

Place
Stamp
Here

**Nothing so much insures
immunity from relapse
than intensive work with
other compulsive
overeaters.
(AA Big Book)**

*"Simply put "You can't keep 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 re-
covery. Also, some of my greatest
friends are people I have met as a
result of service and traveling to dif-
ferent regions and intergroups. "*

*—Anonymous
Omaha, NE*

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

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

Become a Region IV Speaker!

*"Speaking at events is one of the best
ways I know to 'solidify' my thoughts
about program. It forces me to com-
municate what's happening and chal-
lenges my willingness to share hon-
estly. It would be easy to let myself
hold back because of feelings of un-
worthiness, but every time I speak,
someone tells me I gave them some-
thing 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 happen-
ing, without trying to make it seem bet-
ter – or worse – than it is, and focusing
on the recovery at work in my life."*

*—Anonymous
Kansas City, MO*

**Region IV 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

E-mail: admin@oaregion4.org

Website: www.oaregion4.org

Are you willing to speak at events in Region IV?

Special Focus: (check all that apply)

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

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:

Name _____

Address _____

Phone _____

E-mail _____

Abstinence Date [MM/DD/YY] if possible

Time in Program [MM/DD/YY] if possible

What size group are you willing to speak to?

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