WSBC 2017 Unites Delegates Under Full Agenda

“Growing OA Unity Worldwide” is the theme of this year’s World Service Business Conference, scheduled for May 1–6 in Albuquerque, New Mexico USA. The theme mirrors our Strategic Plan goal for 2017 and will be supported by an array of workshops designed to equip delegates with tools and inspiration to further this world-service-level goal among their local service bodies and groups. Workshops include:

- The Heart of the Program Worldwide: The OA Twelve Steps
- Carrying the Message Worldwide: The Twelve Concepts of OA Service
- Working in Harmony Worldwide: The OA Twelve Traditions
- Worldwide Unity Through OA Literature
- Strategic Planning: Keeping OA Strong Worldwide
- Sponsorship: Growing OA Unity Worldwide
- Living Recovery Worldwide (optional)

Resources for New Delegates
New delegates, and those needing a refresher course, can attend “All About Conference” to increase their understanding of parliamentary procedure and other aspects of the business sessions.

First-time delegates, also known as “Green Dots” (a reference to the green dots on their name badges that indicate this is their first Conference), may also participate in the WSBC mentor program, which matches them with experienced delegates, who provide support and answer questions.

Continued on page 3

Online Voting Open April 15–May 15!
Vote Online! Help Choose OA’s Next Public Information Poster

From April 15 to May 15, all OA members can vote from a selection of twelve original entries to help choose OA’s next Public Information Poster, which will be sold later this year in the OA bookstore at bookstore.oa.org.

Our Fellowship’s creative juices have been captured in these new entries and now it’s your turn to pick your favorite! Visit oa.org/pi-poster-vote and complete the voting survey.

The winning entry will be tidied up by a professional graphic designer, professionally printed, and put up for sale to the Fellowship. Plus, the service body or member that provided the winning entry will get twenty free copies of the poster. So vote for your favorite and help your OA friends vote for their favorite too!
At World Service Business Conference 1977, voting to adopt Continuing Effect Motion 1977b, delegates created the OA Responsibility Pledge. Forty years later, we celebrate and recognize our commitment to the still-suffering compulsive overeater. Today, the pledge is demonstrated in OA’s Twelve Steps, Traditions, and Concepts of Service as well as in our nine Tools of recovery.

But I had never heard of this Responsibility Pledge until a few years ago. It was not included in the meeting format of any meeting I attended or mentioned at intergroup or region. When I did hear it—I mean, really heard it—it gave me pause. At about this same time, the OA Board of Trustees had begun work on the 2014–2016 Strategic Plan, and there it was: our Responsibility Pledge.

The Responsibility Pledge became the focus of our planning, and WSBC 2016 raised its profile by making it the Conference theme. Workshops were created to enrich the experience of the Responsibility Pledge and bring to the delegates its concept of personal responsibility to all who suffer.

I remember my first OA meeting on January 11, 1992. A friend had suggested I meet her there. When I arrived, someone else greeted me, and I sat next to another member who shared. People were happy to be abstinent and excited about their lives, even with challenges, and they spoke about how OA had saved their lives.

There were times when I thought that giving service was for the other guy to do (not quite sure who I thought the other guy was, just that it wasn’t me). I was too busy, not qualified, insecure. The what-ifs contributed to me wanting to be perfect first. If I couldn’t be the perfect sponsor, speaker, leader, or writer, then why bother?

After reading the Responsibility Pledge, I started to take it personally. How was I reaching out my hand and heart to fellow members? Did I take the time to share my experience, strength, and hope? Did I make myself available to do what I could, when I could? I started to see that program doesn’t work from the top or even the bottom, in our service structure, but from the “grassroots”: in meetings, phone calls, sponsoring, sharing, and so on.

Today, the OA Responsibility Pledge is personal to me. As it says on page 22 of Overeaters Anonymous, Third Edition, “Our promise of recovery is in every OA meeting when we join hands, pray together, and joyously, lovingly encourage one another: Keep coming back!”

