



A Publication of:  
Overeaters Anonymous, Inc.  
PO Box 44727  
Rio Rancho, NM 87174-4727  
USA  
Phone: 1-505-891-2664  
Fax: 1-505-891-4320  
Email: info@oa.org  
Website: oa.org

# A Step Ahead

First Quarter 2021 Volume 25, Number 1

**INSIDE**

*Literature Translations Are Gaining Momentum*

*Historic Rozanne S. Recordings Now Online*

*OA Event Days: OA Birthday and Unity Day*

*New Service Bodies*

*WSBC Important Dates*

*Message from Our Chair*

*Message from Our Treasurer*

*Professional Exhibits Fund*

*WSO PO Box Reminder*

*What's New from WSO*

*Ask-It Basket*

## **WSBC 2021: Amendments and Motions for Your Consideration**

World Service Business Conference 2021 will be held April 21–24 at Embassy Suites Albuquerque Hotel and Spa. This year's theme is "Looking to the Future: One Day at a Time," which is always appropriate in recovery and particularly so as we push through the uncertain times the Fellowship has experienced over the past year.



### *Information for Delegates*

WSBC will again offer the workshop, "All about Conference," which will include a primer on parliamentary procedure, and we will host "Meet the Maker" on Wednesday, April 21, where delegates can discuss and ask questions about New Business Motions and Bylaws Amendments with the makers of those Motions.

At this time, Conference is scheduled as a face-to-face event. The Conference Planning Committee is looking into a hybrid or possibly a fully virtual event if pandemic restrictions are still in place. As we like to say, "more will be revealed."

### *New Business Motions and Bylaws Amendments*

The Second Conference e-Documents were posted to the WSBC web page on January 11 and include delegate registration forms, general information, and the Agenda Questionnaire, plus the New Business Motions and Bylaws Amendments that were submitted by the December 10 postmarked deadline. The Agenda Questionnaire is available as a downloadable PDF, or service bodies can use the interactive survey link available on the WSBC web page.

Proposed Motions and Amendments aim to:

- Amend the Statement on Abstinence and Recovery policy to revert back to the 2018 policy.
- Amend the Statement on Abstinence and Recovery policy to allow revisions to occur in years that end in zero.
- Amend the Statement on Abstinence and Recovery policy to revise the recovery statement.
- Amend the OA events policy to define event weekends.
- Amend the OA Preamble to include "compulsive food behaviors."
- Create a diverse voices policy when developing new and updating literature.
- Change the name of the Young Persons' Committee to the Young Peoples' Committee.
- Amend the Unity with Diversity policy in simpler terms.
- Amend the hybrid meetings policy to include a more detailed definition.
- Create special focus service boards.

*(WSBC 2020 continued on p. 3)*

**Attention Intergroups and Service Boards:**  
Please inform the WSO whenever you have meeting changes to your directory by going to Edit a Meeting at oa.org.

**Attention Group Secretaries:**  
Please make copies of this newsletter to share with your group members.

**DATEMINDER**  
**January 16–17, 2021**  
**OA Birthday**  
  
**February 28, 2021**  
**11:30 a.m. local time**  
**Unity Day**

## **Let's Set an Intention for a Face-to-Face Convention**

Make a plan to join OA members from around the world in sunny Orlando, Florida USA for the 2021 World Service Convention as we celebrate recovery while "Walking in the Sunlight: One Day at a Time!" Together, we will enjoy fun and fellowship at the Renaissance Orlando at SeaWorld®, August 26–28, 2021. Keep an eye on the World Service Convention web page for upcoming announcements about registration, hotel lodging, and a schedule of events.

In the meantime, you can Join the Convention email list by including your name and email address in an email to conventioninfo@oa.org. And share the Convention spirit with the official Convention bookmark. Downloadable from the Convention web page, there are two versions so you can have them professionally printed or print them at home.



# Polyglot Juggernaut! Literature Translations Are Gaining Momentum

## *Our Twelve and Twelve in Every Language*

For 2021, the International Publications and Translations Committee has set its sights on accelerating translations of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition* and *The Twelve Step Workbook of Overeaters Anonymous, Second Edition*. The committee recognizes that the *Twelve and Twelve* and the *Workbook* are of vital importance to OA groups worldwide wishing to work the program and carry the message in their respective languages.

