



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

R4ward

October 10, 2022
www.oaregion4.org

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

****In This Issue****

➤ **Region 4 Updates**

- Intergroup news
- Community Conversations Sun October 16 (5PM Central time)

➤ **WSO Updates**

- Where to find all the news at WSO

****Region 4 Updates****

Region 4 Fall 22 Assembly – This weekend

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

- We had a great turnout! We had 2 guests and a wonderful time working on committees: Outreach, Convention and Fundraising. We planned, presented and voted in our 2023 Region 4 budget. We have scholarship monies for participating as a Region Rep and World Service Delegate should you and your Intergroup not have the funds to accommodate your travels. This is a super fun way to be of service – meet new friends and plan fun events.
 - Region Chair – Mary C, Greater Heartland IG
 - Region Vice Chair – Annette P-R, Unity IG
 - Region Secretary - Pending
 - Region Trustee Liaison – Meg M, Unity IG
 - Convention Chair – Amanda A, Unity IG
 - Outreach Chair – Sarah S, Northern Serenity IG
 - Fundraising Chair – Jane S, Unity IG
 - Webmaster – Dave G, Greater Kansas City IG
 - Assembly Planning Coordinator - Open
 - Manual Coordinator – Cathy G, Unity IG
- **CONTEST WINNERS:**
 - **Retreat word replacement:** “Recovery Oasis”. Winner: Kari H, she wins a \$25 gift card
 - **Workshop word replacement:** Voted to keep the word ‘Workshop’
 - **Slogan:** “Region 4: 4 Our Recovery”. Winner: Kara M, she wins a \$100 gift card

Stay tuned for ongoing updates of our exciting Campvention 2024. We are looking for the perfect place that will provide camping and glamping Midwest style.

****WSO Updates****

Voices of Recovery: A Daily Reader, Second Edition

Rediscover this classic OA book, recommended for newcomers and longtime OA members alike.

Go to Voices of Recovery, Second Edition at bookstore.oa.org

Send your Story of Recovery to the New Lifeline Blog!

We are thirsting and hungering for your recovery story. Have you had by-pass surgery? Relapse (more than once)? Abstinent for more than 35 years? Work other recovery programs, but this one really pushed you into the fourth dimension?

How many of us sit in the rooms and are entranced when a newcomer tells their story for the first time – how awe inspiring their courage and vulnerability is. Or the person who had many life twists and turns, plummets and roller coaster climbs and yet they pushed through their harrowing experience by living the program.

Guess what – that is your story. We want to hear it. Can you sketch it, sing it, mime it, create a dance to it, show a photo montage. Here is another avenue to express the beauty, pain and experience of putting the food down and living our wildest dreams. Send your story in today.

Go to Lifeline at lifeline.or.org

Group Secretaries – can you help us out?

Please help us stay current so the suffering compulsive eater can find us – especially when they need us most. Please update your meeting(s). You can Edit, Cancel, and even Add a meeting all online.

Go to Find a Meeting at oa.org and follow the prompts