

# Who writes *Lifeline*?

*Lifeline* is written by OA members for OA members. The *Lifeline* staff writes only a small part.

Every member has a story to share, and your story is important. When you write for *Lifeline*, you help others. You also join a select group of OAers who make the effort to “carry this message.”

*Lifeline* depends on you and other OA members to fill its pages each month. Without our OA authors, there would be no *Lifeline*.

Thank you for contributing!

## Basic Guides

1. Write directly to the topic you have chosen.
2. Briefly describe your physical, emotional and spiritual condition when you entered OA. Be specific, including your weight at that time.
3. Relate in detail how the Steps, Step principles, Traditions, tools and/or Twelve Concepts of OA service helped in your recovery.
4. Describe your OA experience. Your focus should be on OA. Reference to other Twelve-Step programs and outside support are considered outside issues.
5. Tell the length of your abstinence and the weight loss you have maintained.
6. Limit your story to 500 words if possible. When submitting handwritten stories, please write legibly.

**Mail, e-mail or fax your story to  
*Lifeline*, P.O. Box 44020,  
Rio Rancho, New Mexico 87174-4020 USA.  
E-mail: [info@oa.org](mailto:info@oa.org)**

**Web site: [www.oa.org](http://www.oa.org)**

OA Board-approved.

## *Lifeline*'s History

OA issued its first national publication, the *OA Bulletin*, in August 1963. Most of its 24 typed pages reported on OA's second annual Conference.

At that Conference, the Board of Trustees created the *OA Bulletin* as a bimonthly publication in which members could share individual recovery and receive reports on board and Conference actions. Each of the 48 OA groups in existence at that time received two free copies of the first issue.

The premier issue of the *OA Lifeline* appeared in October 1965. Except for its reduced size of 16 pages, it resembled its predecessor in format and appearance. The issue focused on food and weight, and subsequent early issues even included a page of recipes called “What’s Cookin’.” According to a tally on page seven of the first issue, OA then had 89 groups. The early issues make no mention of circulation.

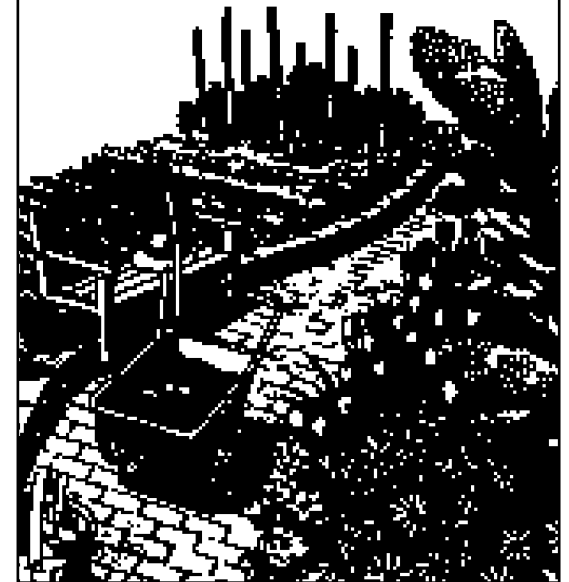
In 1966, *Lifeline* began printing the Twelve Steps and Twelve Traditions in each issue.

Circulation climbed to 4,747 by January 1978, when *Lifeline* began monthly publication. One year later, that number nearly tripled to 11,660. Circulation reached a high of 25,116 in June 1990. Since then, subscription rate increases and declining OA membership have dramatically decreased the magazine's circulation.

In today's information age, *Lifeline* on-line brings the magazine into some subscribers' homes by computer. This instant communication via the World Wide Web offers new hope for wider circulation of both the magazine and OA's message of recovery.

# *Lifeline* WRITERS' GUIDELINES

**For OA members  
contributing articles to  
*Lifeline*,  
OA's international  
journal of recovery**



# Q&A

## What kinds of stories does *Lifeline* publish?

*Lifeline* seeks true personal stories of recovery: “What I was like before OA; how I worked the OA program; what happened as a result; what my life is like today.”

