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# A Step Ahead

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## *Register for Convention and Reserve Your Room Today*

# Convention 2016 — Workshops and More!

Join OA members from around the world at OA's 2016 Convention held in historic Boston, Massachusetts USA from September 1–4. Its theme, "Recovery: The Trail to Freedom!," celebrates the experience, strength, and hope OA members have shared over the years.

As a reminder, lodging and registration are open so be sure to make your hotel reservations and register for the Convention as soon as possible. Space is limited! Lodging and registration information can be found by clicking the "World Service Convention" button at [oa.org](http://oa.org).

If you're interested in receiving the latest Convention information, please email Sandy Zimmerman at [convention-info@oa.org](mailto:convention-info@oa.org) and request to be placed on the electronic mailing list. Please provide your name, city/state/country, and email address.

Workshop topics have just been released and a tentative agenda is posted on the website. Workshop topics will focus on:

- The Twelve Steps, Traditions, and Concepts
- The Tools of Recovery
- Abstinence
- Intimacy and Relationships
- Higher Power and Spirituality
- Sponsorship
- Recovery from Relapse
- Prayer and Meditation
- Special Focus such as Men, Young People, and 100 Pounders
- Body Image
- Carrying the Message
- Virtual Meetings

If you're interested in participating as a workshop speaker, be sure to sign up when you register for the Convention. Volunteer positions are also available on the registration form.

The Convention will also offer an International/Fellowship Lounge and a Virtual Services Lounge. Both lounges will be open to all OA members. Check the OA website for details.



### Attention

#### **Intergroups and Service Boards:**

Please inform the WSO whenever you have meeting changes to your directory by going to [Edit a Meeting](#) at [oa.org](http://oa.org).

### Attention

#### **Group Secretaries:**

Please make copies of this newsletter to share with your group members.

## DATEMINDER

May 2–7, 2016  
**World Service Business Conference**

## Convention is Calling for You!

— Gerri H., Chair of the Board of Trustees

Sixteen years ago, I boarded a plane with several of my 'peeps' from Central Florida and headed for Dallas, Texas USA. We were headed to my first World Service Convention, and I still remember my excitement overflowing into downright exuberance! I had attended a few of our state's conventions, but nothing had prepared me for the amazement of that week.

I didn't know at the time that more than 700 OA members were in attendance, but it was way more compulsive eaters than I'd ever seen collected in one place. We were everywhere, and I was starstruck as I met people from places like Israel, France, and South America. We truly are an international Fellowship.

There was another convention taking place at the hotel too, so when some of us proudly wore our badges in the

elevator, a woman asked us what we were there for. I looked around; no one in that elevator was worried about anonymity. Almost in unison, we said, "Overeaters Anonymous!"

"I don't get it," the woman replied. "You all look so good!" Again, we all tried talking in unison about how the program really works. I hoped that sharing our experience, strength, and hope on that short elevator ride would help a compulsive overeater who still suffered.

The workshops were amazing. I particularly remember one for '100-pounders,' people like me who'd lost or were working on losing 100 pounds (45 kg) or more. I felt such camaraderie with these people, remembering how alone I felt before finding OA.

Also, I met both Rozanne S., our founder, and A.G., the

## Getting Down to Business: WSBC 2016

“Responsibility – To Carry the Message” is the theme of this year’s World Service Business Conference, scheduled for May 2–7 in Albuquerque, New Mexico USA. The theme focuses on our Strategic Plan for 2016, and Conference workshops will emphasize and focus on the Responsibility Pledge.

All WSBC delegate mailings may now be downloaded from the [World Service Business Conference page](#) on the OA website.

