



Region 4
2355 Fairview Ave N
PMB 338
Roseville, MN 55113

R4ward

July 11, 2022
www.oaregion4.org

****In This Issue****

➤ **Region 4 Updates**

- Region 4 Convention – register & volunteer (THIS FRIDAY! 😊)
- Did you Know?
- No Community Conversations this July – See you on Sun August 21

➤ **WSO Updates**

- Where to find all the news at WSO

****Region 4 Updates****

(send your events to admin@oaregion4.org to get listed on the R4 Calendar of Events)

Region 4 Convention – Last Call

July 15 – 17, 2022 in Omaha, NE

Registration

<https://oaregion4.org/product/convention-registration/>

You can sign up for your hotel stay online as well. The link is provided on oaregion4.org.

Volunteer

Register now to help out at our 2022 convention! Many volunteer options available from greeter to speaker, hospitality room to boutique help. Come join the fun!

<https://www.signupgenius.com/go/60B044EAEAD2FA3FD0-2020>

Region 4 Journals

Region 4 journals will be available at the convention. Save \$5 per journal - no postage. Big orders for yourself and Intergroup, contact R4 Chair Mary C at chair@oaregion4.org .

Region 4 Assembly

2022 Fall Assembly: September 30 – October 1, 2022 – Virtual (information coming soon)

2023 Assemblies – Spring – Des Moines, Iowa - THANK YOU IOWA!!!!. Fall will be virtual.

Region 4 Language Contest – win up to \$100 – Flyers at the Convention

How do we carry and share the OA message? Do we convey excitement, passion, gratitude for our recovery with action words that get us on our feet & moving toward a full & vibrant life? What language do we use?

We are looking for cool, new action words to reframe and give new life to the following:

- Retreat – Prize \$25 gift card for winning Phrase or Word
- Workshop – Prize \$25 gift card for winning Phrase or Word

- R4 Slogan – Prize \$100 gift card for the winning 3 – 6-word slogan
- Criteria for winning:
 - ❖ Excitement, Grabs your attention & makes you want to participate, Inviting, Universal
 - ❖ Target Demographic – Intergroups (share with groups & members)
 - ❖ Differentiating Region 4 – how do we stand out
 - ❖ Mission – matches the R4 mission: The mission of Region 4 is to actively support the Region 4 Intergroups to carry the message of recovery to compulsive eaters
 - ❖ **Send your entries to admin@oaregion4.org**
- Winners to be announced at Fall Assembly, October 1, 2022

Region 4 – Intergroups

If you have some awesomeness to share in the R4Ward, please send it to admin@oaregion4.org. It will make the next publication.

Congratulations! Quad Cities and Heart of Illinois Intergroups have merged together. They are working on their new unveiling of what their community will be. Stay tuned for more updates. Once again, R4 is creative in joining together to stay strong and offer recovery to the still suffering compulsive eater.

Region 4 – Groups

Try something new and **Flash mob** a small meeting. Try it out one time. Those small meetings will love you for it. Ask folks from your group to join you and choose a meeting from a more rural area in a Region 4 state: Kansas, Illinois (not Chicago) Iowa, Minnesota, Missouri, Nebraska, North Dakota, South Dakota, or Manitoba, Canada. Choose the following from Find a meeting at www.oa.org.

- Day of the week
- Time of meeting
- Location
- Online
- Contact the contact person and let them know so the meeting doesn't think it is a meeting bomb event.

****WSO Updates****

WSO is full loaded – with Podcasts, videos, recorded workshops, and recordings from our founder – Rozanne S. Check it out!

A Step Ahead is a quarterly publication of articles from around the world. The latest captures results from the 2022 World Service Business Conference (WSBC). Check it out and pass it on.

<https://oa.org/a-step-ahead/>

Please share or reprint this announcement in your group and service body newsletters. Thank you.

Learn all about these & more at: <https://oa.org/news-events/>