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| **OA Glossary** | |
| **Translate a glossary of OA’s program words**. It is helpful to start by compiling a list of program terms in the local language, for example: “Higher Power,” “abstinence,” “plan of eating,” “food plan,” “sponsor,” “surrender,” “one day at a time,” “relapse,” and “program.” A list has been compiled in English to assist you; find the *OA Glossary* at oa.org/document-library under “Translation.” These words and terms appear often in OA literature and need to be translated the same each time they appear. If possible, compile the translated glossary with your translation committee or group members so your translator or translation professional or service can begin with a consensus. It can be useful to prepare notes on difficult words and perhaps create a list of idiomatic English phrases. Explain that it is important to translate every word in its proper context.  –*Guidelines for Translation of OA Literature and Materials,* p. 2 | |
| This list has been developed to assist the compilation of a translated glossary but is by no means exhaustive. It will be reviewed periodically. If you have suggestions for  additions, please contact the OA International Publications and Translations Committee. (September 2016, November 2017) | |
| **ENGLISH TERM TRANSLATION** | |
| **A** | |
| AA |  |
| \*\* abbreviation for Alcoholics Anonymous |  |
| Abstinence and Recovery |  |
| \*\* Abstinence: The action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program. |  |
| Abstinent, practicing abstinence |  |
| \*\* abstinent member |  |
| Accept |  |
| \*\* e.g., “God, grant me the serenity to accept the things I cannot change…” |  |
| Acceptance |  |
| Act on our feelings, to |  |
| Action |  |
| Action plan |  |
| \*\* One of the Tools of Recovery. The process of identifying and implementing attainable  actions, both daily and long-term, that are necessary to support our individual abstinence and spiritual, emotional, and physical recovery |  |
| Ad Hoc Committee |  |
| Admit |  |
| \*\* e.g., I finally had to admit that I was scared. |  |
| Adversely affect, to |  |
| Affect other groups, to |  |
| Affected |  |
| \*\* e.g., the good of OA as a whole may be affected by… |  |
| Affiliated |  |
| \*\* Some OA groups can be affiliated with an intergroup, a national service board, a language service board, and a region. |  |
| Agenda |  |
| Alternate |  |
| Amendment |  |
| Anger |  |
| Angry |  |

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| Anonymity |  |
| Anorexia |  |
| Archives |  |
| Ask-It Basket |  |
| \*\* questions by OA members answered by members of the Board of Trustees |  |
| Assembly |  |
| \*\* In most regions, a gathering that takes place once or twice a year, over two days, that covers the business part of carrying the message within that region. Representatives from service bodies within that region are asked to attend on their service bodies‘ behalf. Some national service boards and language service boards have assemblies, typically taking  place once a year. |  |
| *A Step Ahead* |  |
| \*\* News page managed by the World Service Office on the OA website (oa.org) |  |
| Attendees |  |
| Attitude |  |
| **B** | |
| Baffling |  |
| Been admitted |  |
| \*\* e.g., having been admitted to the hospital |  |
| *Beyond Our Wildest Dreams* |  |
| \*\* OA history book, written by OA founder, Rozanne S. |  |
| Big Book |  |
| \*\* *Alcoholics Anonymous,* 4th ed., book |  |
| Binge |  |
| \*\* to binge |  |
| Birthday |  |
| Blessings |  |
| Board |  |
| \*\* board member |  |
| \*\* service board |  |
| \*\* specific-focus service board (SFSB) |  |
| \*\* national service board (NSB) |  |
| \*\* language service board (LSB) |  |
| Board-approved Literature |  |
| \*\* OA literature that has originated from a board or Conference committee and is not intended for the Fellowship as a whole, or literature that has been compiled from existing  Conference approved literature or *Lifeline* |  |
| Board committee(s) |  |
| \*\* permanent or special (ad hoc) committee(s) of the board at the world service level formed  for a special purpose or project |  |
| Board meeting |  |
| \*\* Meeting of the members of the Board of Trustees (BOT). The BOT meets up to four times per year, usually in Albuquerque, New Mexico USA. The OA, Inc. board is composed of seventeen trustees. All positions are elected by the WSBC. |  |
| Board of Trustees (BOT) |  |
| BOT |  |
| \*\* abbreviation for Board of Trustees |  |

