

# OA Glossary

**“Translate a glossary of OA’s special program words.** A license is not needed to translate a list of OA terms. We’ve found it helpful to start by compiling a list of program terms in the local language, for example: Higher Power, abstinence, plan of eating, food plan, sponsor, surrender, one day at a time, relapse, program. These terms appear often in OA literature and need to be translated the same each time they appear. If possible, compile this list with group members so your translator or translation service can begin with a consensus. If you are planning to use a professional translator, we suggest that you translate these terms yourselves and give a copy of the resulting glossary to the translator before he or she starts. Also, it can be useful to prepare notes on difficult words and perhaps create a list of idiomatic English phrases. Explain that it is important to translate every word in its proper context.” *Translation Guidelines for OA Literature*, p. 2

This list has been developed to assist the compilation of a translated glossary but is by no means exhaustive. It will be reviewed periodically. If you have suggestions for additions, please contact the OA International Publications and Translations Committee. (September 2016, November 2017)

## ENGLISH TERMS

## TRANSLATION

### A

AA	
** abbreviation for Alcoholics Anonymous	
<u>Abstinence</u>	
** Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living the Overeaters Anonymous <del>Twelve-Step program</del>	
<u>Abstinent, practicing abstinence</u>	
** abstinent member	
<u>Accept</u>	
** e.g., God, grant me the serenity to accept the things I cannot change....	
<u>Acceptance</u>	
<u>Act on our feelings, to</u>	
<u>Action</u>	
<u>Action Plan</u>	
** One of the Tools of recovery. The process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence <del>and spiritual, emotional, and physical recovery</del>	
<u>Ad Hoc Committee</u>	
<u>Admit</u>	
** e.g., I finally had to admit that I was scared.	
<u>Adversely affect, to</u>	
<u>Affect other groups, to</u>	
<u>Affected</u>	
** e.g., the good of OA as a whole may be affected by	
<u>Affiliated</u>	
** Some OA groups are affiliated with an intergroup, and/or a NSB or LSB, and a region.	
<u>Agenda</u>	
<u>Alternate</u>	
<u>Amendment</u>	
<u>Anger</u>	
<u>Angry</u>	
<u>Anonymity</u>	
<u>Anorexia</u>	

Archives	
Ask-It Basket	
** questions by OA members answered by members of the BOT	
Assembly	
** In most regions, a gathering that takes place once or twice a year, over two days, that covers the business part of carrying the message within that region. Representatives from service bodies within that region are asked to attend on their service bodies' behalf. Some national service boards and language service boards have assemblies, typically taking place once a year.	
<i>A Step Ahead</i>	
** quarterly newsletter by the World Service Office available for download from the OA website ( <a href="http://oa.org">oa.org</a> )	
Attendees	
Attitude	
<b>B</b>	
Baffling	
Been admitted	
** e.g., having been admitted to the hospital	
<i>Beyond Our Wildest Dreams</i>	
** OA history book, written by OA founder, Rozanne S.	
Big Book	
** <i>Alcoholics Anonymous</i> , 4th ed., book	
Binge	
** to binge	
Birthday	
Blessings	
Board	
** board member	
** service board	
** national service board (NSB)	
** language service board (LSB)	
Board-Approved Literature	
** OA literature that has originated from a board or Conference committee and is not intended for the Fellowship as a whole, or literature that has been compiled from existing <u>Conference approved literature or Lifeline</u>	
Board Committee(s)	
** permanent or special (ad hoc) committee(s) of the board at the world service level formed for a special purpose or project	
Board meeting	
** Meeting of the members of the Board of Trustees. The BOT meets up to four times per year, usually in Albuquerque, New Mexico USA. The board is compiled of general service trustees (GSTs), region trustees (RTs), and a virtual services trustee (VST). The GSTs meet monthly. Some meetings are held virtually.	
Board of Trustees (BOT)	
BOT	
** abbreviation for Board of Trustees	
Bound to	
Bulimia	
Business	
** e.g., business meetings; sometimes known as group conscience	

