



# 4 Thought

Volume 13, Issue 4—Winter 2015

Covering: Illinois [except the Chicagoland area], Iowa, Kansas, Missouri, Minnesota, Nebraska, North Dakota, South Dakota, Manitoba, Northwest Ontario, and Nunavut Territory, Canada.

The mission of Region 4 is to make OA known throughout the Region so that anyone with the desire to stop eating compulsively may find an OA group, and to provide support so that any OA member can have recovery from compulsive eating through the Twelve Steps and Twelve Traditions of Overeaters Anonymous.

## **Twelve-Stepping all the way to Brisbane, Australia, and Back**

By Region 4 Chair

G'Day Region 4!

I've had an unusually exciting last few months in Region 4 Recovery land and beyond. Beginning with our Fall Assembly, this business session was invigorating and inspiring as always. We had 12 of the 18 Region 4 Intergroups represented with a total of 23 participants. That is a good showing! I'd love to see more Intergroups represented so that we hear from all Intergroups when making Region 4 decisions and plans. Our next Assembly is April 1 – 2, 2016 in the groovy city of St. Louis, MO.

We elected a new Vice Chair, Bob S. from Unity (Minneapolis, MN), and a new Treasurer, Colleen O. from Promises of Eastern Iowa (Cedar Rapids, IA). Yahoo! This too is wonderful news. Out of our 5 Board positions, 4 Intergroups are represented. We also have new Committee Chairs and Coordinators. Through our committee work we are continually working to engage all of our meetings, both those affiliated with an Intergroup and those that are non-affiliated.



We are working with great enthusiasm on our upcoming Region 4 Convention that will take place on June 10-12, 2016 in Des Moines, IA. Our theme is *Home in the Heartland*. This event is located in an area where the majority of attendees can drive, and on a summer day, how glorious is that? Plus, we get to hear stories and inspiration from throughout the region.

Check out our website: [www.oaregion4.org](http://www.oaregion4.org). We have tons of events, ideas on sponsorship, and request forms for speakers and sponsors. In addition, we continue to sell our Region 4 journal and serenity knots. We also have links to the Region 4 intergroup newsletters and the other nine regions.

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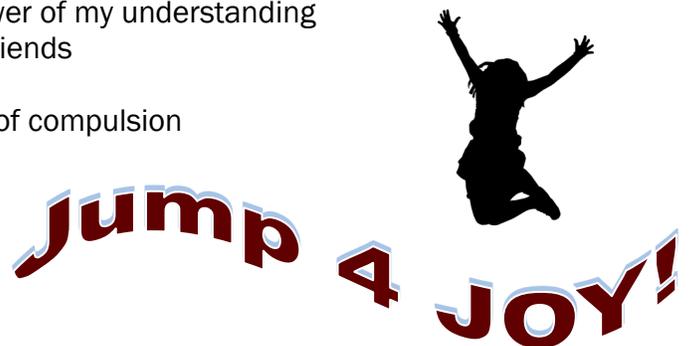
This past October, I went to Brisbane, Australia, to visit Region 10, which includes the Far East, South East Asia, the Western Pacific Basin, Australia, and New Zealand. As part of being the Region Chair Committee, the chairs visit one region every year and participate in their Assembly and sometimes Convention. In 2013 I visited Region 6 (Albany, NY) and in 2014 Region 5 (Merrillville, IN). What makes these so impactful is to see how each region conducts their business and what cool ideas and activities our fellows are doing around the globe to carry this FANTASTIC message of recovery. It's inspiring and motivating to participate in a committee and hear the action plan to get the word out and to reinvigorating themselves.

Region 10 is currently the smallest region in terms of the number of groups (168 total) and intergroups/service bodies (11 total). It is just a bit smaller than Region 4, which has 295 groups and 18 intergroups. Like us, they are doing great things. They had attendance of 13 reps and board. They have a newsletter, an active Outreach committee and have an annual convention since they only have one assembly per year compared to our two. Most people need to fly because their area is immense, and as of late the Assembly/Convention is either in New Zealand or Australia (minimum of a 3 hour plane ride over an ocean). For the next year, there are campaigns to increase awareness in Japan, China and Korea.