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| Bound to |  |
| Bulimia |  |
| Business |  |
| \*\* e.g., business meetings; sometimes known as group conscience |  |
| Business Conference Policy Manual |  |
| \*\* List of ongoing policies adopted at Conferences. Also known as the Summary of  Continuing Effect Motions |  |
| Bylaws |  |
| \*\* Subpart A is the governing document of the corporate organization for Overeaters  Anonymous, Inc. |  |
| \*\* Subpart B is the governing document setting out the identity, rights, and privileges of  members of Overeaters Anonymous with respect to the corporation. |  |
| **C** | |
| Call in my food |  |
| Came to understand |  |
| Care for, to |  |
| Carry out the wishes, to |  |
| Chair |  |
| Chairperson |  |
| Challenges |  |
| Change |  |
| Charge |  |
| Charge, Higher Power is in |  |
| Co-founder |  |
| Collective conscience |  |
| Commit |  |
| Commitment |  |
| Committee |  |
| Committee chair |  |
| Compassion |  |
| Compulsion |  |
| Compulsive eater |  |
| \*\* e.g., “My name is ... and I am a compulsive eater.” OA members introduce themselves as compulsive eaters or compulsive overeaters. Sometimes they add that they are anorexic,  bulimic, or a compulsive exerciser. |  |
| Compulsive eating |  |
| Compulsive overeater |  |
| \*\* e.g., “My name is ... and I am a compulsive overeater.” OA members introduce themselves as compulsive eaters or compulsive overeaters. Sometimes they add that they are anorexic, bulimic, or a compulsive exerciser. |  |
| Concepts (the Twelve Concepts of OA Service) |  |
| \*\* the Concepts guiding all OA members in their service to the organization |  |
| Condition, medical |  |
| Conference |  |
| \*\* the assembly of the World Service Business Conference |  |

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| Conference-approved Literature |  |
| \*\* OA literature that has been approved by Conference and granted the Conference Seal  of Approval |  |
| Conference committees |  |
| \*\* Standing or special committees of the Conference at the world service level formed for a specific purpose or project. Conference committees are made up of Conference delegates  and are cochaired by a delegate cochair and a trustee cochair. |  |
| Conference Support Committee (CSC) |  |
| \*\* experienced OA members who assist with logistics at Conference |  |
| Confidence |  |
| Conscience |  |
| Convention |  |
| \*\* World Service Convention. Event held to promote recovery and fellowship for OA  members around the world |  |
| Cope with, to |  |
| Courage |  |
| \*\* e.g. “God, grant me ... courage to change the things I can ...” |  |
| *Courier, Professional Community* |  |
| \*\* OA publication for the professional community with OA news, information, and stories of recovery written by health care professionals. Available at oa.org. |  |
| Crave |  |
| Craving |  |
| Cultivate willingness and open-mindedness, to |  |
| Cunning |  |
| Cure |  |
| **D** | |
| Debatable motion |  |
| Delegate |  |
| \*\* The person elected at the intergroup or service body level to represent that intergroup, national service board, specific-focus service board, or language service board at World Service Business Conference. Regional chairs and trustees also serve as Conference delegates. |  |
| Delusion |  |
| Denial |  |
| Designated downloader and translator |  |
| \*\* person assigned to print and/or translate documents that appear on the oa.org website |  |
| Dictate, the type of event will |  |
| Difference, it has made a |  |
| Directions, to follow |  |
| Disease |  |
| \*\* e.g., Compulsive eating is a threefold disease: spiritual, emotional, physical. |  |
| Diversity |  |
| Divine intervention |  |
| Dump at meetings, to |  |
| \*\* complain or talk negatively |  |
| Dump problems, to |  |

