



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

Fourth Quarter 2021 Volume 25, Number 4

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Hybrid Meetings Now on Find a Meeting at OA.org

16 percent of all registered OA meetings are hybrid

Have you heard of hybrid OA meetings? OA has published new instructions for understanding hybrid meeting search results in Find a Meeting, as well as instructions for group secretaries to add and edit hybrid meetings. These instructions, called “Find a Meeting—Hybrid Meeting Instructions,” can be found in the Document Library at oa.org under the category “Meeting Resources.”



ing has been around in OA since the advent of telephone and online meetings, the number of hybrid OA meetings has grown to more than 1,000 in the wake of the pandemic, as face-to-face groups have been compelled to meet virtually.

This sea change has been making waves for the Find a Meeting database ever since. First, as hundreds of face-to-face groups were forced to migrate to virtual meetings,

Hybrid History

First defined by OA in 2019, “the term hybrid is used to describe a group composed of members attending a single meeting where all can hear and share but may be present either in the same physical location (face-to-face) or through some form of electronic device (virtual)” (Business Conference Policy Manual 2019a, amended 2021). While the idea of having a hybrid meet-

ing has been around in OA since the advent of telephone and online meetings, the number of hybrid OA meetings has grown to more than 1,000 in the wake of the pandemic, as face-to-face groups have been compelled to meet virtually. The World Service Office could offer no great option to update the listings. Groups either had to register a new virtual meeting, which caused some problems with Seventh Tradition collections and allocations, or add virtual details to the “Meeting Notes” section of their face-to-face meeting listing. This latter option created the unintended consequence of cutting off the stream of newcomers, since the vast majority of compulsive eaters were searching for virtual meetings only.

The beginning of a solution finally came during WSBC *(Hybrid Meetings continued on p. 2)*

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
November 19–21, 2021
International Day Experiencing Abstinence

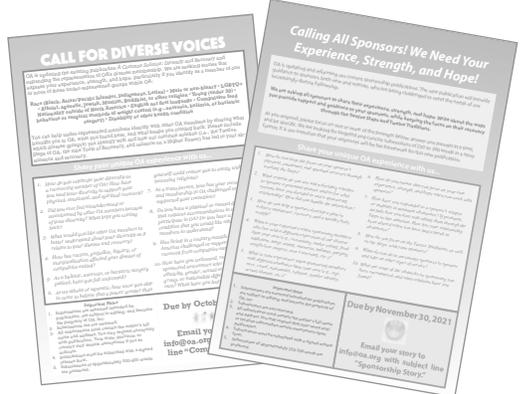
Two Calls for Stories: Diverse Voices and Sponsors

We want you to share your unique OA experience with us! OA is updating one of our existing publications—*A Common Solution: Diversity and Recovery*. In addition, we are creating an entirely new piece of literature on sponsorship. We need your stories to make both of these pamphlets truly resonate with contemporary compulsive eaters who are learning about the transformative power of our common solution.

Members with Diverse Voices

For our first project, highlighting diverse voices, we are seeking personal narratives that express your experience, strength, and hope, particularly if you identify as a member of one or more of these under-represented groups within OA:

- race (Black, Asian/Pacific Islander, Indigenous, Latinx)
- male or non-binary



- LGBTQ+
- atheist, agnostic, Jewish, Muslim, Buddhist, or other religion
- young (under 30)
- nationality outside of North America
- English not first language

(Two Calls continued on p. 2)

WSBC 2022: Together, Wherever!

We make plans, they say, and God laughs, but hopefully Higher Power will be smiling on the Fellowship in 2022 and make a face-to-face World Service Business Conference possible. This year's theme is "We Can Do Together What We Could Never Do Alone," and we will certainly be "together wherever" from April 25–30, 2022, with plans to convene our worldwide group conscience gathering in Albuquerque, New Mexico USA.

New Schedule

WSBC 2022 will be the start of the newly restructured Conference schedule: Board of Trustees meetings will take place April 25–26, registration will open on Tuesday, April 26, and then Conference will officially begin on Wednesday, April 27, with the Literature Q&A.

Conference e-Documents

The first set of Conference e-documents has already been posted to the Conference web page on oa.org. Included is a message from the chair of the board, the tentative agenda, the trustee application form and instructions, and the sample motion/amendment forms. Also on the WSBC web page, you will find the Final Conference Report for WSBC 2021.

