



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

R4ward

September 12, 2022
www.oaregion4.org

****In This Issue****

➤ **Region 4 Updates**

- Intergroup news
- Community Conversations Sun September 18 (5PM Central time)

➤ **WSO Updates**

- Where to find all the news at WSO

****Region 4 Updates****

Region 4 Fall 22 Assembly

2022 Fall Assembly: September 30 – October 1, 2022 – Virtual (Zoom info sent prior to Assembly)

- **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 Vice Chair
 - Region Secretary
 - Region Trustee Liaison
 - Convention Chair
 - Outreach Chair
 - Fundraising Chair
 - Webmaster
 - Assembly Planning Coordinator
 - Manual Coordinator
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- **CONTEST WINNERS:** Winners of our Region 4 Language contest will be chosen. Come and find out what our cool new words and what the new Region 4 slogan will be.

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

****WSO Updates****

OA Audiobook

OA's audiobook of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* is now available on Audible, Amazon, and Apple Books.

Here are the links:

- Audible: <https://adbl.co/3K2bper>
- Amazon: <https://amzn.to/3K5qYIF>
- Apple Books: <https://apple.co/3R0415Q>

Please share the news of this new OA resource with members, groups, and service bodies.

New Audiobook! *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition* Audiobook Now Available

Following the success of *Overeaters Anonymous, Third Edition* as a digital audiobook, an audiobook version of our indispensable *Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition* has been created and posted on three popular platforms: Audible, Amazon, and Apple Books. The OA *Twelve and Twelve* is read by a single voice to lend cohesion to the message and is a total of 4 hours and 43 minutes long. OA members can make the most of their time by listening to an in-depth exploration of our Steps and Traditions while commuting, gardening, exercising, or even waiting in line! Find the audiobook version of this vital OA text by visiting these links:

- Audible: <https://adbl.co/3K2bper>
- Amazon: <https://amzn.to/3K5qYIF>
- Apple Books: <https://apple.co/3R0415Q>

These audiobook links are also available on the product page in our online bookstore: <https://bit.ly/3wa56j6>.

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

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.

Region Realignment

Discussions are underway with an Ad Hoc Committee in relation to the realignment of our Regions. Currently we have 10 geographic regions and 1 virtual region. The assessment is being considered for all regions. In the near future, there will be a survey that will go out to the fellowship working to find out more information on the region communities in regard to geography, language, participation in person and online. This is a high-level overview. As more meetings occur, more information will be shared. Stay tuned...

