WSBC 2019 Will Help OA Grow

More than 180 delegates gathered in Albuquerque, New Mexico USA, May 6–11 for OA’s 58th annual World Service Business Conference. This year’s delegates hailed from seventeen countries: Australia, Austria, Brazil, Canada, Costa Rica, England, Germany, Greece, Italy, Mexico, New Zealand, Portugal, Spain, Sweden, Thailand, United Kingdom (including England and Scotland), and the United States. During Conference, a special Seventh Tradition was collected for OA’s general fund totaling US$6,252. Thank you, delegates, for your contributions!

Workshops and Forum
Workshops and discussions supported this year’s Conference theme, “Growing Our Membership Worldwide.” Workshop titles included:
- Carrying the Message: See a Health Fair/Professional Tradeshows Booth in Action
- How Attractive Are We to New Members?
- Keeping Members Engaged
- Social Media: KISS (Keep It Super Simple)
- What Up? Attracting Young Persons
- Multiplying Recovery: Virtual vs. F2F

Delegates participated in an interactive Forum titled “Each One Reach One, Every Day: Carrying the Message of Hope.” The Forum focused on sharing and carrying the message of recovery to newcomers and returnees.

Approved Business Items
Delegates followed parliamentary procedure according to Robert’s Rules of Order, to approve the following literature, New Business Motions, and Bylaws Amendments:
- Conference Seal of Approval for the manuscript, Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous
- Conference Seal of Approval for the pamphlet, Welcome Back: Suggestions for Members in Relapse and for Those Who Care
- Disband the Virtual Services Conference Committee
- Apply to accept nonprofit status for Google’s Custom Search feature at no cost
- Create a policy to allow hybrid meetings to register once with the WSO
- Amend the policy on how literature is discontinued, removed, or changed in format
- Amend Article XI, Section 5 – Allowed the BOT to disband committees that are not functioning after one year of service
- Create a revised definition on abstinence and recovery
- Disband the Web/Technology Conference Committee
- Combine all OA worldwide events (OA Birthday, Unity Day, Sponsorship Day, International Day Experiencing Abstinence, and Twelfth Step Within Day) into one policy
- Amend Article IX, Section 5 to remove the Virtual Services Trustee as this position is now within the region structure

(Continued on p. 2)

Lifeline Magazine Will Publish and Mail Its Final Issue in November 2020

After 55 years as our “Meeting on the Go,” offering stories of experience, strength, and hope for recovery through OA’s Twelve Steps, Lifeline magazine and its online format, oalifeline.org, will be discontinued at the end of 2020.

Just as magazine subscriptions have progressively taken a back seat to online content and social media, Lifeline subscriptions have steadily declined since peaking at 25,000 subscriptions in 1995. Today, print and online subscriptions number about 5,000 total, serving only 8 percent of our membership at a deficit of approximately US$50,000 per year.

Multi-year subscribers with issues still remaining at the end of 2020 will receive a prorated refund. Information and options will be available at a later date for subscribers whose subscriptions will end in the period from January to October 2020.

OA remains committed to giving members a venue to share their stories of recovery, so a new online successor to Lifeline will be announced at a future date.
WSBC 2019 Election Results

Delegates to the World Service Business Conference 2019 cast their votes to elect six region trustees and one general service trustee. Collectively, all nominees brought a breadth of service and recovery to the trustee election, and we thank them for their willingness to serve the Fellowship of Overeaters Anonymous.

Trustee Elections
When the final votes for trustee elections were tallied, the results were:
- Hanna S., Region Two (reelected, three-year term)
- Barb K., Region Five (three-year term)
- Beth B., Region Six (two-year term)
- Andi S., Region Eight (three-year term)
- Vasiliki T., Region Nine (two-year term)
- Letitia M., Region Ten (reelected, three-year term)
- Tina C., General Service (three-year term)

There were two GST positions open in 2019, but only one candidate applied, so the Board of Trustees determined at their February BOT meeting that they would not fill the second position for the 2019–2020 term.

Board Officers
Following WSBC, the Board of Trustees elected its officers for 2019–2020. They are:
- Bonnie L., Chair
- Karen B., First Vice Chair
- Ron P., Second Vice Chair
- Cyndy L., Treasurer

“Thank you, delegates and trustees, for your service.
Together we can!”