Delegate Registration

We have an important change to delegate registration: we will offer an online form and online payment for delegate registration. We will make an announcement about this soon, and delegate registration will open in late 2021. Email notifications will be sent to all

Two Calls *(Continued from p. 1)*

- compulsive food behaviors or surgical methods of weight control (e.g., anorexia, bulimia, or bariatric surgery)
- disability or other health condition

To answer our "Call for Diverse Voices," download the call-for-stories flyer and release form from the Document Library under the category "Flyers." Email your story and your signed and completed release form to info@oa.org with the subject line: "Common Solution" by October 31, 2021. Stories do need to be in English and submissions of approximately 500–800 words are preferred.

Members Who Are Sponsors

A new publication on sponsoring will focus on providing guidance to sponsors—both new and veteran—who are being challenged

2021 WSBC delegates and all registered service bodies.

Trustee Elections

Are you or someone you know interested in running for a trustee position? Download the trustee application form from the Document Library at oa.org under category "WSBC: Frequently Used Documents." The following positions are open for 2022 elections:

- Region Two: three-year term
- Region Five: three-year term
- Region Eight: three-year term
- Region Nine: two-year term
- Region Ten: three-year term
- General Service Trustee: Two positions for three-year terms and one position for a one-year term

Lodging

WSBC 2022 will be held at the Embassy Suites Albuquerque Hotel. There is a US\$147 per night lodging rate (single through quadruple occupancy) plus US\$20.39 tax (tax rate is subject to change). Total per night with tax is US\$167.39. The room rate is applicable for the following dates: April 21 to May 5, 2022. This rate includes a two-room suite, breakfast, refrigerator, microwave, internet (lodging room only), and access to dinner shuttles (Tuesday through Friday evenings) and a lunch shuttle (Saturday afternoon). The hotel reservation deadline is April 6, 2022. For online reservations, click the reservation link on the the WSBC web page or call the hotel directly at 1-505-245-7100 and use group code: OEA.

to meet the needs of our increasingly diverse Fellowship. We hope to receive testimonials from members who have provided support and guidance to sponsees while keeping the focus on their recovery through the Steps and Traditions of OA. For more detailed writing prompts, see our "Sponsors Publication Call for Stories" flyer in the Document Library at oa.org under the category "Flyers."

To respond to our call for sponsor stories, email a short description of your experience with sponsoring OA members and your signed and completed release form to info@oa.org with the subject line: "Sponsorship Story" by November 30, 2021. Submissions of approximately 250-300 words are preferred. Help other OA sponsors find success with their diverse sponsees by sharing your discoveries in the OA program of recovery.

Hybrid Meetings

(Continued from p. 1)

2021, when delegates amended the 2019 policy to include: "A hybrid group may register only once and is assigned one group number but may appear on oa.org in both the face-to-face listing and the virtual listing and will clearly indicate that they are a hybrid meeting." Approving this motion gave the WSO direction to make changes to the Find a Meeting back-end database and front-end user interface. Now, face-to-face meetings that have a hybrid component are being displayed side-by-side with other virtual meetings. Today, you can start a search for face-to-face, telephone, or online meetings, and if the meeting includes a second component (face-to-face plus online or face-to-face plus telephone), then that meeting will be noted as a hybrid meeting.

Search Slowdown

The change has not been without some challenges. Many members have experienced delays in getting meeting results to appear, which is the result of so much new data being added to the database and the additional hybrid search parameters being executed in the background. This was an unforeseen problem, and WSO staff and our web development team are working diligently to fix it. In the meantime, you can get your search results faster if you narrow your search by selecting a language, day, and time of day from the "Additional search options" menu.

FAM-tastic Service

Find a Meeting on oa.org includes more than 6,500 meeting listings and accounts for 76 percent of all user activity (measured in pageviews) on the OA website. It is truly one of the Fellowship's greatest assets, and the pandemic has forced OA as a whole to give Find a Meeting an unprecedented level of attention and maintenance. On behalf of all of us with a desire to stop eating compulsively, thank you to everyone who has given "FAM-tastic" service to keep Find a Meeting up to date.

Do you have a question about following the Twelve Traditions? Send it to info@oa.org, and an OA trustee will send you a response via the WSO.

A Message from Our Chair

—Judy H., Chair of the Board, General Service Trustee

So much has been happening over the past few months! August was full of drama with the cancellation of World Service Convention, but ultimately everyone seemed to breathe a sigh of relief. Thanks to WSO Member Services Manager Sandy Zimmerman, we dodged potentially hefty hotel penalties and our members and WSO staff didn't have to venture to a locale with a dangerously high COVID infection rate. Now, we can look forward to returning to Orlando for the 2025 World Service Convention. All is good!

Send Us Your Stories!

We really need your input! Please consider answering our two calls for stories: 1) "Call for Diverse Voices for A Common Solution" and 2) "Sponsors Publication Call for Stories." The deadlines to send in your story are October 31 and November 30, respectively. You can find all the details in the Document Library at oa.org under the category "Flyers."

