

Sponsored by



May 23-25, 2025



Annual Convention



**BE
ALIVE
IN '25**

all times are central time
all events are In-Person

Event Program (tentative)

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

6:15 – 8:30 am Breakfast 7:00 – 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



R5 Fundraisers

- Marketplace
- Gift Basket Raffle
- 50-50 Raffle



FUN * FUN * FUN

All convention activities are at
**The Sheraton Milwaukee
Brookfield Hotel**
375 S Moorland Rd
Brookfield, WI 53005



Free parking * Free airport shuttle

\$119 + tax per room night
Thursday to Monday * any occupancy

**NEW a la carte Pricing
Structure**

	Pre-Register <i>by May 2, 2025</i>	Walk-in
Pre-Convention Workshop Fri May 23 10:00am - 2:00pm	\$ 30.00	\$ 45.00
Weekend Rate Friday 4 pm to Sunday 11 am	\$ 70.00	\$ 90.00
Friday evening 4:00 pm – 10:00 pm	\$ 10.00	\$ 10.00
Saturday 6:15 am – 10:30 pm	\$ 50.00	\$ 70.00
Sunday morning only 7:00 am – 11:00 am	\$ 10.00	\$ 10.00
Friday Lunch includes tax and gratuity	Pre-register only \$ 35.00	
Saturday Breakfast includes tax and gratuity	Pre-register only \$ 30.00	
Saturday Lunch includes tax and gratuity	Pre-register only \$ 40.00	
Saturday Dinner includes tax and gratuity	Pre-register only \$ 60.00	



Hosted by the
Milwaukee Area
Intergroup of
Overeaters
Anonymous



- Register online from www.REGION5OA.org
- Register by mail
- Register by phone 414/259-0640

Region 5 residents request scholarship support
by phone 414/259-0640 or by email to
convention@oamilwaukee.org

LIVING ABSTINENTLY IN '25

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PRE-CONVENTION WORKSHOP

Friday May 23, 2025

10:00 am – 2:00 pm central

Lunch break 11:30 am – 12:30 pm

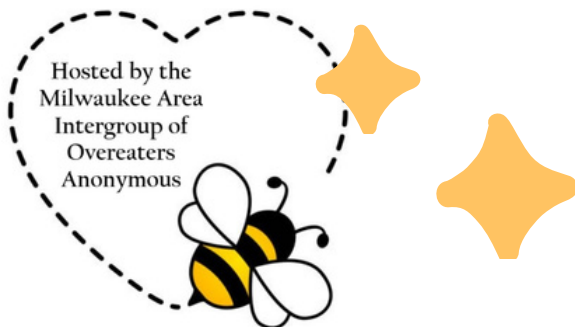
Registration required \$30.00

Lunch Buffet \$35.00

Sheraton Milwaukee Brookfield Hotel

375 S Moorland Rd

Brookfield, WI 53005



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

Register online from www.REGION5OA.org
Register by mail using the registration form

Register by phone 414/259-0640

You may attend only the Pre-Convention Workshop

Scholarship support is available for
Region 5 residents:

call 414/259-0640 or email
convention@oamilwaukee.org

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May 23-25,
2025

**The Sheraton Milwaukee
 Brookfield Hotel**
 375 S Moorland Rd
 Brookfield, WI 53005
 Room Block is open until May 2
 www.REGION5OA.org for more info


Pre-register by May 2, 2025	Pre-Register	Walk-in
<u>Living Abstinently in '25:</u> <u>Eating and Emotions</u> Friday, May 23 10:00 am - 2:00 pm	\$30.00	\$45.00
Weekend Rate Friday 4:00 pm to Sunday 11:00 am	\$ 70.00	\$90.00
Friday evening 4:00 pm - 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

**BE
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 IN '25**

Convention Meal Tickets includes tax and gratuity
 ★ Region 5 charges exact meal cost; your purchase helps meet contractual hotel minimums that reduce room rental and lodging costs for all
PRE-REGISTRATION ONLY

Friday Salad Bar Lunch	\$35.00
Saturday Breakfast	\$ 30.00
Saturday Salad Bar Lunch	\$ 40.00
Saturday Dinner Buffet <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 and email with other participants? Yes No

I want to give service this way(s) (check all that apply) Fundraisers
 Panelist* Workshop Leader* Session Timer Greeter
 Session AV Assistant Meeting Leader* Meditation Guide*
 Hospitality Wherever Needed *one year of abstinence required

Name _____ 

Mailing Address _____

Phone _____ email _____

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Register by phone at 414/259-0640 or mail this form with check payable to OA-Region 5, PO Box 270054, Milwaukee, WI 53227





BE ALIVE IN '25



May 23 – 25, 2025 – Milwaukee, WI

Will your InterGroup/Meeting donate a basket to help carry the message?

BASKET RAFFLE (fundraiser for OA Region 5)

1. Pick a Theme – Bee Creative!!!

Please stay within our 12 Step Tradition guidelines.



2. Ask members to donate cash and/or items to help Carry the Message. Go shopping!

3. Assemble the items in a basket – make it look nice. 😊 Complete a written description including a monetary estimated value.

4. Bring it to the convention on Friday, May 23 or before 9 am on Saturday morning, May 24

Questions? Contact Lisa E 414/218-3795 or Nancy R 414/534-5878 (text/voice)

5. Suggested Themes:

- ❖ Relaxation/Self-Care
- ❖ Step 11 Prayer and Meditation
- ❖ Literature (OA/approved AA)
- ❖ Tools of Writing (journals, pens, OA Workbooks)
- ❖ Movement/Exercise
- ❖ Sober Eating Tools (scale, measuring, food journal, glycemic index)
- ❖ Food Prep and Storage Supplies
- ❖ Art Supplies
- ❖ Gift Cards
- ❖ Entertainment
- ❖ Your Creative Ideas Here!



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OVEREATERS ANONYMOUS

REGION 5

Serving areas in IL, IN, IA, KY, MI, MN, MO, ND, OH, WI