

Nothing so much insures immunity from relapse than intensive work with other compulsive overeaters.

(AA Big Book)

“Simply put “You can’t keep it unless you give it away.” Having the honor to speak at OA events reminds where I come from and how far I have come. The longer I am away from my last binge the closer I may be to the next if I don’t live my recovery. Also, some of my greatest friends are people I have met as a result of service and traveling to different regions and intergroups.”

*~Anonymous
Omaha, NE*

Remember when the program first clicked for you? Please consider sharing your experience, strength and hope with others...

Place
Stamp
Here

OA Region 4
P.O. Box 1604
Fenton, MO 63026

Become a Region 4 Speaker!

Speaking at events is one of the best ways I know to 'solidify' my thoughts about program. It forces me to communicate what's happening and challenges my willingness to share honestly. It would be easy to let myself hold back because of feelings of unworthiness, but every time I speak, someone tells me I gave them something they really needed to hear. These days, I turn my self-doubt over to God and dedicate my presentation to Him in the moments before I speak. I seek to share exactly what's happening, without trying to make it seem better—or worse—than it is, and focusing on the recovery at work in my life.”

*~Anonymous
Kansas City, MO*

Region 4 is looking for people just like you to help others who suffer from compulsive overeating, and are wanting to recover. Just fill out the form and mail it in—H.P. will do the rest!

Tel: 636-600-0393

Email: admin@oaregion4.org

Website: www.oaregion4.org

Are you willing to speak at events in Region 4?

Name

Address

Phone

Email

Abstinence Date (MM/DD/YR) if possible

Time in Program (MM/DD/YY) if possible

Special Focus: (check all that apply)

- Steps
- Traditions
- My Story (as only Topic)
- Sexuality
- Eating Disorders
- Big Book
- Abstinence
- 100+ Club
- Health Issues
- Relapse and Recovery
- Other _____

What size group are you willing to speak to?

- 25 and under
- 25-50
- 50-100
- 100+
- Any of the above

How far are you willing to travel?

- Drive 50-100 miles
- Drive 100-200 miles
- Any distance
- Willing to fly

Do you require special assistance or arrangements? (Strict bedtimes, mealtime, etc.)

- Yes No

If yes, please explain:
