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A Step Ahead

3rd Quarter 2016

Volume 20, Number 3

Register by August 5 and Book Your Hotel Room Today

Hit the Trail at Convention 2016

Did you know you can still register for our upcoming Convention? Full registration (US\$140) and daily rates are available. Skip the long lines at Convention and preregister by visiting the [Convention page](#) on oa.org. The cutoff date for preregistration is August 5, 2016 at 11:59 p.m. MST. After this date, all registrations will be processed on-site at the on-site rate.

Join OA members from around the world in historic Boston for OA's 2016 World Service Convention held at the Boston Marriott Copley Place in Boston, MA USA September 1-4. The theme, "Recovery: The Trail to

Freedom!" celebrates the experience, strength, and hope OA members have shared over the years.

Also on the Convention Web page you'll find complete information about hotel accommodations, roommates, parking, and the banquet menu. A schedule of events is available on the page, which includes workshop topics, virtual service meetings, OA meetings, general sessions, and the Saturday banquet.

Anyone who has a desire to stop eating compulsively can attend, so book now! We can't wait to see you at "Recovery: The Trail to Freedom!"



World Service Business Conference 2016: "It's a Wrap!"



During the first week in May, 199 delegates from nineteen countries met in Albuquerque, New Mexico USA, for OA's 55th annual World Service Business Conference.

This year's agenda focused on the theme "Responsibility—To Carry the Message," and included workshops such as "Responsibility Pledge: 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 Persons)," and "Virtual Services: Responsibility of Carrying the OA Message." This year's interactive forum, "A Carry-On Message," focused on carrying the message in our day-to-day lives.

If you would like to purchase MP3s or CDs of the workshops and business meetings, click the [AAV Order Form](#) link located at the bottom of the WSBC page at oa.org.

Summary of Motions Passed

In addition, the delegates adopted motions to:

- Grant the Conference Seal of Approval to the new *Twelve Traditions Pocket Guide*.
- Grant the Conference Seal of Approval to the new *Twelve Step Workshop and Study Guide*.
- Include first names and last initials only in the online version of the *Final Conference Report*.
- Remove the reference to selling AA literature at WSBC from the [Business Conference Policy Manual](#).
- Allow the use of social media for public information and professional outreach purposes.
- Establish a Conference Virtual Services Committee.
- Rescind the policy on online and telephone group definition.
- Allow states, provinces, countries, and territories to petition first at the region level to transfer to a different region.
- Remove the definition of virtual groups. (This motion removes special restrictions on virtual meetings so that they now need only meet our existing OA meeting requirements.)
- Allow Conference-Approved Literature Committee co-chairs to appoint committee members.

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.

Attention

Group Secretaries:

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

DATEMINDER

Sept. 1-4, 2016
World Service Convention

Continued on page 3

OA Says "OK" to Social Media

— Vicki W., Region Three Trustee

The delegates at WSBC 2016 approved an amendment to OA's Statement on Public Media in the [Business Conference Policy Manual](#). The statement now reads:

"While Overeaters Anonymous has no opinion on outside issues, including social media, the delegates of the 2016 World Service Business Conference recommend that any OA member, group, or service body using social media for OA public information and public awareness maintain the personal anonymity of OA members."

"Members of Overeaters Anonymous are anonymous. The Fellowship is not. Members of Overeaters Anonymous using social media are responsible for maintaining their own personal anonymity and respecting the anonymity of other OA members."

This amendment specifically aims to define who is responsible for what. It says:

- OA members, groups, and service bodies are free to use social media for public information and public awareness purposes.

- OA members using social media are only responsible for maintaining their own anonymity and respecting the anonymity of other OA members.



During Conference, delegates sought clarification and agreed to amend to the originally proposed motion because, as written, it could have been interpreted to mean that OA members, groups, and service bodies that

set up and manage social media hubs would be responsible for the personal anonymity of all the people who used their hubs. A point was raised that since it is impossible to control how people use a site once it is posted, some OA members, groups, and service bodies would be hesitant to use social media at all. Thus, the approved version above was drafted to clarify responsibility for maintaining anonymity.

The greatest percentage of new inquiries about OA come from the Internet, and young people, especially, rely on social media. OA's new Statement on Public Media gives us the opportunity to correct any inaccurate information about Overeaters Anonymous found on the Internet and in social media and the freedom to move into these arenas to represent the program correctly.

