New Mailing Address for World Service Office

Effective immediately, the World Service Office has a new post office box for all correspondence, including contributions and Lifeline magazine. The old post office box will no longer be used. The new address is:

**World Service Office**  
PO Box 44727  
Rio Rancho, NM 87174-4727  
USA

With the rise of digital communications, the WSO receives a fraction of the paper mail it used to, and the large-sized box that we used for decades is no longer needed. The change, first suggested by a delegate to World Service Business Conference 2018, will sharply reduce this annual expense in the world service budget.

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**WSBC 2019 Will Support Growing Our Fellowship**

“Growing Our Membership Worldwide” is the theme of World Service Business Conference 2019, which will convene May 6–11, 2019, in Albuquerque, New Mexico USA. The theme supports OA’s Strategic Plan, and Conference workshops will focus on skills and strategies to grow our membership.

**Conference e-Documents**

The First Conference e-Documents are now available for download from the WSBC web page, which can be found via the “World Service Business Conference” link at oa.org/site-map. The e-Documents include a message from the chair of the board, a tentative agenda, the delegate registration form and instructions, the trustee application form and instructions, and sample motion and amendment forms. Both the delegate registration form and the trustee application are interactive PDFs; type directly into the PDF and save it, then add an electronic signature and email it to the WSO. Or you may print it out, sign it, and then fax or mail it to the World Service Office.

**Trustee Elections**

Are you or someone you know interested in running for a trustee position? You can also find the trustee application form and instructions at oa.org/documents under “World Service Business Conference: Frequently Used Documents.” The following positions are open for 2019 elections:

- Region Two, three-year term
- Region Five, three-year term
- Region Six, two-year term
- Region Eight, three-year term
- Region Nine, two-year term
- Region Ten, three-year term
- General Service Trustee (two positions), three-year terms

**Delegate Accommodations**

This year’s Conference will be held again at the Embassy Suites Albuquerque Hotel and Spa. There is a US$141 per night lodging rate (single through quadruple occupancy) plus US$18.77 tax (tax rate is subject to change). Total per night with tax is US$159.77. This rate includes a two-room suite, breakfast, refrigerator, microwave, internet (lodging room only), and access to dinner shuttles Tuesday–Friday evenings. The reservation deadline is April 21, 2019. For online reservations, go to www.bit.ly/2xvNXBp, or to reserve by telephone,
A Message from Our Chair
— Cyndy L., Chair of the Board, Region Four Trustee

I’m not sure where 2018 has gone, but here we are, already preparing for work that needs to be completed before the end of the year: proposing items for the 2019 budget (these will be considered at the October Executive Committee meeting); creating WSBC motions to submit before the December 10 deadline; and looking at what resources we have and what resources we’ll need to do the work of OA in the years ahead.

Successes in Our Regions

Something I want to highlight this quarter is the work being accomplished in our regions. There are always new ideas that can be shared and picked up by other service bodies to help us all grow stronger:

Hybrid meetings. This is a new term in OA jargon, and it refers to any land-based meetings that have a virtual component. For example, a hybrid meeting could be a face-to-face meeting that allows members to call in when they’re unable to attend in person due to bad weather or health issues. This practice gives members a connection with their home group even if they might not be able to get to their regular meeting. The WSO staff is working on a way to identify hybrid meetings in our Find a Meeting database so these meetings can be discovered by members who participate in phone meetings. The “hybrid” identifier will be in place sometime in the next year.

Twelfth Step Within call-a-thons. On the twelfth day of every month, each member of a group commits to making an outreach call to someone who has not been to their meeting in a while, or to a newcomer. I was surprised to receive one of these calls myself—not that I’d stopped going to meetings; I’d been called from a meeting I only attend occasionally—but I was pleased to be remembered in this way. My job now is to pass on that call to someone from my own list of contacts.

What a wonderful way to keep us all connected!

“Night owl” phone lists. Consider putting together a list of “night owls,” members who are available during hours when most of us are asleep. What a great service to offer those who might have trouble with food while they work a different schedule or just have trouble sleeping. A lifeline to call is always welcome.