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| **E** | |
| Easy does it |  |
| Eating disorder |  |
| Eating patterns |  |
| Eating plan |  |
| EC |  |
| \*\* abbreviation for Executive Committee |  |
| Emotion |  |
| Emotional |  |
| \*\* e.g., emotional healing |  |
| \*\* e.g., emotional recovery |  |
| Events |  |
| Excellence |  |
| Exciting |  |
| Executive Committee (EC) |  |
| \*\* A subset of the Board of Trustees with the duty of overseeing the World Service Office. The Executive Committee meets in person or by conference call each month. |  |
| Experience, to |  |
| **F** | |
| Faced by, to be |  |
| Faith |  |
| Fear |  |
| Feature |  |
| Feedback |  |
| Feeling |  |
| \*\* e.g., feeling bad about myself |  |
| \*\* e.g., feeling good about myself |  |
| Fellow |  |
| \*\* the member of Overeaters Anonymous worldwide |  |
| Fellowship |  |
| \*\* the membership of Overeaters Anonymous worldwide |  |
| Figure out |  |
| Final Conference Report |  |
| \*\*Report of the actions taken at the annual World Service Business Conference (WSBC or Conference). This report contains minutes of the business meetings, summaries of the workshop presentations, reports of the Conference committees, the revised Conference Policy Manual, and addresses of the delegates, region chairs, and trustees. (The personal  data of the delegates are not included in the website version of the Report.) |  |
| Find fault, to |  |
| First things first |  |
| \*\* to give priority to the most important things |  |
| Fiscal year |  |
| \*\* The fiscal year for Overeaters Anonymous, Inc. is January 1 to December 31. |  |
| Fix me, to |  |

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| *Focus on Anorexia and Bulimia* |  |
| \*\* packet with OA pamphlets and selection of stories by OA members on the topics of  anorexia and bulimia |  |
| Fold |  |
| \*\* e.g., threefold disease |  |
| Follow-through |  |
| Food plan |  |
| Foot |  |
| \*\* A foot is a unit of length. (pl. feet; abbreviation: ft.) |  |
| \*\* 1 foot = 0.3048 meters |  |
| Footwork |  |
| \*\* detailed actions |  |
| Forget |  |
| Forgive |  |
| Forgiveness |  |
| *For Today* |  |
| \*\* OA book with 366 entries on recovery, one for each day of the year |  |
| Forum |  |
| \*\* e.g., to provide a forum for sharing |  |
| Foundation |  |
| Founder |  |
| \*\* e.g., the founder of Overeaters Anonymous, Rozanne S. |  |
| Functions |  |
| **G** | |
| Gave up on me, they |  |
| General Service Trustee (GST) |  |
| \*\* GSTs are elected at-large from the OA membership. GSTs are part of the BOT and serve  as the Executive Committee. |  |
| Get off track |  |
| \*\* get off the subject |  |
| Gifts |  |
| God |  |
| \*\* e.g., God is in charge. |  |
| Gratitude |  |
| Gratitude list |  |
| Grip |  |
| Group |  |
| \*\* Also known as a meeting group. These points define an OA group:   1. 1) As a group, they meet to practice the Twelve Steps and Twelve Traditions of OA guided by the Twelve Concepts of OA Service. 2. 2) All who have the desire to stop eating compulsively are welcome in the group. 3. 3) No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting). 4. 4) As a group they have no affiliation other than OA.   5) It has affiliated as an OA group by registering with the WSO. |  |