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One Thing I Always Take Personally
— Karen C., Chair of the Board of Trustees

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Application Deadline is May 15, 2017

Call for World Service: Apply for Region One or Virtual Services Trustee

As of May 6, 2017, there will be two vacancies on the Board of Trustees: that of Region One Trustee and that of Virtual Services Trustee. Since no applications were received either from members who reside in Region One or who are in the Virtual Services community, in accordance with the Bylaws of Overeaters Anonymous, the Board of Trustees needs to appoint qualified members to serve through WSBC 2018. In order to best serve Region One and Virtual Services, as well as Overeaters Anonymous as a whole, it is important to make these appointments as quickly as possible.

The interactive application and job descriptions can be viewed and completed from the Board of Trustees page at oa.org. Completed applications must be received by the World Service Office by Monday, May 15, 2017. The application may be sent by registered mail to the WSO, faxed to 1-505-891-4320, or emailed to info@oa.org. Note that an officer of the applicant’s service body (intergroup, service board, or region) must sign the application.

Let it be known throughout your area that the board is still seeking qualified applicants who are willing to fill these positions. It is the intention of the board to appoint the new Region One Trustee and Virtual Services Trustee as soon as possible after the May 15, 2017, application deadline. Appointed trustees will serve from June 2017 through the conclusion of the next World Service Business Conference in April 2018.

Should you have any questions about this appointment process, please contact the World Service Office.
WSBC 2017
Continued from page 1

questions during Conference. As in years past, the WSBC 2017 agenda offers two opportunities for Green Dots and their mentors to meet and discuss the Conference.

“Amazing” Forum
Region chairs will again host the Forum, titled “Amazing Recovery: Passport to Unity.” The Forum will feature a unity exercise giving delegates the experience of several mini-meetings with speakers who work their program in different ways and from different vantage points. During the Forum, the Region Chairs Committee will host tables with varied leaders and topics, such as anorexic, bulimic, HOW program, Big-Booker, non-traditional Higher Power, non-English-speaking, relapse survivor, and more. Delegates will be asked to identify the commonalities between themselves and the speaker, even though at first it may seem they are quite different.

New Business Proposals and Amendments
Delegates will consider fourteen new business proposals to OA Bylaws, Subparts A and B, submitted alphabetically as New Business Proposals:

A. Revise policy on email loops
B. Require an explanation of how a motion will carry the message on the motions template forms
C. Request the BOT to investigate how WSBC conducts business in accordance with Concept Twelve
D. Establish a translations fund
E. Establish an ad hoc committee on how to register a Spanish language service board

In addition, delegates will vote on the following eight amendment proposals, referred to numerically as Bylaw Amendment Proposals:

1. To amend Article IX – Board of Trustees, Section 6 – Election of Trustees to require candidates to run for only one position
2. To amend Article V – Overeaters Anonymous Groups, Section 1 – Definition to require the use of a meeting format that includes the OA Preamble, Twelve Steps, and Twelve Traditions as part of the group definition
3. To amend Article X – Dissolution to remove religious organizations from dissolution policy
4. To amend Article IX – Board of Trustees, Section 4 – Qualifications to allow candidates to meet the trustee qualifications at the time of election
5. To amend Article VI – Intergroups, Section 4 – Functioning to allow trustees to remove a nonfunctioning intergroup
6. To amend Article VIII – Service Boards, Section 4 – Functioning to allow trustees to remove a nonfunctioning service board
7. To amend Article VIII – Service Boards, Section 2 – Composition to allow groups affiliated with virtual service boards to also affiliate with national service boards
8. To amend Article X – Meetings of Delegates, Section 1 – World Service Business Conference to change Conference to a biennial event

OA Literature Proposals
Delegates will vote on whether to give the Conference Seal of Approval to:
• Maintaining a Healthy Body Weight (revised publication)
• Twelve Concepts of OA Service Pocket Guide (new publication)
• The Twelve Steps and Twelve Traditions of Overeaters Anonymous (revised publication)

Trustee Elections
This year, elections will be held to fill five trustee positions:
• two region trustee positions, each for three-year terms
• two general service trustee positions, each for three-year terms
• one general service trustee for a two-year term

Our trustee nominees are:
• Region Four – Cyndy L.
• Region Seven – Karen B.
• General Service – Lawrie C., Diana G., Joanne M., Ron P.

No applications were received to fill the trustee positions for Region One and Virtual Services, therefore, the Board of Trustees will appoint qualified OA members to these positions in accordance with OA Bylaws. See “Call for World Service . . .” on page 2 of this issue for more details.