All of this reminds me, in the midst of it all, that I'm a compulsive eater. And with this time of year "High Holy Food Season", it is a delectable treat to hang with my fellows and get a week's worth of experience, strength and hope, along with new ideas on how to ramp up the energy of sharing the miracle of this program. My last day in Brisbane, we were treated with seeing baby koalas, wallaby (looks like a miniature kangaroo) and possum.

I review my eleven plus year journey of active recovery and am deeply humbled by the many blessings my commitment to service has given me. Here are my top 25...

1. Eleven plus years of abstinence
2. Great food plan
3. Renewed connection with my Higher Power of my understanding
4. Renewed relationships with family and friends
5. Loving and supportive sponsor
6. Better job, because I'm not in the anger of compulsion
7. Beginning of a new business
8. More self-confidence
9. JOY
10. Gratitude
11. Removal of some serious character defects
12. Sleep better at night
13. Pursuing goals that used to appear elusive or that I felt I didn't deserve
14. Meeting awesome new people and making lifelong friends
15. Traveling: All around our glorious region, the United States and Internationally
16. Able to be abstinent when traveling – easy and it teaches me to continually be flexible when needed
17. Able to be more compassionate, patient and kind



*(Continued on page 3)*

18. More knowledgeable about the insidiousness of this disease and that there is an ongoing life giving solution – the 12 steps!
19. I have more serenity in my days
20. I can meditate!
21. I journal on a regular basis and learn more about me and become more forgiving
22. I rely on my Higher Power more often
23. Consistency – I've been fortunate in that I've been going to the same meeting since 6/14/2004, and it still rocks
24. Gratitude – I have a life filled with an abundance of all that is good
25. When I call a fellow, I can start in the middle of the story, and they get it

I'm thankful to learn that going out of my comfort zone, making amends and laughing at my foibles is a richer way to live. I have that because I live my program, and I live my program because my life depends on it.

*-Meg M., Region 4 Chair*

When was the last time you checked out your meeting information at [oa.org](http://oa.org)? Please make sure it is current and if not, have your group secretary make the updates.

### **OA Phone Meeting:**

## **Midwest Step and Tradition Study**

### **Using the OA "12x12" Book**

*Get connected with other OA's from the Midwest and around the world! All are welcome to join us! Great way to start or end your week!*

- Sunday evenings
- 7 PM – 8 PM US Central Standard Time
- Phone Number: 605-562-3130
- Access code: 290492#



Contact Name & Phone Number: Bob 763-229-6196 CST  
Meeting # 55338. See [oa.org](http://oa.org) "Find a Meeting" feature for more info.

## A Few Words From The Region 4 Trustee

Hey Region 4,

How did it get to be winter already? As I age, the days and weeks just fly by. I swear a year is now condensed into four months. Each day I am filled with gratitude for the life HP has provided for me and happy to do my part in giving back to others in any way HP asks me to give. Yesterday at a meeting I heard a new twist on the Step Three. We discussed God's will and that so many of our rebellious natures rail against the idea of having to do something enforced by another. Then someone mentioned that they liked to believe that Step Three is their way of participating in God's dream for them. I just want to share that my experience with Step Three is that HP will never expect me to do something unreasonable, nor that is not within my capabilities. Sometimes I have to look at why I'm resisting participating in my own recovery. It usually comes down to my own feeling of futility or my desire to have control over the situation, both of which are aspects of my disease and self-will. When I practice the steps and realize that my HP gives me all the power I need to follow his dream, I just have to cooperate. Eating is a way of dealing with my emotions, but my emotions don't have to rule me, thus I have no reason to eat. I need to work my program instead, and life is as glorious as an autumn day.