Board Committee Chairs
In addition, members of the Board of Trustees each accepted assignments to chair board committees as follows:
- Tina C., Board-Approved Literature
- Karen B., BOT Composition Ad Hoc
- Ron P., BRM Review
- Hanna S., Conference Planning
- Andi S., Convention 2020
- Cyndy L., Delegate Support Fund
- Joanne M., Internal Information
- Letitia M., International Publications/Translations
- Judy H., Literature Review
- Vasiliki T., LSB Ad Hoc
- Pat O., Professional/Public Awareness
- Karen B., Strategic Planning
- Cyndy L., Website Review

Conference Committee Cochairs
Conference committees convened and delegates serving in each committee elected a delegate cochair for their committee. Each delegate cochair is partnered with a member of the Board of Trustees. Conference committee cochairs for 2019–2020 are:
- Neva S. and Margie G., Bylaws
- Judy H. and Sue B., Conference-Approved Literature
- Pat O. and Sue B., Public Information/Professional Outreach
- Beth B. and Annette P., Region Chairs
- Dora P. and JC D., Twelfth Step Within
- Ron P. and Pauline E., Unity with Diversity
- Barb K. and Sarah C., Young Persons’
Thank you, delegates and trustees, for your service! Together we can!

Transferable Email Addresses Now Required for Registered Groups and Service Bodies
Keeping contact information up to date is challenging when our members are anonymous, but a small change will make it easier to maintain communication with intergroups and service bodies. Effective since May 2019, registered groups and service bodies must provide the WSO with a “generic” email address (one that is kept by the intergroup or service body itself and not by the member giving service on the group or service body’s behalf). For example, Jane D. of Recovery Intergroup would give the intergroup’s email address, recoveryintergroup@email.com, to the World Service Office instead of her own personal email address.

This change will help the WSO maintain communication with a group or service body if a member steps down from service, and will make rotation of service a little easier. It also helps OA comply with the General Data Protection Regulation, the new data privacy law in the European Union, which requires the use of generic contact information for this kind of communication.

WSBC 2019 and 2020 Important Dates and Deadlines

July 2019
WSBC 2020 Delegate Support Fund Letter and Application posted to oa.org

August 2019
WSBC 2019 Final Conference Report posted to oa.org

September 9, 2019
WSBC 2020 First set of Conference e-documents posted to oa.org

November 1, 2019
WSBC 2020 Delegate Support Fund Application (Due at WSO)
We successfully concluded a very busy week in May, when delegates from seventeen countries gathered in Albuquerque for our 58th annual World Service Business Conference. To those who attended and those who helped others through generous contributions to the Delegate Support Fund, thank you. Representation at WSBC is our opportunity to hear and be heard, to share our experience and to learn from others.

New Definition of Abstinence and Recovery
I remember attending my first WSBC, and even today, I continue to feel in awe of the power of our Twelve Traditions at work among us as we reach decisions that will have an impact on our Fellowship in the years to come. One such decision was to revise our Statement on Abstinence and Recovery policy (see the story below), which affects every OA member in our Fellowship and every newcomer who enters our rooms.

“One of my greatest honors in service is as a sponsor, and as sponsors, together we can help grow OA.”

Give Service to Grow OA
Our theme for this year’s conference was “Growing Our Membership Worldwide.” As we continue to translate literature to languages other than English, we work toward that growth. Virtual meetings can bridge the gap of borders, languages, and time zones and reach out very literally around the world. We often hear of the importance of service to OA. On a personal level, one of my greatest honors in service is as a sponsor, and as sponsors, together we can help grow OA. Sponsors are called to share our own experience, to help another in their personal recovery, and to mentor others to carry on in service to others. Think of those whom you have sponsored. Do they pay it forward? Do they sponsor others? Are they active in the group, the intergroup, the region, and the various service boards?

News in Our Literature Landscape
The Board of Trustees met before the start of WSBC, and one of the decisions reached involves Lifeline magazine, which has operated at a loss for many years now. The time has come to end Lifeline as we’ve known it; however, this will not affect your opportunity to share and exchange stories, because we have also directed the World Service Office to research alternative electronic methods for OA members to share their stories. Members with questions or comments about the discontinuing of Lifeline should direct them to their region chair.

