

SERVICE OPPORTUNITIES

- Registration
- Sell Raffle Tickets
- Session Timer
- Hugger/Greeter
- Marketplace/Literature
- Hospitality
- Wherever I am needed
- OA Meeting Leader/Speaker
(1 year of current, continuous abstinence required)

If you volunteer to speak or provide service, opportunities are available from 3pm Friday until noon Sunday.

1. Please indicate your arrival/departure times so that we may schedule you accordingly.

- Friday _____
- Saturday _____
- Sunday _____

2. Please provide your cell # in case we need to contact you: _____

SCHOLARSHIP

You may request a scholarship for the full cost of registration only. Scholarships do not cover meals, rooms or other expenses.

Would like to apply for a scholarship?

Yes ____ ("First come basis" - apply early!)

Preference may be awarded to those who have not previously attended a Region 5 Convention. You may complete a scholarship application if you have not previously received a scholarship within the last 5 years. You must be a Region 5 resident. Recipients will be notified by the registrar. Scholarship recipients are asked to perform service at the convention in a capacity that matches their abilities. Please indicate the type of service you are willing to provide in the Service Opportunities section (above).

Scholarship Deadline: **June 7, 2026**

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 IL, IN, IA, KY, MI, MN, MO, ND, OH & WI

ANNUAL CONVENTION

REGISTRATION INFORMATION AND FORM

FLUTTER



INTO

FREEDOM



BASED ON THE TWELVE FREEDOMS FOUND IN
"VOICES OF RECOVERY" JULY 23RD
REPRINTED WITH PERMISSION



SEPTEMBER 4TH - 6TH, 2026

All activities are in-person and held at the
Crowne Plaza Hotel by the Indianapolis Airport

 OVEREATERS ANONYMOUS.

Hosted by: Midwest Crossroads Intergroup

GENERAL EVENT PROGRAM

Friday

10:00am-2:00pm Pre-Convention Workshop
4:00pm-6:30pm Convention Registration
6:00pm-7:30pm General Session #1
8:00pm-10:00pm Bingo and Board Games

Saturday

7:30am-8:15am Registration
8:00am-9:30pm General Session #2
10:00am-12:00pm Breakout Sessions
12:00pm-1:30pm Lunch
1:30pm-4:30pm Breakout Sessions
5:00pm-6:30pm Dinner
6:30pm-8:00pm General Session #3
8:30pm-10:30pm Dance

Sunday

No Sunday Registration

8:00am-10:00am Breakout Session
10:00am-11:30am Closing Session

Marketplace
Literature Sales
Gift Basket Raffles
50/50 raffle

Keynote Speakers- OA Steps and the Freedoms found in Voices of Recovery

Breakout Sessions- How to Run Hybrid Workshops, Living Sanely Through Good Times and Bad, Food Planning Through Different Stages of Life, How to Be a Newcomer, How to Prevent Relapse, How to be a Sponsor, Literature, Meditation, Tools, Traditions

Live OA Meetings all Weekend Long!

PRE-CONVENTION WORKSHOP

“Emotional Sobriety”

Join us for a workshop on Emotional Sobriety to kickstart a wonderful weekend of recovery!

Friday September 4th; 10am-2pm

Questions?

Email: convention@mci-oa.org

HOTEL INFORMATION

Crowne Plaza Hotel by the Indianapolis Airport

2501 S High School Rd,
Indianapolis, IN 46241

Room Block is OPEN!

Special Room Rate: \$109+tax
Thursday, September 3rd-Saturday, September 5th

- 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

Pre-reservation cutoff is Saturday, August 1st

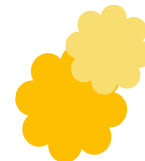
To make your reservation:

Call: 317-244-6861 and mention the OA

Convention room block

Visit this link: [Region 5-OA](#)

OR Use the QR Code:



REGISTER BY JUN 7, 2026 FOR EARLY-BIRD PRICING

Pre-Convention Workshop: \$65
“Emotional Sobriety”

Friday September 4th; 10am-2pm (lunch included in cost)

Early Bird Registration: \$155

Includes Convention, lunch and dinner buffets on Saturday only

Online or mail (postmarked by June 7th, 2026)

Regular Pre-Registration: \$180

Includes Convention, lunch and dinner buffets on Saturday only

Online or mail (postmarked by August 1st, 2026)

Quantity: _____ Breakfast Buffet Tickets \$20/each

Quantity: _____ **Additional** Lunch Buffet Tickets \$30/each

Quantity: _____ **Additional** Dinner Buffet Tickets \$50/each

Donation to Scholarship Fund: \$_____

Total Enclosed: \$_____

After August 1st, 2026 pre-registration is closed. You must pay at the door (no meals)

At- The-Door Pricing: All Weekend: **\$90**
Saturday only: **\$60**

Name (First and Last): _____

Mailing Address: _____

Phone Number: _____

Email: _____

To Register:

Go online to www.REGION5OA.org
Payment by major credit card

Detach, complete, and mail this form (1 per person) to:
Region 5 of Overeaters Anonymous;
P.O. Box 22175; Louisville, KY 40252
Payment by money order or check: payable to **OA Region 5**

please do not send cash