



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

A Step Ahead

Third Quarter 2022

Volume 26, Number 3

INSIDE

WSBC Important Dates

A Message from Our Chair

*Apply by February 1, 2023,
for Translation Assistance
Funds*

Translation Royalties

*A Message from Our
Treasurer*

Ask-It Basket

What's New from WSO

*Apply for Professional
Exhibits Funds*

*Secretaries: Update Your
Meeting Info*

New Service Bodies

Sponsorship Day

Business Accomplished! WSBC 2022 Was One for the Books

Our second fully virtual Conference was a success! Together, 218 delegates from around the world gathered online from April 22–30 for OA's 61st annual World Service Business Conference. Twenty-one countries were represented: Australia, Brazil, Canada, Colombia, France, Germany, Greece, Iceland, India, Iran, Israel, Italy, Mexico, New Zealand, Russia, Scotland (United Kingdom), South Africa, Spain, Sweden, Ukraine, and the United States.



Trustee Elections

Trustee elections were governed by the pre-WSBC 2022 board structure, which included general service and

region trustee positions. As such, trustees were elected to the following positions:

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

In addition, Lee R. and Gary D. were appointed by the Board of Trustees to fill vacant trustee positions. As appointed trustees, Lee and Gary will serve through WSBC 2023 and may apply to run for trustee election at that time.

New: Region Liaisons

Due to the board restructuring motion that was passed during WSBC 2022 (see the newly amended language in OA, Inc. Bylaws, Subpart B, Article VII – Board of Trustees, Section 1 – Composition), OA trustees were assigned as trustee liaisons to the eleven OA regions as follows:

- Region One Trustee Liaison: Margie G.

(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.

DATEMINDER

August 19–21, 2022

Sponsorship Day

Responsibility Pledge

Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

Get Familiar with OA's Screen-Sharing Guidelines for Literature

The rising tide of online OA meetings in recent years has brought to the surface the topic of screen sharing OA literature. In response, the OA board issued revised guidelines in February 2022 that aim to balance the needs of members who use OA literature in their meetings and OA's responsibility to protect its copyrights and maintain the Seventh Tradition.

OA members who wish to share from OA literature in their virtual meetings should thoroughly read and understand the full guidelines, entitled "Sharing OA-Copyright Material Electronically," which can be found under "Meeting Resources" in the Document Library at oa.org. Below are abridged highlights.

In videoconference meetings, the

screen or audio share must:

- be temporary, meaning it must be removed at the end of the meeting
- be limited, meaning it is only a small portion of the overall content of the meeting
- be cited as the copyright of Overeaters Anonymous, Inc. (See full guidelines for citation format.)
- not be reproduced beyond the original share.

Other forms of sharing, including sharing on messaging apps, social media, websites, apps, and blogs, require obtaining written permission from the World Service Office. To apply for reprint permission, use the Reprint Request form found under the "Copyright" category in the

Document Library at oa.org. OA does not grant permission to reproduce OA literature page by page, chapter by chapter, or entry by entry, in effect, reproducing the entire piece of literature over time.

There is one exception that applies to registered OA groups only: sharing of textual documents and textual web page content that is freely available on oa.org does not require reprint permission, but the material must be cited as the copyright of Overeaters Anonymous, Inc. (See full guidelines for citation format.)

Remember, OA materials are held in trust for the OA Fellowship as a whole. The act of screen or audio sharing purchased OA-owned material without permission affects OA as a whole.

WSBC 2022

(continued from p. 1)

- Region Two Trustee Liaison: BJ J.
- Region Three Trustee Liaison: Neva S.
- Region Four Trustee Liaison: Meg M.
- Region Five Trustee Liaison: Barb K.
- Region Six Trustee Liaison: Beth B.
- Region Seven Trustee Liaison: Karen B.
- Region Eight Trustee Liaison: Dora P.
- Region Nine Trustee Liaison: Emilia I.
- Region Ten Trustee Liaison: Lee R.
- Virtual Region Trustee Liaison: Karen B.
- Unaffiliated Service Boards Trustee Liaison: Dora P.

Trustees without a region liaison assignment are:

- Judy H.
- Bob L.
- Sandra M.
- Gary D.

Board Officers

On April 30, the following officers were elected by the board:

- Chair: Judy H.
- First Vice Chair: Karen B.
- Second Vice Chair: Beth B.
- Treasurer: Meg M.