### Proposed Changes to OA Bylaws

Delegates will consider eight new business proposals and seven amendment proposals to OA Bylaws, Subpart B. In alphabetical order, they are referred to as New Business Proposal:

- A. Include first names and last initials only in online Final Conference Report
- B. Rescind policy to clearly verbalize bylaws in proposed amendments
- C. Remove reference to selling AA literature at Conference
- D. Move Unity Day to last Saturday in June
- E. Revise policy to submit Conference policies to the Board of Trustees
- F. Allow the use of social media for public information and professional outreach purposes
- G. Establish a Conference Virtual Services Committee
- H. Rescind policy on telephone and online groups definition

In addition, delegates will vote on seven amendment proposals to OA Bylaws, Subpart B. In numerical order, they are referred to as Bylaw Amendment Proposal:

1. To amend Article VI – Intergroups, Section 1 – Composition to include intergroups as service bodies
2. To amend Article VII – Regions, Section 1 – Composition to include regions as service bodies
3. To amend Article VIII – Service Boards, Section 1 – Definition to include service boards as service bodies
4. To amend Article XI – Conference Committees, Section 4d – Region Chairs Commit-

tee to require the region chairs to meet in North America only

5. To amend Article VII – Regions, Section 1c – Composition to allow states/provinces/countries/territories to petition movement to another region through the region first
6. To amend Article V – Overeaters Anonymous Groups, Section 1 – Definition to remove the virtual groups definition
7. To amend Article XI – Conference Committees, Section 1 – Conference Literature Committee to allow the cochairs to appoint committee members

### Proposed New OA Literature

Delegates will vote on new OA literature, including whether to give the Conference Seal of Approval to the *Twelve Traditions of OA* wallet card and the *Twelve Step Workshop and Study Guide*.

### Trustee Elections

This year, elections will be held to fill six trustee positions. Four region trustees and two general service trustee (GST) positions are open, each for three-year terms. Nominees are:

- Region Two — Ali M-R. and Hanna S.
- Region Five — Linda J.
- Region Eight — Linda H.
- Region Ten — Letitia M.
- General Service — Diana G., Gloria L., and Steven M.

For Conference voting results, check the WSBC Web page after Conference or the third quarter issue of *A Step Ahead*.

### Conference Workshops

In addition to debating and voting on motions and electing new trustees, delegates will have the opportunity to attend a myriad of workshops offering fresh program insight and



inspiration in alignment with our strategic plan, which they can bring back to their service bodies and groups. Workshops included are:

- Responsibility: To Extend the Hand and Heart of OA
- Responsibility: Of Abstinence
- Responsibility: Of Working All Twelve Steps
- The Real Deal: Sharing Experience, Strength, and Hope (Young People)
- Strategic Planning: Carry the Message Back Home
- Virtual Services: Responsibility of Carrying the OA Message

### Support for New Delegates

New delegates and those needing a refresher course can attend “All About Conference” to gain a better understanding of parliamentary procedure and other related aspects of the business sessions.

First-time delegates (called “Green Dots” because they have a green dot on their name badges to indicate that it is their first Conference) may also participate in the mentor program, where they can pair up with experienced delegates who will support them during Conference and be available to answer questions. Again this year, the agenda offers two opportunities for green dots and mentors to meet and discuss the Conference.



# From Your Treasurer

— Tina C., General Service Trustee, Treasurer

Hi! My name is Tina. I am a recovering compulsive overeater, committed to abstinence. I am also the treasurer for the Board of Trustees and here again with more good financial news.

As a non-profit corporation, Overeaters Anonymous, Inc. is required by state law to have an official audit conducted annually. This was recently completed by Porch & Associates, LLC, certified public accountants and consultants.



Overeaters Anonymous' fiscal year runs from January 1 through December 31 of each year. For Fiscal Year 2015, the auditors 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 nonprofit corporation, was fiscally stronger than many comparable corporations. An added plus was that Overeaters Anonymous, Inc. again ended the year "in the black"—more income was generated than expended!

At the November 2015 Board of Trustees Meetings (BOT), the Delegate Support Fund Committee met to determine delegate allocations for the 2016 World Service Business Con-

ference. I attended the meeting, serving in my roles as board treasurer, general services trustee, and Delegate Support Fund trustee chair. Also in

**"Auditors found that OA, as a non-profit corporation, was fiscally stronger than many comparable corporations."**

attendance were WSO accounting staff and the trustees from the regions requesting funding, which were Regions One, Two, Three, Six, Seven, Eight, Nine, and Ten.