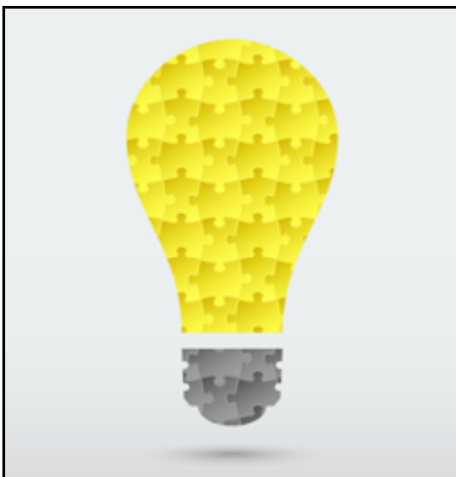
It is important to the future of OA that the Fellowship embrace social media and make use of all available resources to carry the OA message and to ensure that accurate information about OA is shared there.

New Online Group Can Boost Local Public Information Efforts

— Steve M., Public Information Committee Cochair

"I can't believe I didn't think of that!"

Ever have that moment? Sometimes the best ideas are the simplest ones, especially when reaching out to potential members using public information. Now you can share the ideas that help your intergroup or service board carry the message effectively by using the [OA PI Email Group](#), where members post PI ideas that work for them and find new ideas from OA members all around the world.



It's easy to start. Just go to [groups.google.com](#) and search for "OA PI." Then click "Apply for membership." Once you've been added to the group, you can view ideas posted by people from all regions and post your own ideas and outreach techniques that have worked for your intergroup or service board. You can ask for clarification or start a discussion. It's so simple we wonder why we didn't think of it earlier.

In the group, we share PI techniques and highlight ideas and information from OA's [Public Information Service Manual](#), a valuable resource containing many useful tips, including suggestions for how to set up a booth at a health fair and get OA's public service announcements into local media outlets. Another suggestion that emerged from the group is to post notices for free on popular, classified-ad websites as a no-cost way to reach hundreds of still-suffering compulsive eaters every day.

Come on board and share the PI gems that work for you. Someone in another part of the world can benefit from your creativity, and you can benefit from the creativity of others. Hope to see you at the OA PI Email Group in the near future, and please pass this on.

Get Permission Before Using the OA Logo

Any registered OA group or service body may apply for permission to use the OA logo in connection with official OA business, including the launch of a social media site under the guidelines of OA's new Statement on Public Media.

For logo-use permission and instructions, go to [oa.org](#) and search "logo form." Complete the [Logo Permission Form](#) and attach a sample customized logo. (A customized logo is created by adding the group or service body's name directly below the OA logo.) Then send both the form and the sample customized logo to the WSO. Allow at least two weeks for approval.

OA's logo is a timeless trademark representing the Overeaters Anonymous Twelve Step program of recovery, which welcomes everyone who wants to stop eating compulsively. OA registers and protects the OA name and logo on behalf of the Fellowship.

Your group or service body's customized logo also symbolizes OA's message of recovery; it distinguishes OA resources produced by your group or service body from those produced by OA, Inc. and the World Service Office. Only use an approved, customized OA logo on group and service body materials and websites.

From Your Chair

— Karen C., General Service Trustee, Chair of the Board

Following the close of the World Service Business Conference the Board of Trustees held elections for officers, and I am honored to serve this year as Chair of the Board of Trustees. My goal for the year is to continue the theme of WSBC 2016 and the OA Responsibility Pledge: “Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.”

I have been in program for twenty-four years

and first heard this pledge only a few years ago. It took me by surprise. For me, it means that I should reach out to the newcomer; share my experience, strength, and hope; and be a guardian of the Steps and Traditions. “Tradition Four challenges us as individuals, as OA groups, and as a Fellowship to strike a healthy balance between our responsibility for ourselves and our responsibility to each other, while we grow together and work together as companions in

recovery” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 144).

I am so excited about our World Service Convention in Boston, Massachusetts USA. Boston adopted me back in 1969 when I moved here from Ohio. Though I left in 1998 for the warmer climate of Florida, I moved back to Boston in 2013. I found OA here and will always be eternally grateful for those who came before me. See you in Boston!

