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# HAVE YOU HEARD? The Region IV Convention is around the corner!

**June 27 - 29, 2008 - "We Have Ceased Fighting - The Hidden Promises"** Holiday Inn - Earth City, St. Louis Missouri. Celebrate your recovery in an atmosphere of fellowship and support at the Region IV OA Convention. Attend workshops and hear speakers from intergroups all over the region. For more information: [www.oaregion4.org](http://www.oaregion4.org) The Convention Registration fee is a suggestion only.

## NEWS FROM OUR TRUSTEE

For those of us who have had enough winter, my thoughts are gathered around our message to newcomers of hope and "keep coming back." Nature too goes through hard (yet beautiful) times of winter, but even the birds have hope that more is on the way. We all have had, and probably will have some hard times, but my readings lately have pointed the way to keep in contact with my higher power who has outcomes that I cannot even imagine. The serenity prayer gives me peace to just stay in today, look for what I can do and accept what will be. What a beautiful way to just keep doing "the next right thing" today and believe we will be shown the way to a beautiful and serene tomorrow. Somehow spring will return and we can delight in the beauty of nature that will return.

It is so heart warming to see the intergroups that have previously struggled blooming again. Our new intergroup Hills and Valleys (formerly Black Hills) is planning events that will gather strength and encourage recovery. Other groups have celebrated our Unity Day by gathering together (what a beautiful concept) like Tri-State Siouxland. There is strength in being together: "together we can do what we could never do alone." It is with mixed emotions that we send Central Illinois Intergroup to Region 5 since they feel they are closer with the Chicago Intergroup and hope that this will greatly help their intergroup and also hope the groups of the former River City Area Intergroup will strengthen by the disbanding and joining two close intergroups.

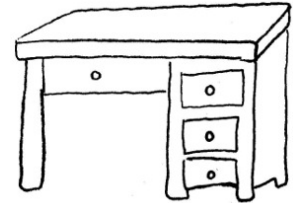
The Operation Plan includes strong meetings, committed service bodies, financial health, and public/professional awareness. A survey for strong meetings will be conducted in 2008 to determine the number of members in OA for baseline data. As a committed service body, send someone to represent your intergroup at WSBC in 2008. One of the goals with public/professional awareness is Public Awareness Campaign (which is available on the WSO web page) is to inform and educate the public that Overeaters Anonymous offers a solution to the problem of compulsive eating and to provide information on how to contact OA.

The new book "Seeking the Spiritual Path: a Collection from *Lifeline*," the pamphlet *Black OA Members Share Their Experience, Strength and Hope* and the revised pamphlet *A Guide for Sponsors* (which includes 30 questions to ask newcomers) are available.

Now is the time to start planning to attend the next convention in Los Angeles will be in 2010 and the theme is "Return again in 2010, We Are Family." This will be the celebration of 50 years for OA. Let's plan to have a huge reunion of region 4 here at this convention!

Love, Connie

## FROM THE DESK OF OUR CHAIR



As I write this message, I am looking forward to IDEA Day, followed by US Thanksgiving and shortly after that, several more holidays. This leads me to thoughts of gratitude for the many gifts I have been given as the result of my recovery in OA. I have also been preparing the Region IV 2008 Timeline, so I am thinking about the future of OA.

I owe everything that I have to my recovery in this wonderful program – abstinence, a greater measure of sanity and serenity, a healthy normal body, a wonderful husband, great sponsees, wonderful friends, a fulfilling job, and the opportunity to do service for OA. All are precious to me, but without abstinence and recovery, I would have none of them. As OA develops our strategic plan for the next 5 years, we are focusing on 4 main areas: Public/Professional Awareness, Strong Meetings, Committed Service Bodies, and Financial Health. Again, without abstinent members, none of these goals can be achieved.

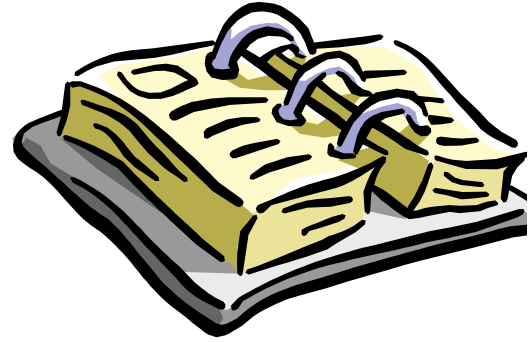
Abstinent members are the ones who let those outside of OA know that we exist and offer a real solution to the problem of compulsive eating. Abstinent members are the ones who make the meetings strong, both by showing up to serve at the group level, and by sharing their experience, strength and hope with others at the meeting. Abstinent members have the clarity of thought and the release from selfishness required to effectively serve OA in our service bodies. And abstinent members value their recovery and give as though our lives depend on it, as they do. All of these things are necessary if OA is to survive and thrive.