Twenty-four applications were received by the November 2, 2015 application deadline. Two applications were withdrawn by their requestors; two were withdrawn because their region funded them; and one application was denied funds due to not meeting the criteria.

**"Thanks to your support, all nineteen [Delegate Support Fund] applications were approved."**

## To Support the Seventh Tradition, Buy Books New, not Used or Resold

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.

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.

**"Your best options are bookstore.oa.org and your local bookstore."**

To fully support the Seventh Tradition, your best options to order print books are the OA online bookstore at [bookstore.oa.org](http://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.

The potential funding available was US\$20,553.49, and the vast majority of this funding came from member and service body contributions. Thanks to your support, all nineteen remaining applications were approved for a total distribution of US\$19,850 in support funds. First-time delegates to the 2016 World Service Business Conference will include OA members from Hawaii, USA; Australia; Egypt; and Greece!

OA's Seventh Tradition remains strong only because you contribute through your continued donations, literature purchases, and service. Together we can!

**Do you have a question about following the Twelve Traditions? Send it to [info@oa.org](mailto:info@oa.org), and an OA trustee will send you a response via the WSO.**

# OA Virtual Services is Growing

— Stephanie D., Virtual Services Committee Chair

**Virtual Services** is an active and vital part of Overeaters Anonymous. Virtual (non-geographically based) meetings include text-based online meetings, telephone meetings, videoconferences, and more, and make up a little over 7 percent of the number of registered meetings within OA.

We've estimated that between a fourth and a third of OA's membership has participated in at least one of OA's 469 virtual meetings, and many members use virtual meeting to augment their face-to-face meetings.

Of these 469 meetings, 166 are collectively represented by seven Virtual Service Boards. VSBs serve to aid communication, problem-solve, create synergy, and provide a voice and vote at World Service Business Conference for members they represent.

There are several motions coming up in May that are important to the future of Virtual Services and OA. Delegates attending WSBC 2016 will discuss and vote on the following motions:

- Create a Virtual Services Conference Committee to increase input from the Fellowship to help craft the future of OA Virtual Services
- Adapt the definition of a group to remove the limits on how virtual groups operate

(for example, removing the requirement that groups meet in real time) so that the rules for group registration are the same for all meetings

- Adapt the Public Media policy to make it clear that it is okay to use social media to attract members to OA as long as there is no risk to members' anonymity and to remind members they are responsible for maintaining their own anonymity

Other goals for this year are:

- To encourage synergy within OA to support the use of virtual capabilities as we carry the message.
- To encourage Seventh Tradition service and contributions and foster among virtual groups the responsibility of being financially self-supporting.
- To encourage more meetings to join the OA service structure and create additional Virtual Service Boards.

On behalf of everyone involved in OA Virtual Services, we appreciate the interest and support of the Fellowship, and we will continue to expand the virtual horizons of Overeaters Anonymous to create more opportunities for members to strengthen their recovery.

## Virtual Services: A Snapshot of Growth

	2013	Today
Number of Virtual Groups	336	469
Annual Contributions (US Dollars)	\$7,500	\$18,800
Groups Represented by Virtual Service Boards	18%	35%

- One in four OA members attends a virtual meeting at least occasionally.
- About 40 to 45 percent of new members find their way to OA via the Internet.

## Dial-in to Our Second Sunday Virtual Workshops

This year OA's virtual workshops are focused on "Service and My Recovery" and are hosted on the phone bridge 641-715-3818 with pin code 925619#. Everyone is welcome to attend. The format includes a speaker who shares for 15 to 20 minutes about his or her recovery and how service and the Principles of both the Twelve Traditions and the Twelve Concepts of OA Service have helped in his or her personal life

and service to OA. Following the speaker is time for participation from OA members attending by phone, who can



share their experiences as well.