Now for my report about what is going on in OA that may help you in your recovery or the fellowship as a whole. Since my last report I have been to a Board of Trustees meeting, a Region 4 Assembly and led a workshop in Minnesota for Unity Intergroup. All of these are part of my service to OA. But even better, all of these bring me into contact with other recovering members. And those connections are all ways in which I expand my spiritual life.

I'm pretty sure there is a lot of information in this edition of 4Thought about the great convention planned for June 10-12 in West Des Moines Iowa. The flyer and the online registration are now available on [oaregion4.org](http://oaregion4.org). Please plan to join in the festivities with all of us from R4.

The Service Body Building workshop I helped facilitate in Minnesota was well received and Unity Intergroup did a lot of good work taking a look at things they could do to make their Intergroup more effective. If your Intergroup is interested in holding such a workshop, please let me know. I am happy to support all of the R4 Intergroups in any way. I am planning a couple of trips for 2016 and look forward to visiting those areas that have not been visited in a while.



As for news from World Service, it's budget time and once again we are looking at serious budget cuts. I want to remind all of you that the suggested donation amount is \$3.00 per meeting. This can seem like a burden at times, but compare that to what you would have spent in the past on food to feed your obsession. \$3.00 doesn't buy much at a fast food restaurant, nor in the binge food aisle at the store. Please consider contributing as much as you are able. Also check with your group and Intergroup to ensure that all excess funds are being dispersed to World Service (30%) and the Region (10%). Money is needed to keep our organization strong: to help fund all the ways that these service levels carry the message to compulsive

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eaters who haven't yet heard about OA, as well as to keep available the services we all take for granted. If you don't think you benefit from those services, think about the last time you bought a new book from OA or looked up information on the website. Think of those members who don't live where there are local meetings and the importance of their having access to information on virtual meetings. We all benefit from the financial health of our fellowship.

Are you aware of the Podcasts that are available on oa.org? This year's series Working all 12 Steps is almost complete. The 2016 workshop will be Service and My Recovery. It will be held on the second Sunday of each month and begins at 2 p.m. Central time. All you have to do is dial in and listen. The phone number is 641-715-3818 and the Pin Code is 925619#. If you want to listen at any other time, just stream or download the podcast once it is available on oa.org.

The Conference Literature Committee is looking for stories on Body Image, Sexuality, Relationships and Recovery. They need your story by January 11<sup>th</sup>.

Lifeline is always looking for new submissions each month. Sharing your story with others through this magazine is a wonderful way to help others.

The website committee is looking for video testimonials for OA. The specific information is on the What's New page at oa.org.

A new Guide to Carrying the Message is available for download at oa.org as well. This may help you find a simple way to share your recovery with someone who you feel needs to know about OA, but you're not sure how to open the conversation.

OA's latest book Taste of Lifeline is available from the bookstore.oa.org.

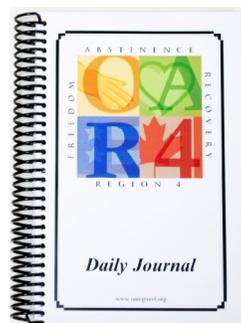
Lastly, the 2016 World Service Convention, *Recovery: The Trail to Freedom* is being held in Boston, MA, and you are all invited to attend. Information on the convention is available on the oa.org website. There is no way I can explain how great it is to be at an event with a thousand OA members, but I will say it's worth the effort, time and money to go. Recovery is priceless, and this is one of those places where you will find experience, strength and hope all in one place.

Well that's it for this time. Take care and stay abstinent and recovering.

In Service,

-Cyndy L., Region 4 Trustee

## Region 4 Daily Journals—Available For Purchase!



Enjoy Region 4's Daily Journal  
A place to write down your...

- Food
- Intent for the day
- Gratitudes
- Step 10 never looked so easy...

### Ease of Use

- They are lightweight and great for travel
- All of your writing can be in one location
- Lays flat when opened
- Coil binding keeps pages intact
- Affordable—@\$12 —includes postage

Go to [www.oaregion4.org](http://www.oaregion4.org) to order.

