FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

10b5-1(c). See	Instruction 10.			
Name and Address of Reporting Person* Day Christopher Haviland			2. Issuer Name and Ticker or Trading Symbol Orion Office REIT Inc. [ONL]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner
C/O ORION OFFICE REIT INC.		(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 04/17/2023	X Officer (give title Other (specify below) See Remarks.
C/O ORION O	OFFICE REIT INC	<i>2.</i>		See Kemarks.
2398 E. CAMELBACK ROAD, SUITE 1060		SUITE 1060	4. If Amendment, Date of Original Filed (Month/Day/Year)	Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person
(Street)				Form filed by More than One Reporting Person
PHOENIX	AZ	85016		
(City)	(State)	(Zip)		

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transac Code (Ir 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)		5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership	
			Code	v	Amount			Transaction(s) (Instr. 3 and 4)		(Instr. 4)
Common Stock	04/17/2023		L		56.162(1)	A	\$6.328	41,043.162	D	
Common Stock	07/17/2023		L		83.239(1)	A	\$6.74	41,126.401	D	
Common Stock	10/16/2023		L		114.932(1)	A	\$4.954	41,241.333	D	
Common Stock	11/15/2023		F		190(2)	D	\$5.25(3)	41,051.333	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security		3A. Deemed Execution Date, if any (Month/Day/Year)	Transaction Code (Instr. 8)		Derivative		Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported	Ownership Form: Direct (D)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		Transaction(s) (Instr. 4)		

Explanation of Responses:

- 1. Pertains to de minimus dividend reinvestment transactions.
- 2. Reflects the product of the applicable withholding rate and the 720 shares of common stock that vested pursuant to the terms of the Reporting Person's restricted stock unit award agreement.
- 3. Reflects the closing sale price of the Issuer's common stock as reported on the New York Stock Exchange on November 15, 2023.

Remarks:

Executive Vice President, Chief Operating Officer

/s/ Justin A. Shuler, by power of attorney 11/17/2023

** Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- * If the form is filed by more than one reporting person, see Instruction 4 (b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.