Region-based support funds. Many OA regions offer funding to help their intergroup representatives and delegates attend region assemblies or WSBC. The WSO has a Delegate Support Fund for this purpose, of course, but looking first to your region for assistance is a great way to free up more funds, thus ensuring that even more members can give the needed service of attending these events.

Support Our Restricted Funds

That leads me to this reminder: now is the time to contribute any extra monies our intergroups or service boards may have to OA’s restricted funds, which are Delegate Support Fund, Professional Exhibits Fund, and Translation Assistance Fund. Of course, all contributions are appreciated, and OA always welcomes contributions to our general fund as well. Providing support to our Fellowship takes money. Thankfully, 2018 has been a good one for OA financially due to strong sales of The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition, and we expect to end the year with a balanced budget.

Support Lifeline Magazine

I would like to bring your attention to one area of concern, a service that is currently costing more than the income it provides: our own Lifeline magazine. Sales have been declining over the past two years, and print and online subscriptions remain at only 5,000, a number that approximates just 8 percent of our membership.

“What would it take to make Lifeline fully self-supporting? Only about 2,000 additional subscriptions—just one for every twenty-five OA members! Lifeline can be delivered worldwide, and the online version is instantly translatable into any of 103 languages.”

WSBC 2019

(Continued from p. 1)

call the hotel directly at 1-505-245-7100 and use Group Code “OEA.” You can also access the online reservation link from the WSBC web page. This room rate is available to OA members May 3–14, 2019, for those wishing to extend their visit before or after Conference.

WSBC 2018 was wonderful, and WSBC 2019 will be too. Read the 2018 Final Conference Report on the WSBC page, and download the 2019 First Conference e-Documents today!
A Message from Our Treasurer
— Bonnie L., General Service Trustee, Treasurer

My name is Bonnie and I am a recovering compulsive overeater. I am thankful for the trust bestowed upon me, allowing me to continue to serve OA as your treasurer.

Annual Appeal Success
It’s been exciting following the results our first-ever Annual Appeal letter, which was circulated in May 2018. I hope you heard it read aloud to your group and that your group sent a contribution to the WSO for OA’s General Fund. (You will see the Annual Appeal again next spring.) I was thrilled to hear the newest Annual Appeal results—almost US$20,000 as of September 30! My heartfelt thanks to every group who responded.

“I was thrilled to hear the newest Annual Appeal results—almost US$20,000 as of September 30! My heartfelt thanks to every group who responded.”

Automatic Recurring Contributions
We also continue to greatly appreciate contributions made through ARC—Automatic Recurring Contributions. You can make an ARC by going to oa.org/contribute and checking the box “Make this a recurring gift.” As of July 31, 2018, we have 330 donors who have contributed US$6,908.50 so far this year. ARC is a simple, fast, and efficient way to support OA world services, such as our website and Find a Meeting database.

Delegate Support Fund
Very soon, OA trustees will be reviewing applications for the Delegate Support Fund. I very much enjoy this part of my service as treasurer, and before I rotate away from treasurer service at the end of next year’s WSBC, I look forward to helping award these funds one last time. Last year, we had twenty-one applications from delegates serving in seven regions and ten countries. The Delegate Support Fund application and instructions can be found at oa.org/documents under “World Service Business Conference: Frequently Used Documents.”

I also enjoy, as part of my duties, the answering of finance-related questions from OA members. Your questions keep me thinking and learning, and I welcome the inquiries sent to me via the World Service Office.

On behalf of the OA Board of Trustees and those who benefit from world services, we do sincerely appreciate your support! Together we can do what we could never do alone.

Board Committees Combined
Public Awareness/Professional Tradeshows
Now a Single Committee
Two Board of Trustees committees have been merged into a single committee as part of an initiative to streamline OA world service efforts.