A new publication, Body Image, Relationships, and Sexuality, was also approved at WSBC 2019, and with it comes an opportunity for you to contribute. We want creative ideas from members for the publication’s cover art, and anyone who has a concept (we do not need a drawing or mockup; even a written idea will do) is encouraged to submit their suggestion. For details see the flyer at the end of this issue of A Step Ahead. The deadline for submissions is July 31, 2019.

I am looking forward to the year ahead, and I am grateful for the reminders that I am not alone. I’m one part of a team, a network of trusted servants, dedicated staff, and members-at-large working together for the good of OA.

OA’s New Definition of Abstinence and Recovery
OA recently approved a new policy to better define abstinence and recovery. The policy reads:
“The WSBC 2019 accepts the following definitions:
1. Abstinence: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.
2. Recovery: Removal of the need to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program.”

What's Your Idea for OA’s Next Book Cover?
OA’s newest book will be titled Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous. We already have great stories from members that have the Conference Seal of Approval, but we’re stumped about the cover design. So, we want you to send a creative idea that will interpret and inspire an attractive cover for the book. You can send us a written idea, a drawing, or both! This call for ideas is not a contest and submissions will not be judged. To send your concept, read the flyer attached to this issue of A Step Ahead and complete and send the release form along with your idea by July 31, 2019. Thank you for your service!
Have you noticed the suggested contribution at your meeting has gone up from three to five US dollars? As Treasurer, I’ve received a couple of inquiries about this change. I would like to explain how this was decided, why the increase is necessary to maintain our Seventh Tradition, and to offer you my perspective.

**Concept Six—OA’s Board of Trustees**

The Sixth Concept of OA Service reads: “The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.”

The decision to increase the suggested meeting contribution to five dollars was made by the Board of Trustees in February 2019. After they approved this increase, it was added to the suggested meeting format used by your group.

**Tradition Eight Affects Tradition Seven**

As far back as the 1970 WSBC, a time when all administrative functions of the WSO were performed by volunteers, there was discussion about the fact that member contributions were not enough to sustain the work carried out by the WSO. In those days, OA did not suggest a contribution amount. So, the Board of Trustees decided they were going to be brave and added a suggested contribution of one dollar for members attending meetings.

By 1975, OA had grown large enough to secure commercial office space for the WSO and hire a manager and staff. The changes were possible because there was both an increase in income from larger contributions and growth in our membership and number of meetings. Today, OA owns an office/warehouse facility that houses the WSO and maintains a staff of fifteen special workers to carry on the support needed to serve the Fellowship and carry the message.

Have you noticed the suggested contribution at your meeting has gone up from three to five US dollars?

Practicing Tradition Five Today

One US dollar in 1970 is equivalent to $6.59 today, but inflation is not the only reason for increasing the suggested contribution to five dollars. OA’s rapid growth since the 1970s has finally cooled. Our statistics and surveys show that we have maintained a level membership base for the past ten years, and this cooling has caught up with the world service budget. The board has responded already by implementing many cost-saving initiatives and working carefully with the WSO managers to reduce expenditures. Trustees have worked to spread awareness of our Seventh Tradition needs among the Fellowship by publishing articles in *A Step Ahead* and submitting reports to WSBC delegates. But, even with these efforts, we are only making ends meet.

The WSO is here to carry the message in ways that our other service bodies cannot. With your contributions, the WSO is not only expected to support the current Fellowship but also to raise awareness so those who still suffer can find OA when they are ready. These endeavors cost money and are more reliant on technology than they were even a decade ago, when the suggested meeting contribution was last increased to three dollars. The Board of Trustees and WSO staff do their best to use available low-cost methods to achieve our goals, but there is more to be done. So, for example, the recent surplus of funds from the sale of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition* is not being saved for a rainy day but instead is being invested in projects that will carry the message: an updated website, ads on social media, research into a new digital platform for members to share their stories, professional translators to help in countries where groups are small and such work is difficult to achieve by volunteers alone. All are ways to fulfill OA’s primary purpose, with an eye toward growing our Fellowship worldwide.

While five dollars may not be possible for all our members, it may be possible for some, and what better place to share your generosity? Your contributions not only support your group but are also passed on to support all service levels. Each level will benefit from an overall increase in contributions.

I read somewhere that true humility is asking for what you need. OA needs to thrive, and we need you to help. Thank you.