The committee will provide funds to intergroups, national and language service boards, and smaller groups of members who are interested in translating the *Twelve and*



*Twelve and Workbook*. Funds are also available to help update existing translations of the first editions of the book and workbook. For more information about funding, contact your region trustee or the WSO.

## *A Glossary of OA Terms in Every Language*

Do you know the best way to say “abstinence,” “recovery,” and “Higher Power” in your native language? OA needs volunteers to translate our standardized glossary of hundreds of the most common English words and phrases in our program into other languages. Read more about becoming a Glossary Volunteer in the flyer attached to this issue of *A Step Ahead*, and contact your local or national translation committee or your region

chair. Thank you to the volunteers who have already translated the OA Glossary into Afrikaans, French, German, Greek, Hebrew, Persian, Portuguese, Russian, and Zulu.

## *Translations Guidelines . . . Now Translatable!*

OA has moved *Guidelines: Translations* as well as other OA *Guidelines* documents to a web page format to allow members easy access to machine translation. Previously, these documents were only available in PDF format.

## *Translation Assistance Fund Deadline is February 1*

The next deadline to apply for funds to assist with translation of OA literature is February 1. Find the application and other information on the Translation page on oa.org.

There will be only one other application opportunity in 2021: June 1.

## ***Historic Rozanne S. Recordings Now on OA.org***

As we celebrate OA’s birthday in January and Unity Day in February, take some time—38 minutes or so—to listen to “Reflections: A Visit with OA’s Founder,” the 1999 interview with OA founder Rozanne S., on oa.org/podcasts.

In the interview, Rozanne opens up about her life and lengthy journey toward becoming the founder of the Fellowship of Overeaters Anonymous, chronicling how she’s overseen the spread of the OA message around the world. Listen as Rozanne speaks with enthusiasm, humor, and joy on the inauspicious yet aspirational beginnings of OA, and gain new insights into how the powers of human connection and compromise shaped our organization from the very beginning.

Additionally, the “And Now a Word from Our Founder” recording can also be found at oa.org/podcasts. It was originally published in 2003 as a compilation of five keynote speeches that our founder, Rozanne S., was asked to present to World Service Business Conference delegates in 1994, 1997, 1998, 2000, and 2001. Rozanne speaks with her characteristic humor and candid humility on such subjects as the origins of OA’s Traditions, the importance of principles before personalities, and complicated issues of empathy and sacrifice. Feel inspired to rejuvenate your own program as she ends her addresses with an audibly passionate call for the delegates—and the Fellowship at large—to engage in greater acts of service on behalf of OA.

## ***New Service Bodies***

Congratulations and welcome to our newest OA service bodies registered with the WSO:

**Men’s Virtual Intergroup of OA**  
Registered October 14, 2020

**Latvia National Service Board**  
Registered January 5, 2021

## **WSBC 2021 Important Dates and Deadlines**

January 11, 2021  
Second Conference e-Documents  
(available on OA website only)

January 19, 2021  
Trustee Applications  
(received by WSO)

February 8, 2021  
Delegate Registration Forms  
(received by WSO)

February 18, 2021  
Agenda Questionnaires  
(postmarked deadline)

March 5, 2021  
Third Conference e-Documents  
(available on OA website only)

## OA EVENT DAYS

### *OA Birthday*

*Observed Saturday & Sunday,  
January 16–17, 2021*

Join OA members in your area to share gratitude and celebrate 61 years of fellowship and recovery through the Twelve Steps.

### *Unity Day*

*Sunday, February 28, 2021  
11:30 a.m. local time*

This day recognizes the strength of the Fellowship worldwide. Together, we pause to reaffirm the strength inherent in OA’s unity.

# A Message from Our Chair

— Bonnie L., Chair of the Board, General Service Trustee

Your Board of Trustees has just held another virtual meeting in November 2020. Perhaps the most important business discussed was the need to call for a special meeting of our delegates in January. An official announcement will come from WSO, but we do need a majority of our 2020 delegates in order to conduct some business, including items that will affect the planning of our upcoming Conference. This special meeting is expected to be fairly brief, but please do plan to attend if you were a delegate for WSBC 2020.

Meanwhile, our Conference Planning Committee is working toward their plans for World Service Business Conference 2021. Due to the ongoing pandemic, the committee is currently planning for both a face-to-face Conference and a virtual Conference. I ask that delegates and their service bodies please watch oa.org for announcements of all relevant Conference deadlines and updated details. At WSBC 2021, registered delegates from all eleven regions of OA will have the opportunity to vote as we conduct the business of OA and elect trustees to our board. This is when the voice of each service body can have the greatest impact on the future of OA.

