



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  
March 13, 2023

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

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

### ➤ **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\*\***

What does Region 4 offer you as a fellow, group and Intergroup?

- 2 Business Assemblies – one face-to-face and one virtual. Your travel, hotel, and food are covered by your Intergroup and/or Region 4. *Benefit:* Meeting other fellows in our 8 state/mid-Canada area. You may even get a sponsor out of the deal.
- 1 Convention – on the even years. *Benefit:* Fellowship around the region
- Community Conversations – monthly video call to share your ideas and ask questions. It's open to all Region 4 fellows. *Benefit:* Get some new ideas
- R4Ward – Twice monthly newsletter sent directly to your email address. *Benefit:* See events that are going on around the region and WSO
- Website – We showcase all the 14 Intergroups of Region 4, promote Intergroup events, sell the Region 4 journal, post the documents and forms for the Assemblies. *Benefits:* Broader audience to check out your Intergroup website
- Scholarships and Funding: Offer scholarships and funding for a variety of Region 4 opportunities. *Benefit:* Lack of funds will not stand in your way to participate in Region 4 Assemblies and Convention and WSBC delegate. There is also funding for PI/PO work, Literature, and Speakers.
- Principles before Personalities: Try on service beyond the group and Intergroup level. *Benefit:* Try out your passion and or skill as Chair, Vice Chair, Treasurer, Secretary, Assembly Planning Coordinator, Manual Coordinator, Website Coordinator, Fundraising Chair, Outreach Chair, or Convention Chair. *Benefit:* You get to practice your leadership skills and live Tradition 12
- WSO Get up to the minute news of OA World at large. *Benefit:* Be in the know.
- Beyond Region 4 – Links to the other 10 regions that make up OA. *Benefit:* Easy access to view other region websites, see their events and gain some ideas to bring back to your own Intergroup and Region

What's not to love? It takes a community to keep this going. Are you self-supporting in your recovery practice? One of the OA tools is service – are you giving back what you've so generously been given?

## Intergroup Events:

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

- Buffalo Retreat (in person) April 14-16

## 2023 SPRING ASSEMBLY – FACE-TO-FACE

**Flyer for our Spring Assembly.** Join in on the fun!! March 24 – 25, 2023 – Des Moines, IA – [register by March 17](#)

- [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

Topic: Share your awesome PIPO ideas – those you’ve tried and those you’d like to try. Region 4 has the funds to help you out.

## Did you know at WSO....

### Zoom Bombing – protect yourself!

There continues to be Zoom bombing all around. The latest is ‘Deepfake’. This is someone visually impersonating someone through video of that person. The impersonator joins a meeting asking to be the host of the meeting – this is so they can take control of the meeting. If it seems odd, ask this person to show their video and ask questions that require a few words – NOT yes and no. Please familiarize yourself with the WSO document to protect yourself from Videoconferencing hackers. More updates are being worked on and the updated document will be available at [Videoconference Meeting Training and Security/Preventative Measures](#).

Ways to protect your online meetings.

- Don’t publish your meeting passcode. Have people call your contact person.
- Have everyone go into a waiting room.
- If you see a new name in your waiting room – message them and ask them questions like how they hear about OA or this meeting in particular
- Have at least 1 – 2 cohosts at every meeting
- If it is chronic, please alert us at [admin@oaregion4.org](mailto:admin@oaregion4.org)

### Contribution Suggestion

OA suggested donation is \$5 or more. Please give what you can, no one is ever turned away.

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