Conference Documents
All WSBC delegate mailings may be downloaded from the WSBC page on the OA website. For Conference voting results, check the WSBC Web page after Conference or read the Third Quarter issue of A Step Ahead when it is posted in early July.
OA’s Annual Audit Can Inspire a Personal Inventory
— Tina C., General Service Trustee, Treasurer

Legally, Overeaters Anonymous, Inc. is required by the State of New Mexico (USA) to conduct an annual audit. For Fiscal Year 2016, Porch & Associates, Certified Public Accountants & Consultants again found that OA had strong internal financial controls and that the accounting staff was highly competent and proficient. There were no areas of concern or discrepancy. OA’s balance sheet was “healthy,” with adequate income in reserve. It was also stated that OA, as a not-for-profit corporation, was fiscally stronger than many comparable corporations, using more sophisticated accounting controls.

That being said, as with any corporation in the 21st century, OA was encouraged to look at its income and expenses and dig deeper. The World Service Office staff and the Board of Trustees have and will continue to examine and reduce expenses and find new and better, cost-saving ways to do business.

But what is my responsibility as an individual OA member in securing OA’s financial security and success?

Before OA, I ate! Some days I spent more, some days a little less, whether I was employed or not. That’s a lot, but by grazing throughout the day, by using cash, debit, credit, and mobile phone payments, I never knew how much a daily binge was until I sat down and figured it out, which was about a year before HP led me to my first OA meeting.

Today I thrive on OA! Today, I have nine Tools, Twelve Steps, and Twelve Traditions helping me get through the daily grind called life. I sometimes use them all, sometimes not. Examples might include meetings, connecting with other OA members who “get me,” using literature, “to practice these principles in all our affairs” (The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 99), working with my sponsor, studying the Steps, reaching out to newcomers or people coming back, and calling and texting OA members. Total cost? Priceless.

That is the total picture of my responsibility as an individual . . . or is it?

In researching my past, I saw how much I spent on my addiction/compulsion/obsession. So, how much am I spending on my recovery? I donate generously and regularly at my face-to-face meetings and have established a monthly ARC (Automatic Recurring Contribution) with OA, similar to a monthly gift or credit card charge. But how much do I really donate at my meetings? How much, really, is my ARC?

Truth be told, while I have donated generously when the “We need help!” call has come out, I do not on a weekly or even monthly basis donate $55, plus or minus, to my face-to-face meetings, which was the amount I spent on a daily binge. Even more disturbing to me, I realized that my once-a-month, automatic contribution is not even close to what I spent on a daily binge. I rectified this imbalance the very next business day.

As OA members, we ask our World Service Office staff members and the Board of Trustees to be prudent and wise—to guard our program and make it even better, while doing more with less. But it is not just their responsibility. As an OA member, it is my responsibility too. If I really want OA to continue its growth and expansion into the 21st century, through fellowship and technology, I need to do my part, and a “buck in the basket” just doesn’t cut it anymore.

What can I, as a single OA member, do to financially support this recovery program that is saving my life daily? I discovered my answer.

What is yours?

Yours in OA love and recovery,
— Tina C., OA member

#B4OA18
(Before OA I Ate)

At that time, a daily binge might consist of:

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast drive-thru</td>
<td>$9.54</td>
</tr>
<tr>
<td>Vending machine</td>
<td>$5.25</td>
</tr>
<tr>
<td>“Big Bag”</td>
<td>$4.99</td>
</tr>
<tr>
<td>Vending machine</td>
<td>$5.25</td>
</tr>
<tr>
<td>Half-gallon</td>
<td>$3.95</td>
</tr>
<tr>
<td>“Family Size”</td>
<td>$4.49</td>
</tr>
<tr>
<td>Vending machine</td>
<td>$5.25</td>
</tr>
<tr>
<td>1 lb. fresh baked</td>
<td>$3.99</td>
</tr>
<tr>
<td>Evening drive-thru</td>
<td>$11.17</td>
</tr>
<tr>
<td>Two 12.6 oz bags “Fun Size” (on sale)</td>
<td>$6.00</td>
</tr>
<tr>
<td><strong>Total cost</strong></td>
<td><strong>$54.63</strong></td>
</tr>
</tbody>
</table>

Note: 2017 prices in US dollars. Prices and quantity may vary by store, country, or personal preferences.

