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A Step Ahead

Second Quarter 2022

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We'll Be a "Can Do" Bunch at World Service Business Conference

More than 200 delegates from around the world will soon be logging in to participate in our world-wide group conscience meeting and



move OA forward. "We Can Do Together What We Could Never Do Alone" is the theme of this year's World Service Business Conference, convening virtually April 22–30.

The tentative agenda includes two new workshops on Friday, April 22; the Literature Q&A on Sunday, April 24; and the Trustee Nominee Speeches and Q&A on Monday, April 25. Following the speeches, the region chairs will present the Forum, titled "Using Spiritual Principles to Do Together What We Could Never Do Alone."

Committee assignments will be made prior to Conference, and committee cochairs will contact delegates with the details of the dates of meetings and the materials they need to prepare.

New Business Motions and Bylaw Amendments

Delegates will consider nine New Business Motions and fifteen Bylaw Amendments to OA Bylaws, Subpart B. New Business Motions, labeled A through I, include:

- A. Include the OA Responsibility Pledge in all literature, social media, newsletters, and bulletins published by the World Service Office.
- B. Amend the WSBC committees policy to allow for an equal percentage of delegates to serve on each committee.
- C. Allow registered OA groups to screen- and voice-share OA-copyrighted material during OA meetings.
- D. Refund the Paycheck Protection Program funds to the US government.
- E. Establish July as OA Service Month.
- F. Create a policy to issue screen-sharing licenses for a fee to OA registered groups and service bodies.
- G. Create a policy for OA to make PDFs of all new-comer-oriented pamphlets and allow members to download and print single copies for free.
- H. Review the role, scope, membership, distribution, function, and structure of the OA regions.
- I. Establish a member literature fund for members who do not have access to OA literature.

(WSBC 2022 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

April 22–30, 2022

World Service Business Conference

Sweeping Survey Sheds Light on Sponsorship in OA

About 30 Percent of OA Members are Available to Sponsor

— *OA Twelfth Step Within Committee*

If you are looking for a sponsor, take heart! A recent survey of 1,149 OA members suggests that three of every ten OA members are sponsors who are willing to take on new sponsees.

What's the most effective way to find a sponsor? According to the survey, OA members are most likely to find a sponsor when sponsors and those looking for a sponsor announce themselves at OA meetings and events.

Here's more good news: the survey suggests that eight of every ten OA members has a sponsor, and 80 percent of sponsees say their relationship with their sponsor is "going very well."

Understanding OA's Sponsors

The survey indicates that six of every ten OA members

serve as sponsors. When it comes to the total number of sponsees that OA sponsors typically support, there is a fifty/fifty split: half of all OA sponsors have one or two sponsees while the other half takes on three or more.

What makes for a good sponsor? Here's what members said, in order of importance:

1. Being abstinent
2. Working the Steps
3. Having spiritual recovery
4. Having emotional recovery
5. Having physical recovery
6. Having a sponsor of their own
7. Having a perspective that the sponsee admires and that makes the sponsee feel understood

(Sponsorship Survey continued on p. 2)

Proposed Bylaw Amendments, labeled 1–15, include:

1. Amend Subpart B, Article VIII, Section 1 to allow for a hybrid Conference where the board attends face-to-face and delegates attend through an online platform.
2. Amend Subpart B, Article VII, Section 3 to limit the board terms of office.
3. Amend Subpart B, Article VIII, Section 1 to allow for an in-person Conference in even-numbered years and a virtual Conference in odd-numbered years.
4. Amend Subpart B, Article VIII, Section 3 to allow interpreters to address the Conference on behalf of delegates.
5. Amend Subpart B, Article VII, Section 1 to restructure the board composition.
6. Amend Subpart B, Article VII, Section 4 to revise trustee qualifications.
7. Amend Subpart B, Article VII, Section 5 to revise the board nomination process.
8. Amend Subpart B, Article VI, Section 1 (housekeeping).
9. Amend Subpart B, Article VI, Section 4 (housekeeping).
10. Amend Subpart B, Article XII, Section 1 to designate the English version of amendments to be the version of record.
11. Amend Subpart B, Article VIII, Section 1 to allow for a hybrid Conference.
12. Amend Subpart B, Article VI, Section 1 to clarify Region Eight's composition.
13. Amend Subpart B, Article VIII, Section 4 (housekeeping).
14. Amend Subpart B, Article V, Section 2 to clarify how unaffiliated groups may affiliate.
15. Amend Subpart B, Article VII, Section 1 to change the motion submission and motion posting dates.

