



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
March 27, 2023

www.oaregion4.org

****In This Issue****

➤ **Region 4 Updates**

- Intergroup news
- Community Conversations Sun April 16, (5PM Central time)
- Intergroup events

➤ **WSO Updates**

- World Service Business Conference 2023 – April 25 – 30, 2023

****Region 4 Updates****

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

Awesome Assembly in Des Moines, IA - March 24 – 25, 2023

- We have an Assembly Planning Coordinator
- We had 2 new representatives
- 7 Intergroups were represented
- We had fun with the Intergroup fellows at a fun game/icebreaker Friday evening.
- At the business meeting, we passed 5 motions – more details to follow
- We broke out into our 3 committees – Convention 2024 (MN), Fundraising (Our journals are doing great), and Outreach (In the near future, some exciting things coming your way)
- Region 4 Fall Assembly will be online. Fri evening/Saturday (Sep 29-30)– we encourage guests!

Intergroups – Cool outreach project

Please audit your meetings to make sure that all active meetings are listed and those meeting that have closed are removed from the OA website. Please reach out to admin@oaregion4.org if you have any questions or would like some help as to how to proceed.

Community Conversations – April 16 - 5PM Central

Topic: Share your awesome Newcomer welcoming tips. These one-hour informal discussions are open to anyone. Please share with your meetings and ask someone to pop in – we love having fellows from all around the region.

Calling all Translators

Applications for the Translation Assistance Fund are now accepted and reviewed monthly instead of twice a year. OA has more than US\$80,000 available to assist intergroups, service boards, and small groups of OA members who are working toward establishing OA in their area.

OA offers extensive guidance to help you translate efficiently. Read our [Guidelines for Translation of OA Materials](#), complete the [Translation Assistance Fund application](#), and send it to the World Service Office. Applications received in the current month are reviewed in the following month.

Let's carry the message in every language! Share this news with your fellow OA translators!

OA Bookstore

New – [The Twelve Traditions Workbook](#) - This workbook focuses on the Spiritual Principles of the Twelve Traditions and explores them through guided questions.

Note: We have hard copy and digital offerings. Consider checking through our Fellowship website prior to other options. Support our community.

Please share this information with your groups.