

# OA GUIDELINES



## Lifeline Writers' Guidelines

### Who Writes *Lifeline*?

*Lifeline* is written by OA members for OA members.

Every member has a story to share, and your story is important. When you write for *Lifeline*, you join a group of OA members who make the effort to “carry this message” by sharing their recovery story.

*Lifeline* depends on you and other OA members. 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 Twelve Steps, Twelve Traditions, Twelve Concepts of OA Service, Tools of recovery, and/or spiritual Principles have helped in your recovery process.
4. Describe your OA experience. Your focus should be on OA. References to additional support found outside of OA must be nonspecific to avoid endorsement of outside issues and are only appropriate in discussions of how they helped or hindered your OA recovery.
5. Tell the length of your abstinence and the weight change you have maintained.
6. Limit your story to 500 words if possible. When submitting handwritten stories, please write legibly.

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**Email, mail, or fax your story to:**

***Lifeline*, PO Box 44020**

**Rio Rancho, NM 87174-4020 USA**

**Email: [info@oa.org](mailto:info@oa.org)**

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### FAQ

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

*Lifeline* seeks 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.”
- Describe how OA helped you; include specific details that make the story lively and colorful. *Lifeline*'s slogan is “A Meeting on the Go,” and most of the featured articles are written like meeting “shares.”
- The most effective OA stories relate how conflicts are resolved, self-esteem is improved, or daily life is made manageable through the OA Twelve Step program. Motivational stories that reach out to struggling newcomers or members in relapse inspire all *Lifeline* readers.
- To encourage submissions, every July *Lifeline* publishes the “*Lifeline* Topics” list for the next year. See this year's topics and upcoming deadlines on the OA website in the *Lifeline* section under “Share Your Story.” Especially appreciated are stories on the Twelve Steps, Twelve Traditions, spiritual Principles, Tools of recovery, service, spiritual awareness, and newcomers' experiences. Consider these topics as well:

Abstinence  
Aging Issues  
Anonymity  
Anorexia/Bulimia  
Asking for Help  
Attitude  
Attraction  
Body Image  
Deadly Disease  
Emotional Wellness  
Fear/Resentment  
Feelings  
Freedoms  
Gratitude

Health Issues  
Higher Power  
Holidays  
Honesty  
Keep Coming Back  
OA Literature  
Loners  
Longtimers  
Meetings  
Membership Retention  
Perfection  
Physical Recovery  
Plan of Eating  
Pregnancy/Infertility

Promises	Sponsoring
Recovery/Maintenance	Technology to Support Recovery
Recovery from Relapse	Three-Fold Recovery
Relationships	Twelfth Step Within
Self-Esteem	Unity
Serenity	Vacation/Travel
Sexuality	Working the Program
Slogans	Young Persons in OA
Spirituality	

### 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 eating and compulsive food behavior.

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

*Lifeline* publishes poems and humorous pieces that carry an OA message of experience, strength, and hope or that speak directly to the OA program. *Lifeline* loves photographs taken by members! No faces please. Photographs cannot be returned and may be cropped or altered. All work must be the original work of the sender.

### What if I make grammar or spelling errors?

Please don't let this fear keep you from sharing! *Lifeline's* staff ("special workers") edit 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 World Service Office. We will attempt to put you in touch with a bilingual person who will help you tell your story.

### Can I contact 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 Twelve Step stories to "Step Study"; Traditions articles to "Living Traditions"; service stories to "Service and Recovery"; spiritual awareness articles to "The Spiritual Path"; stories by newcomers to "Newcomers Corner"; histories of your group, intergroup, or national/language service board to "OA Around the World"; and short pieces of recovery inspiration to "Bits and Bites."

### 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 to be intended for publication, are subject to editing, and become the property of Overeaters Anonymous, Inc. Submissions will not 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 the 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, a 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 publish. Articles remain on file, sometimes for years, before the right opportunities arise to use them.

*Lifeline* does not send contributors an acknowledgement 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 email, letter, or fax. Please indicate if you don't want your suggestion published. We are always seeking suggestions for monthly topics.

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#### OA Board-Approved

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