#2day I Thr5 on OA
(Today I Thrive on OA)

Today my recovery consists of:

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>OA Tools</td>
<td>9</td>
</tr>
<tr>
<td>OA Steps</td>
<td>12</td>
</tr>
<tr>
<td>OA Traditions</td>
<td>12</td>
</tr>
<tr>
<td>OA Meetings</td>
<td>Hundreds</td>
</tr>
<tr>
<td>Connecting with OA Members who “get me”</td>
<td>Thousands</td>
</tr>
<tr>
<td>OA Literature</td>
<td>Dozens</td>
</tr>
<tr>
<td>Practicing the OA Spiritual Principles</td>
<td>42</td>
</tr>
<tr>
<td>Working with my OA sponsor</td>
<td>1 or more</td>
</tr>
<tr>
<td>Reaching out to newcomers and returning OA members</td>
<td>Many</td>
</tr>
<tr>
<td>Making program calls and texts</td>
<td>Plenty</td>
</tr>
<tr>
<td><strong>Total cost</strong></td>
<td><strong>Priceless</strong></td>
</tr>
</tbody>
</table>

ARC (Automatic Recurring Contribution) with OA, similar to a monthly gift or credit card charge. But how much do I really donate at my meetings? How much, really, is my ARC?

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</tbody>
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**Carry the Message to Health Professionals: Apply for Professional Exhibit Funds**  
— Barbara B., Professional Tradeshows Committee Chair

The Professional Exhibits Fund was created in 2005 to help service bodies exhibit at health-related professional conferences and conventions that might otherwise be too costly. Professionals who may refer their patients and clients to OA, such as doctors, nurses, and nutritionists, attend these events.

Currently there is $6,200 available in the Professional Exhibits Fund, so watch for conferences, tradeshows, and similar events in your area where OA could exhibit. Discuss these opportunities with your intergroup, service board, or region, and if your service body needs funds to help with exhibit expenses, download the Professional Exhibits Fund application found on the Public Information Suggestions page at oa.org. Applications are reviewed monthly.

Participating in a conference or convention also strengthens individual recovery by providing additional service opportunities, such as creating attractive display booths and talking to as many referring professionals as possible. Overall, feedback from service bodies has been very positive.

The Professional Exhibits Fund needs your contributions to continue carrying the message. Please consider donating by selecting the Professional Exhibits Fund from the designation menu at oa.org/contribute.

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**Send Us Your Stories!** The next deadlines for Lifeline are:

**April 27**  
2018 Call for Topics

It’s almost time to choose topics for 2018! Got a great topic idea? Want to read about a particular recovery topic in Lifeline? Send your ideas to info@oa.org with subject “Lifeline Topics.”

**May 15**  
The Spiritual Principles of OA

The Principles give us a place to start and a way to move forward. Search “spiritual principles” on oa.org to find the list of Principles and share about how they have helped you work your program.

**Loving Our Literature**

Share how that one passage, pamphlet, or piece of literature first touched your heart. What words do you return to for inspiration? How have you used the literature Tool? What OA literature has helped you the most?

**Lifeline: An OA Service**

What role does *Lifeline* play in your recovery? How has giving service by writing for *Lifeline* helped? Was someone else’s *Lifeline* story exactly what you needed? How else have you used *Lifeline*?

For more information about sending stories on these topics or other submissions, refer to the July 2016 Lifeline or click the “Lifeline Magazine” button on oa.org.

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**As an OA member it is my responsibility to speak up gently for the protection of all our Traditions.**

In this case, I think I would email the person separately and gently ask if he or she has considered what happens when a blogger with a real name and picture identifies as an OA member: a break of Tradition Eleven. I would include my region trustee in the email. I could suggest that bloggers say “a Twelve Step group” without actually saying which one. Using a generic term frees people to talk about their experiences without breaking anonymity.

It could be that some bloggers believe Tradition Eleven does not apply to them. If they persist, and especially if they are using the OA logo or sharing pictures and full names of others, it would be important to pass the information on to your trustee and the World Service Office. I try to remember that when I see Tradition breaks I tend to overreact and come across to others as a bit fanatical. So I try to do it gently; people are more open when I proceed that way.

