



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

R4ward

Region 4: 4 Our Recovery
December 12, 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 December 18, (5PM Central time)
- Fun Night – Saturday, January 21 (7 PM Central time)

➤ **WSO Updates**

- Where to find all the news at WSO

Hi Fellow Friends,

We could sure use your help. Our region community is running a little thin and we have a request. We are in search of an Assembly Planning Coordinator (APC). In fact, we'd like to offer this to two of you as a team. These are the guidelines.

- One of you has been or is a Region Rep – The APC Coordinator
- One of you can be the helper – and maybe someday you will join us as a rep
- 6 months or more of abstinence
- Has Internet and email
- Loves to work with lists and sending out reminders to the Region Board and Reps using a timeline that guides you when and what message to send
- Collect names for the Assembly
- Collect reports for the Assembly
- Work with the Chair
- Attached is the information from the Region 4 Policies and Procedures manual

Here's the deal. We don't have a Vice Chair right now and the Assembly Planning Coordinator. We've been doubling up on duties and it would be nice to share the work.

Annette and I will spend time with you showing you the process and guide you along the way. You would get to jump in right away because we have our Assembly in Des Moines, IA in March and we've got to start signing up and sending out our reports prior to the Assembly.

Having a buddy along is such a cool way to check it all out. You can bounce ideas off each other and make lighter and more fun work. What's not to love.

Fun Fact: Since I got abstinent 18 years ago and added service to my repertoire, my skills at work soared because I got practice being better organized, taking on leadership skills, and getting better putting principles before personalities. This equated to better jobs and more pay.

Please reach out to Admin@oaregion4.org and we can help you with questions and what to do next.

Thank you for trying something new. Who knows what coolness is waiting to unfold.

Meg and Annette

****Region 4 Updates****

Save the Date Flyer for our Spring Assembly. Join in on the fun!! March 24 – 25, 2023 – Des Moines, IA

- [2023 Spring Assembly save the date flyer.pdf](#).

Recovery from Relapse Meeting

- Don't let the holiday phantoms scare you, join this meeting on Thursday nights – 6:00 PM Central Time – Zoom. This is your chance to hear about relapse recovery, rather than experience it on your own
- <https://us02web.zoom.us/j/87100236034?pwd=d3ZsYThSTDViYm1JWlkorWhLWE9Kdz09>

Meeting ID: 871 0023 6034 Passcode: 93D9ie

Here are some great resources on oa.org
Exercises and Handouts for Those Still Suffering

- [Been Slipping and Sliding?: A Reading and Writing Tool](#)
- [Twelve Steps to a Slip](#)
- [Breaking Out of Relapse video](#)
- [Back issues of Lifeline](#)
- [A New Beginning: Stories of Recovery from Relapse](#)

WSBC 2023 - Deadlines

January 5, 2023—Second Conference e-Documents posted to [WSBC web page](#).

January 26—Trustee nominee [applications](#) (see [instructions](#)) due to the World Service Office.

April 25–29—World Service Business Conference 2023 in Albuquerque, New Mexico USA.

Lifeline – Stories of Recovery

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 an image

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.