Proposed Literature

Delegates will vote on whether to give the Conference Seal of Approval to *The Twelve Traditions Workbook of Overeaters Anonymous*.

Trustee Elections

This year, elections will be held to fill four trustee positions. Nominees are:

- Region Five (three-year term): Barb K.
- Region Nine (two-year term): Emilia I.
- General Service (two positions for three-year terms): Bob L. and Sandra M.

Sponsorship Survey (continued from p. 1)

8. Communicating clearly and giving advice that can be easily acted upon
9. Having more time in program than the sponsee

Sponsors can serve in a variety of ways. The most common types of sponsors, in order of popularity, include:

1. A single sponsor who covers all of a sponsee's program needs
2. Long-distance sponsor
3. Steps and Traditions sponsor
4. Food sponsor
5. Temporary sponsor
6. Co-sponsors (two people who sponsor each other)
7. Service sponsor

The survey asked members if they were familiar with the sponsorship literature offered on oa.org and bookstore.oa.org. These were the top resources named in order of popularity:

1. *Twelve Step Workshop and Study Guide, Second Edition*
2. *A Guide for Sponsors: Why, When, and How to Be an OA Sponsor*
3. *Where Do I Start? Everything a Newcomer Needs to Know*
4. *Sponsoring Through the Twelve Steps*
5. *Temporary Sponsorship: Newcomers' First Twelve Days*
6. Various sponsorship workshops found in the Document Library at oa.org

Trustee Vacancies

Trustee nominee applications were not submitted for Region Two (three-year term), Region Ten (three-year term), and two general service trustee positions (a two-year term and a one-year term). A call for applications for these positions was announced and the deadline was April 8. In the meantime, an application was withdrawn from Region Eight. The Board of Trustees will review all applications submitted and trustee appointments will be announced after WSBC 2022.

Conference Documents and Results

WSBC delegate e-Documents may be downloaded from the WSBC web page. For Conference voting results, check the World Service Business Conference web page after Conference and Third Quarter issue of *A Step Ahead*, which will be published on June 30.

Obstacles to Sponsorship

Two of every ten survey respondents said they were reluctant to start sponsoring. These were the top five reasons:

1. I haven't been abstinent long enough.
2. I haven't finished working the Steps.
3. I'm not recovered enough.
4. I'm afraid I'll make a mistake as a sponsor.
5. I need training and don't know how to get it.

More generally, survey participants cited these top eight obstacles that inhibit OA members from becoming willing sponsors:

1. Fear of being unworthy of sponsoring
2. Not feeling ready
3. Not being abstinent
4. Having sponsees who do not want to work the program
5. Not having sufficient physical recovery
6. Not having time
7. Not being interested in sponsoring
8. Not having sponsees available

When it comes to finding a sponsor, survey participants gave these top ten reasons why OA members generally have difficulties:

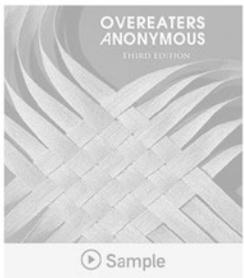
1. Not having sponsors available
2. Being afraid to ask
3. Not finding anyone they like or trust
4. Having sponsors available but not one who has what they want
5. Having differing concepts of abstinence
6. Not knowing anyone who is abstinent
7. Not having the same concept of a Higher Power
8. Feeling like they don't have time for a sponsor
9. Not being able to find someone who shares the same eating compulsion (anorexia, bulimia, overeating)
10. Feeling like they don't need a sponsor

Improving Sponsorship: Next Steps

This survey was conducted by OA's Twelfth Step Within Committee in November 2021, and a report was delivered to the OA Board of Trustees in February 2022. The committee is evaluating the results and formulating recommendations to improve overall sponsorship in OA.

Based on these survey results, what can your group, intergroup, or service board do to strengthen sponsorship in OA?

Overeaters Anonymous, Third Edition Now on Popular Audiobook Platforms



Overeaters Anonymous
Third Edition
By: Overeaters Anonymous
Narrated by: Overeaters Anonymous
Length: 6 hrs and 59 mins
Release date: 01-31-22
Language: English
☆☆☆☆☆ 5 ratings

Regular price: \$19.95
Free with 30-day trial

Sample

OA's beloved flagship book, *Overeaters Anonymous, Third Edition*, was first published in audio form as a set of six CDs in 2015. To further promote accessibility to the OA message, the WSO has published the Brown Book as a digital audiobook on Amazon, Audible, and Apple Books. The more than forty stories in this audiobook are read aloud by members of the OA Fellowship—people who truly understand what you're going through as a compulsive eater. This audiobook clocks in at six hours and 59 minutes, including forewords and appendices, and can be devoured over time in small bites of

contemplation and meditation. Listen to stories of hope and recovery on your commute, on a road trip, or even on your daily constitutional!

