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A Step Ahead

Fourth Quarter 2022

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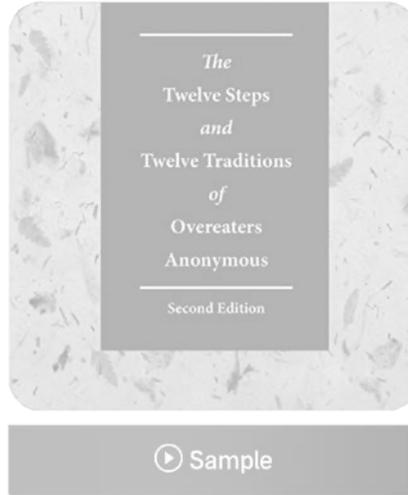
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New Audiobook Released! *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*

Following the success of *Overeaters Anonymous, Third Edition* as a digital audiobook, an audiobook version of our fellow flagship text, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, has been created and posted on popular audiobook platforms. Now, OA members can make the most of their time by listening to an in-depth exploration of our Steps and Traditions while commuting, gardening, exercising, or waiting in line. The audiobook version of the *Twelve and Twelve* is read by a single narrator to lend cohesion to the message and has a running time of 4 hours and 43 minutes.



Find links to the audiobook versions of this cornerstone of OA literature on the *Twelve and Twelve* product page at bookstore.oa.org or by visiting these links directly:

- Audible: <https://adbl.co/3K2bper>
- Amazon: <https://amzn.to/3K5qYf>
- Apple Books: <https://apple.co/3R0415Q>

Improving Our Unity with Diversity

The creation of audiobook versions of our most vital texts honors OA's commitment to accessibility and diversity by including the non-reading compulsive eaters among us. According to recent research, two of every ten adults are illiterate and five in ten read below a sixth-grade reading level. Further, we know some OA members simply prefer auditory-based learning to text-based learning. Rather than contribute to feelings of isolation, which we know is one of the cornerstones of our disease, OA intends to build connection and equal access to recovery among our members.

Our Unity with Diversity policy states, "THE FELLOWSHIP of Overeaters Anonymous encourages and promotes acceptance and inclusivity. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute." (WSBC Policy Manual 1992a [Amended 2013, 2021])

For more information on how you can support OA members with literacy challenges, read the classic *Lifeline* story, "Non-readers Among Us," at lifeline.oa.org.

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
November 18–20, 2022
International Day Experiencing Abstinence (IDEA)
December 12, 2022
Twelfth Step Within Day

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

Putting Virtual on Hold: WSBC 2023 Will be Fully Face to Face

Travel is once again on the horizon for the many delegates who will participate in World Service Business Conference 2023. This year, financial and Fellowship considerations have put it in OA's best interest for everyone to gather face to face to accomplish our business agenda.

Theme and Schedule

"Concepts of Service: The Heart of Fellowship" is the theme of this year's Conference, which will convene April 25–29 in Albuquerque,

New Mexico USA. This year begins the newly restructured Conference schedule. Board meetings will take place April 24–25. Registration will open on Tuesday morning, April 25, and then Conference officially begins on Tuesday evening with the All About Conference session.

Conference e-Documents

The First Conference e-Documents are available on the WSBC web page at oa.org. They include a message from the chair of the board, the

tentative agenda, the trustee application form and instructions, and the sample motion/amendment forms.

Delegate Registration

Delegate registration will open in January 2023. An email notification will be sent to all WSBC 2022 delegates and all registered service bodies.

Trustee Nominations

Are you or is someone you know (WSBC 2023 continued on p. 4)

A Message from Our Treasurer

— Meg M., Trustee, Treasurer, Region Four Liaison

So often it seems we have to strive to “measure up”: we are encouraged to secure the perfect job and climb the corporate ladder, be physically fit, sleep eight hours, network, meditate, have an engaging social life, set aside time for self-care, and in the case of our OA memberships, be available for recovery by attending meetings and giving service. For those of us who are prone to thinking too much about it, we can feel “terminally challenged” to make sure we do the right thing at the right time and in the right context. That’s a ticklish balancing act. But if we take these things in small portions, then we can have them in our lives.

Occasionally, I remind myself that not everything is a to-do list. Then I assess my measuring tools and determine their appropriateness. Cups, spoons, and a scale to measure food? Check. Bathroom scale to monitor my weight? Check. I measure my level of recovery by following the Twelve Steps and by utilizing the guidelines of the Traditions and Concepts of OA Service so I can offer my best self.

With my job, I’m assessed on my skills and performance with a rating form. In OA, I’m appraised by how well I continue to surrender, integrate humility, and get along with others. Incorporating the Principles and practicing them in all my affairs helps with ongoing abstinence in all three realms: emotional, physical, and spiritual.