The Public Awareness Committee, which has handled media and public relations at the world service level and made outreach resources available to the Fellowship, has been combined with the Professional Tradeshows Committee, which has overseen the Professional Exhibits Fund, OA literature intended for referring professionals, and the Professional Tradeshows Manual for Service Bodies. (The Manual is available at oa.org/documents under “Public Information Suggestions.”) The combined committee is now known as the Public Awareness/Professional Tradeshows Committee.

The merging of these two Board committees parallels the recent merging of two similar WSBC committees, which became the Public Information/Professional Outreach Committee. Both mergers will help save costs and simplify OA’s service activities going forward.

WSBC 2019 Important Dates and Deadlines

November 1, 2018
Delegate Support Fund Applications
(Due at WSO)

December 10, 2018
New Business Motions/
Bylaw Amendments
(Postmarked deadline)

January 10, 2019
Second Conference e-Documents posted
(available on OA website only)

February 5, 2019
Trustee Applications
(Due at WSO)

February 25, 2019
Delegate Registration
(Due at WSO)

Apply for Professional Exhibits Funds

The Professional Exhibits Fund has US$8,700 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.” You’ll also want to download the Professional Tradeshows Manual for Service Bodies from oa.org/documents under “Public Information Suggestions.” The Manual offers step-by-step suggestions for identifying worthy tradeshows and creating and following a plan to apply as an exhibitor, create your exhibition space, and carry the message to referring professionals.
What Makes a Strong Meeting?
— Pat O., Region One Trustee

“It is a WE meeting; no one person has to do everything.”

“Strong examples of transformation using the Steps, compassionate and caring fellowship, sense of humor.”

These are just a few responses given by delegates at the World Service Business Conference 2018 when they took a survey on the topic of strong meetings: what makes for strong meetings and how can we foster them? Later during Conference, the survey results were shared with delegates at a listening session on the topic, and delegates carried the discussion back to members in their areas.

One region even held a regionwide conference call and asked the following discussion questions:

• What is a “strong meeting” for you?
• If someone told you that their meeting was not doing well, what specific suggestions would you offer to help them strengthen their meeting?
• What actions might you be willing to take to help a struggling meeting or to strengthen a meeting you attend?

Specific ideas shared in response to these questions included many options and suggestions:

• Moving the meeting to a better location
• Going hybrid by adding a phone-in option to face-to-face meetings
• Adding podcasts to serve as “speakers”
• Visiting other meetings
• Designating a person to follow up with newcomers each week
• Refocusing the meeting format
• Scheduling Big Book studies
• Taking the lead to make shares focus on the solution (and hopefully hear more of that in the meeting)

Find downloadable resources to help strengthen meetings at oa.org/documents under “Group Support”:

• Strong Meeting Checklist
• OA Group Inventory
• Guidelines for a Group Conscience Meeting
• Meeting formats and meeting guidelines
• Unity With Diversity Checklist
• Let People Know About Your Meeting

At your next business meeting or group conscience, try asking: Are we a strong meeting? What actions can we take to be even stronger?

Get Financial Support to Send Your Delegate to WSBC: Applications Due November 1

Intergroups and service boards can apply for delegate support funding for World Service Business Conference 2019! Applications and completed paperwork must be received at the World Service Office by November 1, 2018.

It is critically important for the strength of OA worldwide that the voice of OA’s entire community be heard at Conference. Decisions affecting OA for years to come are made each year at WSBC, and input is needed from all service bodies to truly represent OA as a whole.

Download the 2019 Delegate Support Fund application from the WSBC web page, found via oa.org/site-map. Or, go to oa.org/documents under “World Service Business Conference: Frequently Used Documents” and click “2019 Delegate Support Fund Application.”

Translation Fund Applications due February 1

Money is available to help translate OA literature into other languages. More literature means more meetings and a growing Fellowship, and that means more recovery. Help OA grow in your language. To apply for funds, complete the Translation Assistance Fund application and send it to the WSO. You can download the application from the Literature Translations page found at 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 make a designated contribution to help carry our message worldwide, visit oa.org/contribute and select “Translation Fund” in the designation menu.

