



Region 4
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R4ward

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www.oaregion4.org

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****Region 4 Updates****

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

Region 4 Convention

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

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
- **Winners to be announced at Fall Assembly, October 1, 2022**

Did you know? Submitted by Northern Serenity

At OA.org there are public information tools available to reach out to those who still suffer. We are a fellowship of those who share experience, strength, and hope that is available internationally and 24/7.

Here is a directory of tools for outreach. Use them. There is no greater service than Step 12 and no greater program than OA for those who still suffer. Remember your suffering and reach out your hand.

<https://oa.org/app/uploads/2021/08/public-information-resource-list.pdf>.

****WSO Updates****

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

The new *Fifteen Questions for the Young Person* is now available in the OA

bookstore: <https://bookstore.oa.org/pamphlets/fifteen-questions-for-the-young-person-756.asp>

JUST IN: Fifteen Questions for the Young Person Outreach Flyer

As part of OA’s initiative to reach more young folks who may be struggling with compulsive eating behaviors, our *To the Teen* card has been revised and rereleased as *Fifteen Questions for the Young Person*.

This durable cardstock flyer is now an eye-catching, beautifully bright daffodil color, and the text has been carefully considered as well. The questions have been changed to first person, for a more intimate approach, and the whole card has been updated with inclusivity and current program language in mind.

Find [Fifteen Questions for the Young Person \(#756\)](https://bookstore.oa.org/pamphlets/fifteen-questions-for-the-young-person-756.asp) in our OA bookstore at bookstore.oa.org for only \$.50, and order copies to place in your local libraries, game stores, coffee shops, and more!

Please share the news of this resource with members, groups, and service bodies.

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/>