



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

May 15, 2023

www.oaregion4.org

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➤ **Region 4 Updates**

- Community Conversations Sun May 21, (5PM Central time) – Zoom call check out oaregion4.org for the link.

****Region 4 Updates****

OA Medallions

- Did you know that OA has fabulous medallions available for welcoming newcomers and fellows returning/ recommitting to recovery, and those in active recovery?
- Medallions are available for being welcomed into the rooms of OA and celebrating 24 hours, 30 days, 60 days, 90 days, 6 months, 9 months, then yearly medallions from 1 – 20 years, followed by every 5 years from 25 – 50 years.
- The practice is to hand out those with a numeric value to those celebrating abstinence for that time period.

Looking Ahead

2023 FALL ASSEMBLY – VIRTUAL – September 29 – 30, 2023 Mark your calendars and invite your friends. We love visitors – the more the better. More info will appear in June/July.

Intergroup Events:

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

- Big Book Study (virtual) May 19-21

Your event could be here. Send flyers to admin@oaregion4.org.

Community Conversations

- **Next Conversation – Sunday, May 21, 2023 – 5:00 PM Topic:** Twelfth Step Within – What are we doing to support those in our rooms who are having trouble? **Contact Annette – chair@oaregion4.org – for questions.**

Call all Short Stories – what creative/innovative thing did you do to be abstinent?

Send stories to: Admin@oaregion4.org. Think about 100 words – that's just a paragraph – we can edit if needed.

For example: A recovery friend left work one evening to attend rehearsal for her upcoming play. She grabbed her food, and when the door clicked shut, realized her protein was now locked in the company refrigerator. With a few minutes to spare she dashed to the store and picked up her item, but didn't have a scale with her. She wasn't deterred. Having to stride through Grand Central Station in New York City, she walked up to the public postal scale, placed a napkin on the large instrument and weighed out her prescribed amount. Recovery can be inventive and is obtainable.

World Service Business Conference (WSBC) – April 25 – 29, 2023

After three years of meeting online, this face to face event was electrifying. There were 178 voting Delegates, Chairs, and Trustees. Saw friends and met new ones from 15 different countries: United States, England, Sweden, Iran, Russia, Ukraine, Italy, Brazil, Columbia, Canada, Greece, Israel, Poland, Spain, and Australia.

We voted on forty motions and proposals within five business meeting sessions. Attended up to five different workshops. Attended one of seven committees: Unity with Diversity, Region Chairs, Conference Approved Literature, Bylaws, Public Information/Professional Outreach, Young People's, or Twelve Step Within. A lot of excitement and innovative ideas were captured and actions to take were written down.

We elected six trustees, some returning, some brand new. OA meetings were held several times a day, shuttles took people to the store and there was a little time to explore Albuquerque if you were so inclined. The highlight was a lovely banquet (with abstinent food choices), a speaker and a dance.

Nine of us from Region 4 got to go and be inspired and motivated to dive in for another year. You've got plenty of time to consider going next year. What do you need? One year of current abstinence, be involved in service beyond the group level for two years, get elected by your Intergroup. Your entire week is funded by your Intergroup. If your Intergroup can't afford it, Region 4 can help out.

Interested and want to know more, send in your questions to Admin@oaregion4.org and we will get back to you.

Events Calendar – on oa.org main page. Click on it to see a list of events – many are virtual. You can also find an 'Event Submission Form' to list your event.

OA Bookstore - New Diversity booklet

- This new piece of literature was passed at the Conference. More information will be coming out in the next few months as to when this will be ready. This booklet contains recovery and experience stories from our diverse fellowship population.

Please share this information with your groups.