When I do well at work, I get a raise and sometimes a financial bonus. When I do well at OA, there is no payment for my involvement in this program. There are no dues or fees, and I am not paid for my service.

This brings me to our Eighth Tradition: “Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.” As I review the Tradition Eight chapter in our book *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, I see that we can employ special workers. Yes, I can feel special among friends, but special takes on a different meaning in this Tradition.

Who are our special workers? They are people who may or may not be OA members and who are paid by our service bodies and the World Service Office for the professional services they provide, such as accounting, marketing, business administration, and office management. At the intergroup/service body level, professional services could include a bookkeeper, webmaster, or office manager. At the WSO, our special workers include a managing director,

“While we, as OA members, do offer our service as sponsors, committee chairs, or officers of a service body, ‘we are never paid for the service we give in OA We don’t pay others to speak at our OA functions since speaking is a recovery service There is no mention of a financial raise or bonus in Step Twelve. What we do get is ongoing recovery.’”

associate director, and others who manage five WSO departments: Executive, Member Services, Publications, Accounting, and Digital Communications, along with support staff.

Special workers are paid for the professional services they offer, which require the skills necessary to do the job. We can employ a top-notch group of highly qualified professionals, but they are not paid based on their years in OA.

OA’s Preamble states, “Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating.” As members, we have many opportunities to be of service, but we are “forever non-professional” (Tradition Eight). This means none of us are professional compulsive eaters. (I know some will joke or argue about how they ate their body weight in food and quickly dropped weight, etc., but that is just addiction at work.) While we, as OA members, do offer our service as sponsors, committee chairs, or officers of a service body, “we are never paid for the service we give in OA. . . . Members who lead OA-sponsored retreats and events are reimbursed for their travel and

lodging expenses but are not paid for their leadership” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, p. 141).

As service body reps, world service delegates, or board members, we may be stellar in what we offer to OA groups and communities, but this is only a way to work Step Twelve, where we are asked to carry the message of recovery and practice these principles in all our affairs. We don’t pay others to speak at our OA functions since speaking is a recovery service, not a business service. There is no mention of a financial raise or bonus in Step Twelve. What we do get is ongoing recovery.

I feel good knowing that, unlike how it is for me at work, I can give a helping hand in so many ways in OA and never have formal evaluation from my fellows. Conversely, I am liberated in my recovery because my personal income is not dependent on my meeting attendance or service hours. Simply by giving and receiving in this program, I get recovery—this I know. What a relief that service in recovery is an endeavor of love and not for money.

Event Calendar Is Back on OA.org

Looking to add recovery to your weekend plans? Now you can visit oa.org/event-calendar and browse dozens of online and local service body events. Search, filter, and find the right events for you and then download the details to your phone or computer. It’s simple and easy.

Give service to the Fellowship and the newcomer by adding your event. Find the submission form button on the Event Calendar page or bookmark oa.org/event-calendar-submission-form. Enter your event details, click the submit button, and the WSO will take care of the rest, including posting your event on oa.org and promoting it via OA’s social media.

Already, more than fifty events have been posted to Event Calendar. Let’s work together to keep it full of upcoming events so that OA members always have options to strengthen recovery and have some fun. And imagine the benefit to newcomers when they see at a glance all the activity and recovery in our Fellowship. How attractive!

The screenshot shows the 'Event Calendar' page on OA.org. At the top, there are social media icons for email, Twitter, and Facebook, and a button for 'Event Submission Form'. Below this, a welcome message states: 'OA events are open to anyone who has a desire to stop eating compulsively. Newcomers are welcome!' and 'If you are unable to afford the cost of an event, ask the event organizer if assistance is available.' There is a search icon and a menu icon. The main content is for the month of 'OCTOBER' and lists three events:

- 07⁰⁹ REGION TEN CONVENTION**: LIFE ON LIFE'S TERMS. Sponsored By: Region Ten. Event Type: Hybrid.
- 12 ABSTINENCE WORKSHOP**: ABSTINENCE: HOW DO YOU DEFINE IT? Sponsored By: Ocean and Bay Intergroup. Event Type: Hybrid.
- 14¹⁶ SILENT RETREAT**

What's New from WSO

Multiple Translations of *Where Do I Start?* Pamphlet Now Free to Download



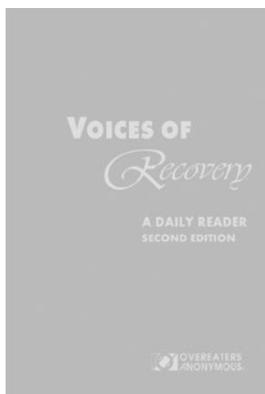
Great news for translation fans! OA's introductory pamphlet *Where Do I Start?* is now available for free download and distribution in twenty languages. Simply navigate to oa.org/document-library and select either the "New to OA" or "Translation" category to see all available languages: Arabic, Bahasa Indonesian, simplified Chinese, Finnish, French (Quebec), Hebrew, Italian, Japanese, Korean, Latvian, Mongolian, Norwegian, Persian, Portuguese (Brazil), Romanian, Serbian, Spanish, UK English, US English, and Zulu.