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| \*\* Composition of a group: A group may be formed by two or more persons meeting together, as set forth in Bylaws B, Article V, section 1, either:  (i) in the same physical location (face-to-face);  (ii) through some form of electronic device (virtually); or  (iii) both. |  |
| \*\* Virtual groups. See Bylaws B, Article V, section 1. |  |
| Guidance |  |
| Guidelines |  |
| Gut level |  |
| \*\* to have an opinion not necessarily based on facts |  |
| Gut-level understanding |  |
| **H** | |
| HALT (Hungry, Angry, Lonely, Tired) |  |
| Handbook |  |
| Hang-ups, old |  |
| Hard |  |
| \*\* e.g., to work hard |  |
| Heal |  |
| Healing |  |
| Healing power |  |
| Healthy body weight |  |
| Higher Power (HP) |  |
| Hold on |  |
| Hope |  |
| Honesty |  |
| ΗΟW (Honesty, Openness, Willingness) |  |
| \*\* HOW is the acronym for OA groups that have a slightly more structured method of  practicing the OA program. |  |
| Human strengths |  |
| Humble |  |
| Humility |  |
| **I** | |
| IDEA (International Day Experiencing Abstinence) |  |
| \*\* One of the OA international days. IDEA takes place on the third full weekend (Friday included) in November every year when members celebrate abstinence around the world. |  |
| IG |  |
| \*\* abbreviation for intergroup |  |
| Illogical |  |
| Illusion |  |
| Impulsive |  |
| Inappropriate |  |
| \*\* e.g., with regard to eating or food behaviors |  |
| Incident |  |
| Insanity |  |
| Inside job |  |

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| Instinct |  |
| Integrity |  |
| Intergroup (IG) |  |
| \*\* The service body that supports local area groups. The intergroup is made up of representatives from each group it serves and is managed by a board of officers. Intergroups generally provide published local meeting lists, answer service calls from newcomers, and can at times develop locally produced OA literature (e.g., for public  information purposes). |  |
| Intergroup representative (IR) |  |
| \*\* group member who is selected to represent a group at intergroup meetings |  |
| Intuition |  |
| Inventory |  |
| Isolation |  |
| **J** | |
| Job |  |
| \*\* e.g., my job is to … |  |
| Judgments |  |
| Junk food |  |
| \*\* foods that are generally considered unhealthy |  |
| Just for today |  |
| **K** | |
| Keep an open mind, to |  |
| Keep it |  |
| \*\* e.g., To keep it, you have to give it away. |  |
| Keep it simple. |  |
| **L** | |
| Lead a meeting |  |
| Leader |  |
| Let go |  |
| \*\* e.g., Let go and let God. |  |
| *Lifeline* |  |
| \*\* OA‘s international magazine of recovery, now discontinued in print but recently relaunched as a blog at oa.org/lifeline. *Lifeline* publishes stories of recovery written and submitted by OA members. |  |
| Licked |  |
| \*\* defeated |  |
| Lifted |  |
| \*\* e.g., Our obsession is lifted. |  |
| Lip service |  |
| \*\* insincere |  |
| Lone |  |
| \*\* OA member in a place without meetings |  |
| Loneliness |  |
| Longtime member |  |

|  |  |
| --- | --- |
| Longtimer |  |
| Loop |  |
| Love |  |
| \*\* Ninth Step principle |  |
| LSB |  |
| \*\* abbreviation for language service board |  |
| \*\* service body that provides services to intergroups and/or groups with a common  language in an area outside the US and Canada |  |
| **M** | |
| Make a difference |  |
| Make sure, to |  |
| Malady |  |
| Managing director |  |
| \*\* Chief operating officer of the OA organization. The managing director manages day-to-  day operations of the World Service Office, assists the Board of Trustees, and serves as the corporate secretary of Overeaters Anonymous, Inc. |  |
| Manual |  |
| Meditation |  |
| Meeting(s) |  |
| \*\* Two or more people who have the desire to stop eating compulsively and who meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous. Also known as a group or meeting group. These points define an OA group:  1) As a group, they meet to practice the Twelve Steps and Twelve Traditions of OA guided by the Twelve Concepts of OA Service.  2) 2) All who have the desire to stop eating compulsively are welcome in the group.  3) No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting).  4) As a group they have no affiliation other than OA.  5) It has affiliated as an OA group by registering with the WSO. |  |
| Meeting format |  |
| Meeting types |  |
| Mental disease, illness |  |
| Mental health |  |
| Miles |  |
| Minutes |  |
| Miracle |  |
| \*\* e.g., Miracles never cease. |  |
| \*\* e.g., Don’t quit before the miracle happens. |  |
| Mistake |  |
| \*\* e.g., I make a mistake. |  |
| \*\* e.g., Something is wrong. |  |
| \*\* e.g., I am wrong. |  |
| Moody |  |
| Morbid obesity |  |
| \*\* life-threatening obesity |  |

