



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

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

# R4ward

Region 4: 4 Our Recovery  
January 9, 2023

[www.oaregion4.org](http://www.oaregion4.org)

## \*\*In This Issue\*\*

### ➤ Region 4 Updates

- Intergroup news
- Community Conversations Sun January 15, (5PM Central time)
- **FUN NIGHT** – Saturday, January 21 (7 PM Central time) – ZOOM
- Spring Assembly – Des Moines, IA – Mar 24 – 25

### ➤ WSO Updates

- World Service Business Conference 2023 – It's only

## \*\*Region 4 Updates\*\*

### R4 Mini Missions – should you accept

**Need:** 1 – 2 people (can work as a team)

**Help:** Work with the Trustee

**What:** Help with the Assembly planning by sending out emails and gathering reports

**Start date:** Tue Jan 17      **End date:** Thu Mar 23

You won't be doing something every day – just emails here and there

**Hours of your time overall:** up to 5 - 8 hours total

1. Keep current mailing lists of Reps, guests, and R4 Board and Committee Chairs
2. Email the R4 Assembly attendees the timeline of what is due when
3. Email the R4 Assembly Registration link to each Intergroup
4. Email sample documents for the reps, Board, and Committee chairs to follow
5. Email reminder of who provides what reports and when (may send this same email out 2 – 3 times)
6. Collect all reports
7. When all reports are gathered – email out to the Assembly attendees
8. Anything else that makes sense. 😊

Please reach out to [Meg at r4trustee@gmail.com](mailto:Meg at r4trustee@gmail.com) for more details.

### 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](#).

### Region 4 knows how to have FUN!!! – Share this with your meetings!

- **FUN NIGHT** - Saturday, January 21, 2023 - Region 4 Play Date – 7PM Central time.
- This will be a zoom event – Log in early so we can start at 7:00. Log in by 6:45 PM Central.
- Time: Jan 21, 2023 - 7:00 PM Central Time (US and Canada)
- <https://us02web.zoom.us/j/87273199008?pwd=VDRqM29qMC&vbFZFazhPTjNibE83QT09>
- Meeting ID: 872 7319 9008      Passcode: 214837
- Fun, Trivia, Bingo, and of course 'Abstinent' prizes

## Community Conversations – Jan 15 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.

### WSBC 2023 - Deadlines

All things - 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. I've met my lifelong friends from around the world. My recovery community is diverse and empowering. Ask a former Delegate in your Intergroup what their experience was like. Come back with a renewed surge of being rocketed into the fourth dimension. You won't be disappointed. Side note: Intergroup pays your way. If they can't, Region 4 will help for Region 4 Delegates.

February 15 – WSBC 2023 delegate registration deadline. Here are the links to the registration and to the [Conference Delegate Information](#).

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.

### Fellowship Days

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

### 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](http://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 [laurence@oa.org](mailto:laurence@oa.org) for help.

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