



Region 4
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R4ward

Region 4: 4 Our Recovery
October 24, 2022
www.oaregion4.org

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

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- Intergroup news
- Community Conversations Sun November 20 (5PM Central time)

➤ **WSO Updates**

- Where to find all the news at WSO

****Region 4 Updates****

Region 4 Outreach Booster Shot

1. 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>

2. Did you know there are 15 and 30 second radio ads all ready to go for at OA.org? Radio stations are often willing to run public service commercials for free and, of course, you could run a paid radio campaign. We have been doing that at Northern Serenity Intergroup.

Find those free resources here: <https://oa.org/podcasts/>. (Scroll down to bottom to see public service announcements and RADIO SPOTS)

3. TWELVE STEPS TO A SLIP (an idea for a printable for a fundraiser!)

<https://oa.org/app/uploads/2021/08/twelve-steps-to-a-slip.pdf>

Every slip has a beginning. Know your danger signals.

1. Start missing meetings for any reason, real or imaginary.
2. Become critical of the methods used by other members who may not agree with you in everything.
3. Nurture the idea that someday, somehow, you can eat like 'normal people' again.
4. Let the other members do the 12th step work in your group. You are too busy.
5. Become conscious of your OA "seniority" and view every member with a skeptical eye.
6. Become so pleased with your own views of the program that you consider yourself an authority.
7. Start a small clique within your own group, composed of only a few members who see eye to eye with you.
8. Tell the new member in confidence that you yourself do not take ALL of the 12 steps seriously.

9. Let your mind dwell more and more on how much you are helping others, rather than on how much the OA program is helping you.
10. If an unfortunate member has a slip, drop them at once.
11. Graduate to the point of no longer needing a sponsor yourself.
12. Look upon a food plan as a vital thing for new members, but not for yourself. You Outgrew the need for that long ago.

Kit to manage High Holy Days of FOOD FOOD FOOD

Click on our Region 4 – Recovery Tools - [Recovery Tools](#)

On this page you will find additional links to documents to get you through the Holidays – from ghouls to sleigh bells. No situation is left uncovered by some recovery tips and tricks along the way. Strap on your favorite podcasts, load up your Go to Phone List and

*****WSO Updates*****

Voices of Recovery: A Daily Reader, Second Edition

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

WSBC 2023 - Deadlines

- December 1—Proposed New Business Motions and Bylaw Amendments are due to the World Service Office. Learn “How to Submit a Motion to WSBC” [video](#) or [slideshow](#) (links open to external websites).

World Service Business Conference 2023 will be a face-to-face Conference with no option for virtual attendance. Our theme is “Concepts of Service: The Heart of Fellowship.” WSBC 2023 will convene April 25–29 in Albuquerque, NM USA.

WSO Events Calendar

Post your Big Events on the WSO Events Calendar

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.

Attention Intergroups – Special Bulletin – sign up!

There is a quarterly Service Body bulletin posted at WSO for your service body. If you are no longer the contact, please update this information with the [World Service Office](#) or email Lorie, group registration coordinator, at llaurence@oa.org for help.

Please share this information with your groups.