*“Amongst all the chaos of last year, OA saw many bright spots emerge in our Fellowship, including shining reports from all our regions, which persevered and even thrived as we all made the switch to virtual gatherings.”*

### OA Pamphlet is Now a Best-Selling E-Book

Speaking of great impacts, did you know that OA's *Where Do I Start?: Everything a Newcomer Needs to Know* pamphlet continues to be an Amazon Best Seller in the One-Hour Health, Fitness & Dieting Short Reads category? It has also ranked as high as second in the One-Hour Self-Help Short Reads category. Congratulations and thanks to our WSO special workers for making more of our literature, and especially literature for newcomers, only a few internet clicks away during this time of social distancing.

### Virtual Successes Among Our Regions

Amongst all the chaos of last year, OA saw many bright spots emerge in our Fellowship, including shining reports from all our regions, which persevered and even thrived as we all made the switch to virtual gatherings:

- Region One utilized drop-shipping for their assembly agenda and reported that assembly attendance doubled.
- Region Two made a successful switch to a virtual convention.
- Region Three reported that three hundred attended their virtual assembly and convention.
- Region Four had a very successful assembly and has been hosting weekly “community conversations,” which have seen up to 88 percent participation from the region’s intergroups.
- Region Five began hosting weekly virtual meetings and reported worldwide attendance.
- Region Six reported that assembly attendance was up 58 percent this year and 874 OA members attended the Region Six convention.
- Region Seven saw increased attendance at their region meeting.
- Region Eight successfully held a virtual convention and assembly with full parliamentary procedure and voting and saw increased attendance.
- Region Nine held a virtual assembly that included attendees from sixteen countries speaking thirteen different languages. Five newly participating service bodies attended from Iran, South Africa, Israel, Russia, and Spain.
- Region Ten held their first virtual assembly successfully.
- Virtual Region reported a 20 percent increase in virtual meetings in just three months.

Together we can—and we have!

### Thank You

I long to return to the meetings as we’ve known them, rather than the virtual world we have all been forced into due to the pandemic. Sadly, by the time that happens, my second and final term as your chair will have ended.

In whatever form our World Service Business Conference takes place, I look forward to “seeing” many of you at WSBC, and I thank you for the honor of serving in this capacity.

## WSBC 2021

*(Continued from p. 1)*

- Amend meetings of voting delegates to require the board to vote last.
- Amend the Board of Trustees terms of office to allow trustees to serve no more than eight years total.
- Amend the region composition (housekeeping).
- Amend meetings of delegates (housekeeping).
- Amend meetings of delegates to allow for a virtual Conference, if necessary.
- Amend the Board of Trustees composition to institute the new board restructuring plan.
- Amend the Board of Trustees qualifications to institute the new board restructuring plan.

- Amend the Board of Trustees nominations to institute the new board restructuring plan.
- Combine intergroups, service boards, and regions into one section of the bylaws.
- Amend Overeaters Anonymous groups to specify hybrid meetings.
- Amend gender references in the Twelve Steps.
- Amend gender references in the Twelve Traditions.
- Amend the meetings of delegates to allow for fair representation at WSBC.

### Complete the Agenda Questionnaire

Intergroups and service boards should review the Agenda Questionnaire, vote on it, and either return it or complete the interactive survey to the WSO by February 18, 2021. This is a post-marked deadline date.

# A Message from Our Treasurer

— Tina C., Treasurer, General Service Trustee

Well, HELLO 2021; it's so GREAT to see you!

First, a huge shout out to all of us! Individual members, groups, service bodies, and OA as a whole—congratulations! Instead of crumbling and rolling over during the 2020 pandemic, we all rose to the occasion, and OA is so much stronger for it!

## A Balanced Budget

Despite being virtual for over a year, your Board of Trustees has been very active. After much thought and careful consideration, the board approved in November a 2021 balanced budget of US\$1,812,400. Many exciting and needed projects and events will be sponsored through the use of this budget, supported by WSO staff, trustees, region chairs, and others.

## Record Contributions

Many thanks for your generous contributions throughout 2020! Despite COVID-19, OA has seen some of its highest monthly contributions ever, allowing OA to fund literature translations, new literature, website maintenance, public information and outreach, and so much more. These cash contributions were even more important because our literature and book sales were greatly reduced in 2020. Members and groups can help support OA literature in 2021 by ordering from bookstore.oa.org, Amazon Kindle, Apple Books, and Barnes and Noble Nook.

