



Region 4
2355 Fairview Ave N
PMB 338
Roseville, MN 55113

R4ward

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www.oaregion4.org

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****Region 4 Updates****

Exciting news!!

Quad Cities and Heart of Illinois Intergroups have merged and are now known as “Two Rivers Intergroup”. The two rivers are the Mississippi and the Illinois, and they grace this newly formed union. Please help me congratulating them in creating a stronger community. They did marvelous work in discussions, merging ideas and combining communities. Thank you for keeping the light on in Region 4.

Region 4 Fall 22 Assembly

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

- REPS: Reach out to admin@oaregion4.org if you aren't getting the Assembly Planning emails. Please sign up online at www.oaregion4.org.
- GUESTS: We welcome all curious members, abstinent or not to join our assembly as our guest. There is no cost, no fuss, no travel. You can join in on the fun and sit in on our committees: Campvention, Intergroup Outreach, and the Finance committee.
- Join us for our Friday night icebreaker (aka: FUN) and to hear what's going on in Region 4
- Sit in on our elections and affirmations for the following:
 - Region Chair
 - Region Secretary
 - Region Trustee Liaison
- WINNERS: Winners of our Region 4 Language contest will be chosen. Come and find out what our cool new words and Region 4 slogan will be.

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

****WSO Updates****

The new *Voices of Recovery, Second Edition* is now available in print in the OA bookstore and in e-book format from third-party vendors.

Here is the direct link to the OA bookstore page: <https://bookstore.oa.org/books/voices-of-recovery-a-daily-reader-second-edition.asp>.

Links to the e-book are below.

Voices of Recovery, Second Edition Arrives in Print and Digital Formats

Great news! The long-awaited second edition of OA's beloved daily reader *Voices of Recovery* is finally available, both in our OA bookstore and online digital platforms. The second edition has been attentively reviewed and edited to bring its daily meditations—sourced directly from the testimonials of OA members—into alignment with OA's currently available literature and policies. Physical copies can be obtained in our bookstore at bookstore.oa.org, inventory number #986-2, and digital downloads are available for purchase on the following platforms:

- Amazon Kindle: <https://www.amazon.com/dp/B0B99L2RTS>
- Barnes and Noble Nook: <https://www.barnesandnoble.com/w/voices-of-recovery-overeaters-anonymous/1141991658?ean=2940186594079>
- Apple Books: *coming soon*

Send Your Story of Recovery to the New Lifeline Blog!

Lifeline is back! We are now sharing stories of recovery through OA's Twelve Steps at lifeline.oa.org. Together, as we grow *Lifeline*, we will provide experience, strength, and hope to everyone in our Fellowship and become an ever-brighter source of light to the still-suffering compulsive eater who is searching online for a solution.

You can help *Lifeline* grow by sending in your story, whether it is written, recorded as an audio file, shot on video, or is an image of your own making. Send us your recovery-focused story, digital painting, song, video, or any other type of digital media, and we will put it in the queue for eventual publication. Read the new [Contributor Guidelines](#) for suggestions and use our [submission form](#), found at oa.org/lifeline, to send us your submission. Thank you for your service!

Important Dates and Deadlines

NEW! OA has moved event listings to <https://oa.org/event-calendar/>! Use the submission form at <https://oa.org/event-calendar-submission-form> to send in your event details and get your event posted. It's never been easier to submit or find an event!

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