Three years ago, I had intended to answer the call for stories for our newest book *Body Image, Relationships, and Sexuality*, but never got around to it. That is something I truly regret, so I encourage you to give this service—you won't regret it!

Bright Outlook Ahead

I'm excited to highlight several great things happening for the good of our Fellowship.

First (drumroll, please!), *Lifeline* will be returning as a blog on oa.org! Watch for the grand unveiling in the months to come. We know our members have missed it! In addition to delivering fresh stories of recovery, this new incarnation will offer our Fellowship so much more, including:

- Opportunities to share your story in new ways, such as through audio and video recordings.
- Opportunities to give service in new ways, such as being part of a team where you can help produce stories with your creative and editing talents.
- Improved unity with diversity! Our *Lifeline* blog will have greater reach within our Fellowship, including serving those who struggle with literacy or who do not read English.
- Greater visibility online to attract the still-suffering compulsive eater who is search-

Several great things are happening for the good of our Fellowship:

1. *Lifeline* will be returning as a blog on oa.org
2. *Event Calendar* will be returning to oa.org
3. *A New Plan of Eating* is available
4. *OA* has made a significant commitment to attract young people and other compulsive eaters in 2022
5. *Welcome, Katrina S., our new Region Eight trustee!*

ing for a solution. Through the simple act of reading *Lifeline* on oa.org, you will help raise OA's profile in online searches. And when you share your story of what your life was like before OA, you will help others like you find OA online.

- Greater visibility on social media. Your *Lifeline* stories will provide an ongoing stream of experience, strength, and hope that will be shared on social media.
- Support for future OA literature. Five books published by OA are the direct result of the thousands of stories that OA has collected and published in *Lifeline*. With our new blog, we can continue to grow our OA literature.

Second, we will soon bring the OA Event Calendar back to oa.org, making browsing for recovery opportunities all the easier. A new online form will allow OA members to enter all event details, and after a Traditions-based review, it will be published. Event Calendar listings will also be shared to our social media channels, so you will still see event listings on our Facebook page and elsewhere.

Third, *A New Plan of Eating* is now available in the bookstore at oa.org and as an e-book from third-party vendors. This pamphlet is fabulous! It replaces *Dignity of Choice* and *A Plan of Eating*. The sample food plans formerly found in *Dignity of Choice* have been updated and placed in a comprehensive appendix in the pamphlet. (Also, watch the bookstore for the newly revised version of one of our key publications, *The Tools of Recovery*, which was approved at WSBC 2021.)

Fourth, OA is in the planning stages of a significant commitment to attract young people and others who are searching for a solution online. OA's Public Awareness Committee is looking at contemporary ways to carry the message and will bring increased resources to this endeavor. More will be revealed, so stay tuned for further announcements!

And the biggest drumroll of all is for our new Region Eight trustee, Katrina S.! She has been appointed by the Board of Trustees to fill this vacancy through WSBC 2022. Welcome, Katrina! We're so glad to have your energy and talents serving our Fellowship.

Copyright Concerns

Last, the board voted in August to send a letter to all groups explaining the problems with screen sharing our copyrighted OA literature. (You can find the letter in the Document Library under the category "Copyright.") With the proliferation of virtual meetings, problems have arisen because screen sharing amounts to unauthorized reproduction of OA-owned literature.

It has long been customary in face-to-face meetings for members to bring their own purchased literature or use publications purchased by the meeting. Attendees of face-to-face meetings would hardly consider taking photos of literature for their own use, which violates copyright laws. But when screen sharing occurs in virtual meetings, there seems to be no similar reluctance about violating copyright laws. Literature sales fund 30 to 45 percent of OA's annual operating budget. I ask all of you to please support our Seventh Tradition by honoring OA's copyrights.

Next World Service Convention: 2025 Orlando!

Save the date and start your travel fund! The next World Service Convention will be held from August 21–23, 2025 at the Renaissance Orlando at SeaWorld® in Orlando, Florida USA.

We would like to offer a sincere thank-you to the many planning volunteers and registrants who gave steadfast service to Convention during what has been the most uncertain of times in 2020 and 2021.

A Message from Our Treasurer

— Meg M., Treasurer, Region Four Trustee

“All of us, at some time or other, need help. Whether we’re giving or receiving help, each one of us has something valuable to bring to this world. That’s one of the things that connects us as neighbors—in our own way, each one of us is a giver and a receiver.”

Hello, recovery friends!