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| **N** | |
| NSB |  |
| \*\* abbreviation for national service board |  |
| \*\* service body that provides services to intergroups and/or groups within a country area  outside the US and Canada |  |
| Newcomer |  |
| Nibbling |  |
| No matter what |  |
| **O** | |
| OA Birthday |  |
| \*\* One of the OA international days. Rozanne S. founded OA on January 19, 1960. The OA Birthday is celebrated worldwide on the third full weekend (Friday included) in January every year. |  |
| OA as a whole |  |
| OA worldwide |  |
| Obsession |  |
| Office |  |
| \*\* e.g., World Service Office (WSO) |  |
| Officer(s) |  |
| \*\* volunteer(s) elected or designated to give service in OA service bodies |  |
| Ok; okay |  |
| \*\* e.g., it’s ok to … |  |
| One day at a time |  |
| One-on-one |  |
| Our obsession is lifted. |  |
| Outburst |  |
| Overcome |  |
| Overeaters Anonymous, Inc. |  |
| \*\* The formal structure of the corporate organization subject to the laws of the state of New  Mexico USA |  |
| \*\*OA, Inc. is made up of the Board of Trustees; the World Service Office; and, for the week that it is in session, the World Service Business Conference. |  |
| Overwhelm |  |
| **P** |  |
| Patterns |  |
| Peace of mind |  |
| Perseverance |  |
| Physical recovery |  |
| PI |  |
| \*\* abbreviation for Public Information |  |
| \*\* a Conference committee with the purpose to coordinate efforts to provide information  about OA to the public |  |
| Pitch |  |

