



## Region 5 Newsletter Submission Request



### **Our Region 5 Newsletter needs original article submissions.**

Please consider having a brief writing time at your next Intergroup function and request attendees submit their writing.

Some ways to do this would be

- in a virtual convention
- a retreat
- a meeting

Asking attendee to type their thoughts, quickly review them for content and immediately email them in a Word or editable document to the media committee: [media@region5oa.org](mailto:media@region5oa.org).

Submissions should be recovery related and will be reviewed to be sure they do not break OA traditions.

Writers should include their contact information but may elect to be published anonymously.

Some writing ideas or prompts might be:

Favorite speaker podcasts and why  
Favorite Lifeline story and why  
Interviews with Region Officers  
Book reviews or comments on  
    Beyond Our Wildest Dreams  
Write ups on why I like certain meetings  
Letters of gratitude to HP, Sponsor, Family  
    members, friends

Daily OA routines  
What's on my mind today  
How to make a God box or selfcare jar  
Quotes from OA members  
Event recaps  
HP Want Ads  
OA Slogans

Thank You!  
Media Committee of OA Region 5