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**New Service Body**

Congratulations and welcome to our newest OA service body registered with the World Service Office:

**China Intergroup**  
Beijing, China  
Registered January 13, 2017

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**Ask-It Basket**

**Q**

As we are all trusted servants of the Traditions, what is the proper procedure when we see a breach of Tradition Eleven on the Internet? For instance, I see in some blogs that people say they are in OA and mention names. Do we bring this up to our trustee, call the World Service Office, or tell the offender ourselves?

**A**

As an OA member it is my responsibility to speak up gently for the protection of all our Traditions. In this case, I think I would email the person separately and gently ask if he or she has considered what happens when a blogger with a real name and picture identifies as an OA member: a break of Tradition Eleven. I would include my region trustee in the email. I could suggest that bloggers say “a Twelve Step group” without actually saying which one. Using a generic term frees people to talk about their experiences without breaking anonymity.

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A new website for all things virtual was recently launched by the Virtual Services Conference Committee. The website, oavirtualservices.org, aims to be an education resource for OA members who maintain virtual meetings.

In response to the ever-increasing popularity of virtual meetings and their growing need for service body support, the VSCC plans to offer an array of website-based resources including:

- how-to guidelines
- a forum to discuss issues that impact virtual meetings directly
- a calendar of virtual OA events
- “OA Virtual News,” a new quarterly newsletter for participants in virtual meetings.

The website promises to become a center for synergy and cooperation among virtual meetings as well as a useful reference for our Fellowship.

The committee wants the newsletter, in particular, to accomplish certain goals:

- build a sense of community among attendees of virtual meetings
- share experience, strength, and hope offered in virtual meetings
- educate the virtual fellowship about OA’s Strategic Plan, Steps, Traditions, and Concepts of Service
- communicate OA goals and events
- share learnings related to maintaining virtual meetings.

Since the VSCC was founded in 2016 by delegates to World Service Business Conference, it has found that the virtual fellowship is coalescing to develop a three-tiered service structure similar to that of OA’s ten regions. The maturation and growth is also creating a greater incentive for service direction and a flow for Seventh Tradition contributions.

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**What’s New from WSO**

**Uniting with Diversity Trifold**

“Growing OA Unity Worldwide” is the current focus of our Strategic Plan. To help, download the **Uniting with Diversity trifold** and pass it on. In it, you’ll find suggestions, policy, resources, and discussion prompts. Make it part of your own recovery and the group conscience of your local fellowships.

**Professional Outreach Category Added to oa.org/documents**

A new grouping of professional outreach documents has been added to the **Documents page** on oa.org, making it easier to see our breadth of downloadable resources. Use these brochures, newsletters, and press kit to help educate health care providers and other referring professionals about OA.

**All OA Translations Listed in Two Charts**

OA literature and recovery materials have been formally translated by OA members into thirty languages, all adding to the growth of OA unity worldwide. Find our newly posted charts that summarize every licensed translation at **oa.org/documents** (under “Translations”)

—**Translated Literature** and **Translated OA Recovery Materials**. Check the charts to see if your translations are listed, and if you see anything missing, contact the World Service Office.

**Revised Local History Guidelines**

Turn personal reminiscences into group legend using **Suggested Guidelines for Writing the History of Your Local OA Area**. These newly revised guidelines offer procedural suggestions for how to create and preserve local histories, plus lively question prompts to encourage group members to participate in telling your area’s OA story.

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**100-Pack Discount for Pamphlets Discontinued**

The ten percent discount once offered by the OA bookstore on the purchase of 100-packs of pamphlets has been discontinued. The Executive Committee of the Board of Trustees approved a motion to eliminate the discount at their February 2017 meeting after finding that very few of these purchases are made throughout the year.

Removing unpopular bookstore items on a periodic basis helps maintain the efficiency of our online bookstore and the literature warehouse at the World Service Office.

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**Lifeline Request**

**Lifeline** needs stories from newcomers for Newcomers Corner and stories about giving service for the Service and Recovery department in **Lifeline** magazine. Please send your stories to info@oa.org.
We are writing as representatives of a group of three meetings who recently had to deal with a difficult member. The world service representative who helped us suggested that we share our story.

Our meetings suffered from the behavior of a member who shared inappropriately, intimidated other members in and out of the meetings, and often arrived very late, disrupting others who were sharing, writing, or reading. This member also made abusive phone calls to members, which caused them to feel threatened.