Recordings of the first three workshops in

this series, *United We Stand*, *Who's In Charge*, and *All Together Now We are Reaching Out Our Hands*, are available to download or stream on the [podcast page](#) at oa.org.

The remaining workshops for 2016 are:

- May 8—*Always to Extend the Hand and Heart of OA*
- June 12—*Keeping Our Meetings Focused on the Primary Purpose*
- July 10—*The Many Ways to Contribute to OA*
- August 14—*Suit Up, Show Up, Be a Part, and Share the Load*
- September 11—*Service Structure, Not Power Structure*
- October 9—*When We Have an Opinion or an Agenda, Let Go, Let God*
- November 13—*Anonymity Inside and Out*
- December 11—*Spirituality, Sponsorship, and Service*

Mark your calendar and join us. We look forward to hearing you there.



**Virtual workshops  
about "The  
Importance of  
Working All  
Twelve Steps" are  
now available to  
download or stream  
at oa.org/podcasts.**



## One Main Reason

— Anonymous

Feeling responsible assumes first that a person has gained something; the gainer then wants to repay for that gain. When asked to write about our Responsibility Pledge, I thought to look first at what I have gained from OA.

When I came back into OA in January 2000 (after seven years of trying some controlled eating), I was thoroughly miserable and eating myself into an early grave. I asked an abstinent member in recovery to sponsor me. Thankfully she agreed, asking me to do three things to the best of my ability: attend meetings, work the Steps, and give service. She said the best of my ability would change as I worked the program. With no question in my mind, I agreed.

So what changed? Why now do I feel that certain sense of wanting to repay? Of responsibility to OA?

How it was: When I was miserable and eating like a mad-woman, food was on my mind all the time. I was making regular trips to convenience stores and sweet shops, gaining weight, and feeling a stroke or heart attack was waiting for me. I couldn't find clothes that fit; I was sweating, chafing, and uncomfortable in everything. I felt childlike disappointment that God wasn't giving me what I wanted when I prayed to be thin. I was trying various diets and weight-loss regimes and felt ever-increasing desperation when they didn't work. I felt "less than" every other person on the planet; the hell I was in was just getting worse.

How it is now: I feel content and happy with life. I eat three planned, abstinent meals a day,

*Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.*

eliminating my trigger foods and weighing and measuring others. I have sanity during and between meals. I live in a healthy body, having lost over 60 pounds (27 kg). I buy clothes with a sense of balance and feel comfort and fitness in my own body. And I have a living relationship with my HP, whom I call God.

As my sponsor showed me how to work the Twelve Steps, the love and respect I felt for God began to increase. I gained a new authenticity. I continue to work the Steps in everyday life: preparing and sharing my inventory, making amends, and nourishing my relationship with God. I feel neither "more than" nor "less than" anyone else. I do the best job I can as



What have you gained from OA? Do you feel that certain sense to repay? How can you give back?

God guides me. Life, the people around me, the program, and God gives me abundance, peace, and love for my fellow man.

Do I feel that certain sense that says I need to give back what I have been so freely given? To step up and do whatever God wants me to do? To carry this wonderful message to those who are compulsive eaters? You betcha!

*Editor's Note: OA's 2016 Strategic Plan includes a focus on the Responsibility Pledge. Region Chairs and members of the Board of Trustees are contributing one article per issue on this theme.*

## Attention Group Secretaries: Update Your Group Info

Group secretaries are an important link between the World Service Office and OA groups. They are vital both for keeping meeting information up-to-date and for distributing OA news, such as new resources and convention dates, to members.



The WSO wants to hear from you! Update your group's meeting details and secretary contact information by going to [Edit a Meeting](#) at [oa.org](#). First search for your meeting; then click "Edit Details" to update your group's information. 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.