Business Conference Policy Manual	
** List of ongoing policies adopted at Conferences. Also known as the Summary of Continuing Effect Motions	
Bylaws	
** Subpart A is the governing document of the corporate organization for Overeaters Anonymous, Inc.	
** Subpart B is the governing document setting out the identity, rights, and privileges of members of Overeaters Anonymous with respect to the corporation.	
C	
Call in my food	
Came to understand	
Care for, to	
Carry out the wishes, to	
Chair	
Chairman	
Chairperson	
Challenges	
Change	
Charge	
Charge, God is in	
Co-founder	
Collective conscience	
Commit	
Commitment	
Committee	
Committee Chair	
<i>Common Solution, A</i>	
** OA pamphlet	
Compassion	
Compulsion	
Compulsive Eater	
** e.g., My name is ... and I am a compulsive eater.	
** OA members introduce themselves as compulsive eaters or compulsive overeaters. Sometimes they add that they are anorexic, bulimic, or a vomiter.	
Compulsive eating	
Compulsive Overeater	
** e.g., My name is ... and I am a compulsive overeater. OA members introduce themselves as compulsive eaters or compulsive overeaters. Sometimes they add that they are anorexic, bulimic, or a vomiter.	
Concepts (the Twelve Concepts of OA Service)	
** the Concepts guiding all OA members in their service to the organization	
Condition, medical	
Conference	
** the assembly of the World Service Business Conference	
Conference-Approved Literature	
** OA literature that has been approved by Conference and granted the Conference Seal of Approval	
Conference Committees	

** Standing or special committees of the Conference at the world service level formed for a specific purpose or project. Conference committees are made up of Conference delegates and are cochaired by a delegate cochair and a trustee cochair	
Conference Support Committee (CSC)	
** experienced OA members who assist with logistics at Conference	
Confidence	
Conscience	
Convention	
** World Service Convention. Event held to promote recovery and fellowship for OA members around the world	
Cope with, to	
Courage	
** e.g. God, grant me . . . , courage to change the things I can,....	
<i>Courier, Professional Community</i>	
** OA publication for the professional community with OA news, information, and stories of recovery written by health care professionals. Available at oa.org.	
Crave	
Craving	
Cultivate willingness and open-mindedness, to	
Cunning	
Cure	
<b>D</b>	
Debatable motion	
Delegate	
** The person elected at the intergroup or service body level to represent that intergroup, national service board, or language service board at World Service Business Conference. Regional chairs and trustees also serve as Conference delegates	
Delusion	
Denial	
Designated Downloader	
** person assigned to print documents that appear on the website	
Dictate, the type of event will	
Difference, it has made a	
<i>Dignity of Choice</i>	
** OA pamphlet with samples of eating plans and discussion on food and behavior	
Directions, to follow	
Disease	
** e.g., Compulsive eating is a threefold disease: spiritual, emotional, physical.	
Diversity	
Divine intervention	
Dump at meetings, to	
** complain or talk negatively	
Dump problems, to	
<b>E</b>	
Easy Does It	
Eating Disorder	

Eating Patterns	
Eating Plan	
EC	
** abbreviation for Executive Committee	
Emotion	
Emotional	
** e.g., emotional healing	
** e.g., emotional recovery	
Events	
Excellence	
Exciting	
Executive Committee (EC)	
** A subset of the BOT with the duty of overseeing the World Service Office. The Executive Committee meets in person or by conference call each month.	
Experience, to	
<b>F</b>	
Faced by, to be	
Faith	
Fear	
Feature	
Feedback	
Feeling	
** e.g., feeling bad about myself	
** e.g., feeling good about myself	
Fellow	
** the member of Overeaters Anonymous worldwide	
Fellowship	
** the membership of Overeaters Anonymous worldwide	
Figure Out	
Final Conference Report	
**Report of the actions taken at the annual World Service Business Conference (WSBC or Conference). This report contains minutes of the business meetings, summaries of the workshop presentations, reports of the Conference committees, the revised Conference Policy Manual, and addresses of the delegates, region chairs, and trustees. (The personal data of the delegates are not included in the website version of the Report.)	
Find fault, to	
First Things First	
** to give priority to the most important things	
Fiscal Year	
** The fiscal year for Overeaters Anonymous, Inc. is January 1 to December 31.	
Fix me, to	
<i>Focus on Anorexia and Bulimia</i>	
** packet with OA pamphlets and selection of stories by OA members on the topics of anorexia and bulimia	
Fold	
** e.g., Threefold disease	
Follow-through	
Food Plan	