Find the *Overeaters Anonymous, Third Edition* audiobook using these shortened links:

- Audible: adbl.co/34h1F25
- Amazon: amzn.to/3ooLR1e
- Apple Books: apple.co/3vmcSVZ

In more exciting news, OA has already started working on our next audiobook: *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*.

Send Your Story to Lifeline; New Blog Coming Soon!

If you're looking for an outlet to share your writing, imagery, audio recording, or video about your recovery story as a result of working the Twelve Steps of Overeaters Anonymous, send your story to *Lifeline*! Already, some members have sent short-form videos, comic strips, song lyrics, and graphic art. We can't wait to see what will come from the diverse recovery and creativity in our Fellowship! Check out the new *Contributor Guidelines* and use our submission form at oa.org/lifeline.

In addition to providing a place for members to share their stories, the new *Lifeline* blog will serve another purpose: our primary purpose. Through *Lifeline*, OA will become easier to find online. Imagine entering a question about the problem of compulsive eating into a search engine and finding OA with one click!—That is our goal. With a growing collection of real stories of recovery from our members both on our website and on social media, we will be ever more accessible to the still-suffering compulsive eater who is searching online for a solution.

Stay tuned for upcoming announcements and learn more about the new *Lifeline* blog at oa.org/lifeline.

Apply for Professional Exhibits Funds

The Professional Exhibits Fund has money 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!

Apply for Translation Assistance Funds by June 1

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. 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 June 1, 2022.

2022 Translation Royalties

Thank you to the following OA service bodies who have sent a total of US\$230 in royalties to OA world service in 2022:

- IG Mexico City
- Moscow Intergroup

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

New Service Bodies

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

Secular Special Focus Service Board

USA

Registered March 21, 2022

Intergroup Deutschland Nord

Germany

Registered March 7, 2022

Israel Virtual Intergroup

Registered February 22, 2022

Greek Virtual Intergroup Syndesis

GR-VIG-SYN

Registered February 22, 2022

What's New from WSO

Revised and Free to Download: Service, Traditions, and Concepts Workshop Manual and Presentation

Is your group or service body in need of a refresher on the gifts of OA service, a deep dive into the meaning of our Traditions, or a return to Concepts basics? The revised *Service, Traditions, and Concepts Workshop Manual* suggests workshop formats and schedules, includes inventories for groups and service bodies, and answers frequently asked questions. Workshop topics can be presented as a whole or individually, with a focus just on service, Traditions, or Concepts.



For your workshop, use the engaging presentation (also newly revised) to illustrate the *Workshop Manual* concepts. The presentation slides and presenter notes are available in PPTX and PDF formats and can be downloaded from the oa.org Document Library under both “Service Body Resources” and “Workshop and Fellowship Ideas” or from bookstore.oa.org by searching for item #773.

A quick reminder: Since this manual and its presentation are now free to download on oa.org, registered OA groups do not need written permission to either distribute or translate them, as detailed on our Copy Requests page: oa.org/guidelines-meetings/copy-requests/.

NEW! OA Bylaws FAQ

OA's new document, *Frequently Asked Questions about OA Bylaws*, broadly answers the most common queries the World Service Office receives about forming an OA service body. If you've wondered, “What is a service body, and what are bylaws?” “How and when should my service body change its bylaws?” or “What if my service body wants to change its officially registered name?”, then wonder no more! This long-

awaited document brings clarity to the process of registering a service body and maintaining that service body with the WSO. Find and share the printable FAQ sheet in the Document Library under “Bylaws” or read them online at oa.org/faqs!

Revised: Translation Guidelines, including New Digital Archive List

The *Guidelines for Translation of OA Literature and Materials* (available both as a PDF in the Document Library and at oa.org/guidelines-oa-translation/) has been recently updated with a brand-new addendum, the *Digital Files in Translation List*. The *Translation List* shows all the non-English literature currently on file in the WSO digital archives and will be updated quarterly. Groups that actively translate OA literature can check this list against their own catalogs to decide which translations to pursue next. Groups that simply need more literature in their own language can reach out for a license to distribute what the WSO already has in our archives. We're hoping to greatly increase the availability of our translated literature to members, groups, and areas of the world where English is not the primary language, so please pass this list along to those who may want to become involved with translations!