Secretaries: Update Your Meeting Info at OA.org

The WSO wants to hear from you! Update your group’s meeting details by going to Edit a Meeting at oa.org. The WSO uses the information you provide to keep Find a Meeting current so that members in recovery and still-suffering compulsive eaters can locate a meeting in their area.

Apply for Professional Exhibits Funds

The Professional Exhibits Fund has over US$16,000 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 funds can help cover. Applications are reviewed monthly, so talk to your service body about local opportunities and apply! Find the application at oa.org/documents under “Public Information Suggestions.”

Translation Assistance Fund

Applications due October 1

Money is available to help translate OA literature into other languages. More literature means more meetings and a growing Fellowship. Help OA grow in your language. Complete the Translation Assistance Fund application and send it to the WSO. You can download the application from the Literature Translations page found via oa.org/site-map. To receive funds, recipients will need to create a PayPal account.

To learn more about OA’s translation policies, see Translation Guidelines for OA Literature on the Groups/Service Bodies “Guidelines” page.

To contribute to the fund, visit oa.org/contribute and select “Translation Fund” in the designation menu.
What’s New from WSO

Pamphlet for Referring Professionals
Use OA’s new pamphlet, When Should I Refer Someone to Overeaters Anonymous? To Members of the Helping Professions (#770), to reach out to referring professionals, such as doctors, therapists, dietitians, teachers, and clergy. The pamphlet answers questions about OA, explains how OA complements professional care, and includes OA’s Fifteen Questions. Find it at bookstore.oa.org.

Focus on Anorexia and Bulimia Packet Updated
Providing hope and a solution through OA’s Twelve Steps, this packet has been refreshed with new stories from Lifeline magazine and includes the pamphlets OA Members Come in All Sizes and Many Symptoms, One Solution. Find it (item #725) at bookstore.oa.org.

WSBC 2017 Forum Podcasts
Nine podcast recordings featuring eighteen speakers from the WSBC 2017 Forum, “Passport to Unity,” are now available for download. Find them at oa.org/podcasts.

Better Search on OA.org
OA has integrated Google Custom Search functionality into the OA website, oa.org, which should make searching the website more accurate and helpful to site visitors. This feature is free to US nonprofits that apply, and WSBC 2019 delegates approved submitting an application.

Suggested Reading and Writing Meeting Format
Our newest meeting format, the Suggested Reading and Writing Meeting Format, focuses on reading OA-approved literature, writing, and then sharing what was written. If you haven’t tried a reading and writing meeting, start here! Find the format at oa.org/documents under “Meeting Formats.”

New Social Media Channel
Get inspiration and share information about OA at https://www.instagram.com/overeaters-anonymous_official/
Q. How can an OA member distinguish between literature ordered on Amazon for which OA receives a royalty from that which it does not?

A. One way to tell is our account is that the author is listed as “Overeaters Anonymous” and the link for the author is clickable and takes you to a page with all of OA’s offerings. If the author link is not clickable, then it’s a reseller, and we won’t receive a royalty. You can also tell it’s a reseller because a field will appear that says, “Seller Information,” and the seller will be someone other than OA.

Here are shortened links to all OA literature sold by OA on third-party websites for which OA receives a royalty share:

- https://amzn.to/2WcqnZs for Amazon and Kindle
- https://apple.co/2wuLFCn for Apple Books

Q. Help, please! I am supposedly the temporary chair for my intergroup. We have several vacant positions, including chair, vice chair, region rep, and world service rep. I have been the chair for two years already. I have asked several people and no one is interested in taking over. Can I ask for volunteers to lead the intergroup meeting before we start to just let go? I just don’t know what else to do.

A. Thank you for reaching out and for filling me in on the details of the situation. Your intergroup is small, your local membership has dropped in recent years, and a couple of your meetings have closed. While this may be part of the issue, it is not uncommon for intergroups to go through cycles, just as meetings sometimes do. Sometimes when there are not enough qualified people to fill service positions, it is prudent to prioritize what is really needed to keep the intergroup functioning and what can be let go of for a time.

One idea is to create an intergroup meeting format and ask different members to chair the intergroup for one meeting. This is a way for people to try out a position, and can also work for the secretary position and other positions. Many meetings I attend have a calendar that is passed so that people can sign up to lead the meeting for a week. Sharing responsibility helps everyone feel more “a part of.”

