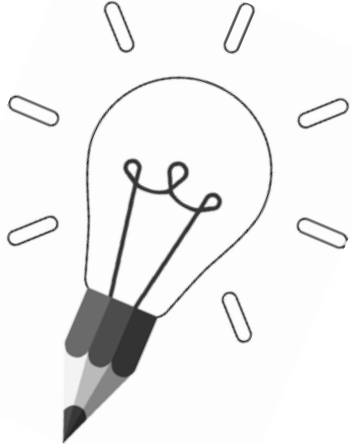


Здравейте • 你好 • Hej • Tere • Bonjour • שָׂלוֹם • こんにちは • Sveiki • नमस्कार • Olá • Здраво • Hola • வணக்கம் • Merhaba • xin chào • ارحم • zdravo • Kamusta • Halo • Halo • 여보세요 • Hello • Salut • Ahoy • Hallå • హలో • Здраво • سلام • ارحم • אהלים • Caranam • Caranamais Ge • Dia dhuit • Hello • aloha • హలో • Hoi • Kumusta • Kaixo • Ur •

# IN YOUR LANGUAGE, What is the Best Translation for “Abstinence,” “Recovery,” and “Higher Power”?



**If You Know the Answers, We Need Your Service.  
Become a Glossary Volunteer!**

Compulsive eaters worldwide are struggling to access our Overeaters Anonymous program because of language barriers. Can you help them?

- Are you an active member of Overeaters Anonymous?
- Is English a second (or third) language for you?
- Are you willing to give service beyond the group level?

The OA Glossary is a compilation of hundreds of the most common English words and phrases used in our OA meetings and literature. These words, such as *abstinence*, *recovery*, *sponsor*, *plan of eating*, *food plan*, *Higher Power*, and *World Service Business Conference*, often have a special meaning in OA. As an OA Glossary Volunteer, you can consider the special meaning of each English word and phrase and suggest the best translation for your language.

Being a Glossary Volunteer is a great opportunity for service and recovery! Your service can accelerate the translation of all OA literature into your language and help carry the message of Overeaters Anonymous worldwide!

To become a Glossary Volunteer, contact your local or national language translation committee or your region chair or trustee and ask to join a translation or validation team. It is also helpful to read *Guidelines for Translation of OA Literature and Materials* found at [oa.org/document-library](http://oa.org/document-library) under category “Translation.”