Yes! I often think about the empowering affirmation above (spoken by a television personality), which tells us we are valued—whether we’ve been in the rooms a few hours or several decades, whether we’ve come, gone, and returned, or even if we haven’t yet heard about OA. We are also asked to give and receive help. In this program, we learn to lean on people and to also strengthen our “accountability muscle” by being there for someone else. We do this by greeting both the newcomer and the humbled person who returned after a long hiatus, by sponsoring and mentoring, by sitting at a booth at a health fair, by leading a workshop or retreat, or by working with a committee.

We all have a chance in OA to be servant leaders, but what does this mean? This is all about making a contribution. We push up our sleeves and do the work of welcoming, encouraging, and empowering others. It means leading by example rather than with just words. It’s an opportunity to walk alongside our family in recovery. It is calling fellows on the phone—those we don’t know so well and those who challenge our beliefs and values.

It’s actively being patient, kind, and tolerant when dealing with our funky families, snarly coworkers, or the disgruntled public. It is pushing through the pandemic, stepping away from the vortex of despair and upheaval that we may be seeing or experiencing in the world around us, and turning our attention instead to a continued integration of new knowledge as we are able to release our shortcomings through

the help of our Higher Power. It’s taking those five or ten minutes to close our eyes, breathe deeply, reach out for conscious contact, and let the swirl of turbulence slow, sputter, and stall. Try doing it on the phone or on a video call with another fellow and slip together into this calming cadence.

Contributing through servant leadership is the non-sparkly side of recovery. It is giving witness to a Fifth Step, holding vigil in the middle of the night with a member who is torn between sinking their teeth into sugar or surrendering to a Higher Power that they don’t yet know or understand. It is reaching out to our physically isolated members—those who can’t participate due to health or distance. It’s actively participating in a group or service body inventory with an open mind and heart. It is doggedly dropping off old *Lifeline* magazines and *Bulletin Board Attraction Sticky Notes* with our service body contact information.

Servant leadership is living the program alongside everyone else no matter how long or short our tenure in recovery. We reach out our hands and hearts to fellows, asking them for their experience and wisdom as we navigate the new and unfamiliar in our own lives. This bond of partnership is the spiritual connection through which we build our persistence and strength to outmatch our compulsion to eat the food that was killing us physically, emotionally, and spiritually.

As this pandemic has continued to evolve, we’ve been offered ongoing opportunities to recover creatively, and I’ve seen many commit-

tees and fellows step up and develop innovative approaches to share the message of OA. As a fellow member, I’m both proud and humbled to be a part of this community, which has also continued making financial contributions so we can keep discovering and creating new ways to get this miracle of recovery into the minds and hearts of the still-suffering compulsive eater. We’ve been fortunate that the WSO has continued to keep the doors open, the phone calls answered, the literature orders shipped, the bills paid, and our website and social media active to continue to let the world know OA is a living solution. Our financial contributions are working hard to keep this flow going. Stay tuned for exciting ways in which you can participate in helping us get the word out as we explore new social media platforms.

Your contributions of creativity, currency, and connections with your fellows keep our communities vibrant and appealing to the newcomer, longtimer, and everyone in between. Thank you for being a deeply committed servant leader—for stepping up and saying “yes” to being a giver and a receiver.

WSBC 2022 Important Dates and Deadlines

November 1, 2021
Delegate Support Fund Applications
(Due at WSO)

December 10, 2021
New Business Motions/Bylaw Amendments
(Postmarked deadline)

January 10, 2022
Second Conference e-Documents
(available on OA website only)

January 25, 2022
Trustee Applications
(Due at WSO)

February 14, 2022
Delegate Registration
(Due at WSO)

OA EVENT DAYS

International Day Experiencing Abstinence (IDEA)

*Observed Friday, Saturday & Sunday,
November 19–21, 2021*

IDEA is our opportunity to gather around the world and begin or affirm our abstinence.

Twelfth Step Within Day

Sunday, December 12, 2021

Twelfth Step Within Day is a day to reach out to the still-suffering compulsive eater in our Fellowship.

What's New from WSO

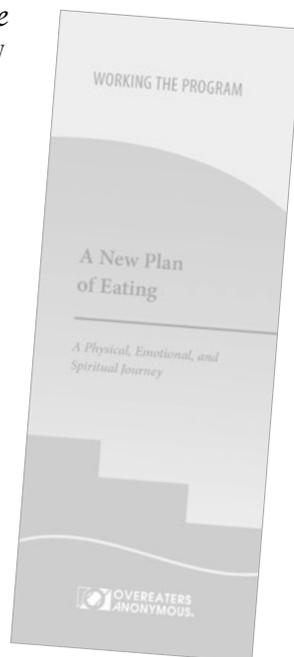
A New Plan of Eating Pamphlet Now Available

OA's newest pamphlet, *A New Plan of Eating* (#144), helpfully combines the structured food plans of *Dignity of Choice* (#140) with the inspiration and compassion found in *A Plan of Eating* (#145) and replaces both of these pamphlets as Conference-approved literature.