How did I achieve and how do I maintain my abstinence? I have no secret – the solution is shared in every strong meeting. I have experienced a spiritual awakening as the result of working the 12 Steps of this program as laid out in our literature. I use the Steps in all areas of my life. I try to make sure that my relationships are guided by the principles of the 12 Traditions, and the 12 Concepts of OA Service guide my service in OA and elsewhere. Sponsorship is critical, both having one, but even more important, being one. I am constantly blessed by working with other people who are trying to practice this program to the best of their ability, and I am humbled by what I see. Someone asked me the other day how I maintain my commitment, and how I remember what it was like before I found recovery. Working with others and attending meetings are critical to preventing a fatal amnesia. Every time I hear someone who is struggling, or someone who is rejoicing in the new life they have found, it reminds me of what it was like, what had to happen, and what it is like now. Everyone has something valuable to teach me, and if I remain teachable, I have no need to fear relapse. Because one thing I am certain of is that my Higher Power wants me to be happy, joyous and free, and is always available to help me – and you.

So celebrate! Practice gratitude. Stay connected with other people in this program. Preserve your abstinence and recovery as the most precious gift you have been given, and share it with those who are struggling. If we do those things, OA will be here for a long time to come.

In love and gratitude,  
Teresa K  
Region IV Chair

# DATES TO REMEMBER



<p><b>Mar 6</b> Responses to agenda questionnaire due to WSO WSBC committee selection forms due to WSO</p> <p><b>March 14</b> Region Committee reports and agendas due to Assembly Planning Coordinator</p> <p><b>March 21</b> Reference Subcommittee member names, submitted by Regions, due to WSO Conference Mailing #3: Includes trustee nominee applications, agenda questionnaire results, any manuscripts submitted for Conference Seal of Approval</p> <p><b>March 22</b> WSBC hotel registrations due to Hotel Albuquerque at Old Town</p> <p><b>Apr 4</b> Registration of new service bodies due to WSO to have a delegate seated at WSBC Bylaws and/or Summary of Purpose statements due from service bodies that have not submitted them previously</p> <p><b>Apr 11-12</b> Region IV Spring Assembly in Johnston IA</p>	<p><b>Apr 24</b> Receipts from Region Assembly for funding assistance due to Treasurer</p> <p><b>May 5-10</b> WORLD SERVICE BUSINESS CONFERENCE</p> <p><b>May 5 and 10</b> WSO BOT meeting</p> <p><b>May 16</b> IV Thought Items due to IV Thought</p> <p><b>May 24</b> Receipts from WSBC for funding assistance due to Treasurer</p> <p><b>Jun 27-29</b> Region IV Convention, St. Louis, MO</p> <p><b>Aug ???</b> RR registration and funding assistance requests due for Region Fall Assembly WSBC Delegate funding requests from Intergroups due to Region Delegate Funding Coordinator Region WSBC delegate application forms due Nomination forms for Region Chair and Secretary due</p>	<p><b>Aug 15</b> IV Thought Items &amp; Agenda Items for Assembly due to Editor</p> <p><b>Aug 21-23</b> WSO BOT and Region Chairs meeting</p> <p><b>Sep ???</b> Region Committee reports and agendas due to Assembly Planning Coordinator</p> <p><b>Sep 19-21</b> Region Chairs Committee meeting hosted by Region III, Tucson, AZ</p> <p><b>Oct ???</b> Region IV Fall Assembly – TBA</p> <p><b>Nov ???</b> Receipts from Region Assembly for funding assistance due to Treasurer</p> <p><b>Nov 15</b> International Day Experiencing Abstinence (IDEA)</p> <p><b>Nov 20-22</b> IV Thought items due to Editor</p> <p><b>Dec. 10</b> Postmarked date for submitted WSBC 2009 new business motions and bylaw amendments</p>
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# MEET OUR TREASURER!

Hi,

I am Laura M., your new Region IV Treasurer, appointed by the Board in October to replace Cyndy L. I will be running for the office officially at the Spring Assembly. I took this position knowing little about spreadsheets and financial reports, but with the help of many, I am learning lots.

For my first contribution, I have changed the expense report sheet. Copies of the new form are available on the Region IV website ([www.oaregion4.org/](http://www.oaregion4.org/)) under "Region IV Business" tab. If you have requested money from Region IV, an expense report needs to be completed and returned to me within two weeks of the event. I'm open to any new ideas & suggestions on the form.

## For the Period January 1 – December 31, 2007

Income	\$12,097.76
Expenses	-\$15,979.17
<b>Balance as of December 31, 2007</b>	<b>-\$3881.41</b>

This negative income was planned by the assembly to reduce our operating account as Cyndy reported last fall.

## For the Period Ending February 15, 2008

Checking Account	\$5339.73
Convention Account	\$460.05
Prudent Reserve	\$7501.21
Group & Intergroup Contributions	\$1362.97
<b>Balance as of February 15, 2008</b>	<b>\$14,663.96</b>

Respectfully  
submitted,  
Laura M.