International Day Experiencing Abstinence
Saturday & Sunday, November 17-18, 2018

IDEA is our time to come together as a Fellowship to begin or reaffirm our abstinence. Give service to make your local IDEA event a success.

Twelfth Step Within Day
Wednesday, December 12, 2018

Join your fellows to focus on giving service to OA members who are in relapse or still suffering from compulsive eating.
**New Web Page: What Is OA About?**

Written for newcomers, the newest web page on oa.org offers a brief overview of our program and provides links to encourage further exploration. What Is OA About? uses an ask-and-answer format that begins with the OA Preamble, then moves to questions compulsive eaters might ask: “Do I belong in OA?” “How does OA work?” and “What resources are available to me?” Find it in the Newcomers section at oa.org/what-is-oa-about/, and then share it with others.

**New Public Information Resource List**

Use this handy reference to work your Twelfth Step, grow your meetings, and help OA attract the still-suffering compulsive eater. The board-approved PI Resource List links you to a wide variety of OA outreach materials, including posters, documents, manuals, guidelines, skits, workshops, podcasts, and social media groups. Use the PI Resource List to spark ideas and jump-start attraction projects among members of any group, service body, or PI/PO committee. Find it at oa.org/documents under “Public Information Suggestions.”

**WSBC 2018 Ask-It Basket Questions**

Find fifteen WSBC Ask-It Basket questions accompanied by written responses at oa.org/documents under “Ask-It Basket and Archive.” These queries were handed in at WSBC 2018 and answered by the OA Board of Trustees. Topics include maximum limits for contributions, mindfulness, what to do when a sponsee isn’t working the Steps, our growing virtual Fellowship, and more. Responses to questions from previous Conferences (2010–2017) can be found there too; click “Ask-It Basket Archive.”

**OA-Approved Literature List Updated**

The OA-Approved Literature List is an indispensable tool for any group or service body. An updated list has been posted, which includes newer literature items and eliminates some obsolete items. Download the list from oa.org/documents under “Guidelines” to make sure your literature table is up to date.

**Translation Guidelines Revised**

As OA continues to grow recovery worldwide, compulsive eaters everywhere are requesting literature in their own languages. The Guidelines for Translation of OA Literature and Materials can give structure to translation efforts and provide clear overviews and specific instructions covering a variety of tasks, including forming a committee, prioritizing materials, acquiring copyright licenses, planning sales, and more. Click the “Literature Translations” link at oa.org/site-map to find the Guidelines.

**Secretaries: Update Your Meeting Info at OA.org**

The WSO wants to hear from you! Update your group’s meeting details and secretary contact information by going to the WSO Meeting Info 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.

**New Service Bodies**

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

- **The Non-Real-Time Virtual Intergroup in Social Media (NRTSM)**
  Fairfax, Virginia USA
  Registered June 18, 2018

- **Despertar Abstinente Virtual Intergroup**
  Suzano, Brazil
  Registered September 12, 2018

- **Virtual Intergroup Café Abstinente**
  São Paulo, Brazil
  Registered September 12, 2018
**Ask-It Basket**

Q. I’m on the Region Two Young Persons’ Committee and would like to talk to someone. What is the World Service Office doing currently about reaching out to younger members and getting them engaged?

A. There is a WSBC Young Persons’ Committee, and they can be reached by email at youngpersons@oa.org. All email inquiries are directed to the committee’s trustee cochair and answered accordingly. Additionally, their social media site, Overeaters Anonymous YP, can be found at facebook.com/OAinfo/. Overeaters Anonymous YP is monitored by members of the committee. All information on that page is OA-approved, and all links lead back to oa.org.

OA has several pages on oa.org specific to young persons. At oa.org/site-map, under “Newcomers,” click “Supporting Young Persons” and under “You’re Not Alone,” click “Young Persons.” Find other messages and a specific meeting format at oa.org/documents under “Young Persons in OA.”