*Lifeline* welcomes your personal story. Describe how OA helped you; include specific details that make the story lively and colorful. *Lifeline*'s slogan is “A Meeting to Go,” and most of our featured articles are written like meeting “shares.”

The most effective OA stories relate how conflicts are resolved, self-esteem improved or daily life made manageable through the OA program. Motivational stories that reach out to struggling newcomers or members in relapse inspire all *Lifeline* readers.

To encourage writers, every July *Lifeline* contains the “*Lifeline* Monthly Topics” list for the next year. Especially appreciated are stories on the Twelve Steps, Step principles, Twelve Traditions, tools, service, spiritual awareness and newcomers' experiences. Consider these topics as well:

Abstinence	Perfection
Anonymity	Physical Recovery
Anorexia/Bulimia	Plan of Eating
Asking for Help	Pregnancy/Infertility
Attitude	Promises
Attraction	Recovery/Maintenance
Deadly Disease	Recovery from Relapse
Fear/Resentment	Relationships
Feelings	Self-esteem
General OA Topics	Serenity
Gratitude	Sexuality
Higher Power	Slogans
Holidays	Spirituality
Honesty	Sponsoring
Illness	Teen or Youth in OA
Keep Coming Back	Three-Fold Recovery
Loners	Twelfth Step Within
Long-Timers	Unity
Meetings	Vacation/Travel
Membership Retention	Working the Program

## Are there topics I should avoid?

Although you may have found help in outside resources and other Twelve-Step programs, please focus your story on the experience, strength and hope you have found *within the OA program*. Remember, *Lifeline* readers are OA members seeking information and help *from OA* for compulsive overeating.

## Does *Lifeline* publish poetry, humor or photographs?

*Lifeline* publishes poems that carry an OA message of experience, strength and hope or that speak directly to the OA program. Poems must be the original work of the sender and are subject to editing.

Humorous pieces appear as full-length articles and as shorter pieces for our humor feature, “Side Dishes.”

*Lifeline* loves photographs taken by members! No faces please. Photographs cannot be returned and may be cropped or altered.

## What if I make grammar or spelling errors?

Please don't let this fear keep you from sharing! *Lifeline*'s staff edits all articles to comply with *Lifeline*'s style guides and the rules of grammar, spelling and usage.

Even if you have difficulty with the English language, we encourage you to write; if you need an interpreter, please contact the WSO. We will attempt to put you in touch with a bilingual person who will help you tell your story.

## Can I write to a specific department of *Lifeline*?

Yes. You may direct your comments related to previous *Lifeline* articles or issues to “Share It.” Responses in “Share It” have a five-month publication deadline from the time the original article appeared in *Lifeline*.

Send questions relating to OA to “Ask-It Basket”; Twelve-Step stories to “Stepping Out”; Traditions articles to “Living Traditions”; service stories to “Service with a Smile”; spiritual awareness letters to “Taking the Spiritual Path”; and histories of your group, intergroup or national/language service board to “OA Around the World.”

## What form should I give to my story?

Stories of approximately 500 words have a greater chance of publication. It is not necessary to double-space text. Legible handwriting is a must. Manuscripts and letters sent to *Lifeline* are assumed intended for publication, are subject to editing and become the property of Overeaters Anonymous, Inc. Submissions cannot be returned.

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*.

## What happens to my story at WSO?

Submission does not guarantee publication. We do not publish stories that contain outside issues, little or no recovery, or no specifics of working the OA program.

Fresh and original presentation, effective communication, inspirational quality, OA focus on recovery, no references to outside issues and specific details of working the OA program increase the chance for publication.

*Lifeline* receives more articles than it can use. Articles of a timeless nature remain on file, sometimes for years, before the right opportunities arise to publish them.

*Lifeline* does not send contributors an acknowledgment when their stories are received. If your story is chosen for publication, we will notify you of its publication date and offer a complimentary copy of that *Lifeline* issue.

## Can I send a suggestion to *Lifeline*?

We welcome your suggestions by letter, e-mail or fax. Please indicate if you *don't* want your suggestion published. We are always seeking suggestions for monthly topics.

**Members are encouraged to copy this brochure to share with others.**