People are generally more willing to serve when asked directly. Early in my recovery, sponsors used to tell us, “If someone asks you to do service and you don’t have a solid reason to refuse, do it.” I’m not sure people hear this from sponsors now, so ask members who are sponsors to speak to their sponsees who are qualified about doing service beyond the group level.

It’s a good idea to announce the open service positions at your meetings and invite people who don’t normally attend the intergroup meeting to come and find out how it works. It’s also good to remind people that they don’t already have to know how to do the job perfectly. We learn by practicing. Perhaps there are seasoned members who would be willing to be “service sponsors” to newer people willing to step up.

OA’s Intergroup or Service Board Inventory and Suggestions for Starting an Intergroup/Service Board may also help you find ways to strengthen your intergroup. Find these documents at oa.org/documents under “Service Body Support.”

I also encourage you to contact your region steering committee and your region trustee who can present our “Service, Traditions, and Concepts” workshop to members in your area. This workshop is usually four to five hours in length and explains how important service is to our recovery and the Fellowship of OA as a whole. It also explains the OA service structure and how our Traditions keep our groups healthy.

Send your Traditions or OA business questions to info@oa.org and get a response from members of the OA Board of Trustees. Read more Q&As at oa.org/documents under “Ask-It Basket and Archive.”
We need your ideas for OA’s new book cover.

OA has adopted an exciting, new piece of Conference-approved literature titled

*Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous*

And, we’re stumped about what should be on the book’s cover!

So, we’re asking YOU. What are your ideas?

About the Book

*Body Image, Relationships, and Sexuality* is composed of more than seventy stories by members sharing how maintaining abstinence, working the Twelve Steps, and relying on a Higher Power has meant a life both free from shame and isolation and full of beauty, love, and self-acceptance. The book’s contributors are as diverse as OA’s membership.

About the Cover

- This is not a contest and submissions will not be judged. OA is looking for creative ideas to interpret and inspire an attractive book cover that will transmit the messages of experience, strength, and hope found within the book and OA’s program of recovery.
- Designs do not need to be professional quality. What matters most is the idea and intended message. You may include an explanation, if necessary.
- Your submission can be drawn on anything from a napkin to a computer. Hand-drawn entries must be clearly legible.
- Submissions can be in any language; please include an English translation.
- One entry per member, please; select your best idea.

Important Rules

- All submitted designs must be original and accompanied by a Concept/Design Release form. (See attached or find the release form at oa.org/files/pdf/book-cover-release.pdf.)
- Submissions will not be returned.
- Send entries to info@oa.org with subject “Book Cover” or by mail to the World Service Office.
- Submissions must be received by the WSO by July 31, 2019, at 11:59 p.m. MDT.
AUTHORIZATION AND RELEASE FOR CONCEPT/DESIGN

I warrant that I am the sole owner and original author of the Body Image, Relationships, and Sexuality Book Cover Concept/Design ("Concept/Design") and that I have the full right and authorization to submit the Concept/Design to Overeaters Anonymous ("OA"). I understand and authorize OA to edit, copy, distribute, publish, reproduce, or copyright the Concept/Design for any lawful purpose. By submitting my Concept/Design to OA, I agree that it becomes the property of OA and may be used in any type of distribution media. I agree that I will make no monetary or other claim against OA for the use of the Concept/Design. I waive any right to inspect or approve the finished product wherein my Concept/Design appears. I hereby hold harmless and release OA from all claims, demands, and causes of action which I, my heirs, representatives, executors, administrators, or any other persons acting on my behalf or on behalf of my estate have or may have by reason of this authorization.

I have read the authorization and release information and give my consent for the use as indicated above.

Printed Name: ____________________________
Signature: ____________________________
Contact/Email: ____________________________
Date: ____________________________
The WSO staff creates *Lifeline* from OA members’ letters. Monthly topics are suggestions. You may write about any subject important to your recovery from compulsive eating and compulsive food behaviors. Send your letters to:

*Lifeline*
PO Box 44727
Rio Rancho, NM 87174-4727

or email myoung@oa.org.