Where Do I Start? includes the Fifteen Questions, the Tools of Recovery (abridged), sample plans of eating, the OA Promise, and "Welcome Home," as well as answers to such frequently asked questions as "What is the Twelve Step recovery program?"

Note: *Where Do I Start?* was updated in July 2022, however, all translated versions were created from the original 2018 version.

Voices of Recovery, Second Edition

The long-awaited second edition of OA's daily reader *Voices of Recovery* is finally available, both in our OA bookstore and on online digital platforms. The second edition has been attentively reviewed and edited to bring the original daily meditations, sourced directly from the testimonials



of OA members in 2002, into alignment with OA's currently available literature and policies. These changes were made with great care, as reasoned in the new foreword to the second edition: "It was always the intention during the review for this second edition . . . to honor the writings chosen for the first edition that have become so much a part of so many OA members' recovery."

Voices of Recovery, Second Edition is recommended to anyone new to program, anyone who doesn't have the first edition, and for those of you who might keep your well-worn first edition on the shelf but want a daily reader that speaks fully to the present moment.

Visit the *Voices of Recovery, Second Edition* product page at bookstore.oa.org to purchase your copy and to find links to e-book formats on Amazon Kindle, Apple Books, and Barnes & Noble Nook.

Responsibility Pledge added to Many Group Documents

"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible." OA's Responsibility Pledge, so near and dear to our hearts in the Fellowship, reminds us of the strength built from our vulnerability and community with each other. As a loving reminder of that priority, and in keeping with the group conscience decision at WSBC 2022, all of OA's meeting formats and guidelines in the Document Library at oa.org (found under categories "Meeting Formats" and "Guidelines," respectively) have been updated to include our Responsibility Pledge in the text.

Further, you and your group will notice that our *Guidelines for Locally Produced Literature* have an additional update: "We recommend that the Responsibility Pledge be added to all your locally produced literature, social media, newsletters, and bulletins, as unity in our message speaks to our unity of purpose."

New Tutorial: How to Submit a Motion to WSBC

A detailed tutorial, "How to Submit a Motion to WSBC," is now available to assist members in this very endeavor. This tutorial will show you exactly how that first thought can become a motion at a future WSBC. The tutorial is available both as a nine-minute video and a translatable slideshow and can be found on the WSBC web page under "Frequently Used Documents." (Links open to third-party websites.)

Translation Royalties

Thank you to the following OA service bodies who have sent a total of US\$1,564.88 in royalties to OA world service in 2022:

- Moscow Intergroup
- IG Mexico City
- Israel National Service Board
- Italian National Service Board
- First Hungarian Intergroup
- Junta NSB de Espana

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.

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.

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.

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 any available opportunities and apply! Find the application in the Document Library at oa.org under the category "Public Information."

WSBC 2023

(continued from p. 1)

interested in running for a trustee position? Download the trustee application form from the oa.org Document Library under "WSBC: Frequently Used Documents." There are nine trustee positions (each with a three-year term) up for election in 2023.

Venue and Lodging

This year's Conference will be held again at the Embassy Suites Albuquerque Hotel. There is a US\$149 per night lodging rate (single through quadruple occupancy) plus \$20.67 tax (tax rate is subject to change). Total per night with tax is \$169.67. This rate includes a two-room suite, breakfast, refrigerator, microwave, internet (lodging room only), access to dinner shuttles (Tuesday-Friday evenings), and a lunch shuttle (Saturday afternoon). Reservation deadline is April 6, 2023. For online reservations, follow the reservation link from the WSBC web page or call the hotel directly at 1-505-245-7100 and use group code "OAI." The room rate is applicable from April 20 to May 3, 2023.

2022 Final Conference Report

In August 2022, the WSO posted the WSBC 2022 Final Conference Report to the WSBC web page at oa.org.

Visit Lifeline: Stories of Recovery at lifeline.oa.org

For 55 years, *Lifeline* was our international magazine (remember those?) of recovery and "Meeting on the Go." Today, *Lifeline* is being rebuilt as *Lifeline: Stories of Recovery* at lifeline.oa.org. *Lifeline* is now free to access and will be available to OA members who need a dose of experience, strength, and hope, and as a resource to attract the still-suffering compulsive eater who is searching online for a solution.

