



Region 4
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R4ward

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www.oaregion4.org

****In This Issue****

- **Region 4 Updates**
 - Region 4 Convention – register & volunteer
 - Host an in-person Region 4 Assembly in 2023
- **WSO Updates**
 - WSBC 2022 Wrap Up Report available
 - Newcomer Packet to be free download
 - New Traditions study
 - 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

July 15 – 17, 2022 in Omaha, NE

Registration

Register by June 15 to get early registration rate!

<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 Assembly

2022 Fall Assembly: September 30 – October 1, 2022 – Virtual (Look for information in the next couple of months)

2023 Assemblies

We are looking for a Host Intergroup to host either the Spring or Fall 2023 Region 4 Assembly.

Please contact R4 Chair Mary C at chair@oaregion4.org or R4 Vice Chair Annette P-R at vicechair@oaregion4.org for more information.

Region 4 Language Contest

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:
 - a. Excitement
 - b. Grabs your attention & makes you want to participate
 - c. Inviting
 - d. Universal
 - e. Target Demographic – Intergroups (share with groups & members)
 - f. Differentiating Region 4 – how do we stand out
 - g. 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**

****WSO Updates****

Wrap Up Report:

The WSBC 2022 Wrap Up Report is now available for download on oa.org. Please share this information with your OA fellows.

<https://oa.org/app/uploads/2022/05/Wrap-Up-Report-22.pdf>

Newcomer Pamphlet “Where Do I Start?” – To be free download

The 2022 WSBC approved that the newcomer pamphlet “Where Do I Start?: Everything a Newcomer Needs to Know” will be available as a free download in pdf format. This pamphlet will also continue to be available in hard copy for \$1.00 per pamphlet at the OA Bookstore: <https://bookstore.oa.org/>.

New Literature Approved

The 2022 WSBC voted to grant the Conference Seal of Approval to the new manuscript *The Twelve Traditions Workbook of Overeaters Anonymous*. This new workbook is styled after the brown workbook on the Twelve Steps currently in use.

We'll keep you advised on when the workbook is available.

See All that's New with WSO

Did you Know?

- There are 4 trustee vacancies – applications due June 3!
- There's a new, free digital download: Service, Traditions, and Concepts Workshop Manual and Presentation
- There are REVISED Guidelines about Screen Sharing OA Literature
- The Audiobook “Overeaters Anonymous, Third Edition” is now available

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