Foot	
** A foot is a unit of length. (pl. feet; abbreviation: ft.)	
** 1 foot = 0.3048 meters	
Footwork	
** detailed actions	
Forget	
Forgive	
Forgiveness	
<i>For Today</i>	
** OA book with 366 entries on recovery, one for each day of the year	
Forum	
** e.g., to provide a forum for sharing	
Foundation	
Founder	
** e.g., the founder of Overeaters Anonymous, Rozanne S.	
Functions	
G	
Gave up on me, they	
General Service Trustee (GST)	
** GSTs are elected at-large from the OA membership. GSTs are part of the BOT and serve as the Executive Committee.	
Get off track	
** get off the subject	
Gifts	
God	
** e.g., God is in charge.	
Gratitude	
Gratitude list	
Grip	
Group	
** Also known as a meeting or meeting group. These points define an OA group:	
1) As a group, they meet to practice the Twelve Steps and Twelve Traditions of OA, guided by the Twelve Concepts of OA Service.	
2) All who have the desire to stop eating compulsively are welcome in the group.	
3) No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting).	
4) As a group they have no affiliation other than OA.	
5) It has affiliated as an OA group by registering with the WSO.	
** Composition of a group	
A group may be formed by two or more persons meeting together, as set forth in Bylaws B, Article V, section 1, either	
(i) in the same physical location (face-to-face);	
(ii) through some form of electronic device (virtually); or	
(iii) both	
** Virtual / virtually Groups. See Bylaws B, Article V, section 1.	
Guidance	
Guidelines	
Gut level	
** to have an opinion not necessarily based on facts	
Gut-level understanding	

# H

HALT (Hungry, Angry, Lonely, Tired)	
Handbook	
Hang-ups, old	
Hard	
** e.g., to work hard	
Heal	
Healing	
Healing Power	
Healthy Body Weight	
Higher Power (HP)	
Hold On	
Hope	
Honesty	
HOW (Honesty, Openness, Willingness)	
** HOW is the acronym for OA groups that have a slightly more structured method of practicing the OA program.	
Human Strengths	
Humble	
Humility	

# I

IDEA Day (International Day Experiencing Abstinence)	
** One of the OA international days. IDEA takes place on the third Saturday in November every year when members celebrate abstinence around the world.	
IG	
** abbreviation for intergroup	
Illogical	
Illusion	
Impulsive	
Inappropriate	
** e.g., with regard to eating or food behaviors	
Incident	
Insanity	
Inside job	
Instinct	
Integrity	
Intergroup (IG)	
** The service body that supports local area groups. The intergroup is made up of representatives from each group it serves and is managed by a board of officers. Intergroups generally provide published local meeting lists, answer service calls from newcomers, and can at times develop locally produced OA literature (e.g., for public information purposes).	
Intergroup representative (IR)	
** group member who is selected to represent a group at intergroup meetings	
Intuition	
Inventory	
Isolation	

# J

Job	
** e.g., my job is to	
Judgments	
Junk food	
** foods that are generally considered unhealthy	
Just For Today	

# K

Keep an open mind, to	
Keep It	
** e.g., To keep it, you have to give it away.	
Keep It Simple.	

# L

Lead a Meeting	
Leader	
Let go	
** e.g., Let go and let God.	
<i>Lifeline</i>	
** OA's international magazine of recovery. <i>Lifeline</i> publishes stories of recovery written and submitted by OA members. Published ten months every year	
Licked	
** defeated	
Lifted	
** e.g., Our obsession is lifted.	
Lip service	
** insincere	
Lone	
Loner	
** OA member in a place without meetings	
Loneliness	
Longtime member	
Longtimer	
Loop	
Love	
** Ninth Step principle	
LSB	
** abbreviation for language service board	
** service body that provides services to intergroups and/or groups with a common language. in an area outside the US and Canada	