## What's New from WSO

### Recovery From Relapse Meeting Format Updated

Changes to the meeting format include refreshed language that more directly encourages recovery and references to new resources available to members in relapse, including the [Breaking Out of Relapse](#) video on [oa.org](#). Giving Twelfth Step Within service increases the quantity and quality of recovery in OA by explicitly supporting members we already have, and with the new format, meeting leaders can provide proactive outreach within our Fellowship and offer encouragement to those who need it most. Find the new format on [oa.org](#) by searching "relapse."

### Hand and Heart: All Suggested Meeting Formats Revised

The Responsibility Pledge has now been added to all suggested meeting formats available at [oa.org](#) and reads: "Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible." Increasing the visibility of the Responsibility Pledge is a priority of OA's Strategic Operations Plan for 2016. To download the latest suggested meeting formats, go to the [Documents page](#) on [oa.org](#) and look for Meeting Formats.

### A Wallet Card You Can Download and Make Yourself

*What To Remember When You See Your Doctor or Other Health Care Professional* is a new wallet card (available April 19, 2016) that you can download, print, and make, with just a few folds and a cut along a dotted line. This new wallet card can help you carry the message to your health and wellness providers by offering suggestions for ways to start a discussion. Find it by searching "doctor" on [oa.org](#), and bring copies to your meetings to share with fellow members. The doctor is *in*-terested!

## Keep In Touch With Email Bulletins from the World Service Office

Click the "Newsletter Sign Up" button at the bottom of any page on [oa.org](#) and then fill out the form to receive periodic news bulletins from the OA World Service Office.

Subscribers receive updates on important Overeaters Anonymous news, such as announcements of new OA literature, decisions from the World Service Business Conference, and changes to the OA website.

# Introducing the New OA.ORG

— Cyndy L., Ad Hoc Website Committee Chair

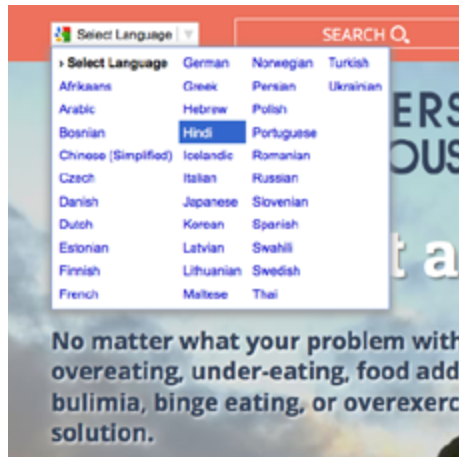
On February 29, 2016, the new oa.org was launched, and the first comment received was “Wow! The new website looks great on my 7-inch (18-cm) tablet! Nice big clickable spots :) Find a Meeting is really well done.”

The Ad Hoc Website Committee was delighted because we wanted to make the website user-friendly and bring a fresh look that would attract non-members to stay and look around for more information on ways OA can help solve their problems with compulsive eating and compulsive food behaviors. We also wanted to showcase all the materials offered to our members, groups, and service bodies. With the new exciting features available in the wide world of website design, we envisioned a site that engaged the viewer and kept them looking for more.

The new site is visually appealing, and the “responsive” design works well on computers, tablets, and mobile phones. But even more important, it is easier to navigate and use to locate information quickly. The newest features of the site include:

- Translation into thirty-four languages as well as links to non-English websites maintained by OA service boards around the world.
- Quick access to Find a Meeting, Contribute, Bookstore, Newsletter Signup, Documents, Podcasts, What’s New, *Lifeline*, and Contact Us.
- Many ways to navigate through the site, making it easier to find all the support materials available.

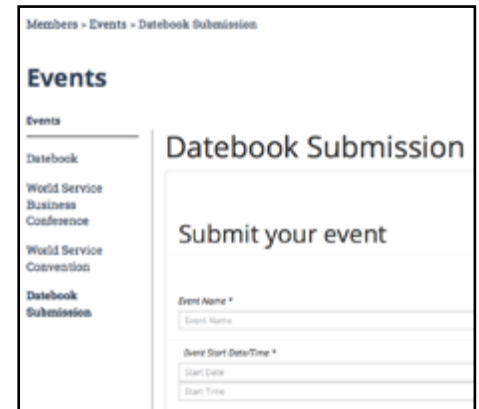
- Access to podcasts and recovery stories throughout the site.
- An improved search feature.
- A new, sortable Datebook Calendar and a [simpler online form](#) to submit information about upcoming events.