Many members reported being so intimidated that they could no longer show up. Attendance diminished to the point that the meeting could barely support itself. The offender’s behavior did not improve after being spoken to privately and barely support itself.

This member also made abusive phone calls to members, which caused them to feel threatened.

Our world service representative supplied us with literature and suggestions and, most importantly, supported us by coming to our special business meeting. At the meeting, a representative of our group did the difficult task of confronting the disruptive member.

“The very act of speaking up for the good of the group, despite the intimidations, has helped members find their voices.”

After a group conscience vote, we contacted our intergroup and the World Service Office for advice. We were directed to various resources, including Guidelines for Addressing Disruptive Behavior at Overeaters Anonymous Meetings, found on the Guidelines page at oa.org, and the Ask-it Basket archive, which is also on the OA website. These gave us the information we needed. We also found pages 100–111 and page 131 in The Twelve Steps and Twelve Traditions of Overeaters Anonymous to be very helpful.

Our world service representative supplied us with literature and suggestions and, most importantly, supported us by coming to our special business meeting. At the meeting, a

representative of our group did the difficult task of confronting the disruptive member.

Did you know that the largest segment of OA’s annual revenue comes from the sale of OA-approved literature? Keeping that in mind, it should come as no surprise that how and where you purchase OA books can affect the strength of our Seventh Tradition.

“Your best options are bookstore.oa.org and your local bookstore.”

Overeaters Anonymous has agreements with the largest online booksellers to sell our books in electronic format. These agreements restrict the amount we can charge for e-books and also limit what percentage of e-book sales revenue we receive. As a result, we earn less from the sale of e-books than we do from print literature, however, we recognize the importance of e-books to our members, and so we are happy to make these options available.

When you search a bookseller’s website for one of our e-books, you may be directed to the print versions of our books as well. The used (and sometimes new) print books that appear in these search results are sold through the bookseller’s proprietary resale marketplaces. All proceeds from these resales go to the reseller, which is always an independent individual or company. Overeaters Anonymous is never the reseller, and so we receive no financial benefit from these sales.

To support the Seventh Tradition through your literature purchases, your best options are the OA bookstore at bookstore.oa.org and your local bookstore, which may be able to special order OA books for you. These books are also purchased directly from the World Service Office (and the same is true for any new books the bookstore may have in stock).

Please share this information with fellow OA members. Together we can strengthen our Seventh Tradition through literature sales.
Public Information Poster Contest Finalists

This is not a voting ballot. Vote online at oa.org/pi-poster-vote by May 15 at 11:59 p.m. MDT. Vote for your favorite idea. The winning idea will be professionally designed to look its absolute best.
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.

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?”

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.

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 check “Make this a recurring gift” to start your Automatic Recurring Contribution.
Give as if your life depends on it.
Sometimes more is better.
A contribution of $3 or more at each
compulsive eater costs money.
The message to the still-suffering
Abstinence is priceless and carrying
Abstinence? Priceless!

Last Binge? $$$

Abstinence is priceless and carrying
the message to the still-suffering
compulsive eater costs money.
A contribution of $3 or more at each
meeting is suggested.
Sometimes more IS better.
Give as if your life depends on it.
Everything you need to lead a journey through the Steps, including leader scripts, Fourth Step inventory worksheets, and hand-selected references from OA-approved literature is here. Use it to lead a group of OA members or one-on-one with your sponsees. Together, you can discover proven ways to incorporate the Twelve Steps of Overeaters Anonymous into a way of living—and a life beyond our wildest dreams.

Now available at bookstore.oa.org (#960/$13.50). Shipping not included.
GROUP INFORMATION

Group Number __________________________
Meeting Location _______________________
City ________________________ State ______
Prov/Country ________________ Zip ______

Enclosed is a □ check □ money order in the exact amount made out to World Service Office.

US funds ONLY
Non-US funds will be returned.

Please charge my □ VISA □ Mastercard □ Discover
Card # ____________________________
Exp. Date (CSC#) __________ (       )
Signature __________________________

Return form with payment to
Lifeline, P.O. Box 44020,
Rio Rancho, NM 87174-4020 USA
Phone 505-891-2664

To subscribe online, go to
oa.org/members/lifeline-magazine/