

# Spring 2014 Insert

**Saturday, April 5, 2014**

**Overeaters Anonymous Mid-Continent Group  
SHARATHON 2014  
“Relapse to Recovery”  
Region 4 Spring Assembly**

Wyndham Garden Hotel, 221 East Kellogg, Wichita, KS, 67202

For additional details go to:

<http://oawichita.org/2014/02/sharathon-2014-april-5/>

**Please join us for dinner and fellowship on Friday night at 6 pm** to kick off the Sharathon at the Flight Deck Dining Room, located inside the Wyndham Garden Hotel. Spouses/guests are welcome. More fellowship afterwards; details to follow.

**FRIDAY**

**Dinner:** Flight Deck Dining Room

**Board Meeting:** Conference Room 202

**SATURDAY**

**Sharathon:** Ballroom – **Region 4 Assembly:** Conference Room 202

**SATURDAY**

Check-in begins at 8:30 a.m. – Sharathon ends at 4:00 p.m.

To make hotel reservations call (316)-269-2090

Group name is REGION 4

Double or King room rate is \$75.00

Microwave & mini-fridge in each room

While breakfast is not provided,

onsite restaurant is available

Complimentary airport shuttle is provided

reservations can be made when booking room

For questions regarding hotel or Sharathon registration, please contact Jill C. at (316) 371-2045 or [chanceja@att.net](mailto:chanceja@att.net).

**June 20-22, 2014**

**Overeaters Anonymous Region 4 Convention  
“We are the Message”**

Crowne Plaza Bloomington

5401 Green Valley Drive

Bloomington, MN 55437

[www.cpmosp.com](http://www.cpmosp.com)

(952) 831-8000

Reference: Region 4

Please join us in this celebration of recovery at the Region 4 OA Convention in Bloomington, MN. Hear great recovery from Region 4 speakers throughout our eight-state, two-province and one-territory region.

Join us and share your  
experience,  
strength  
and hope  
with other OA members  
while strengthening your own commitment to recovery!

Whether you're new to the program or an old-timer, we invite you!

Questions for registration call:  
Marcia B. at (636) 812-2509

**NEW AO MEETING AT THE MAIN OFFICE**  
**TUESDAY AT 6:30 P.M.**

Aileen has started a **new meeting** on Tuesday at the main office at 6:30 p.m., except on the 2<sup>nd</sup> Tuesday of the month (monthly service board meeting).

It is a meeting **on Relapse and the 12 Steps**, and you will need the following books:

- “The Twelve Steps and Twelve Traditions of Overeaters Anonymous,” Overeaters Anonymous, Second Edition (OAI),
- “Overeaters Anonymous daily meditation book For Today”
- OA pamphlets: “The Tools of Recovery,” “A Plan of Eating and Dignity of Choice”

The meeting is an open meeting, and all are welcome wherever you are in recovery

**September 13, 2014**  
**Kansas Day**

**“A POWER GREATER THAN ME”**  
**\*\*Spiritual Recovery in OA\*\***

*Stay tuned as details will be forthcoming as we get closer to the date of the event!*

Contact Person: John Constant at (816) 520-7165

Jan	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Feb	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28			
Mar	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Apr	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
May	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Jun	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Jul	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Aug	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Sep	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Oct	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Nov	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Dec	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31