## 2007 Contributions to Region IV

Grand Totals	Jan 07	Feb 07	Mar 07	Apr 07	May 07	Jun 07	Jul 07	Aug 07	Sep 07	Oct 07	Nov 07	Dec 07	Total 07
Central Illinois IG 09482	0.00	10.00	89.93	0.00	3.17	0.00	0.00	0.00	0.00	0.00	0.00	0.00	103.10
Central Iowa IG 09183	321.92	60.00	120.00	30.00	156.20	60.00	20.00	169.60	0.00	0.00	0.00	0.00	937.72
Central Minnesota 09359	11.00	36.67	18.00	0.00	11.00	27.77	7.30	38.00	60.00	4.35	0.00	0.00	214.09
Decatur, IL Outreachers 09227	7.35	0.00	0.00	19.26	10.00	12.30	0.00	0.00	0.00	20.89	0.00	0.00	69.80
Greater Kansas City 09525	243.00	37.50	30.00	7.50	35.00	45.30	78.21	68.25	0.00	35.00	0.00	0.00	579.76
Greater Omaha IG 09075	0.00	0.00	0.00	598.04	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	598.04
Heart of Canada IG 09204	0.00	0.00	0.00	0.00	0.00	0.00	0.00	586.89	0.00	0.00	0.00	0.00	586.89
Iowa City/Cedar Rapids IG 09021	0.00	60.00	29.60	0.00	0.00	20.00	0.00	0.00	0.00	20.00	0.00	0.00	137.60
Northeast Iowa IG 09214	1.50	30.00	4.60	86.80	8.78	0.00	0.00	0.00	0.00	105.00	0.00	0.00	236.68
Northern Serenity IG 09422	25.00	30.00	0.00	25.00	0.00	0.00	15.00	0.00	0.00	51.00	0.00	0.00	146.00
Outstate IG 09430	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Red River Valley 09211	19.85	25.00	55.31	0.00	56.00	18.00	0.00	102.63	50.00	108.27	0.00	0.00	435.06
River City Area IG 09419	14.00	0.00	0.00	0.00	0.00	10.00	0.00	0.00	0.00	0.00	0.00	0.00	24.00
Southeast Iowa IG 09511	7.73	0.00	10.62	0.00	10.33	2.36	4.81	5.00	3.72	3.91	0.00	0.00	48.48
St. Louis Bi-State IG 09029	120.86	109.31	111.85	152.28	231.47	122.24	203.60	209.54	213.23	98.98	0.00	0.00	1,573.36
Sunflower IG 09276 - Other	50.00	15.58	0.00	10.00	40.00	0.00	20.60	30.90	0.00	0.00	0.00	0.00	167.08
09440 Tri-State	0.00	0.00	0.00	0.00	0.00	26.00	0.00	0.00	0.00	50.00	0.00	0.00	76.00
Unity IG 09589	449.70	148.00	335.30	482.57	223.77	390.03	75.31	107.71	247.00	954.70	0.00	0.00	3,414.09
NY 55011	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
OA Links of Lincoln 09135	0.00	356.94	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	356.94
Heart Of Illinois 09143	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mid-Continent 09153	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Quad City 09246	0.00	0.00	0.00	50.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	50.00
	2.20									20.00			22.20
<b>GRAND TOTALS</b>	<b>1,274.11</b>	<b>919.00</b>	<b>805.21</b>	<b>1,461.45</b>	<b>793.72</b>	<b>734.00</b>	<b>424.83</b>	<b>1,318.52</b>	<b>573.95</b>	<b>1,472.10</b>	<b>0.00</b>	<b>0.00</b>	<b>9,776.89</b>

Please visit [www.oaregion4.org/forms/GroupContributionForm.pdf](http://www.oaregion4.org/forms/GroupContributionForm.pdf) for the most recent contribution form.

# REGION IV MISSION STATEMENT

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

## YOU GET MORE WITH REGION IV!

IV Thought is a quarterly publication that is distributed in March, June, September, and December. And we want to hear from you! Email your stories, thoughts, and articles relating to recovery from compulsive eating to [admin@oaregion4.org](mailto:admin@oaregion4.org). Please be sure to put "IV Thought" in the subject line. IV Thought will make every effort to print all articles received but reserves the right to edit as necessary.

We're on the web! [www.oaregion4.org](http://www.oaregion4.org)

Region IV  
PO Box 1074  
Maryland Heights, MO 63043-1074  
Phone: 314-579-5041  
Email: [admin@oaregion4.org](mailto:admin@oaregion4.org)

## PLEASE HELP US KEEP IN TOUCH!

Please make sure to inform the Region about changes to group contacts and subscriber addresses to the newsletter – get in touch with us at [admin@oaregion4.org](mailto:admin@oaregion4.org).

In order to support the newsletter, it is suggested that group make an annual donation in the amount of an individual subscription (\$5) to Region IV to help defray newsletter publishing costs.

## SUBSCRIBE TO IV THOUGHT!

Electronic subscriptions are free – please email [admin@oaregion4.org](mailto:admin@oaregion4.org) and request that your email address be added to our newsletter distribution list. Please be sure to put "IV Thought" in the subject line.

### Subscribe to IV Thought by post!

**Name**

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**City, State, Zip**

Please make \$5 check payable to Region IV  
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