New Trustees and Committee Chairs Elected

Delegates to World Service Business Conference 2016 were tasked with the important job of electing four region trustees and two general service trustees, each to a three-year term.

Together, all nominees brought a breadth of service and recovery to the trustee election, and we thank all the nominees for their willingness to serve the Fellowship of Overeaters Anonymous.

When the final votes for trustee elections were tallied, the results were:



- Hanna S., Region Two
- Linda J., Region Five (reelected)
- Linda H., Region Six (reelected)
- Letitia M., Region Ten
- Gloria L., General Service Trustee
- Steve M., General Service Trustee

- Janice S., Conference Planning
- Gloria L., Professional Tradeshows
- Tina C., Delegate Support Fund
- Steve M., Public Awareness

Conference Committee Cochairs Named

During WSBC, 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 2016–2017 are:

- Alice W. and Cyndy L., Bylaws
- Judith H. and Linda J., Conference-Approved Literature
- Donna M. and Tina C., Finance
- Alaina G. and Gloria L., Professional Outreach
- Ron P. and Steve M., Public Information
- Thea F. and Bonnie L., Twelfth Step Within
- Miranda K. and Letitia M., Unity with Diversity
- Maria C. and Stephanie D., Virtual Services
- Mike P. and Hanna S., Web/Technology
- Halina B. and Linda H., Young Persons’

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

Following WSBC, the Board of Trustees elected its officers for 2016–2017. They are:

- Karen C., Chair
- Vicki W., First Vice Chair
- Cyndy L., Second Vice Chair
- Tina C., Treasurer

In addition, members of the Board of Trustees each accepted assignments to chair board committees as follows:

- Margie G., Internal Information, Website Review
- Vicki W., Strategic Planning
- Cyndy L., BRM Review
- Linda J., Literature Review
- Karin H., Convention 2016, Region Chairs
- Barb G., Board-Approved Literature
- Linda H., Convention 2020
- Stella C., International Publications/Translations
- Stephanie D., Virtual Services

Website Review Committee Made Permanent

At the May 3, 2016, meeting of the Board of Trustees, the Ad Hoc Website Redesign Committee, which was established in 2015 to oversee development of OA’s new website, was changed to a new, ongoing Website Review Committee. The new committee will oversee the review and updates of the website, which includes all page content and documents.



The 2016–2017 chair of the committee is Region One trustee Margie G. Other committee members include new trustees Steve M. and Hanna S., along with WSO website coordinator Adam Krajewski and managing director Sarah Armstrong.

WSBC: “It’s a Wrap!”

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Delegates also passed several housekeeping motions to delete outdated and obsolete policies from the Business Conference Policy Manual.

The *Final Conference Report* will be available electronically in early August. Delegates and service bodies will be notified via email. A list of delegate names and contact information will be emailed directly to delegates.

For more information on Conference voting results, read the [2016 Wrap-Up Report](#) available from the WSBC page at [oa.org](#).

From Your Treasurer

— Tina C., General Service Trustee, Treasurer

My name is Tina, and I'm a recovering compulsive overeater, committed to abstinence. Along with many others, I had the great fortune to attend the 2016 World Service Business Conference. Its theme was "Responsibility—To Carry the Message."



Since I personally had the responsibility, honor, and privilege of being the BOT Treasurer this year, I had many delegates talk to me about the specific financial situations of their groups. Here are examples of the questions and comments I received:

My meeting has \$300 in reserve. Is this enough of a prudent reserve?

My intergroup has \$12,000 in reserve with no special events coming up . . .

My group/service body has extra funds but doesn't trust that they will be used for OA . . . The simple answer? Pass it forward. (And yes,

with each delegate, we continued to discuss their specific situation relative to Traditions Four and Seven and the *Fundraising and Prudent Reserve Guidelines* found on oa.org.)

First, each meeting must be self-supporting through its own contributions. It is also suggested that each meeting have a prudent reserve, depending on a review of its typical expenses and potential income. After that, the *Seventh Tradition of OA* pamphlet states that groups frequently choose to send 60 percent of funds left over after expenses to their intergroup or service board, 10 percent to their region, and 30 percent to the World Service Office. And we rely on our trusted servants and members to be prudent and wise with our contributions. (For a [downloadable version](#) of the *Seventh Tradition* pamphlet look under "Group Support" on the Documents page at oa.org.)