## MEMBERS FROM ST. LOUIS BI-STATE INTERGROUP SHARE ON THE TOPIC OF “A SPIRITUAL AWAKENING”

### A Perspective From a Religious Background

My relationship with a Higher Power before Overeaters Anonymous was nonexistent. I believed there was a God as I was raised in a religious home, but I did not have a personal relationship with Him. Not only was I blocked by my self-will, self-hatred, and self-centeredness, but I also had old beliefs about God that made Him unapproachable and inaccessible. It wasn't until I worked the Twelve Steps of OA that I entered into a relationship with my Creator that, like Alcoholics Anonymous says on page 25, “is indeed miraculous.”

Working each of the Twelve Steps brought me incrementally closer to the relationship with God that I have today. Step One showed me that on my own, my life is ruled by food and chaos, and I need help. Step Two showed me that I can either give my life to a higher power that makes me insane, the food, or give my life to a Higher Power that can restore me to sanity. Step Three showed me that I have to surrender, one day at a time, to the plan that God has for my life and stop getting in the way with my own selfish desires. Step Four showed me the truth about myself and what was blocking me from God's grace and power. Step Five freed me from the shame and guilt that sent me hiding from God. Steps Six and Seven teach me humility and

trust in God's timing. Step Eight helped me forgive myself and others for the harms in my past. Step Nine restored my relationships with others and my self-esteem so I feel safer reaching out to God. Step Ten teaches me to keep my life clean of the manifestations of self that block me from God's grace. Step Eleven guides me into a daily, practical habit of spending time with God so I can get to know Him better and trust Him more. Step Twelve gives me purpose, meaning, and excitement in my life and brings me closer to God by helping His children.

The promised result of working these steps honestly and thoroughly is a Spiritual Awakening. When I was practicing the disease of compulsive eating, I was deceived into thinking it was reality. Now I can see clearly that in the disease I was asleep in a horrific nightmare, and today I am awake and experiencing reality as it was truly meant to be—in communion with my Creator and my fellows, relishing in joys as well as walking through pain, and growing spiritually every day.

*-Jymette, Missouri*

### What is a Spiritual Awakening?

Spiritual = my Higher Power.

Awakening = to see what is around me with a renewed and positive outlook.

Without a spiritual awakening, I wouldn't have a reason to go to OA meetings. Sometimes I hear spiritual awareness in the words that other OA members speak. Spiritual awakening is what I experience every time I earnestly seek my HP and ask for the willingness to do HP's will - especially on the days when I think I'm able to control the people, places, and things in my environment. It's getting easier to endure uneasiness and talk to my HP about staying away from eating any kind of trigger food that would put me in a spiritual, emotional and physical downward spiral.

Another word that comes to mind when I think of spiritual awakening is VITAL. Life has its ups and downs but I find it easier to accept life on life's terms if I bring myself into the presence of my HP. I realize that it's VITAL to trust that my HP will get me through.

Spiritual awakening - no picking and choosing what I give HP to handle. It has to be, as we say in OA, a "total surrender." This is the process that brings about a close relationship with HP.

*-Linda, Missouri*

## A PERSPECTIVE FROM AN ATHEIST

I was raised in a fervently atheist family, and never saw any reason to change that viewpoint before coming to OA. In fact, I considered the terrible things that happened to me as a child to be absolute proof that there wasn't any God – things like early and long-term sexual abuse and also abandonment because my mother left the family when I was five.

Since real life was too painful to bear, I turned heavily to a fantasy world. Also I turned to food. Both of these helped me survive when I was young, but they both became very bad problems later on.

As I began to gain weight, my husband left me, saying I was too fat to be desirable. At that point I was 15 pounds overweight! Yet another sexual trauma left me deeply depressed. The worse I felt, the more I turned to food. I gained more than 100 pounds. I lost a very good job because I couldn't stop eating long enough to go to work. I totally hated myself. I wanted to hurt myself, to destroy myself. I seriously wanted to die.