Board Committee Chairs

Following their elections, the board officers appointed the following trustees as committee chairs:

- Board-approved Literature: Barb K.
- Board Reference Manual Review: Beth B.
- Conference Planning: Karen B.
- Convention 2025: Dora P.
- Delegate Support Fund: Meg M.
- Internal Information: Bob L.
- International Publications/Translations: Dora P.
- Literature Review: Neva S.
- Professional Tradeshows/Public Awareness: Sandra M.
- Strategic Planning: Karen B.
- Website Review: BJ J.
- Ad Hoc Realignment/Reapportionment: Margie G.
- Ad Hoc Use of OA Literature: Meg M.
- Ad Hoc Zoom Bombing: Lee R.

Conference Committee Trustee Co-Chairs

Trustees were also appointed co-chairs of the WSBC committees as follows:

- Bylaws: Bob L.
- Conference-approved Literature: Neva S.
- Public Information/Professional Outreach: Sandra M.
- Region Chairs: Meg M.

- Twelfth Step Within: Lee R.
 - Unity with Diversity: Beth B.
 - Young People: Margie G.
- Delegate co-chairs of these committees will be announced in the Final Conference Report.

New Literature

The Conference Seal of Approval was approved for *The Twelve Traditions Workbook of Overeaters Anonymous*.

Motions and Amendments

The delegates adopted the following New Business Motions and Bylaws Amendments:

- Create a policy to include the Responsibility Pledge in/on all published OA literature, social media, newsletters, and bulletins maintained by the WSO except where space is prohibitive in a printed document. The WSBC further suggests that all OA registered service bodies use the Pledge on all OA locally produced literature.
- Revise the Conference committee composition to limit membership distribution to an equal percentage of the year's registered delegates.
- Create a policy to make a PDF of the board-approved newcomer-oriented pamphlet, *Where Do I Start?*, available to anyone to download and print.
- Amend Article VIII, Section 3 to allow interpreters for individual non-English speaking delegates and those with other special needs to address the Conference.
- Amend Article VII, Section 1 to restructure board composition to seventeen trustees instead of eleven region trustees and six general service trustees. (The board officers will assign trustee liaisons to each region annually.)
- Amend Article VII, Section 4 to include participation at the region level (the extent of participation to be determined by each region) as part of trustee applicant qualifications.
- Amend Article VII, Section 5 to allow trustee nominations to be submitted by the regions only. (Refer to the WSBC 2022 Wrap-Up Report for six housekeeping motions updated because of the adoption of this amendment.)
- Amend Article VI, Section 1 (housekeeping).
- Amend Article VI, Section 4 (housekeeping).
- Amend Article XII, Section 1 to specify that, for the purpose of amendments, the

English version of official documents is the version of record and all amendments shall be made to the version of record.

- Amend Article VI, Section 1 to add "US" to the "Virgin Islands" and add "Caribbean Islands" to the Region Eight composition.
- Amend Article VIII, Section 4 to allow each language and special-focus service board to send one qualified delegate only to Conference.
- Amend Article V, Section 2 to allow unaffiliated groups or new groups that do not have an intergroup or national service board in their language to affiliate with an intergroup or national service board that supports groups in their language, including translation of OA literature.
- Amend Article XII, Section 1 to require Conference motions to be submitted to the WSO by December 1 (postmarked or date-and-time stamped) and distributed to all registered delegates and service bodies by January 5.

Final Conference Report and Wrap Up

The Final Conference Report will be available for download from the WSBC web page in July. Delegates and service bodies will be notified via email. A list of delegate names and contact information will be emailed directly to delegates.

For information on Conference voting results, read the WSBC 2022 Wrap-Up Report found on the WSBC web page.

WSBC 2022 Important Dates

July 2022
Final Conference Report
posted on oa.org

July 2022
Delegate Support Fund Application
posted on oa.org

August 29, 2022
First Conference e-Documents
posted to oa.org

A Message from Our Chair

—Judy H., Chair of the Board, Trustee

I am in awe of how much we accomplished at World Service Business Conference 2022. Following *Robert's Rules of Order*, 218 delegates from around the world, representing twenty-one countries, productively debated a number of hot-button issues. Delegates felt strongly about:

The format of future WSBCs. Many delegates yearned for a return to face-to-face Conferences, while others touted the benefits of hybrid and virtual formats. All three have definite benefits and drawbacks. Given that we are still under contract with our face-to-face venue and we will be liable for cancellation fees if WSBC 2023 is not held there, our plan is to hold a face-to-face Conference in Albuquerque, New Mexico USA in 2023. The board and WSO staff will evaluate the viability of our hybrid and virtual options going forward.