A New Plan of Eating explores our eating patterns, motivations, and behaviors, from explaining what “trigger” or “binge” foods are to accepting the many imperfections that come with active recovery. The sample plans of eating that are included in this pamphlet were reviewed by a registered dietitian and can help compulsive eaters define, structure, and review a new eating plan with clarity and confidence. *A New Plan of Eating's* guidelines also include insightful and constructive tips for long days, irregular hours, and special occasions, including twelve-hour shifts and food-centered social engagements.

A New Plan of Eating is now available in the OA bookstore for US\$2.00. The pamphlet is also available in e-book format on Amazon Kindle, Apple Books, and Barnes and Noble Nook platforms. As a reminder, OA receives a royalty share for e-book purchases made through these third-party vendors.

Now that *A New Plan of Eating* is available, please note that *Dignity of Choice* and *A Plan of Eating* are no longer Conference-approved literature. However, any service bodies currently licensed to translate *Dignity of Choice* or *A Plan of Eating* are permitted to continue their publication and sales until that service body publishes the new publication in their language. The best resource to ensure your group is using approved literature is the *OA-Approved Literature List* found at oa.org/document-library under the category “Literature.”



Bulletin Board Attraction Sticky Notes Now US\$3.00

Due to an increase in supply costs, the price of our popular Bulletin Board Attraction Sticky Notes has been raised to US\$3.00. This classic tool for carrying the message of OA comes in pads of 25 sticky notes with room to write in your meeting location and time. Since you can stick it on most surfaces without leaving marks, Bulletin Board Attraction Sticky Notes are a great choice for carrying the message on community bulletin boards at local coffee shops, libraries, or other event centers. Buy them at bookstore.oa.org.

Twelve Freedoms Wallet Card

Celebrate your freedom from compulsion with a *Twelve Freedoms* wallet card! Created to commemorate World Service Convention, this limited-edition trifold wallet card is an easily accessible reminder of the poignancy of our program, listing the freedoms that we enjoy in our recovery. Whether you're guarding against slips or encouraging another struggling compulsive eater in need, keep the *Twelve Freedoms* wallet card (#447) close. Available at bookstore.oa.org for only US\$.55.

To the Young Person: Now a Free Download!

Many OA members are intimately familiar with how the seeds of compulsive eating can be planted in our youth—even our earliest childhood memories. Many of us who have found hope in OA have repeatedly expressed a fervent wish to get the years of suffering back. With that in mind, OA has recently redoubled its efforts to reach young people ages 18 to 30 to help them start their recovery journey earlier in life.

To help, OA has made the recently updated e-pamphlet *To the Young Person* a free download. Download and share it today from:

- the Document Library at oa.org (oa.org/document-library), under the category “Young People”
- OA's Young People web page: oa.org/young-people
- bookstore.oa.org in the “Digital Downloads” category
- our e-book platforms: Amazon Kindle, Apple Books, and Barnes and Noble Nook.

To the Young Person can inspire compulsive eaters of all ages to begin—or continue anew—their journey of recovery from compulsive eating.

Brand-New Portable Resource: Discover Our Podcast en Español!

Spanish-speaking compulsive eaters now have access to an official set of OA testimonials at oa.org/podcasts/podcast-en-espanol. The podcast is titled “Cinco Historias de Recuperación de OA,” and includes five stories of recovery that last, in total, a little over 15 minutes. Share this quick bite of recovery with your fellow Spanish-speaking OA members and friends today.

Meeting Formats Updated with WSBC 2021 Abstinence and Recovery Policy

Following the delegates' decision at World Service Business Conference 2021 to restore OA's previous Abstinence and Recovery Policy, all suggested meeting formats on have been revised to include the updated policy language:

“Abstinence is 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 the result of living and working the Overeaters Anonymous Twelve Step program on a daily basis.”

The revised formats are:

- *Suggested Meeting Format*
- *Lifeline Meeting Format*
- *Suggested Reading and Writing Meeting Format*
- *Suggested Recovery-from-Relapse Meeting Format*
- *Suggested Step-Study Meeting Format*
- *Suggested Telephone Meeting Format*
- *Suggested Young People's Meeting Format*

You can find all our suggested meeting formats in the Document Library on oa.org under the category “Meeting Formats.” Spread the word! Let your meeting secretary know about this change, which affects OA as a whole.