When a friend took me to my first OA meeting, I felt as if I finally belonged somewhere, where people understood me and warmly welcomed me. But soon they started talking about acceptance, which I completely rejected, because I thought acceptance just meant condoning things. I thought it meant that everything that had happened to me was right, good, part of some benevolent plan. No way was I going to believe that!

Even worse, they started talking about God! After a long time of trying, I got nowhere on step 2. I tried to skip it and go on to the remaining steps, but that didn't work very well. OA for me became more and more a social club and a diet club. In spite of wonderful weight loss, eventually I drifted away from the program.

Years later I came back. I hated myself even more than the first time. I was much heavier, and I was desperate enough to try again the only thing that had ever worked for me. I came up against step 2 again. I struggled with it. I agonized over it. How on earth could I pray without understanding who or what I was praying to?

Finally it came to me. No one was paying me to be a theologian! I didn't have to understand the power. I just had to trust that there was one. That much I could see for myself in the lives of the people around me in OA. It was a great relief when I relaxed and allowed myself to think "God as I don't understand him." That was enough. I could feel a power of loving acceptance and support from the people around me and a power of loving sanity within myself. I discovered that when I surrendered to the power and prayed for help, the power was always there to sustain me. When I prayed for willingness it always came. I let go of trying to explain all the terrible things in the world and focused on the wonderful power that I could feel and rely on.

As I worked the remaining steps, I found the burden of the past lifted from me. Nothing could make the past not have happened, but the past stopped being an important factor in my life today. I started to live in the present moment. I began to wake up each morning delighted to be alive!

Am I still an atheist? Yes and no. I don't believe in the God of any organized religion I know about. I don't believe in a God that could simultaneously have all knowledge, all power and all loving-kindness. I don't believe in a God that on purpose makes all the bad things happen in this world. However, I do believe in a power of life, love and goodness that is actively present in my life today. When I turn my life and my will over to that power, wonderful things happen.

Is that a spiritual awakening? I sure think so!

*-Elizabeth, Missouri*

## A Slow Growing Spiritual Awakening

I remember the first time I started going to OA meetings, I was very confused as to what I actually thought God was. Having grown up with a religious education and a rich exposure to both the cultural and spiritual practices of my faith, I always just took for granted that God just was; though I was often turned off by this God that I felt to be punitive, judgmental and somewhat snobbish to be precise (the chosen people?). I never really tried to explore any deeper meaning or look much further. I appreciated the culture I was raised in and the community that it had created for me, but I don't really know what I "believed" beyond my obligation to my community.

After close to 30 years in and out of the rooms and many years of various incarnations of recovery and relapse, I **finally** feel like I have discovered a faith in a higher power that has true meaning for me. I left the practice of my religious faith when I left my father's home at the age of 18. But because of the program, I have slowly come back to my religious community. Over the last 30 years, I have finally come to my own personal appreciation for all of which I have been taught and am very grateful for the religious upbringing my father provided for me. When I observe a holiday or say a religious prayer I now find that what I learn within my religion mirrors what I learn in my 12 step program and vice versa.

Today, **spirituality is in the principles** which I learn through the 12 steps AND my religious faith. Unbeknownst to me as a young girl, many of those principles were practiced by my father in our religious community without being discussed. Only in my 30's did I really start to appreciate those spiritual values that my father brought into our home: service to our community, ritual, observance, practice, integrity, humility, compassion and faith. I was seeing principles in action without anyone explaining them to me.

In my 40's I came back to the rooms desperate but I didn't know what I **believed**. I often found myself wrestling with the concept of a God to which others suggested that I turn my will and life over. How could I do that when there have been so many atrocities in this world that I don't think were "managed" well or with love or healing? What does G-o-d have to "say" about that? As I started to really question on a deeper level than I think I ever had in the past, I pushed against this concept of God. I started to explore the concept of faith: faith through thick and thin. I was wondering how atrocities occurred which I never personally experienced, but perhaps I might learn from those who have. That's when I started to really hear and understand the concept of faith in something far bigger than me and beyond my understanding. I don't need to understand "what" or "why" (although I confess I sometimes try to still). This was the start of a new kind of spiritual awakening which ebbs, flows and grows with me.