Revised: Strong Meeting Checklist and Inventories for Groups and Intergroups/Service Boards

In conjunction with the revisions to the *Service, Traditions, and Concepts Workshop Manual*, the *Strong Meeting Checklist*, *OA Group Inventory*, and *OA Intergroup/Service Board Inventory* have all been updated. We encourage all groups and intergroups/service boards to download and begin using the new documents, which are available in the Document Library at oa.org.

Revised: OA Business Glossary

The OA Business Glossary, a downloadable PDF index of the specific terminology often used at World Service Business Conference and in OA business meetings, has been updated just in time for WSBC 2022. References to the OA, Inc. Bylaws and specific holiday dates have been reviewed for accuracy, and the definition of a Special Focus Service Board (SFSB) has been added. You can download the OA Business Glossary from the Document Library today.

Ask-It Basket

Q. We have a conflict with one member in our group who objects to the revised “Unity with Diversity” Policy sent after WSBC 2021. I am inquiring as to whether the World Service Office has received any other objections to the policy and how they have been addressed.

A. The WSO has had no feedback regarding the updated policy, which was pretty much an editorial update to the policy that was first adopted in 1991. The most significant change was the insertion of “Everyone with the desire to stop eating compulsively is welcome in Overeaters Anonymous” at the end of the first paragraph. The motion was adopted at WSBC 2021 by a vote of 137 (yes) to 62 (no), or 68.8 percent. More than 50 percent pro votes was required, so the majority vote was significant.

The *Suggested Meeting Format* contains the following language regarding the policy: “As we extend the heart and hand of the OA Fellowship to those who still suffer, let us be mindful of OA's Unity with Diversity Policy, which respects our differences, yet unites us in the solution to our common problem. Whatever problem you may have with food, you are welcome at this meeting, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute.” So, it is not necessary that you read the entire policy at any meeting, it is only suggested that groups make their members aware that we welcome everyone so long as they have a desire to stop eating compulsively.

The 2021 update reflects the group conscience of OA as a whole. Our Second Tradition states: “For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.” Further, OA has adopted Twelve Concepts of Service. The first two Concepts are:

1. The ultimate responsibility and authority for OA World Services reside in the collective conscience of our whole Fellowship.
2. The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus, the World Service Business Conference is the voice, authority, and effective conscience of OA as a whole.

I hope members who have a passionate interest in these issues consider attending intergroup meetings, which is where the motions that are brought to WSBC start and where, collectively with other intergroups, the WSBC agenda is decided.

ANSWER THE SECOND CALL FOR DIVERSE VOICES

OA is updating the existing publication *A Common Solution* and expanding the representation of OA's diverse membership. All are welcome to submit stories that express your experience, strength, and hope. **We are hoping to specifically hear from those who identify as a member of one or more of these under-represented groups within OA:**

Asian/Pacific Islander • Latinx • Indigenous • Members who have had or considered a surgical solution • Transgender • Non-binary • Muslim • Buddhist

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.

We need your unique story!

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 April 29, 2022



**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 **April 29, 2022**

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):

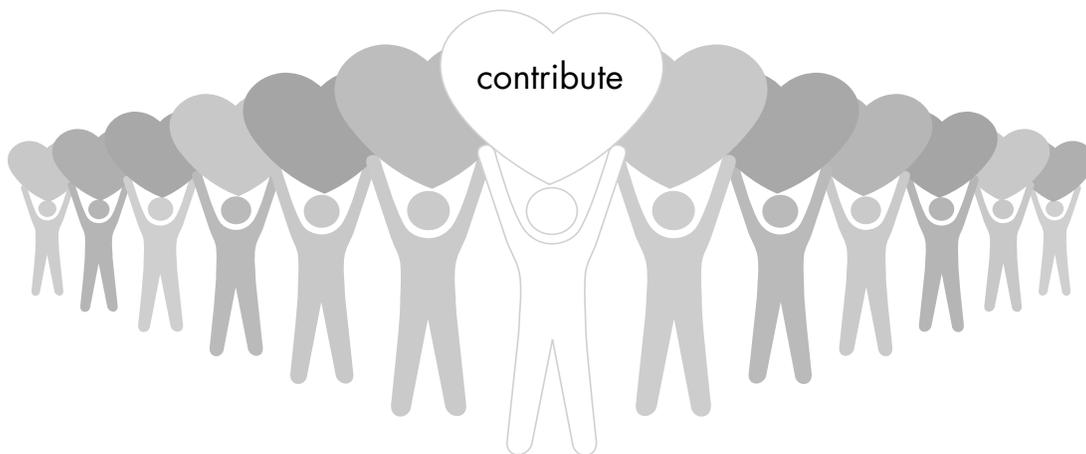
Include your full name, address, email, and phone.

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.