OA has defined young persons as being ages 18–30. OA strongly encourages that minors (anyone under 18 in the USA) not attend online meetings and are accompanied by a responsible adult at face-to-face meetings. When a question about youth participation arises in another country, it is suggested that members look into their local laws about minor status, liability, and safety. Region chairs worldwide might be able to provide more specific information about young persons’ services in their areas.

Depending on the age of the young person, some materials from the “Discontinued Literature” section at oa.org/documents may be helpful and appropriate, including Billy’s Story and The Twelve Steps and Twelve Traditions of OA: A Kid’s View.

The WSBC Young Persons’ Committee has monthly conference calls to discuss issues and work on projects. We are a small but hearty lot. Currently, the committee is working on an online survey to find contacts and information:

- Individuals interested in being a working part of the committee (one year’s current abstinence required)
- Individuals who came into OA young who might be willing to record a podcast
- Information about currently active young persons’ meetings, including face-to-face, telephone, and online meetings

OA’s World Service Business Conference will be meeting again in Albuquerque May 6–11, 2019. At that time, new and returning delegates will designate committee preferences. During the Young Persons’ Committee meeting, the delegate and trustee cochairs will go over current projects and establish new goals for the Young Persons’ Conference Committee.

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 & A at oa.org/documents under “Ask-It Basket and Archive.”

**Contact the WSBC Young Persons’ Committee at youngpersons@oa.org or facebook.com/OAinfo/**

**Buy 2, Save $2**


Beginning January 2019, these items will be removed from the OA bookstore, so don’t delay! To order, Call 1-505-891-2664 with your credit or debit card ready or search for item 492 at bookstore.oa.org.

**Send Us Your Stories!** *The next deadline for Lifeline is . . .*

**NOVEMBER 15**

**Making Meetings Strong** What makes your meeting strong? The Traditions? The meeting format? The readings? The recovery? What changes made your meeting better? Did your group reach out for help or use a resource from oa.org? Has allowing mention of specific foods helped or hurt? Share your meeting’s successes.

**Recovery in the Workplace** Threefold recovery in OA also brings benefits to the workplace. Share what has changed for you—from struggle to success (and/or serenity)—as a result of your OA recovery. What did you learn about handling gossip, stress, keeping your side of the street clean, or other aspect of your work? How has recovery made your working life manageable?

**The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition** How has the new Second Edition of our keystone book refreshed and refocused your program? What gems are you finding again or for the first time? Send your comments to mark the one-year anniversary of its publication!

**DECEMBER 15**

**The Twelve Steps of OA** Share what you’ve found in OA’s Twelve Steps. You can write in-depth about working one or more Steps or about taking them all. Was a particular Step a challenge? Was there a key to taking one of the Steps? What Step work did you find most helpful?

**Overcoming Isolation; Reaching Out for Help and Hope** Talk about a time when you had to overcome isolation or program burnout—how did you find your way into the rooms? How did it feel to come back?

Send your stories to info@oa.org with subject “Lifeline.”
Work the OA Program with Our New Second Editions

OA's keystone book,

*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition,*

and companion workbook,

*The Twelve Step Workbook of Overeaters Anonymous, Second Edition,*

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

“physical, emotional, and spiritual healing that we don’t hesitate to call miraculous.”

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**How to Buy**

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.

The large-print *Twelve and Twelve, Second Edition* is available solely through Amazon at www.amzn.to/2yLq0tH.

E-books are available for Amazon Kindle at www.amzn.to/2KspTI1 and Apple iBooks at www.apple.co/2sITwtB and Barnes and Noble Nook at www.bit.ly/2MugmgX.

OA receives a royalty share for all purchases of new books and e-books made at the third-party websites listed above.
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Discover answers to these questions and more in this book of OA's history.

#998

Beyond Our Wildest Dreams
A History of Overeaters Anonymous as Seen by the Founder

Read thirty original stories of recovery not found in any other currently selling OA publication.

#988

Overeaters Anonymous
Second Edition

Discontinued Second Edition. No exchanges or refunds. All sales final.

$5.00

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.
Lifeline
Make Lifeline Self-Supporting

Subscription Form

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