Just this morning as I was sharing in a meeting, a new recognition came that I understand on a visceral level what it really means to be powerless. Thankfully, with the concept of faith in something...something in which I trust will carry me through **whatever** comes my way...I will be able to walk through my day with dignity. For today, I will strive to live by the spiritual principles I have learned in the 12 step rooms, my father's home and between the walls of my synagogue.

-Ruth, Missouri



# Trusting, Not Analyzing

At one time in program, I felt like I was trusting HP to do what I needed to do. But then I had a very negative reaction to the path I took. My whole trust of HP fell through. But here is the dilemma. I knew I needed a higher power to stay abstinent, but I did not want any part of HP. So all I really felt like I could do was go to meetings. In a meeting, in part of someone's talk, they said "Who am I to analyze God?"...

rather than the best surgeon. The surgery was more extensive than first thought, and the third day after surgery I was sure that an infection was starting. The doctor's partner came by because it was my doctor's day off. He said he was sure everything was fine, and I should go home.

When I was hurt in a car accident, (I know this sounds crazy) I heard HP say "you have been through worse". Then when a baby who lived across the street died accidentally, I know HP was crying with the rest of us. I don't know who or what HP is, but I know HP is there for us when we need and want the connection. I know my job is not to decide what HP should do, but to try to "listen" for direction and connection.

I didn't agree. I was so upset that I could not call anyone, think of anything, or do much of praying. I could only keep saying the serenity prayer like a mantra. After about 15 to 20 minutes, my doctor came by. He said he had talked with the hospital insurance liaison and fixed it so I could stay as long as needed.



Have I had a spiritual awakening? One definition of awakening is to induce, call forth or bring out a reaction or emotion. Here's one example of that working in my life:

It took me almost half an hour to calm down and bring out a sane reaction (or more sane emotion). I became aware that I was alright after all and decided to go home. I could not have come to that decision on my own. I came to some kind of spiritual awakening to listen to the reasoning in my body instead of to the fears in my mind. That did not come from me. I know that. Some higher power did for me what I could not do for myself.

I had to have surgery a few years back, and I have a history of infections after surgery. I asked my doctor for a surgeon that would listen,

-Connie, Missouri



## WE R4 RECOVERY: THE TOOL OF SERVICE

*“The best way to find yourself is to lose yourself in the service of others.”- Mahatma Gandhi*

In my disease I thought I focused on other people. I worried all the time about how others saw me, and worked to find ways to improve my standing in the eyes of those around me. My focus was actually on myself, on my selfish desires for status and recognition. I didn't so much seek to help my friends and family for their sake, or for the wider community around me. It was all about me and what praise I could gather for myself to prop up my flagging self esteem. If I fooled them, I might feel better about myself.

I was confused early in program. Most of what I heard told me that it wasn't all about me, the world didn't revolve around me, and to get over myself. Yet, in order to be of service to those around me I needed to pay attention to my own issues, and I found that odd. In working through the steps, in being present and honest with other compulsive overeaters, I found that I had it backwards all my life. In worrying how others saw me, I was only feeding my own ego. Now, by working on humility, I could truly be of service to the world around me and then feel like a worthy member of the human race.

I started with service in groups—going early to help set up chairs, volunteering to read “How it Works” or the Twelfth Step closing, or greeting newcomers at the door. That was a start, and it helped open me up to concepts that were foreign to me. Later other opportunities presented themselves, and I worked at the Intergroup level as a rep, a committee member, and then board member and officer. Lately, I have become active at the Region level as well.

Yet I have grown to embrace other avenues to be of service outside of program altogether. In volunteering to help with school bake sales or provide food for a youth group retreat, I found a way to put my years of compulsive obsession over food to good use. I can care for the neighbor's dog while they are away or work with the neighborhood watch. Service, as a tool for my recovery, is not limited to what I do or say within a meeting or with others of our fellowship.