Special Focus Updated to LGBTQ+

The OA Board of Trustees recently renamed the LGBT special-focus category “LGBTQ+” to better reflect the diversity in our Fellowship, and the WSO has updated Find a Meeting with this new special-focus name. You can find all special-topic and special-focus categories recognized by OA in the “Additional search options” menu in Find a Meeting at oa.org.

WSBC Translations Survey Asks, “How Should We Set Up Translation and Interpretation Services for Delegates?” Respond by November 1, 2021

— Dora P., Virtual Region Trustee, Ad Hoc Translation Committee Chair

After receiving an enthusiastic response from delegates to World Service Business Conference 2021, the Board of Trustees has formed an ad hoc committee to discuss ways to better help delegates who don’t understand or speak English participate in future World Service Business Conferences. This ad hoc committee is composed of three current trustees, a former trustee, and a delegate, and we are discussing what would be best for OA as a whole.

We have concerns and questions about this idea, and would appreciate input from service bodies and members. If you are a professional translator or interpreter and an OA member, we are seeking your feedback about how to best offer: 1) interpreter services for WSBC speakers, 2) translated materials used during WSBC

(such as the agenda, New Business Motions, and literature manuscripts), and 3) how to best help non-English-speaking delegates give year-long service as a member of a WSBC committee.

If you are from a service body that would like to send non-English-speaking members to the WSBC, we also want to hear from you. For example, does your service board have the OA Bylaws and Business Conference Policy Manual already translated? Is your service body able to pay for translation and interpretation for your non-English-speaking delegates? Do you think that it is essential to have translated versions of all New Business Motions prior to WSBC?

Please send us your thoughts. Complete our survey at <https://forms.gle/NtX3GvjyCU9Ark6s9> by November 1, 2021. Thank you.

More Translation News: Funding Available, Public Information Videos, and Royalties

Translation Assistance Funds

Registered OA groups and service bodies as well as small groups of interested members (where a registered group might not yet be established, for example) are eligible to receive funding to assist with translation of OA literature. Recently, the National Service Board of Poland received funds to translate *Body Image, Relationships, and Sexuality*, and your group can get similar assistance!

The International Publications and Translations Committee recommends translating OA literature in a certain order, starting with the OA Glossary, so that primary texts are translated first. See the full suggested list on our Guidelines: Translation page at oa.org/guidelines-oa-translation.

To apply for funding, complete the Translation Assistance Fund application (found in the oa.org Document Library under “Translation”) or contact your region chair. The next deadline to apply is February 1, 2022.

Public Information Videos

The World Service Office has animated public information videos, with timecodes and scripts, available for voice-over or translation. See the videos in English at oa.org/podcasts under the “Public Information” heading and contact the WSO for more information.

Translation Royalties

Thank you to the following OA service bodies who have sent a total of US\$3,638 in royalties to OA world service in 2021:

- Iran’s OA National Service Board
- IG Mexico City
- Moscow Intergroup
- OA Great Britain National Service Board
- Israel National Service Board
- Finland’s OA Intergroup
- National Service Board OA of Greece
- First Hungarian Intergroup

OA’s licensing agreements for publication and distribution of translated OA literature include instruction that a royalty of 10 percent of net income be paid to OA world service. This royalty payment supports our Seventh Tradition.

OA Board Urges Members to Stop Unauthorized Screen Sharing of OA Literature

The OA Board of Trustees has issued an instructive letter to all OA groups that meet virtually to immediately stop screen sharing and all other unauthorized reproductions of OA literature in virtual meetings. We ask that you download this letter from the Document Library under the category “Copyright” and share it with your group as soon as possible.

Since this issue affects OA as a whole, it is not a matter of group conscience. Moreover, it is a matter of acting lawfully, since unauthorized reproduction of OA literature violates the copyright of Overeaters Anonymous, Inc. While we are all one OA, when it comes to copyright law, OA, Inc. must actively protect its copyrights to maintain these copyrights. This is for the good of the Fellowship as a whole and in support of our Seventh Tradition.

This instruction primarily applies to literature for sale at bookstore.oa.org and at OA’s third-party retailers. So long as passages are properly cited with OA’s copyright, registered OA groups still have the right to reproduce and share all print material found on oa.org, without written permission. For more information about these options, see the Copy Requests page on oa.org.

Apply for Professional Exhibits Funds

The Professional Exhibits Fund has over US\$15,000 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 the category “Public Information.”

Secretaries: Update Your Meeting Info at OA.org

The WSO wants your group’s most current meeting details. Go to Edit a Meeting at oa.org to update your information so that members in recovery and still-suffering compulsive eaters can locate meetings they can attend.