Payback of OA's Paycheck Protection Program loan. As a registered US corporation, OA applied for and accepted a loan from the US government to safeguard the WSO payroll during the uncertainty of the pandemic. OA fulfilled the terms of the loan, and it was forgiven by the US government. Delegates ultimately backed their trusted servants in finding that accepting the loan was an appropriate business decision by WSO staff and OA board trustees.

Screen sharing OA-owned literature. There were several motions put forth that were intended to loosen the parameters the OA board had set in place to limit screen sharing of copyrighted materials. Many factors went

"Have you considered taking the necessary steps to qualify for the Board of Trustees?"

We are always looking for new trustees, especially those with diverse backgrounds."

into those decisions and votes. The board was made well aware of the Fellowship's concerns and responded with revised guidelines that aim to balance member concerns and needs while protecting OA's copyrights and ultimately our Seventh Tradition.

Restructuring the Board of Trustees. The Conference voted to restructure the Board of Trustees. While there will still be seventeen trustee positions, there will no longer be a distinction between region trustees and general service trustees. Instead, each region will be assigned a trustee liaison from among the seventeen trustees.

A new workbook. The Twelve Traditions Workbook of Overeaters Anonymous was granted the Conference Seal of Approval. It should prove to be a valuable addition to our literature resources, assisting members as they delve more fully into the Twelve Traditions.

Throughout WSBC, I was made keenly aware of the Twelve Concepts of OA Service. Many of our Concepts relate to trust: In Concept Two, the members trust the WSBC in the maintenance of our world services. In Concept Three, the right

of decision, based on trust, makes effective leadership possible. In Concept Six, WSBC has entrusted the board with the primary responsibility for the administration of Overeaters Anonymous. In Concept Eight, the board delegates to its Executive Committee the responsibility to administer the OA World Service Office. I got the sense that

the delegates realized that we are all working toward the goal of making OA the best it can be, and at all levels, that trust is warranted.

Consider Trustee Service

As we look forward, I have one question for you: have you considered taking the necessary steps to qualify for the Board of Trustees? We are always looking for new trustees, especially those with diverse backgrounds. To qualify, you must have:

- seven years in the Fellowship
- five years of service beyond the group level
- participation at the region level (as determined by each region)
- attended at least two WSBCs
- five years of continuous abstinence
- two years of maintaining a healthy body weight.

For more information, see the application on the WSBC web page and contact your OA region. Please consider joining us. Frankly, I've found it to be an immense opportunity for service, strengthening all aspects of my program.

Apply for Translation Assistance Funds by February 1, 2023

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, Iran's Overeaters Anonymous National Service Board received funds to translate and publish *For Today* and *Beyond Our Wildest Dreams*, 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, 2023.

Translation Royalties

Thank you to the following OA service bodies who have sent a total of US\$640 in royalties to OA world service in 2022:

- Moscow Intergroup
- IG Mexico City
- Israel National Service Board
- Italian National Service Board

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

A Message from Our Treasurer

— Meg M., Treasurer, Region Four Liaison

“After serving on the board’s Public Awareness/Professional Tradeshow Committee for the past two years, I’ve had an awakening. The complexities of attracting new members via the web are growing, and the costs to do it right are significant.... Your contributions have enabled us to have a broader international reach.”

Audit Now Available

Our fiscal year 2021 financial audit is now available on oa.org! You can find it in the Document Library under the category “WSBC: Frequently Used Documents.” The auditor gave OA an “unqualified opinion,” which is accounting-speak for a “clean report.” OA’s accounting practices have been consistently deemed in good financial standing since OA became a registered nonprofit organization.

Literature Update

Another exhilarating WSBC has passed us by, which brought about information, conversation and then voting. As a result, our primary newcomer pamphlet *Where Do I Start?* has been made freely available for download and printing. Professionally printed pamphlets and e-will remain for sale in the bookstore for US\$1.00.