**DEPARTMENTS:**
- NEW! Focus on the Footwork: Share how you work your program of recovery.
- Ask-It Basket: Read trustee responses to questions from OA members.
- Bits and Bites: Send in your short inspirational quotes and bits of recovery wisdom.
- Stepping Out, Living Traditions, Service and Recovery, and The Spiritual Path: Share about the month’s Step or Tradition or send a story about service or connecting with your HP.
- Newcomers Corner: Newcomers, share your OA experiences and concerns.
- Share It (letters to the editor) runs only if sufficient material is available.

**FEATURES:**
See next page for *Lifeline* monthly topics and deadlines.

**OTHER MATERIALS:**
*Lifeline* accepts letters, artwork, and photos (no faces, please) for publication. Credit lines and rights to submitted work apply equally to articles, artwork, and photos. The WSO does not return submitted materials. *Lifeline* may edit articles and crop photos. *Lifeline* promotes “unity with diversity” regarding the race, nationality, gender, age, physical challenges, and sexuality of its writers.

Submit articles at least three and a half months prior to the first day of the month of publication. Deadlines appear in parentheses next to topics. Indicate the topic and month for which you are submitting the article. Typed letters sent by email, mail, or fax are preferred. Letters must contain the author’s name and address, even if the author wishes to remain anonymous in print.

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**Try Writing**

— Donna R., Urbana, Illinois USA

At sharing time in OA meetings, I sometimes read thoughts I have written down. Sharing thoughts and speaking out loud what I have written helps my recovery.

Other members used to say, “You should submit that to *Lifeline*.” But I thought, “If what I write is rejected, I’ll feel rejected” or “What if it isn’t good enough?” My fear of submitting to *Lifeline* was really all about me because I was still living in my disease. I was missing the point, which was, “Wow, that really helped me—I bet others could be helped by it too!”

After a few years, I finally realized what others meant by saying I should submit to *Lifeline*, so I sent in my first item. It was published in April 2015. Shortly after that, I submitted another and then forgot about it. Today I opened a letter that said my second submission would appear in the March 2016 issue of *Lifeline*.

I’m telling this story to encourage you to take ten or fifteen minutes to write down your thoughts about something that means a lot to you. We walk in each other’s shoes. Others can be helped by what we honestly, willingly—with HP’s help—are able to say.

Today, I understand that submitting to *Lifeline* is not about me. It’s about throwing an emotional rope to others. It’s about sharing over isolation. By writing what we think and sharing what we write, we speak out loud, just as we do in meetings. After I took the first step, the next seemed easier. I think it could be that way for you too if you will try writing to *Lifeline*.

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**Subscribe to Lifeline in Print, Online, or Both!**

Whether you prefer the printed page or your mobile device, make *Lifeline* a companion in your recovery. *Lifeline* is filled with real stories of recovery written by real members. Receive ten print issues per year or one year of online access for $30. To subscribe, go to oa.org and click the “Lifeline Magazine” button or call 1-505-891-2664.

Note: No new subscriptions will be processed after December 17, 2019, and Lifeline will be discontinued at the end of 2020, ending with the November/December 2020 combined issue.
2020 LIFELINE TOPICS

JANUARY » Due: 9/15/19
How OA Changed My Life
Describe life before and after being in OA and share your threefold recovery.

My OA Birthday
OA’s 60th birthday will be celebrated January 18–19, 2020. Share about your OA birthday—what it took to reach this milestone and its significance for you.

FEBRUARY » Due: 10/15/19
Unity Day
Unity Day is Saturday, February 29, 2020, at 11:30 a.m. local time. How has unity with diversity, Tradition One, or a Unity Day event boosted your recovery?

Many Symptoms of Our Disease
OA offers recovery from anorexia, bulimia, overexercising, and other problem behaviors beyond compulsive overeating. If you’ve identified with behaviors such as these or have switched from one form of the disease to another, what are the challenges and solutions you’ve found in OA? What has worked, what’s been difficult, and where have you found support?

MARCH » Due: 11/15/19
Making an Action Plan
What are the details of your action plan, and how did it evolve? How do you stick to your action plan? What role does it play in your recovery? What lessons have you learned from your action plan? Action plan photos welcome!

Abstinence and Recovery
OA defines abstinence as “the act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.” Recovery is “removal of the need to engage in compulsive eating behaviors,” and “spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program.” Share your experience, strength, and hope about gaining abstinence and recovery in OA.