While we are affected by social distancing, it is best to send meeting updates to your service body as well.

Thank you for your service!

Calling All Sponsors! We Need Your Experience, Strength, and Hope!

OA is updating and reforming our current sponsorship publications. The new publication will provide guidance to sponsors, both new and veteran, who are being challenged to meet the needs of our increasingly diverse Fellowship.

We are asking all sponsors to share their experience, strength, and hope. Write about the ways you provide support and guidance to your sponsees, while keeping the focus on their recovery through the Twelve Steps and Twelve Traditions.

As you respond, please focus on one or more of the prompts below, answer one prompt at a time, and be specific. We are looking for targeted and concise submissions of 250 to 300 words in a story format. It is our intention that your responses will be the framework for this new publication.

Share your unique OA experience with us...

1. *How do you keep the focus on your sponsee's physical, emotional, and spiritual recovery through working the Steps?*
2. *What criteria do you use when deciding whether to sponsor a potential sponsee and/or for what reasons have you decided to end a sponsoring relationship? How did you handle the interaction?*
3. *How do you help a sponsee develop a plan to achieve abstinence, recovery, and a healthy body weight?*
4. *What is your experience when sponsoring members who live with a different expression of our disease than your own (e.g., overeating, under-eating, food addiction, binge eating, anorexia, bulimia, purging, weight-loss surgery, over-exercising, etc.)?*
5. *What is your experience when sponsoring members with different attributes than your own (e.g., age, race, creed, nationality, religion, gender identity, sexual identity, etc.)?*
6. *How do you ensure that you focus on your own experience, strength, and hope when you work with sponsees?*
7. *How have you responded to a sponsee's relapse or inability to maintain abstinence? If pertinent, include how you deal with taking them through the Steps in this situation. How has your relationship been altered when you have had a break in abstinence?*
8. *How do you focus on the Twelve Traditions, as well as the Steps, with your sponsees?*
9. *What do you do to encourage sponsees to sponsor and take on other types of service?*
10. *What are some of the obstacles to sponsoring you have encountered, and what solutions have you found?*

Important Rules

1. Submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc.
2. Submissions are not returned.
3. All submissions must contain the author's full name and address. You may request that your name and/or location information remain anonymous upon publication.
4. Submissions must be submitted with a signed release form.
5. Submissions of approximately 250-300 words are preferred.

Due by November 30, 2021



**Email your story to
info@oa.org with subject line
"Sponsorship Story!"**



Sponsorship Story RELEASE FORM

(must be included with all submissions)

Stories must be received by the World Service Office by November 30, 2021

AUTHORIZATION AND RELEASE FOR SUBMITTED STORY

I warrant that I am the sole owner and original author of the accompanying submitted story ("Story"), and that I have the full right and authorization to submit the Story to Overeaters Anonymous ("OA"). I understand and authorize OA to edit, copy, distribute, publish, reproduce, or copyright the Story for any lawful purpose. By submitting my Story to OA, I agree that it becomes the property of OA, will not be returned, and may be used in any type of distribution media.

I agree that I will make no monetary or other claim against OA for the use of the Story. I waive any right to inspect or approve the finished product wherein my Story appears. I hereby hold harmless and release OA from all claims, demands, and causes of action that I, my heirs, representatives, executors, administrators, or any other persons acting on my behalf (or on behalf of my estate) have or may have by reason of this authorization.

I have read the authorization and release information and give my consent for the use as indicated above.

Printed Name: _____

Signature: _____

Date: _____

Author's Contact Information (required):

Include your full name, address, email, and phone.

Author's Attribution:

For authors desiring anonymity in publication, please indicate specifically whether this applies to your name, city, state, and/or country.

CALL FOR DIVERSE VOICES

OA is updating the existing publication *A Common Solution: Diversity and Recovery* and expanding the representation of OA's diverse membership. We are seeking stories that express your experience, strength, and hope, particularly if you identify as a member of one or more of these under-represented groups within OA:

Race (Black, Asian/Pacific Islander, Indigenous, Latinx) • Male or non-binary • LGBTQ+ • Atheist, agnostic, Jewish, Muslim, Buddhist, or other religion • Young (under 30) • Nationality outside of North America • English not first language • Compulsive food behaviors or surgical methods of weight control (e.g., anorexia, bulimia, or bariatric surgery) • Disability or other health condition

You can help under-represented members identify with other OA members by sharing what brought you to OA, what you found here, and what keeps you coming back. Please include which diverse group(s) you identify with and how our common solution (i.e., the Twelve Steps of OA, the nine Tools of Recovery, and reliance on a Higher Power) has led to your abstinence and recovery.