During the WSBC, there was significant discussion about screen sharing and posting copyrighted, OA-owned literature that is sold in the bookstore. Many groups have posted copyrighted literature during online meetings, and some explained they believed it would increase the sales of our Conference-approved literature. I wish this were the case. In fact, we have seen a decrease of over 14 percent in our literature sales this past year. This does impact our bottom line and our Seventh Tradition of having sufficient funds to get the word out about OA.

With the current economy, we have also seen costs go up for printed literature. Paper costs have increased and wait times have lengthened for the large print runs that the World Service Office coordinates. In response to this trend, delegates also voiced another concern: if the literature costs are too high, then members will turn away. This doesn’t have to be the case, and this is where the groups and service bodies can help. I’ve witnessed in my region that if an individual is unable to buy literature, the groups provide financial assistance. We don’t turn people away. Together we can do what we cannot do alone.

E-book and audiobook downloads are another solution. The WSO and the board of trustees have worked diligently to make OA literature available for download on popular

digital platforms. All of these download options can be found on the product pages at bookstore.oa.org.

I would love the idea if free literature was all it took to bring people in—but can free literature take the place of OA members staffing a booth at a health fair, talking to university students, visiting with elders, or reaching out to the still-suffering compulsive eater who has not yet decided to come to a meeting? It was the OA member who twelve-stepped me, another who sponsored me, and those who called me—together they helped me return week after week and year after year.

Our contributions and literature sales help OA as a whole. They pay salaries and benefits for our dedicated WSO staff (half of whom have been with us for more than 15 years), and they pay for WSO facilities, materials, licenses, software, computer equipment, website and Find a Meeting database, and more.

Seventh Tradition

Again, thank you for your generosity over the years and superior generosity over the last two years. The last two years of contributions have enabled OA to secure more innovative methods to do our public information service while keeping our personal information anonymous.

After serving on the board’s Public Awareness/Professional Tradeshow Committee for the past two years, I’ve had an awakening. The complexities of attracting new members worldwide via the web are growing, and the costs to do it right are significant. Finding a way to cut through the online chatter while working within our Traditions is complicated and requires professional expertise.

Your contributions have enabled us to have a broader international reach. We still have a ways to go, and we are working hard to continue to be frugal and innovative. For example, for the first time in the history of OA, we were able to have professional interpreters at WSBC. Thank you for being a part of the solution in partnering with our fellows and actively living our primary purpose: to carry our gorgeous message of recovery to the still suffering compulsive eater, both in and out of the rooms.

Ask-It Basket

Q. My group voted to change the way our meeting takes contributions from using a member’s personal account to using a group-based account. We are looking for guidance on how to achieve that. We want transparency and accountability in our contribution process to match program goals. Can you help us? How do other groups handle OA meeting contributions? Is there a nonprofit ID number that we can use in place of someone’s personal account?

A. Great question. Below are suggestions based on what some groups have done. The details apply most directly to groups in the US but should help groups in other countries.

Plan to open a checking account at a bank or credit union (larger credit unions are usually friendly to small accounts). You will want to look for a financial institution that offers 1) numerous locations or locations accessible to future treasurers, 2) mobile deposits, and 3) a debit card for the account.

When you apply for an account, explain to the bank that you are a small group (you can mention you are a twelve-step recovery group) that collects contributions and pays rent and other expenses a few times a year—so nothing major. Most likely the bank will require you to get a federal tax ID number, which is free, and you can obtain one through this link: <https://www.irs-ein-tax-id-number.com/sole-proprietor.aspx>. It takes a couple of minutes to fill out. Note that you will sign up as a sole proprietor/individual—a typical OA group is not a registered nonprofit. A fully registered nonprofit organization fills out a thirty-page document and pays several hundred dollars. On top of that it is a viable business and files a yearly tax return. A typical OA group doesn’t do this.

If your treasurer is currently tied to using a personal account to make electronic money transfers, ask that they close out that activity after setting up a group-based account. If the account is tied to a phone number, the group can purchase a cheap, prepaid phone and then use that phone number as the account phone number. Or, you may need to use the name of your group and the federal tax ID number to set up the account. Regardless, always have at least two people on the account. When you add a new treasurer in future years, you can drop off the person who is rotating out.

For more suggestions see the FAQ for OA Group, Intergroup, and Service Board Treasurers in the Document Library on oa.org.