APRIL » Due: 12/15/19
Breaking and Mending Relationships
How has your recovery impacted your relationships? How have you explained OA to loved ones and sought support? What about “dating, divorce, and drama” in your OA journey? Or the effect of a relapse? How have you applied the Principles and Traditions in your relationships?

SERVICE BEYOND THE COMFORT ZONE
How has service played a part in your recovery? How has it helped you grow out of your comfort zone? How have you grown by taking a challenging service position or attending meetings and events outside your home area? How has rotation of service played a role in your recovery and the health of your local OA?

MAY/JUNE » Due: 1/15/20
Great Ways to Carry the Message
Share your success! How did you educate a referring professional? Or attract a compulsive eater? How did you work a public information campaign? What OA resources did you use? How did it benefit your own recovery? How have you practiced Tradition Eleven online, in your own life, and in your community?

Using a Plan of Eating
Start to finish, how did you develop your plan of eating? Who helped you and why was getting help important? How have changes in your health and lifestyle factored in? What has helped you stick to your plan, and what do you do when compulsive thoughts and urges arise?

JULY » Due: 3/15/20
Generally Speaking
Write on any topic you find meaningful.

24/7 Program
Share about mixing local and virtual OA resources, such as meetings, sponsors, telephone, literature, conscious contact, or podcasts, to ensure program is there for you anytime you need it.

AUGUST » Due: 4/15/20
Stepping Up to Sponsorship
Sponsorship Day will be celebrated August 15–16, 2020. What led you to first become a sponsor? Lessons learned? How has sponsorship boosted your recovery?

Our Tradition of Anonymity
Maintaining anonymity is the responsibility of both members and groups. What measures have you or your group taken to preserve anonymity or handle a break in anonymity? How has anonymity benefited your recovery and OA as a whole?

Outside Addictions and OA Recovery
Has your OA recovery included overcoming cross addictions or addictions among family? How did you sort your problems to find clarity about compulsive food behaviors? How has working the Steps in OA helped? Why is OA important even if you belong to another program? How have you kept OA a priority?

SEPTEMBER » Due: 5/15/20
Literature in Our Recovery
How have you used OA-approved literature in your recovery? What impact has Where Do I Start? had for you or your group? How has literature helped you give service or carry the message?

The Story of My Amends
What needed to happen before you could consider making amends? How did your amends play out? What was it like to make direct amends versus living amends, and why is each important?

Step Work as an Atheist or Agnostic
How have you worked the Steps as an atheist or agnostic? How did you handle “the God thing”? What is your HP, and how do you maintain conscious contact? Where have you found the support you need from within the Fellowship?

OCTOBER » Due: 6/15/20
Slogans and Other Words of Wisdom
How have slogans and other words of wisdom, whether from OA literature or members, helped keep you in recovery? What words stay with you? What words are so good you pass them on to others?

Feeling, Dealing, and Healing
How have you processed strong emotions after finding abstinence? How did you work the Steps to overcome denial or find forgiveness? How has taking a daily inventory helped change your thoughts and habits? What other lessons have you learned in your emotional recovery?

NOVEMBER/DECEMBER » Due: 7/15/20
International Day Experiencing Abstinence and Twelfth Step Within Day
Help us celebrate IDEA this November 21–22 and Twelfth Step Within Day on December 12 by sharing your story about how abstinence or Twelfth Step Within service has made a difference for you.

My Recovery Miracle
We often say, “Don’t leave before the miracle happens!” Share the story of your recovery miracle. How long did it take? Was it a recovery milestone? HP stepping in? A gift of desperation? What turning point brought you to seek help or took your recovery to the next level? What has your miracle meant to you?

55 Years of Lifeline: A Retrospective
Let’s bid Lifeline farewell in our final issue. How has Lifeline supported your recovery? Together we can commemorate Lifeline’s contributions to our Fellowship!
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.

5. Your contributions support worldwide and virtual meeting information, and outreach to professionals.

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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.

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The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition,
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have been created specifically as a study of the OA Twelve Step recovery program.

These new editions have been revised for clarity and inclusivity, with a restructured Step Four chapter to increase usefulness.

Read how, through working the Twelve Steps and studying the Twelve Traditions, members have found

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Purchase your new print book (#990-2), print workbook (#992), and e-workbook (992V) at bookstore.oa.org or by calling 1-505-891-2664 with your credit or debit card ready.

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