# M

Make a difference	
Make sure, to	
Malady	
Managing Director	



** Chief operating officer of the OA organization. The managing director manages day-to-day operations of the World Service Office, assists the BOT, and serves as the corporate <u>secretary of Overeaters Anonymous, Inc.</u>	
Manual	
Meditation	
Meeting(s)	
** Two or more people who have the desire to stop eating compulsively and who meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous. Also known as a group or meeting group. These points define an OA group: 1) As a group, they meet to practice the Twelve Steps and Twelve Traditions of OA guided by the Twelve Concepts of OA Service. 2) All who have the desire to stop eating compulsively are welcome in the group. 3) No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting). 4) As a group they have no affiliation other than OA.	
Meeting Format	
Meeting types	
Mental age	
Mental disease, illness	
Mental health	
Miles	
Minutes	
Miracle	
** e.g., miracles never cease	
** e.g., Don't quit before the miracle happens.	
Mistake	
** e.g., I make a mistake.	
** e.g., Something is wrong.	
** e.g., I am wrong.	
Moody	
Morbid obesity	
** life-threatening obesity	
<b>N</b>	
NSB	
** abbreviation for national service board	
** service body that provides services to intergroups and/or groups within a country area outside the US and Canada	
Newcomer	
Nibbling	
No matter what	
<b>O</b>	
OA Anniversary	
** One of the OA international days. Rozanne S. founded OA on January 19, 1960. The OA Anniversary is celebrated worldwide on the third Saturday in January every year.	
OA as a Whole	
OA Worldwide	
Obsession	

Office	
** e.g., World Service Office (WSO)	
Officer(s)	
** volunteer(s) elected or designated to give service in OA service bodies	
Ok; okay	
** e.g., it's ok to	
One Day at A Time	
One-on-one	
Our obsession is lifted.	
Outburst	
Overcome	
Overeaters Anonymous, Inc.	
** The formal structure of the corporate organization subject to the laws of the state of New Mexico USA	
**OA, Inc. is made up of the BOT; the WSO; and for the week that it is in session, the World Service Business Conference.	
Overwhelm	
<b>P</b>	
Patterns	
Peace of mind	
Perseverance	
Physical recovery	
PI	
** abbreviation for Public Information	
** a Conference committee with the purpose to coordinate efforts to provide information about OA to the public	
Pitch	
**A brief talk in which members may qualify and describe what they were like before OA, what happened, and what they are like now ,as well as how long they have been in OA. Pitches may also address a specific topic chosen by a group's leader	
Plan of Eating, A	
** As one of the Tools of recovery, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where, and why we eat. As personal directions for an OA member, a plan of eating is part of the action plan and is more than a food plan which OA does not endorse	
Policy	
Pound(s)	
** The pound or pound-mass is a unit of mass / weight. Abbreviations: lb or lb.	
** 1 pound = 0.45359237 kilograms	
Power	
Powerful	
Pre-registrations	
Pride	
Primary purpose	
** as stated in the OA Promise: "To abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer."	
Principles	
Psychotherapy	
Purge, to	

Purging	
** vomiting, using laxatives, or overexercising	
Purpose	
Put down the fork.	
Put the food down.	
Q	
Qualify	
** the act of telling a group the length of time the speaker is recovering in the Fellowship and of the inner and outer changes experienced as a result of abstaining and working the Twelve Step program of recovery	
R	
Rationalization	
Reach out for	
** e.g., Reach out for help.	
** e.g., reach(ing) out to others	
Reading	
** as one of the Tools of recovery	
Realize, to	
Recovery	
** spiritual, emotional, and physical recovery is the result of living the Twelve Step program of Overeaters Anonymous.	
**become well	
**regain control of	
Refrain, to	
Region(s)	
** ten areas of the physical world plus the virtual world, as defined in the OA Bylaws	
Region Assembly	
** The business meeting of each region. Intergroups or service boards send representatives to regional assemblies to enact business, elect region officers, and nominate candidates for region trustee	
Region Chairs Committee (RCC)	
Region Representative (RR)	
** an intergroup representative who represents the intergroup at regional assemblies	
Region Trustee (RT)	
** the members of the board who serve as liaisons between their region and the World	
Service Office	
Registrations-at-the-door	
Relapse	
Representative	
** OA member designated for representing a service body in their region	
Resentment	
Restore	
** e.g., restore us to	
Retreat	
Rewarding	
Right	
Rotation	
Rotation in service positions	

