



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

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

R4ward

Region 4: 4 Our Recovery

January 23, 2023

www.oaregion4.org

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➤ **Region 4 Updates**

- Intergroup news
- Community Conversations Sun February 19, (5PM Central time)
- Virtual Social Media Training – Sunday February 5
- Spring Assembly – Des Moines, IA – Mar 24 – 25 (Friday night and Saturday)

➤ **WSO Updates**

- Agenda Questionnaire – due to WSO by Friday, February 24 by 11:59 PM MT
- World Service Business Conference 2023 – Delegates, please sign up now!

****Region 4 Updates****

FUN NIGHT

– Thank you for joining us on Saturday night. We had 28 members joining in on Trivia and Bingo. Thank you for having another successfully fun night online!!

R4 Mini Missions – Accepted ✉

We have an Assembly Planning Coordinator – thank you Region 4 for helping us out!!

If you are a Region Rep, more details will follow in soon in your email.

2023 SPRING ASSEMBLY – FACE-TO-FACE

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](#).

Community Conversations – Feb 19 5PM Central

This is a great opportunity to meet fellows from around the region. Plus, if you want to go to Assembly or WSBC, there are fellows who can tell you how awesome it is to be there in person and boost your recovery. This is an informal meeting, and we share ideas, answer questions, and have fun.

Social Media Training Workshop

Virtual Region is providing a Social Media training event on Sun Feb 5. This training will focus on creating pages, post, paid posts, ads, reels, and messaging newcomers. Want to sharpen your skill set, click on the link for more info. Two times (10:30 AM – 12:30 PM ET or 3:00 PM – 5:00 PM ET).

[PIPO-media - Virtual Region of Overeaters Anonymous \(oavirtualregion.org\)](http://PIPO-media-VirtualRegionofOvereatersAnonymous(oavirtualregion.org))

WSBC 2023 - Deadlines

World Service Business Conference (WSBC) e-Documents posted to [WSBC web page](#).

Make this your year to come to Albuquerque! It's been 4 years since we've been together in person. This is a week you won't forget. Side note: Intergroup pays your way. If they can't, Region 4 will provide financial assistance for Region 4 Delegates.

DEADLINES

February 15 – WSBC 2023 delegate registration deadline. Here are the links to the registration and to the [Conference Delegate Information](#). You will be responsible for getting your room set up. Buses will be available to take you to the grocery store so you can stock up on what you need. Small refrigerators are in every room.

February 24 – Agenda Service Questionnaire is due. [Instructions can be found here](#). This is a list of all the motions that will be presented at the WSBC. Please review and work with your Intergroups and vote on if you want the Delegates to spend time discussing and voting on each presented Bylaw and Business motion. [Take a peek](#), there are some impactful submissions.

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

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 for help.

“Where Do I Start?” This is our fabulous Newcomer pamphlet. Please have some on hand for your newcomers for your Face-to-Face meetings. Another great option is to order one online for your virtual newcomers. It's as easy – please follow this link for all of the options: [Where Do I start - OA](#)

Please share this information with your groups.