|  |  |
| --- | --- |
| \*\*A brief talk in which members may qualify and describe what they were like before OA, what happened, and what they are like now, as well as how long they have been in OA.  Pitches may also address a specific topic chosen by a group‘s leader. |  |
| Plan of eating, a |  |
| \*\* As one of the Tools of Recovery, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where, and why we eat. As personal directions for an OA member, a plan of eating is part of the action plan  and is more than a food plan, which OA does not endorse. |  |
| Policy |  |
| Pound(s) |  |
| \*\* The pound or pound-mass is a unit of mass / weight. Abbreviations: lb or lb. |  |
| \*\* 1 pound = 0.45359237 kilograms |  |
| Power |  |
| Powerful |  |
| Pre-registrations |  |
| Pride |  |
| Primary purpose |  |
| \*\* as stated in the OA Promise: “To abstain from compulsive eating and compulsive food  behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.” |  |
| Principles |  |
| Psychotherapy |  |
| Purge, to |  |
| Purging |  |
| \*\* vomiting, using laxatives, or overexercising |  |
| Purpose |  |
| Put down the fork |  |
| Put the food down |  |
| **Q** | |
| Qualify |  |
| \*\* the act of telling a group the length of time the speaker is recovering in the Fellowship and of the inner and outer changes experienced as a result of abstaining and working the  Twelve Step program of recovery |  |
| **R** |  |
| Rationalization |  |
| Reach out for |  |
| \*\* e.g., Reach out for help. |  |
| \*\* e.g., reach (-ing) out to others |  |
| Reading |  |
| \*\* as one of the Tools of Recovery |  |
| Realize, to |  |
| Recovery |  |
| \*\* Spiritual, emotional, and physical recovery is achieved through living and working the Overeaters Anonymous Twelve Step program. |  |
| \*\* become well |  |
| \*\* regain control of |  |
| Refrain, to |  |
| Region(s) |  |
| \*\* ten areas of the physical world plus the virtual world, as defined in the OA Bylaws |  |
| Region assembly |  |
| \*\* The business meeting of each region. Intergroups or service boards send  representatives to regional assemblies to enact business, elect region officers, and nominate candidates for region trustee. |  |
| Region Chairs Committee (RCC) |  |
| Region representative (RR) |  |
| \*\* an intergroup representative who represents the intergroup at regional assemblies |  |
| Registrations at the door |  |
| Relapse |  |
| Representative |  |
| \*\* OA member designated for representing a service body in their region |  |
| Resentment |  |
| Restore |  |
| \*\* e.g., restore us to … |  |
| Retreat |  |
| Rewarding |  |
| Right |  |
| Rotation |  |
| Rotation in service positions |  |
| Rozanne S. |  |
| \*\* OA founder |  |
| **S** |  |
| Sane |  |
| Sanity |  |
| Schedules |  |
| See to it that |  |
| Self-awareness |  |
| Self-consciousness |  |
| Self-control |  |
| Self-denial |  |
| Self-indulgence |  |
| Self-righteous |  |
| Self-will |  |
| Selfish |  |
| Serenity Prayer |  |
| Service |  |
| Service body (-ies) |  |
| Seventh Tradition |  |
| \*\* contribution to OA, in either money or service |  |
| SFSB |  |
| \*\* abbreviation for specific-focus service body |  |
| \*\* composed of two or more groups or intergroups to serve the common needs of groups and intergroups with the same specific focus, regardless of geographic proximity |  |
| Share, to |  |
| Sharing |  |
| Sick |  |
| Sickness |  |
| Slide |  |
| Slip |  |
| \*\* e.g., I slipped |  |
| \*\* e.g., slip and slide |  |
| Solidarity |  |
| Spread (-ing) the message, the word |  |
| Spiritual |  |
| \*\* e.g., spiritual and sane life |  |
| \*\* e.g., spiritual awakening |  |
| \*\* e.g., spiritual recovery |  |
| \*\* e.g., spiritual sustenance |  |
| Spiritually fit |  |
| Sponsee |  |
| Sponsor |  |
| Sponsorship |  |
| Sponsorship Day |  |
| \*\* One of the OA international days. Celebrated on the third full weekend (Friday included) of August worldwide every year. A day for celebrating sponsorship in our Fellowship. |  |
| Staff members |  |
| \*\* e.g., staff members at the World Service Office |  |
| Stand up and be counted |  |
| Standard |  |
| Steering Committee |  |
| Steps (the Twelve Steps) |  |
| \*\* the Twelve Steps of recovery from compulsive overeating, adapted with permission from  the Twelve Steps of Alcoholics Anonymous |  |
| Stick to the *Twelve and Twelve*, to |  |
| \*\* the *Twelve and Twelve* is the book *The Twelve Steps and Twelve Traditions of Overeaters*  *Anonymous, Second Edition* |  |
| Still, small voice |  |
| \*\* thought in a member’s head that may have come from their Higher Power |  |
| Strength |  |
| Success |  |
| \*\* Successful |  |
| \*\* Successfully, to live |  |
| Surrender |  |
| \*\* e.g., surrender the food |  |
| \*\* e.g., surrender, daily |  |
| **T** |  |
| Teachable, to become |  |
| Thankfulness |  |
| Therapy |  |
| Therapist |  |

