



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
April 10, 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
- Big Book Study (virtual) May 19-21

Mid Continent Intergroup – go to [Upcoming Events | OA Wichita](#)

- Sharathon (in-person and virtual) April 22, 2023

The Business of Region 4 - 2023 Spring ASSEMBLY – March 29 – 30, 2023

- 5 motions were passed
 - A motion to bring our current policy for maintenance of financial accounts into current practice
 - A motion to ensure that our full name (The Region 4 Assembly of Overeaters Anonymous) be listed on all minutes.
 - A motion regarding nomination and election of officers changing that the candidate had to have been a rep or board member from 2 years to 10 years. Motion was amended to take out any time requirement
 - A motion allocating \$400 to our Fundraising Committee to purchase items to be used in a raffle or silent Auction.

Looking Ahead

2023 FALL ASSEMBLY – VIRTUAL – September 29 – 30, 2023 Mark your calendars More info to follow

Community Conversations – April 16 - 5PM Central

Topic: Newcomers – welcoming them and bringing them into your OA family. Share your tips and hear what is working for others. 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 – Bears Repeating

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!

New Skit Now Available

Overeaters Anonymous has created a fun skit about the use of all OA Approved Literature. See it here: [New Skit: One Piece of Literature - Overeaters Anonymous \(oa.org\)](#)

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.