This year, the WSO staff has received many questions like “What do I do with all this Seventh Tradition money?” As your treasurer, I strongly encourage you to pass it forward, whether to your intergroup, service board, or the World Service Office. There will never be too much money at any level for OA’s primary purpose: “to carry its message to the compulsive overeater who still suffers” (Tradition Five).

At the world service level, paper checks are always welcomed, but the best way to contribute is through oa.org/contribute. When you complete your transaction on oa.org, everything is immediately and automatically recorded and processed, which saves staff time. If you are contributing on behalf of your meeting, please be sure to include your meeting’s number.

## Designating Your Contribution

Did you know you can also specify how you’d like your donation to be used? There are many

*“OA has seen a gradual increase in ARC accounts this past year. In November 2020, we had 459 ARC donors, contributing an average of US\$10,103.64 per month. . . . I’m hoping that OA can consistently be over five hundred accounts per month by WSBC 2021. Will you join me?”*

different types of funds to which you can contribute. OA has two major categories of funds:

- General—the contribution is used for any purpose as needed, including literature development, public awareness and information, website maintenance, staffing, etc.
- Restricted—money may only be used for specific projects. Unused money remains in the account and ongoing contributions help each fund grow for future use.

For restricted funds, there are three fund designations:

- Translation Assistance Fund—contributions are used to work on the translations of OA literature and books into as many languages as possible.
- Delegate Support Fund—supports service bodies that wish to send delegates to World Service Business Conference but are not able to afford the delegate’s expenses.
- Professional Exhibits Fund—supports our service bodies’ ability to carry the message to health and wellness professionals who may refer their patients and clients to OA by paying costs to exhibit at professional conferences and conventions.

The Annual Appeal is also a designation option listed on oa.org/contribute, and these contributions are added to the general fund.

## Set Up an Automatic Contribution

Have you heard about OA’s Automatic Recurring Contribution program? Again, if you go to oa.org/contribute, you can make arrangements to have a monthly or quarterly contribution automatically transferred from your account into any of the funds listed above. This is both safe and easy to set up. This has been especially

helpful for me, since I now have more virtual meetings for which I want to contribute my Seventh Tradition. Instead of keeping different envelopes of money in my desk drawer, I have set up ARC accounts for several meetings. This means my ARC contributions go directly to the WSO to help carry the message.

OA has seen a gradual increase in ARC accounts this past year. In November 2020, we had 459 ARC donors, contributing an average of US\$10,103.64 per month. Being a compulsive overeater, and your treasurer, I always want more! So I’m hoping that OA can consistently be over five hundred accounts per month by WSBC 2021. Will you join me?

WOW! What wonderful ways in which to help support OA! THANK YOU to all who have and continue to contribute to support OA’s Mission Statement: “Our mission is to carry the message of recovery through the Twelve Steps to the compulsive eater who still suffers.”

## Apply for Professional Exhibits Funds

The Professional Exhibits Fund has over US\$13,000 available to help your service body participate in a trade conference or a convention for professionals who may refer patients and clients to OA. Take a look at the application to see what expenses OA can help cover. Applications are reviewed monthly, so talk to your service body about local opportunities and apply! Find the application in the Document Library at oa.org under category “Public Information.”

## REMINDER:

**Send all WSO Mail to  
PO Box 44727**

The World Service Office changed its mailing address over two years ago and mail forwarding has expired.

Don’t let mail for the WSO get lost or returned. Only send mail to the current address:

Overeaters Anonymous  
World Service Office  
PO Box 44727  
Rio Rancho, NM 87174-4727 USA

# What's New from WSO

## Updated: Public Information Resource List

The Public Information Resource List includes all PI-minded podcasts, posters, pamphlets, and more into a single, easy-to-read document. The newest version has been updated with accurate links to oa.org. Whether you want to send a still-suffering compulsive eater an inspirational message, learn how to organize an event, or perform a skit for your group, get a head start in carrying the message with the Public Information Resource List, found in the oa.org Document Library under the “Public Information” category.