What's New from WSO

Where Do I Start? Pamphlet is Now a Free Download

As approved by majority group conscience at WSBC 2022, our popular newcomer pamphlet *Where Do I Start?* has been updated and made available as a free download from the oa.org Document Library under the category "New to OA."

Where Do I Start? pulls vital wisdom from varied OA literature sources, including *A New Plan of Eating*, in order to give a concise and compassionate introduction to the OA program. As the Fellowship knows, beginning the journey out of compulsive eating and compulsive food behaviors toward recovery can be difficult, but *Where Do I Start?* aims to help, giving direction, advice, and answers to frequently asked questions in its brief pages. Direct newcomers in your meetings to this link, and see how our membership grows!



Professionally printed copies and e-book versions of *Where Do I Start?* can still be purchased for US\$1 each from bookstore.oa.org and popular online retailers.

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.

NEW! OA Region Inventory

Our new OA Region Inventory has recently been posted, completing the trio of inventories laid out in our *Service, Traditions, and Concepts Workshop Manual*. Do you feel that your region could benefit from a closer look at its habits, procedures, and outlook? Even strong, active OA regions (plus groups, intergroups, and service boards) can benefit from going through

one of our inventories, as they provide an opportunity to recommit to the service tenets of OA and help us appreciate those who help carry the message. When going through one of these inventories, we suggest that you make it a true event and "use an entire meeting for an honest and fearless discussion of the region's weaknesses and strengths."

The three inventories (*OA Group Inventory*, *OA Intergroup or Service Board Inventory*, and *OA Region Inventory*), plus the *Service Traditions, and Concepts Workshop Manual* and *Presentation*, are now all available for download in the Document Library on oa.org. As adopted at WSBC 2022, each inventory has the Responsibility Pledge added to the bottom of the last page.

Remember, "you will probably discover that your group has more strengths than you realized!"

Updated: OA Regions Map

The WSO has recently updated our OA Regions Map to reflect WSBC 2022's group conscience decision to update the geographical areas included in Region Eight to include the US Virgin Islands and the Carribean Islands. You can find our map and its key on our Regions web page and in the oa.org Document Library in both color and black-and-white. Check out the new map and print it for your group today!

2022 Business Conference Policy Manual

OA's Business Conference Policy Manual is a living document, reflecting all WSBC policy decisions made since 1962. The Manual has been updated to include motions passed at WSBC 2022. Find it on the WSBC web page and in the Document Library under "WSBC: Frequently Used Documents."

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!

New Service Body

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

Intergroup Germany Middle
Germany
Registered April 25, 2022

OA EVENT DAY

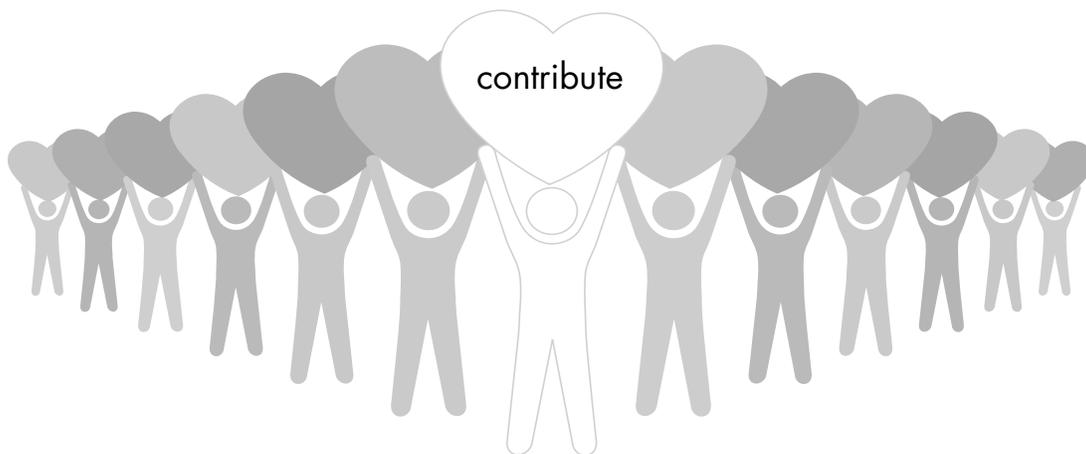
Sponsorship Day

Friday, Saturday, and Sunday,
August 19-21, 2022

Join OA members in your area to acknowledge the importance of sponsoring in our Fellowship.

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.

