



Region 4  
2355 Fairview Ave N  
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Roseville, MN 55113

# R4ward

Region 4: 4 Our Recovery  
December 26, 2022  
[www.oaregion4.org](http://www.oaregion4.org)

(send your events to [admin@oaregion4.org](mailto: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**

- Get ready for your Newcomers
- Quick Survey

We could still use the help of an Assembly Planning Coordinator team. You will work with the Board to learn all that you need to know.

- 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

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.

Please reach out to [Admin@oaregion4.org](mailto: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**

- Mark Saturday, January 21, 2023 as our next Region 4 Play Date – 7PM Central time.
- This will be a zoom event.
- Fun, Trivia, Bingo, and of course 'Abstinent' prizes
- More details will be available in the January editions of R4Ward

## 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.

February 15 – WSBC 2023 delegate registration deadline.

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

## Fellowship Days

January 20 – 23, 2023 – OA Birthday: Our annual celebration of the founding of Overeaters Anonymous.

## Let's get ready to greet our Newcomers for January

Help us improve oa.org! Whether you have many or few thoughts about our website, we encourage you to take our very short survey. Your honest feedback will help us better serve the Fellowship going forward.

The survey will close after December 31, so please [take it](#) now or add it to your schedule. You can finish it in five minutes or less.

This survey is sponsored by the Board of Trustees' Website Review Committee. Thank you for your service!

[Take the oa.org user survey.](#)

## Attention Intergroups – Special Bulletin – sign up!

There is a quarterly Service Body bulletin posted at WSO for your service body. To subscribe, go to [oa.org](#) and tab down to “Let's Keep in Touch” on the main page. Thanks! 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](mailto:llaurence@oa.org) for help.

**Please share this information with your groups.**