## New Newcomer Pamphlet Available in Print and as E-Book



To simplify our literature and carry the OA message of hope, the WSO has combined several older pamphlets into a new, streamlined pamphlet. *In OA, Recovery Is Possible: About Compulsive Eating and the OA Program of Recovery* (#135) distills the vital information from *Questions and Answers, A Program of Recovery*, and *Compulsive Overeating: An Inside View*, which are all now discontinued

(#320 will remain in the Professional Presentation Folder (#870)). *In OA, Recovery Is Possible* focuses on defining compulsive eating for the newcomer and answering questions about the basics of our recovery program. Conveniently, you can find it in print in our OA bookstore and as an e-book on Amazon, Barnes & Noble, and Apple platforms for US\$2.00.

## New Abstinence Pamphlet Available in Print and as E-Book

*A Lifetime of Abstinence: One Day at a Time* (#155) dives into the details of what abstinence looks like on a daily basis. This pamphlet combines the best of the three newly discontinued pamphlets it replaces: *A Commitment to Abstinence*, *Before You Take That First Compulsive Bite, Remember . . .*, and *Maintaining a Healthy Body Weight*. *A Lifetime of Abstinence* gives newcomers and members practical suggestions to build and develop a recovery program, as well as a compassionate perspec-



tive on the multifaceted disease that is compulsive eating. Find it in print in the OA bookstore and as an e-book on Amazon, Barnes & Noble, and Apple platforms for US\$1.00.

## New Literature Translations in E-Book Format

OA has expanded its online offerings of e-books to include books and pamphlets in languages other than English, including the translations of *Voices of Recovery* into Italian, *Voci di Recupero*, and *Where Do I Start?* into Portuguese, *Por Onde Começo?*, available on Amazon. Direct your Italian- and Portuguese-speaking family, friends, and fellows to these resources and include more recovering compulsive eaters in our Fellowship!

## Revised: To the Young Person Pamphlet

*To the Young Person* (#280) has been thoughtfully modernized to include all-new recovery stories—plus a classic testimonial—submitted by young OA members, for young OA members. The fulfillment of OA's promises of recovery is foregrounded and the life stories of the authors varied, making this pamphlet meaningful for OA members of all ages. The questionnaire has been rewritten to better help young people to decide if they have a problem with food. *To the Young Person* is available exclusively as an e-book on Amazon, Barnes & Noble, and Apple platforms. With the publication of this new pamphlet, the *To the Teen* pamphlet and the Young Person's Packet are now discontinued. *Note: To the Teen Questionnaire* (#756) *has not been discontinued and is still available at bookstore.oa.org*

## Non-Real-Time Meeting Update

OA members who need meetings with flexible schedules, such as email loops, social media groups, and forums, will have an easier time finding a meeting now that non-real-time meetings have been incorporated into the Find a Meeting database. A new “non-real-time” tab with a search function has replaced the previous PDF list.

## Five New Workshops for Your OA Events

The Twelfth Step Within Committee has developed five new workshops to support our Fellowship-wide holidays, including International Day Experiencing Abstinence, Sponsorship Day, and Twelfth Step Within Day. They've also included a “Back to Basics” workshop, which can be held anytime, as well as a “Spon-

sor's Toolbox,” which is specifically designed to help sponsors navigate the responsibilities of sponsorship more easily. Download these new workshops today and file them in your plans for your upcoming OA events. Find all the new workshops under the category “Twelfth Step Within: OA Holiday Workshops” at oa.org/document-library.

## Upgraded: Translation Guidelines

Translation of OA literature and materials is one of the most meaningful ways for us to carry our message of recovery to the greatest number of still-suffering compulsive eaters. To reflect how important this service is, we have moved our *Guidelines for Translation of OA Literature and Materials*, as well as a printable PDF, to a more prominent location under “Resources” in the main oa.org navigation menu. Read these guidelines for time-tested suggestions about the translation process, including the importance of accuracy and how to decide which pieces of OA literature to translate first.