Use the language translation menu from any page to automatically translate oa.org into any of thirty-four languages.

Over the coming year, there will be ongoing improvements to the website. For example,

we are currently looking at ways to add video testimonials to increase attraction and public awareness. To let us know what features you would like to see on the new website, please send your suggestions either via the Contact Us button at oa.org or by email at info@oa.org.



Submit your Datebook event using this new online form at oa.org/members/events/datebook-submission. No need to send the old PDF!

There is, of course, another aspect of this project that is important for all members to be aware of: the cost. To date, the website update has cost US\$111,523. This year’s budget includes only US\$3,700, and most of that will go toward continued improvement of Find a Meeting and its database. Routine updates to website content will be handled by WSO staff.

The ongoing maintenance of the website is something that must be a high priority item for OA. A good website is updated every three to five years to keep up with the latest technology, which means the money we have spent to date is only to bring our website in line with current standards. The need to support and update our website is ongoing.

Many OA members first found their way to a meeting via OA’s website. OA needs your contributions to keep the website operational and to extend the hand and heart of OA into the virtual world. Can we count on you?

## Convention is Calling for You!

*Continued from page 1*

first man in OA. Rozanne S. signed my precious copy of “Beyond Our Wildest Dreams.” There are no stars or VIPs in OA, but let me tell you, I will always cherish those moments with the people who came before me and made my recovery possible.

This was the year 2000, so online groups were springing up. Several of us had developed friendships via an email list, and we reserved a special room to meet. How wonderful it was to finally meet face to face with so many people who had been only names and email addresses. I am friends with many of them to this day.

I am already registered for this year’s

Convention in Boston, Massachusetts USA, this September 1–4. I wouldn’t miss it for the world! This will be my fifth World Service Convention, and I heard the planning committee anticipates more than 1,200 attendees this year! I cannot wait to see OA friends from all over the world and share our recovery with one another. When we join hands and say the Serenity Prayer together, sometimes in different languages, I am moved to tears.

Have you registered yet? I’m telling you; you don’t want to miss this! I’ll be there, and whether you are a newcomer or a longtimer, I hope you’ll come up to me to say hello.

# Professional Exhibit Fund Helps Carry the Message to Thousands

— Faith M., Professional Outreach Committee Chair

The Professional Exhibit Fund was set up to help OA service bodies represent our program at professional conferences and conventions. Registering for a booth at these events can be expensive, but it is vital that health professionals know about Overeaters Anonymous.

In the last year, the Professional Exhibit Committee has approved the allocation of US\$8,072 to five service bodies that applied for assistance to carry the message at the following events:

- “Your Weight Matters” National Convention in San Antonio, Texas USA
- General Practitioner Conference and Exhi-

bition in Melbourne, Australia

- Pri-Med Canada Conference in Toronto, Ontario Canada
- Primary Care and Public Health Conference in Birmingham, United Kingdom
- 21st Annual Psychopharmacology Update in Las Vegas, Nevada USA

Across these five professional tradeshow, OA expects an attendance of 13,500. Many OA members will give service by creating attractive booths for passersby and talking to as many referring professionals as possible.

Is a similar opportunity available for your service body? Watch for conferences, tradeshow,

and similar events where OA should exhibit and then discuss the opportunities with your service body or region. To apply for funds, download and complete the Professional Exhibits Fund Application. More useful information is in the *Professional Tradeshow Manual for Service Bodies* which is available as a free download from the OA website by searching “tradeshow.” The rolling deadline for applications is the first of each month.

