



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
February 27, 2023

www.oaregion4.org

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➤ **Region 4 Updates**

- Intergroup news
- Community Conversations Sun March 19, (5PM Central time)
- Spring Assembly – Des Moines, IA – Mar 24 – 25 (Friday night and Saturday)
- Intergroup events

➤ **WSO Updates**

- World Service Business Conference 2023 – Delegates, please sign up now!

****Region 4 Updates****

Intergroup Events:

Unity Intergroup – go to [Upcoming Overeaters Anonymous Events - Find an Event](#)

- Buffalo Retreat (in person) April 14-16

St. Louis Bi-State Intergroup – go to [Events – Overeaters Anonymous – St. Louis Bi-State Area Intergroup \(stlouisoa.org\)](#) for more information

- Fall Retreat (in person) October 27-29

2023 SPRING ASSEMBLY – FACE-TO-FACE

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

- [2023 Region 4 \(oaregion4.org\)](#)
- More about Assembly: [Region 4 Assembly – OA Region 4](#)
- Please note: Reps register as a rep at the above link. There is no fee to register
- Visitors encouraged to attend – see what It's like

Community Conversations – March 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. This month's topic is 'Public Information' and 'Professional Outreach.'

Google Translate 'How to' Document from World Service

Google Translate offers the option to translate documents into the language of your choice. This document [How to translate a document using Google Translate](#), created for WSBC purposes, provides instructions on how to use this tool. For non-English speakers, you may want to use Google Translate to translate the instructions to the language necessary. The graphics won't translate, but they should have enough context that the user understands what to do next. Thanks! Please forward this information to your service bodies and those who may need this.

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. If this is your first time at WSBC, be sure to check out all related documents found on the WSBC Web Page (above.)

DEADLINES

February 15 ~~March 17~~ – WSBC 2023 delegate registration new extended 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 and microwaves are in every room.

April 25–29—World Service Business Conference (WSBC) 2023 in Albuquerque, New Mexico USA. Currently Region 4 will be represented by six delegates plus our Trustee Liaison representing four intergroups, but there is still time to register. We would love to have more of our intergroups represented at Conference so that our Region 4 voice can be heard.

Did you know....

[Professional Community Courier Issue Two Available for Outreach - Overeaters Anonymous](#) Professional Outreach Committees take note.

That our young people in OA (ages 18 – 30) have a lot to offer: [Just Posted: Letter from Young People in OA to Intergroups/Service Boards and Regions - Overeaters Anonymous](#)

New from World Service: [Videoconference Meeting Training and Security/Preventive Measures](#) This document includes suggestions for volunteer roles, platform-specific features, training, and security. Click on the link or find it from the Document Library under “Meeting Resources” and start sharing it with your virtual groups. Let's give members and newcomers a place to find recovery through the OA Twelve Step program by establishing safe spaces for recovery.

Please share this information with your groups.