## Ask-It Basket

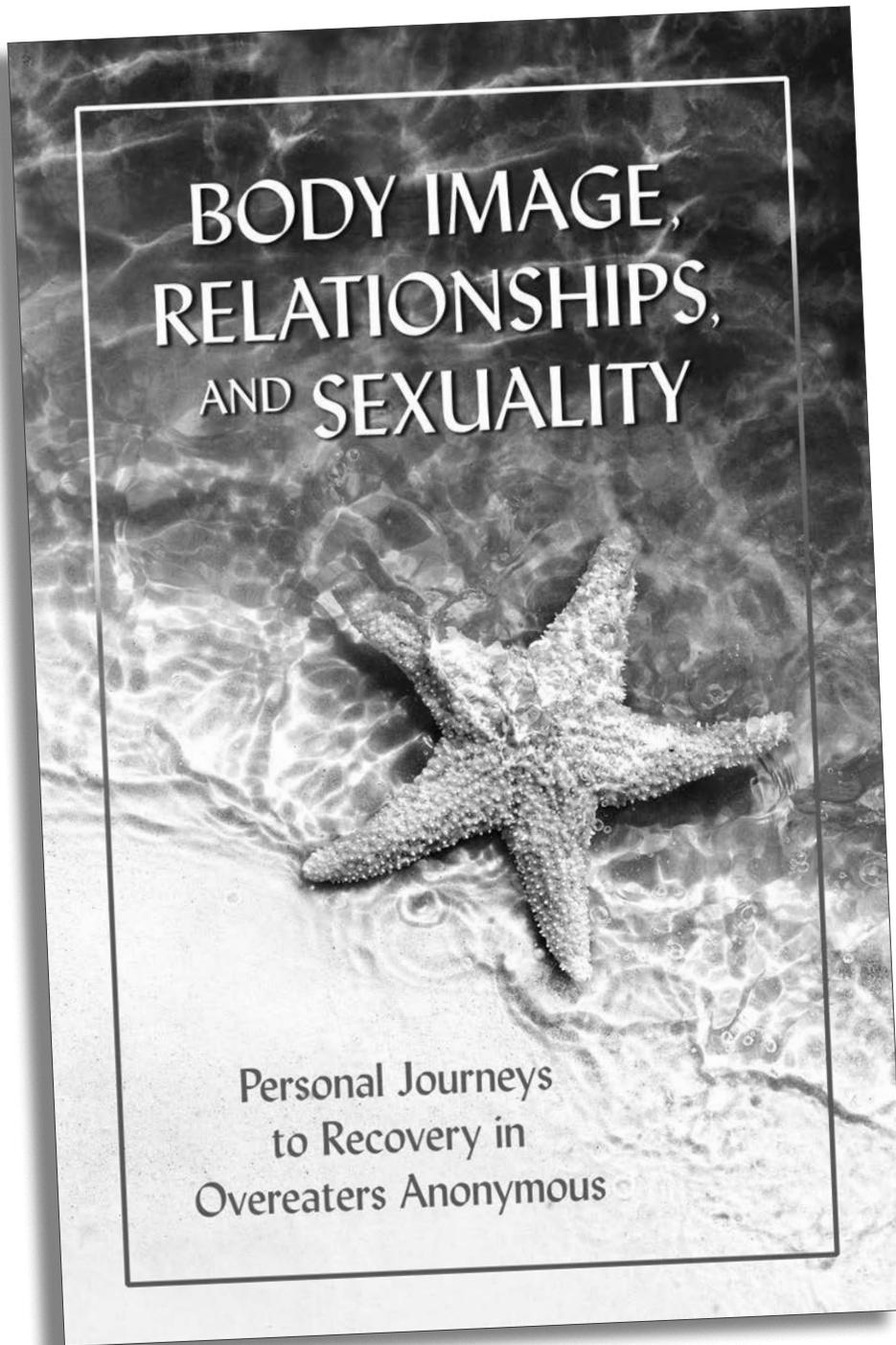
**Q.** I am reaching out on behalf of my local meeting. At a recent business meeting there was discussion of the chat function in our videoconferencing platform, and we were wondering if there are any guidelines for use of the chat feature in online meetings. Some members have privately reached out to others who do not wish to be contacted or who have found some of the conversation to be uncomfortable. Any guidance or suggestions would be welcome.

**A.** There aren't any specific guidelines for the use of the chat feature in online meetings. Different meetings have made different decisions: for some, only hosts can chat and participants can't send messages; for others, participants can send messages to everyone; and still other meetings have decided that participants can send messages only to hosts.

It is up to your meeting to decide how you want to work on this. Personally, I don't utilize the free chat at my meeting, but my virtual meeting allows it, and we need to remember Tradition Two (group conscience) and Tradition Four (group autonomy).

I suggest a discussion and decision at a business meeting. Remember, the most important thing is carrying the message.

# NEW OA BOOK!



*"A first-of-its-kind collection"*

Our disease can be deeply intertwined with the most intimate parts of our lives—our deeply held traumas, personal relationships, and changing identities.