The fund needs your contributions! Please consider donating by selecting the Professional Exhibits Fund from the designation menu at [oa.org/contribute](http://oa.org/contribute).

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

### **April 30**

#### **2017 Call for Topics**

Got a great topic idea? Want to read about a particular recovery topic in *Lifeline*? Send your ideas to [info@oa.org](mailto:info@oa.org) with the subject line “Lifeline Topics 2017.”

### **May 15**

#### **Changing Me, Not the Program**

How do you use program to “build a bridge and get over it”? What steps have you had to take to “get over” yourself? How did Step Two help you “resign from the debating society” (AA *Twelve and Twelve*, p. 26) and get on with recovery?

#### **Anorexia and Bulimia**

Share your experience, strength, and hope related to using OA and the Twelve steps to recover from anorexia or bulimia.

### **June 15**

#### **Get Motivated with Slogans**

How do slogans fit into your recovery routine? How do slogans help you with compulsive urges? How do slogans help with cravings? What slogans help you get unstuck and move toward recovery?

### **July 15**

#### **Calling My Higher Power**

How did you make contact with your Higher Power? What is your

*For more information about sending these stories and other submissions to Lifeline, refer to the July 2015 Lifeline or visit [oa.org/members/lifeline-magazine/share-your-story/](http://oa.org/members/lifeline-magazine/share-your-story/).*

### **July 15 (continued)**

experience with the diversity of spiritual approaches in OA? What struggles have you faced when defining your HP? How do you maintain constant contact with your HP? What is your meditation routine? What gems can you share from meditation workshops? What have been the results of meditation in your life?

#### **International Day Experiencing Abstinence**

International Day Experiencing Abstinence is November 19. IDEA encourages OA members worldwide to begin or reaffirm their abstinence from compulsive eating. To celebrate the day, share your experience, strength, and hope related to starting and maintaining abstinence.

#### **Celebrate the Season**

How are holidays in recovery different? Share your strategies and inspiration for shifting focus away from food and into the Twelve Steps.

#### **Twelfth Step Within Day (December 12)**

When abstinent OA members carry the message to those in OA who still suffer, this is giving the Twelfth Step Within. Share your story about giving or receiving this special service.

# NEW AUDIOBOOK!

## OVEREATERS ANONYMOUS, THIRD EDITION



### Featuring professionally recorded readings by OA members

I am lucky enough to be one of the voices on the *Overeaters Anonymous, Third Edition* audiobook. A call to audition went out to those of us who live near the World Service Office, and I said, ‘why not?’ What fun it turned out to be! To see how a professional recording studio operates; to feel almost like a celebrity with headphones, a script, and a soundproof room; to know that my voice would be heard by folks all over the world—what a rush.

But the real joy was the recovery boost I received by giving service. I had to rehearse, and this meant taking the stories I was assigned and reading them aloud over and over again—and with feeling! As I was doing so, I realized that all of these stories were my story. Whether bulimic, anorexic, overeating, young, old, abused, or not, all of these members were me.

Giving this service reminded me of the essential elements of this disease, which I share with so many people

all around the globe: I used food to numb out, compensate, and cope; I cannot manage my food intake without the help of my HP and have no control over certain trigger foods if I take the first bite; and I have been completely lost in the mental obsession of addiction. It reminded me that no matter how much recovery I have, I can always relapse. And it reminded me of how grateful I am to have found the Twelve Steps, the Tools, the OA Fellowship, and whatever grace it was that opened me to embrace them. Once again, I experienced the joys of doing service, and once again, I found that I get much more than I give when I surrender to those ‘God promptings’ to stretch a little and try a new service opportunity.

Look for the audiobook in the OA bookstore and hear great stories being read (and some of your OA friends reading them)!

— Pat O.

Downloadable MP3 files (#657, \$20.00)

Set of six compact discs (#656, \$20.00, shipping not included)

To order, visit [bookstore.aa.org](http://bookstore.aa.org) or call 1-505-891-2664.



# 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.
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