

Butterflyer Announcements:

1. Region 5 Assembly registration is now open. Your Intergroup will pay your expenses. Contact your Intergroup for details. We have an opening for one more attendee. It's a great way to step up your program, learn more about OA and meet people from all over Region 5. For more information contact OAGerriM@yahoo.com.
2. Chi-Wif held a Day of Abstinence Workshop January 7th. It was both hybrid and in person. It was so nice to see each other in person. We received ideas for future workshops.
3. Looking for meetings? Visit our website at www.chiwifoa.org/meetings to find a variety of zoom meetings and useful links. Visit the oa.org website for face-to-face meetings. Remember to keep your group's information updated on oa.org so that these meeting contacts, times, and locations are accurate.
4. IT WORKS IF WE WORK - IT ONE DAY AT A TIME
Virtual Workshop

ZOOM ID: 875 2538 7995 Password: 182601

Newcomer? Just back from relapse? Been in for years?

Sunday 29th January 2023 8am – 10am Central Time

Sponsored and hosted by Southgate online meeting # 800017

3 speakers, time for Questions and Answers/sharing

Donations of whatever you can afford to your local OA group or Intergroup, National OA, Virtual Region or World Service Office, please

For info, please contact: oasouthgateonline@gmail.com

For your local dial-in number [CLICK HERE](#)

5. OA QUICK STEP STUDY
Central Ontario Intergroup of Overeaters Anonymous is offering a Quick Step Workshop:
Jan 31, Feb 7, Feb 21, Feb 28, and Mar 7. (Five Tuesdays) (Skip Valentine's Day)
5:00pm to 6:30pm Central Time. You don't have to attend every session.
Via Zoom or Phone

FREE - optional 7th tradition donation.

Great for Newcomers and Long-timers. To register, please email: coiquicksteps@oaontario.org Please register 24 hours ahead to receive the handouts and zoom details.

Any questions, email the same address: coiquicksteps@oaontario.org or Contact Pat at 647-520-2742 or pattig123.0@gmail.com

Feel free to ask for assistance if you are new to video conferencing.

We will read about the steps ahead of each session, write about the steps individually during the session and then share our writing in small groups (2 - 3 people). We will actually work through the steps, for example writing out a 4th step inventory.

SESSION 1 – Steps 1, 2, and 3 SESSION 2 – Steps 4 and 5 SESSION 3 – Steps 6 and 7
SESSION 4 - Steps 8 - 9 SESSION 5 - Steps 10 - 12

Go to this link for a flyer:

<https://www.oaontario.org/announcements/2022/10/21/quick-steps>

6. WHAT DOES RECOVERY LOOK LIKE

Suburban North Intergroup

Saturday, February 4, 2023 from 1 – 4 pm Central Time in person in Buffalo Grove

[Click Here for Flyer](#)

7. PUBLIC INFORMATION & PROFESSIONAL OUTREACH - SOCIAL MEDIA TRAINING

Help share OA with the still suffering Compulsive Overeater by learning aspects of social media to create a campaign or collaborate with Virtual Region on a hybrid newcomer event.

Come learn how to utilize social media to support Conventions, Welcome Centers, Open Houses & Retreats and how to develop targeted social media campaigns

February 5th, 2023 9:30 am-11:30 am or 2-4 pm Central Time

Have questions or need interpretation. contact: chair@pipo.oavirtualregion.org

Register at oavirtualregion.org

A flyer for the event is available at [HERE](#)

8. TOGETHER WE GET BETTER

Annual Milwaukee Convention – In Person
March 24 6pm – March 26 11am Brookfield Sheraton Hotel
Scholarships are available

[Calendar - Overeaters Anonymous Milwaukee Area Intergroup \(oamilwaukee.org\)](http://oamilwaukee.org)

OA BY THE NUMBERS

- **80** = Countries with OA
- **6,400** = Meetings worldwide
- **54,000** = Active Members
- **60%** = Members struggling with food before the age of 16
- **73%** = Members who have lost weight
- **45 pounds** = Average reported weight loss
- **54%** = Members maintaining a healthy weight
- **45%** = Members maintaining a healthy weight for more than five years
- **80%** = Members reporting various overall life improvements since joining the fellowship

Statistics are based on a 2017 membership survey. [Additional details may be found here.](#)

FEBRUARY CALENDAR FUN

- February is the only month to have a length of fewer than 30 days! Though it's usually 28 days, February is 29 days long in [leap years](#) such as 2020 and 2024.
- January and February were the last two months to be added to the Roman calendar (c. 713 BC); originally, winter was considered a month-less period.
- Originally, February was made the last month of the calendar year. Eventually (c. 450 BC), February was moved to its place as the second month.

February 2 Ground Hog Day
February 12 Abraham Lincoln's Birthday
February 14 Valentine's Day
February 15 Susan B. Anthony's Birthday
February 20 President's Day
February is African-American History Month