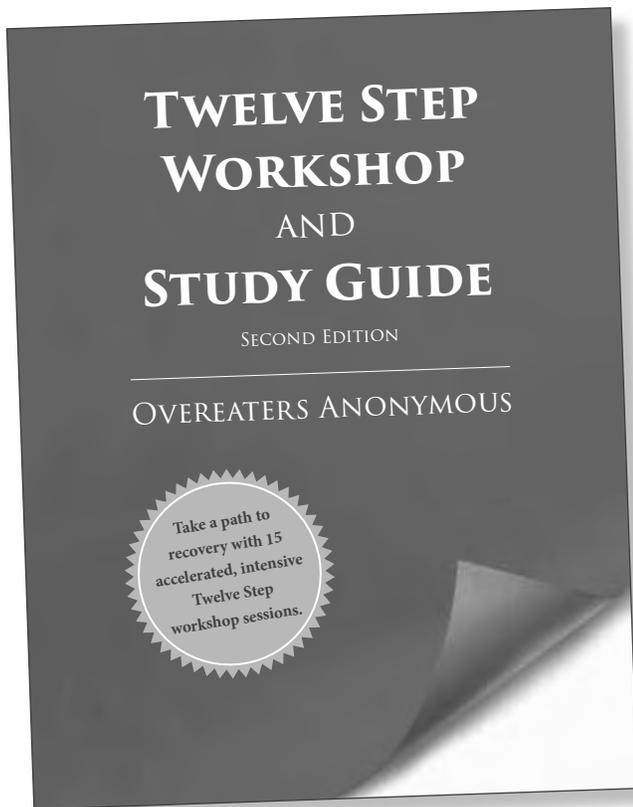
Inside this book, OA members share openly and honestly about their journeys from unfulfilled—even shattered—existences to lives overflowing with the acceptance, freedom, and serenity found by working and living OA's Twelve Step program of recovery.

Find hope as you read in *Body Image, Relationships, and Sexuality* how these OA members became truly "happy, joyous, and free."

---

132 pages. Softcover print edition available at [bookstore.oa.org](http://bookstore.oa.org).  
Search item #950 (US\$12.00 each) or #951 (US\$270.00, box of 25). Shipping not included.  
E-books available for US\$9.60 each from Amazon, Apple, and Barnes and Noble.

# NEW in the OA Bookstore



## Twelve Step Workshop and Study Guide, Second Edition

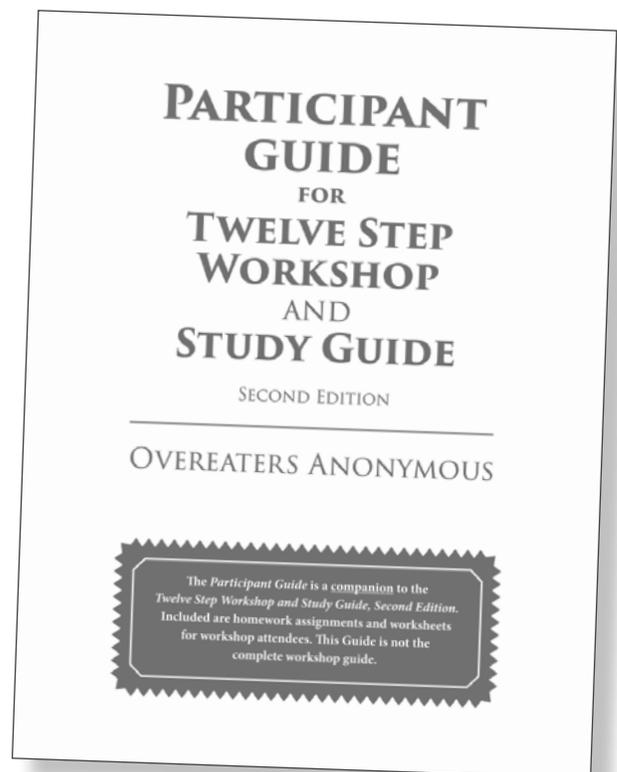
NEWLY UPDATED with references to the OA *Twelve and Twelve, Second Edition*, this *Workshop and Study Guide* is our most in-depth resource for leading groups or individual sponsees on a journey through OA's Twelve Steps to a life of recovery. This guide has leader scripts, working-the-Steps Worksheets, and selected readings from OA-approved literature.

162 pages. Softcover print edition available at [oa.org](http://oa.org). Search item #960-2 (US\$13.50 each). Shipping not included. E-books available for US\$9.99 each from Amazon, Apple, and Barnes and Noble.

