register	Walk-in
Living Abstinently in '25: <i>Eating and Emotions</i> Friday, May 23 10:00 am - 2:00 pm	\$30.00	\$45.00

Convention Registration Fee:	Pre-Register	Walk-in
Weekend Rate Fri 4:00pm - Sun 11:00 am	\$ 70.00	\$90.00
Friday evening 4:00 – 10:00 pm	\$ 10.00	\$10.00
Saturday 7:45 am – 10:30 pm	\$ 50.00	\$70.00
Sunday morning only 7:15 am – 11:00 am	\$ 10.00	\$10.00

Region 5 charges exact meal cost; your purchase helps meet contractual hotel minimums that reduce room rental & lodging costs for all. Meals available until May 2, 2025

Convention Meal Tickets includes tax and gratuity	Pre-Register
Friday Salad Bar Lunch	\$35.00
Saturday Breakfast	\$ 30.00
Saturday Salad Bar Lunch	\$ 40.00
Saturday Dinner <input type="checkbox"/> Vegetarian Dinner	\$ 60.00



Scholarship Donation \$ _____

TOTAL ENCLOSED \$ _____
[Refunds available through May 2, 2025]

Do you consent to share first name, last initial, city, phone, email with other participants? Yes No

I want to serve in this way(s) (check all that apply)

- Fundraisers Panelist Workshop Leader
 Session Timer Session AV Assistant
 Meeting Leader Meditation Guide
 Hospitality Greeter Wherever Needed



Name _____

Mailing Address _____

Phone _____ email _____

Register by phone at 414/259-0640 or mail this form with check payable to OA Region 5 c/o OA-MAI PO Box 270054, Milwaukee, WI 53227 Do not send cash, please