I have found that my life has meaning when I am present enough to be of service to others. When I am focused on service, at whatever level, I have no room for selfish thoughts. I am working to be a part of something greater than myself—the wider world that I always feared and resented before. I feel useful now and connected to people, rather than obsessing over what they might think of me.

*-Chris G., Greater Omaha Intergroup Rep. & Member of Region 4 Outreach Committee*

**Let Go, Let God.**



## Insight from Intergroup



I recently became the chair for the Mid-Continent Intergroup in Kansas. This was a big jump outside my comfort zone. I have been involved with intergroup for several years as a Region 4 Rep, but I haven't served as a chair or president of anything since a stint in college for a student organization I belonged to. I have felt some fear surrounding being in this position. What if I can't lead the intergroup meetings effectively and efficiently? What if I say something that angers someone? I don't like conflict, and I have a deep and (perhaps) unhealthy desire to please people. But I felt like my HP was leading me to step into this role so I can get more practice at working the program principles in all my affairs. The OA fellowship offers me a chance to practice new behaviors in a safe environment. There may be conflict at times at an intergroup or group conscience meeting, but we have the traditions and the step principles to guide us. I can work the steps on any uncomfortable feelings that come up. I can reflect on my behavior, with the help of HP and my sponsor, and decide whether I need to make amends. I recently talked to my sponsor about my fear of making a mistake, and she lovingly reminded me to be gentle with myself. I am in the process of learning, and I need to give myself time to grow into this role. And of course, I will never "graduate" and become "perfect". I will always be learning and growing. Aaahhh, humility. As the AA *Twelve Steps & Twelve Traditions* says, humility is a "healer of pain" (pg. 75). Also, I need to remember Tradition 2 that says that HP is in charge of the group conscience. I can let go of the outcome of each Intergroup meeting and trust that HP's will be done.

The service I give in OA helps me to live Step 12 – to carry the message and practice the principles in all my affairs. I believe my HP is using this service work to help me to get outside of myself, to become less selfish. Most times, I am so wrapped up into what I can get out of a situation and how I feel at any given moment (let alone worrying about how I will feel in the future or how I felt in the past). I believe that service work will help me focus on helping others and carrying the message of recovery to those who still suffer from this disease.

As far as what Mid-Continent Intergroup is working on, we are in the process of updating our by-laws to make them more accurately reflect how we conduct intergroup business today. We also are looking at re-aligning our board and committee chair positions. In addition, we will create a service manual for the board and committee chairs which will include more detailed information than what is in the by-laws. This will be a living document that will include helpful information for new board members and committee chairs.

We are also talking about adding a new recovery event to our annual schedule. Currently we host a "Sharathon" every April in Wichita, KS, and co-host the Kansas Day Convention in Emporia, KS, every September, along with the other two Kansas intergroups (Sunflower and Greater Kansas City).

*-Ginny Y., Mid-Continent Intergroup Chair, Wichita, KS*

The opinions expressed here do not necessarily represent R4 or OA as a whole.

Do You Have Something You'd Like To Share With Your Fellow OAs? Please Submit Articles or Information About Your Local OA Events!

4 Thought is a Quarterly Newsletter That Comes Out in March, June, September, and December.  
Please Send Submissions To: [4thought@oaregion4.org](mailto:4thought@oaregion4.org)



## Overeaters Anonymous Region 4 Convention

Hope in the Heartland: Suggestions for Recovery

June 10-12, 2016

*Registration is now open!*

Save on your registration fee by registering early.

*(\$35 by May 20, 2016; \$45 after May 20, 2016).*

Go to the Region 4 website to register: [oaregion4.org](http://oaregion4.org)

Make your hotel reservations separately with:



**Sheraton West Des Moines Hotel**  
**1800 50<sup>th</sup> Street, West Des Moines, IA 50266**  
**515-223-1800**

All rooms are \$100 per night (plus tax) for up to 2 people, \$110 for three, and \$120 for four.