Share your unique OA experience with us...

- 1. How do you celebrate your diversity as a recovering member of OA? How have you used your diversity to support your physical, emotional, and spiritual recovery?*
- 2. Did you ever feel misunderstood or unwelcomed by other OA members because of your diversity? What kept you coming back?*
- 3. What would you like other OA members to better understand about your diversity as it relates to your disease and recovery?*
- 4. How has racism, prejudice, bigotry, or marginalization affected your disease of compulsive eating?*
- 5. As a bulimic, anorexic, or bariatric surgery patient, have you felt welcomed?*
- 6. As an atheist or agnostic, how were you able to come to believe that a power greater than yourself could restore you to sanity without becoming religious?*
- 7. As a trans person, how has your recovery and membership in OA challenged or supported your transition?*
- 8. Do you have a physical or mental disability that requires accommodations in order to participate in OA? Do you have a health condition that you would like other OA members to understand?*
- 9. Has living in a country outside of North America challenged or supported your recovery from compulsive eating?*
- 10. How have you welcomed, reached out to, or sponsored newcomers who belong to a race, ethnicity, gender, sexual orientation, age group, or nationality different from your own? What have you learned from them?*

Important Rules

1. Submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc.
2. Submissions are not returned.
3. All submissions must contain the author's full name and address. You may request anonymity with publication. Your state, province, or country may remain anonymous if you so indicate.
4. Submissions must be submitted with a signed release form.
5. Submissions of approximately 500-800 words are preferred.

Due by October 31, 2021



**Email your story to
info@oa.org with subject
line "Common Solution."**



A Common Solution Story RELEASE FORM

(must be included with all submissions)
Stories must be received by the World Service Office by October 31, 2021

AUTHORIZATION AND RELEASE FOR SUBMITTED STORY

I warrant that I am the sole owner and original author of the accompanying submitted story ("Story"), and that I have the full right and authorization to submit the Story to Overeaters Anonymous ("OA"). I understand and authorize OA to edit, copy, distribute, publish, reproduce, or copyright the Story for any lawful purpose. By submitting my Story to OA, I agree that it becomes the property of OA, will not be returned, and may be used in any type of distribution media.

I agree that I will make no monetary or other claim against OA for the use of the Story. I waive any right to inspect or approve the finished product wherein my Story appears. I hereby hold harmless and release OA from all claims, demands, and causes of action that I, my heirs, representatives, executors, administrators, or any other persons acting on my behalf (or on behalf of my estate) have or may have by reason of this authorization.

I have read the authorization and release information and give my consent for the use as indicated above.

Printed Name: _____

Signature: _____

Date: _____

Author's Contact Information (required):

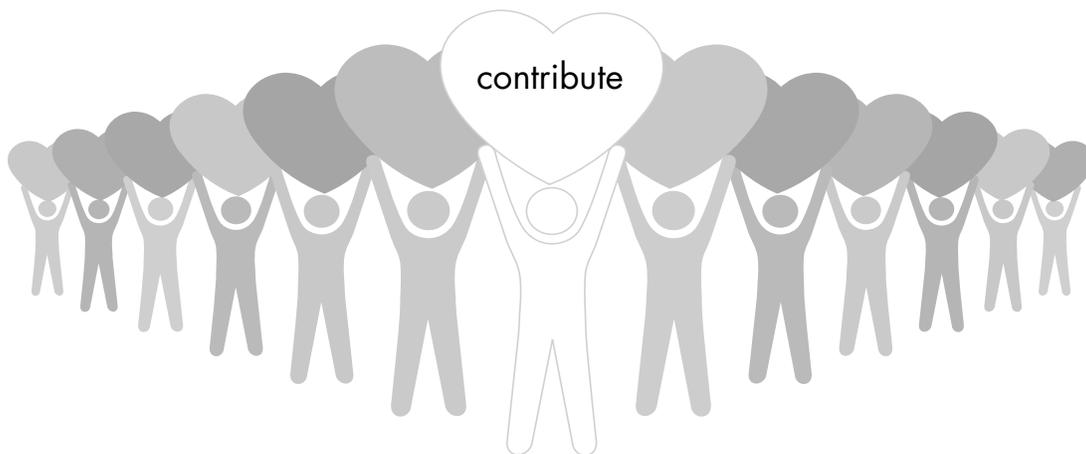
Include your full name, address, email, and phone.

Author's Attribution:

For authors desiring anonymity in publication, please indicate specifically whether this applies to your name, city, state, and/or country.

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, where many newcomers first learn about OA and the promise of recovery.
4. Your contributions support freely available, downloadable resources on 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 and sign up to become an Automatic Recurring Contributor.