Give service to *Lifeline*! Share your written story, video, audio recording, or image that speaks to your recovery. Use our temporary form at oa.org/lifeline, and while you are there, check out our *Contributor Guidelines*.

Lifeline: Stories of Recovery is still in development. You will soon see it listed on the home page of oa.org.

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!

Ask-It Basket

Q. I'm a bit confused. Is it okay to show your last name/surname in a virtual OA meeting? I thought it was not consistent with our Traditions, but a longtime member believes it is okay to share last names within the Fellowship, including in virtual meetings.

A. To answer your question, I quote below selections from the chapter on Tradition Twelve in *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*.

"To be anonymous in OA means to be one among many, to accept ourselves as no better or worse than our fellows. . . . We find ourselves listening intently to people whose last names we don't know. . . . We listen because we identify with them. We've learned that they may say something that can help our recovery.

"We often go on a first-name basis in OA meetings, not because we're embarrassed about our OA membership, but because last names simply aren't important" (pp. 164-65).

Further, anonymity is not the same thing as secrecy. As *The Tools of Recovery* pamphlet (#160) says, "It is not a break of anonymity to use our full names within our OA groups or service bodies" (p. 5). When we fully identify ourselves, many of us have found it is easier to carry out our service work and to reach out to one another when we need help.

Having said that, I want to remember a few things for myself:

It's okay for me to use my full name, but it is not okay for someone else to use my full name if I haven't.

If I choose to use my full name, I'll want to check my motives. For instance, if my last name is the same as that of a political leader, or a department store, or a movie star, even if I'm not related, am I using my last name because of perceived prestige? Or am I using it so I can be truly available to still-suffering compulsive eaters? Do I listen to people differently if their last name seems to be prestigious?

If someone has their last name on their videoconference profile, do I gloss over it, knowing what's important is not that person's last name but their experience, strength, and hope for finding recovery in OA?

Is the virtual tool I am using considered "other public media of communication" (Tradition Eleven)?

It's important for me to check whether my own motives are clear and my behavior is appropriate. I hope this is helpful.

New Service Bodies

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

Hay Una Solucion Virtual Intergroup
Registered July 28, 2022

CCA Colombia Intergroup
Colombia
Registered August 12, 2022

Khuzestan Intergroup
Iran
Registered September 26, 2022

Two Rivers Intergroup
Illinois USA
Registered September 19, 2022

WSBC 2023 Important Dates

November 1, 2022
Delegate Support Fund Applications
(Due at WSO)

NEW DEADLINE
December 1, 2022
New Business Motions/Bylaw Amendments
(Postmarked deadline)

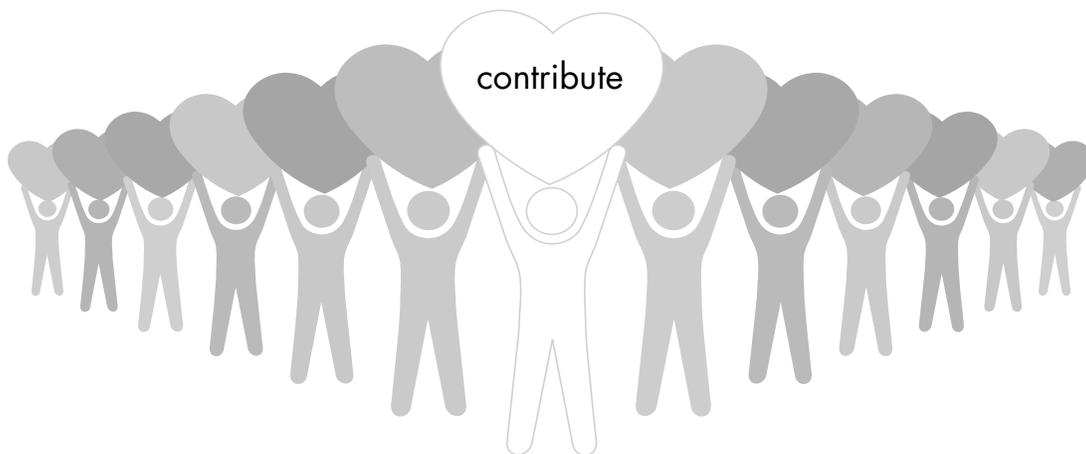
NEW DEADLINE
January 5, 2023
Second Conference e-Documents
available on OA website only

January 26, 2023
Trustee Applications
(Due at WSO)

February 15, 2023
Delegate Registration
(Due at WSO)

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.