|  |  |
| --- | --- |
| Threefold disease |  |
| Times of stress |  |
| Tools of Recovery |  |
| \*\* Nine Tools to use in order to work the Steps and live in recovery: a plan of eating,  sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service |  |
| Traditions (The Twelve Traditions) |  |
| \*\* the principal ideas behind the Overeaters Anonymous program of recovery, adapted with  permission from the Twelve Traditions of Alcoholics Anonymous |  |
| Treatment |  |
| \*\* medical treatment |  |
| Trials, life‘s |  |
| Trigger food(s) |  |
| Trouble, a member in |  |
| Trust |  |
| Trusted servants |  |
| Trustee |  |
| Trustee liaisons to the regions |  |
| \*\* the members of the Board of Trustees who serve as liaisons between OA’s geographic areas, virtual community, and world service. |  |
| Turn over one’s will |  |
| *Twelve and Twelve* |  |
| \*\* book, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second*  *Edition* |  |
| \*\* also, OA *12 & 12* |  |
| Twelve Steps |  |
| \*\* the Steps of recovery from compulsive overeating, adapted with permission from the  Twelve Steps of Alcoholics Anonymous |  |
| Twelfth Step Within |  |
| \*\* A Conference committee whose purpose is to support the recovery of OA members |  |
| Twelfth Step Within Day |  |
| \*\* One of the OA international days. Celebrated on December 12 worldwide every year. A  day for thinking of those who still suffer, whether in the rooms of OA or not. |  |
| Twelfth Step Work |  |
| \*\* to practice the Twelfth Step or, more specifically, to carry the OA message of recovery to  other compulsive overeaters |  |
| Twelve Traditions |  |
| \*\* the principal ideas behind the Overeaters Anonymous program of recovery, adapted with  permission from the Twelve Traditions of Alcoholics Anonymous |  |
| **U** |  |
| Unaffiliated registered group |  |
| \*\* A group that has not associated itself with a specific intergroup or national service board |  |
| Underlying |  |
| \*\* e.g., the Principles underlying the Steps |  |
| Understanding |  |
| Unity |  |
| \*\* First Tradition Principle |  |

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| Unity Day |  |
| \*\* One of the OA international days. It occurs the last Saturday in February in even years and the last Sunday in February in odd years at 11:30 a.m. local time. Unity Day was established to reaffirm the love and understanding shared by members in our Fellowship. |  |
| Unity with Diversity Committee |  |
| \*\* Committee whose purpose is to recognize the significance that diversity plays in OA’s ability to carry the message of recovery effectively. This committee encourages acceptance  and inclusivity in our language and actions, while growing worldwide unity. |  |
| \*\* See the “Unity with Diversity” Policy on oa.org, which encourages us to have love and  tolerance for all members, no matter our differences. |  |
| Upset, to |  |
| **V** | |
| Virtual groups |  |
| \*\* groups that replicate face-to-face meetings through digital media |  |
| *Voices of Recovery* |  |
| \*\* OA book with 365 entries on recovery (one for each day of the year) |  |
| *Voices of Recovery Workbook* |  |
| Volunteer |  |
| VSB |  |
| \*\* abbreviation for a virtual services board (for online and telephone meetings) |  |
| **W** | |
| Weather |  |
| Weight |  |
| White-knuckle abstinence |  |
| \*\* abstinence that we fight to keep instead of relaxing |  |
| Will |  |
| Willing |  |
| \*\* e.g., willing to give, being |  |
| \*\* e.g., willing to go to any length in order to recover |  |
| \*\* e.g., I have been willing to recover. |  |
| Willingness |  |
| \*\* e.g., Willingness to give up food |  |
| \*\* e.g., Willingness to surrender |  |
| \*\* e.g., I asked for the willingness. |  |
| Wisdom |  |
| Withdrawal |  |
| Work at the Steps, to |  |
| Workshop |  |
| World Service Business Conference (WSBC) |  |
| \*\* Annual business Conference of Overeaters Anonymous, Inc. This weeklong meeting is held to elect trustees, amend Bylaws, adopt new business policies, and provide information  to delegates through presentations and workshops. |  |

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| World Service Office (WSO) |  |
| \*\* Administrative headquarters for Overeaters Anonymous in Rio Rancho, New Mexico USA. Staffed by professionals who conduct day-to-day business operations of OA, the WSO registers OA groups worldwide, develops OA literature, and sells and ships OA books and materials. |  |
| Worthless |  |
| Worthlessness |  |
| WSBC |  |
| \*\* abbreviation for World Service Business Conference; also known as Conference |  |
| WSC |  |
| \*\* abbreviation for World Service Convention; also known as Convention |  |
| WSO |  |
| \*\* abbreviation for World Service Office |  |
| Writing |  |
| \*\* as one of the nine Tools |  |
| Wrong |  |
| **Y** | |
| Yearning |  |
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