



Region 4  
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# R4ward

July 25, 2022  
[www.oaregion4.org](http://www.oaregion4.org)

## **\*\*In This Issue\*\***

### ➤ **Region 4 Updates**

- Region 4 Convention – cool stats and link to survey
- Booster Shot – Outreach Committee Chair
- No Community Conversations this July – See you on Sun August 21

### ➤ **WSO Updates**

- Where to find all the news at WSO

## **\*\*Region 4 Updates\*\***

(send your events to [admin@oaregion4.org](mailto:admin@oaregion4.org) to get listed on the R4 Calendar of Events)

### **Region 4 Convention – Stats**

Final count: 93 paid registrations from 8 states: Iowa-19, Illinois-3, Kansas-12, Massachusetts-1, Minnesota-6, Missouri-6, North Dakota-1, Nebraska-37!!

~~Link to the survey if you haven't filled one out. <https://docs.google.com/forms/d/1nM4oThQ1gPoNwuUE1JTViPdhnwpxhenKhj18DDD501/edit>~~

### **Region 4 2024 Convention (Campvention)**

Unity and Northern Serenity Intergroups (both of Minnesota) will be hosting the 2024 Retreat. Our intent is to have a glamping and camping site where families can camp and have fun and our fellows meet during the day in workshops. We are searching for just the right location to do that.

If you have any ideas or locations that you are aware of in Minnesota, Iowa area, please contact [Admin@oaregion4.org](mailto:Admin@oaregion4.org).

### **Region 4 Assembly**

2022 Fall Assembly: September 30 – October 1, 2022 – Virtual (information coming soon)

2023 Assemblies – Spring – Des Moines, Iowa – (Fall 2023 Assembly will be virtual.)

### **Region 4 Language Contest – win up to \$100 – Flyers at the Convention Countdown is on – Final date is August 15, 2022**

How do we carry and share the OA message? Do we convey excitement, passion, gratitude for our recovery with action words that get us on our feet & moving toward a full & vibrant life? What language do we use?

We are looking for cool, new action words to reframe and give new life to the following:

- Retreat – Prize \$25 gift card for winning Phrase or Word
- Workshop – Prize \$25 gift card for winning Phrase or Word
- R4 Slogan – Prize \$100 gift card for the winning 3 – 6-word slogan

Criteria for winning:

- ❖ Excitement, Grabs your attention & makes you want to participate, Inviting, Universal
- ❖ Target Demographic – Intergroups (share with groups & members)
- ❖ Differentiating Region 4 – how do we stand out
- ❖ Mission – matches the R4 mission: The mission of Region 4 is to actively support the Region 4 Intergroups to carry the message of recovery to compulsive eaters
- ❖ **Send your entries to [admin@oaregion4.org](mailto:admin@oaregion4.org)**
- Winners to be announced at Fall Assembly, October 1, 2022

### ***R4 Outreach Booster Shot Vol. 2. - Sarah S, Region 4 Outreach Committee Chair***

Did you know there are FREE POSTER DESIGNS at OA.org that you can post publicly to help others find OA? You can find those here. - <https://oa.org/document-library/>

(Search under “PI POSTERS)

We designed one for summer that you could customize with your LOCAL intergroup’s phone number. You can download and customize that here. We printed ours on yellow paper!

<https://www.dropbox.com/s/um8p2094pezaiwf/OA%20Poster%20for%20cafes%2C%20library%2C%20bulletin%20board.pdf?dl=0>

### ***\*\*WSO Updates\*\****

### **WSO is full loaded – with Podcasts, videos, recorded workshops, and recordings from our founder – Rozanne S. Check it out!**

OA Service Body Bulletin provides key information for all service bodies. This includes Intergroups, Service Boards, Language Boards, and National Service Boards. Key areas to update are the following: the . [WSO Bulletin](#)

***Please share or reprint this announcement in your group and service body newsletters. Thank you.***

Learn all about these & more at: <https://oa.org/news-events/>