Rozanne S.	
** OA founder	
<b>S</b>	
Sane	
Sanity	
Schedules	
See to It that	
Self-awareness	
Self-consciousness	
Self-control	
Self-denial	
Self-indulgence	
Self-righteous	
Self-will	
Selfish	
Serenity Prayer	
Service	
Service Body(ies)	
Seventh Tradition	
** contribution to OA, in either money or service	
Share, to	
Sharing	
Sick	
Sickness	
Slide	
Slip	
** e.g., I slipped	
** e.g., slip and slide	
Solidarity	
Spread(ing) the message, the word	
Spiritual	
** e.g., spiritual and sane life	
** e.g., spiritual awakening	
** e.g., spiritual recovery	
** e.g., spiritual sustenance	
Spiritually fit	
Sponsee	
Sponsor	
Sponsorship	
Sponsorship Day	
** One of the OA international days. Celebrated on the third day of August worldwide every year. A day for celebrating sponsorship in our Fellowship.	
Staff Members	
** e.g., staff members at the World Service Office	
Stand up and be counted.	
Standard	
Steering Committee	
Steps (the Twelve Steps)	

** the Twelve Steps of recovery from compulsive overeating, adapted with permission from the Twelve Steps of Alcoholics Anonymous	
Stick to the 12 & 12, to	
** the 12 & 12 is the book <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</i>	
Still, small voice	
** thought in a member's head that may have come from her or his HP	
Strength	
Success	
** Successful	
** Successfully, to live	
Surrender	
** e.g., surrender the food	
** e.g., surrender, daily	
<b>T</b>	
Teachable, to become	
Thankfulness	
Therapy	
Therapist	
Threefold disease	
Times of stress	
Tools of Recovery	
** Nine Tools to use in order to work the Steps and live in recovery: a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service	
Traditions (the Twelve Traditions)	
** the principal ideas behind the Overeaters Anonymous program of recovery, adapted with permission from the Twelve Traditions of Alcoholics Anonymous	
Treatment	
** medical treatment	
Trials, life's	
Trigger food(s)	
Trouble, a member in	
Trust	
Trusted servants	
Trustee	
Turn over one's will	
12 & 12	
** book, <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</i>	
** also, <i>OA Twelve and Twelve</i>	
Twelve Steps	
** the Steps of recovery from compulsive overeating, adapted with permission from the Twelve Steps of Alcoholics Anonymous	
Twelfth Step Within	
** A Conference committee whose purpose is to support the recovery of OA members	
Twelfth Step Within Day	
** One of the OA international days. Celebrated on December 12 worldwide every year. A day for thinking of those who still suffer, whether in the rooms of OA or not.	
Twelfth Step Work	

** to practice the Twelfth Step or, more specifically, to carry the OA message of recovery to <u>other compulsive overeaters</u>	
Twelve Traditions	
** the principal ideas behind the Overeaters Anonymous program of recovery, adapted with permission from the Twelve Traditions of Alcoholics Anonymous	
<b>U</b>	
Underlying	
** e.g., the Principles underlying the Steps	
Understanding	
Unity	
** First Tradition Principle	
Unity Day	
** One of the OA international days. Celebrated worldwide on the fourth Saturday in February every year, Unity Day was established to reaffirm the love and understanding <u>shared by members in our Fellowship</u>	
Unity With Diversity Committee	
** Committee whose purpose is to recognize the significance that diversity plays in OA's ability to carry the message of recovery effectively. This committee encourages acceptance <u>and inclusivity in our language and actions while growing worldwide unity</u>	
** See the "Unity with Diversity" Policy on oa.org, which encourages us to have love and <u>tolerance for all members, no matter our differences.</u>	
Upset, to	
<b>V</b>	
Virtual Groups	
** groups that replicate face-to-face meetings through digital media	
Virtual Service Trustee (VST)	
** one member of the BOT who serves as liaison between virtual meetings and service boards and world service	
<i>Voices of Recovery</i>	
** OA book with 365 entries on recovery (one for each day of the year)	
<i>Voices of Recovery Workbook</i>	
Volunteer	
Vomit	
Vomiter	
** e.g., I am a vomiter.	
VSB	
** abbreviation for virtual services board (for online and telephone meetings)	
<b>W</b>	
Weather	
Weight	
White-Knuckle Abstinence	
** abstinence that we fight to keep instead of relaxing	
Will	
Willing	
** e.g., willing to give, being	
** e.g., willing to go to any length in order to recover	