## Participant Guide for Twelve Step Workshop and Study Guide

NEWLY AVAILABLE, this *Participant Guide* has the important pages attendees and sponsees need in order to participate in the *Twelve Step Workshop* and follow along with the leader. The *Participant Guide* includes Step Homework and Readings, working-the-Steps Worksheets, and a helpful Step Four Glossary. **NOTE:** *The Participant Guide is not the complete Workshop and Study Guide; it is a companion volume for attendees and sponsees.*

60 pages. Softcover print edition available at [oa.org](http://oa.org). Search item #965 (US\$7 each) or #966 (\$US157.50, case of 25). Shipping not included.

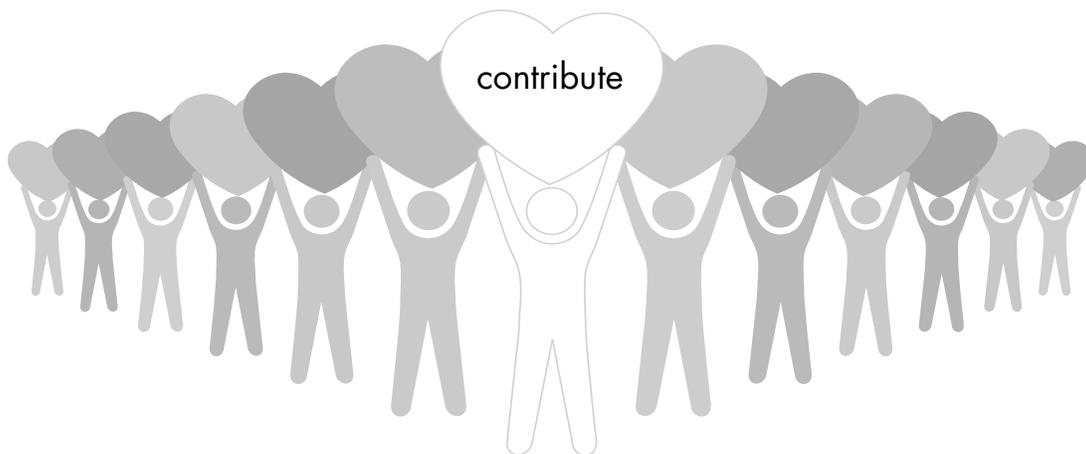


To order: [bookstore.oa.org](http://bookstore.oa.org)



# Why Become an Automatic Recurring Contributor? For Twelve Really Great Reasons.

1. Your contributions support OA's primary purpose: to carry the message of recovery to the still-suffering compulsive overeater.
2. Your contributions help produce OA-approved literature, such as *Overeaters Anonymous, Third Edition* and *Taste of Lifeline*.
3. Your contributions support OA's website, [oa.org](http://oa.org), where many newcomers first learn about OA and the promise of recovery.
4. Your contributions support freely available, downloadable resources on [oa.org](http://oa.org), such as podcasts and meeting formats.
7. Your contributions support carrying the message around the world through translations of OA-approved literature.
8. Your contributions help you work your program, with many OA members discovering that making regular financial contributions supports their recovery.
9. Your automatic, recurring contributions are easy to set up and can be scheduled monthly or quarterly.
10. Your contributions are tax deductible in the USA.



5. Your contributions support worldwide and virtual meeting information, and outreach to professionals.
6. Your automatic, recurring contributions for virtual meetings means you never have to ask, "Did I remember my Seventh Tradition this week?"
11. Your contributions are a meaningful way to honor your abstinence anniversary, acknowledge a sponsor or sponsee, or remember the costs of your last binge.
12. Your contributions make a difference, and no contribution is too small to help carry the message of recovery.

**Help OA grow. Go to [oa.org/contribute](http://oa.org/contribute) and sign up to become an Automatic Recurring Contributor.**



**Is Food A Problem for You?**

**Are You 18 to 30 years of Age?**

**No matter what your problem with food  
— compulsive overeating, under-eating,  
food addiction, anorexia, bulimia, binge  
eating or overexercising...**

**Overeaters Anonymous  
Offers a Solution for You!**



- **Visit Overeaters Anonymous YP on**
- **Thursday Night Phone Meetings**



**9:30pm ET**

**Ph. 605-472-5395 Access Code 378978#**

**\*Get Connected**

**\*Get Support**

**\*Find Answers at [www.oa.org](http://www.oa.org)**