## Registration

Please print clearly

Full Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State/Prov \_\_\_\_\_ Post Code \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Badge Name \_\_\_\_\_

Early Registration (**BY** \_\_\_\_\_ \$35.00 \_\_\_\_\_  
*May 20, 2016*)

Registration (**AFTER** \_\_\_\_\_ \$45.00 \_\_\_\_\_  
*May 20, 2016*)

Saturday Luncheon \_\_\_\_\_ \$35.00 \_\_\_\_\_  
Banquet (*Must reserve by* \_\_\_\_\_ Circle Entrée Choice:  
*May 20, 2016*)

Optional Donation to \_\_\_\_\_  
scholarship fund \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

### Fees

*Any unused registration and banquet fees will be considered a donation. There will be no refunds.*

Sign up online at [www.oaregion4.org](http://www.oaregion4.org)

—or—

*(Must be postmarked by May 15th, 2016)*

Make checks payable to:

# Overeaters Anonymous

## 2016 Region 4

### CONVENTION

#### Entree

Choice of Baked Mediterranean Chicken  
or Vegan Stuffed Mushrooms

#### Sides

Brown Rice

Multi-grain Roll

Green Beans

California Mixed Vegetables

Tossed Salad with Balsamic Vinaigrette  
or light Ranch Dressing

Mixed Fruit Bowl

#### Convention Highlights

- **Workshops**
- **Fun and Fellowship**
- **Hospitality Room**
- **Literature for Sale**
- **Silent Auction**
- **Region Keynote Speakers**



### *Hope in the Heartland:*

### *Suggestions for Recovery*

June 10-12, 2016

Sheridan West Des Moines Hotel  
1800 50th Street

West Des Moines, Iowa 50266



Please join us in this celebration of recovery at the Region 4 Overeaters Anonymous Convention in West Des Moines, Iowa. Attend workshops and hear speakers from other Intergroups throughout the 8 states, 2 provinces and 1 territory of our region. Come and share your experience, strength and hope with other OA members, and renew your own commitment to recovery. Whether you're new to the program or a long-timer, we want to see you there.

- 5:00-7:00 pm Registration
- 7:00-9:00 pm Grand Opening  
2 Keynote Speakers
- 9:00 pm Candlelight Meeting

Friday, June 10

- 7:00 am Registration Opens
- 8:30 am Welcome/Opening Sessions (2 tracks)
- 11:45 am Lunch Break
- 1:15 pm Sessions (2 tracks)
- 5:00 pm Dinner on your Own
- 7:30 pm Interactive Workshop

Sunday, June 12

- 9:00 am Family Panel
- 10:30 am Closing

Sat-

Hotel Information

**Sheraton West Des Moines**

**Hotel**

**1800 50th Street**

**West Des Moines**

**Iowa 50266**

**515-223-1800**

**Make hotel reservations online at**

**<https://www.starwoodmeeting.com/Book/overeatersanonymous>**

**By Thursday, May 20, 2016!**

*(For the quoted price and for us to get credit toward funding our meeting rooms!)*

Please reference "Overeaters Anonymous Region 4"

All rooms are \$100.00 per night (plus tax) for up to 2 people, \$110 for three, and \$120 for four.

*The hotel is renovating rooms. New ones come with microwave and fridge. Old ones do not, although some fridges are available by request. For a higher cost, a suite has both. Rooms are assigned at check-in.*

**Hotel Amenities:**

- Free parking
- Free airport shuttle
- Very accessible
- Heated indoor pool with lift
- Fitness room open 24 hours

Service Opportunities

Please check at least one...

- Speaker \_\_\_\_\_
- Room manager \_\_\_\_\_
- Timer \_\_\_\_\_
- Registration \_\_\_\_\_
- Greeter \_\_\_\_\_
- Accessible Helper \_\_\_\_\_
- Where Needed \_\_\_\_\_