Yes, meetings and service bodies need to be self-supporting, covering rent, literature, and meeting expenses, plus holding a modest prudent reserve for the unexpected. But at the end of the month or quarter, if excess funding exists, pass it forward.

*"If excess funding exists,
pass it forward."*

Look at the information above. Does your group or service body fit within any of the scenarios? Are excess monies being held in reserve? Pass it forward! Help OA carry the message!

Translation Funds Applications Due August 1

Literature translations help carry the OA message around the world, making program literature available to compulsive overeaters in their own languages. To support the availability of translated OA literature, the Board of Trustees makes funds available for new translation projects.

Intergroups and service boards may apply for funds to translate OA literature, including *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, the recently revised pamphlet *Is Food a Problem for You?*, or any other OA book or pamphlet. The next deadline for applications is August 1, 2016.

To apply, complete the Translation Funds Application, available on the "[Literature Translations](#)" page at oa.org. Then email, fax, or mail the application to the World Service Office. Applications must be postmarked or electronically date-stamped no later than August 1, 2016.

Applications will be reviewed and funds allocated at the August Board of Trustees meeting. To learn more about OA's translation policy, see the updated *Translation Guidelines for OA Literature* by searching "translation" on the OA website.

Lifeline Adds New Public Information Tool

Groups and intergroups/service bodies: Use *Lifeline* magazine's new back cover for public information in your area.

Now, the back cover of every issue has either the *Fifteen Questions* or text from *Is Food a Problem for You?*, along with space to enter information about local or virtual meetings.



Encourage your group, intergroup, service board, or public information committee to purchase a subscription to *Lifeline*. Then add your meeting information to the box on the back cover. Next, ask a doctor, dentist, stylist, or even auto mechanic in your community if you can leave the magazine in their waiting area, so a still-suffering compulsive eater can identify his or her problem and find hope by reading stories of recovery written by OA members.



Extend an OA *Lifeline* to newcomers and the still-suffering in your community. Start a public information campaign and carry the message with OA's international magazine of recovery. To subscribe, go online to oa.org and click "[Lifeline Magazine](#)."

OA Responsibility Pledge

One Main Reason

— Karen C., Everett, Massachusetts USA

I have been in program for more than twenty-three years. I came in to prove to my doctor that OA, like everything else I'd tried, wouldn't work. I weighed 359 pounds (163 kg) and thought I didn't belong.

Then I heard about gratitude and giving back what had been given. So I went to meetings, shared, and qualified. I sponsored. That was enough. Then I started doing service above the group level and thought again, well, that is enough.

I was pretty sure I never took a pledge of any kind. But I started hearing about this OA pledge and finally saw it in the literature. OA's Responsibility Pledge says, "Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."

I thought the message was good. A pledge is a promise. I'd never thought before about promising to extend my hand or my heart, but I started asking myself how I

personally take the pledge. Do I routinely greet newcomers and follow up with a phone call? If I know someone is struggling, do I reach out to that person? Do I support OA financially and in service? Is there more I can do?

If I reach out in small ways, there is so much I can do:

Arrive early to a meeting so I can smile, make eye contact, ask how someone is doing, and listen.

Greet a newcomer (or someone who looks as lost as I once was).

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

Pay attention at meetings and not check my phone to see if I received any all-important texts.

Raise my hand to share, even when I don't think I have anything to say.

Get newcomers' phone numbers and give mine, telling them, "Give me a call. It will help."

Do service if someone asks me to. I will get so much more out of it than I give.

Give to the Seventh Tradition. OA needs financial support to continue to reach the still-suffering.

Stay after a meeting and make sure I speak to at least one person.



Have you taken the OA Responsibility Pledge? Why or why not? List what you can do.

Break my anonymity when I think a person is interested or has questions. I used to wear my disease; now I'm willing to wear my recovery.

Pledge to be responsible.

OA was there for me, and I want OA to be there for all who share my compulsion!

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.

Who's Visiting OA.ORG?

One Month = 67,000 Visitors!

New Visitors: 52%



18–44 year-olds: 75%



Men: 54%



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 click on "Edit an Existing Meeting," then search for your meeting. 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.



Keep In Touch With Email Bulletins from the World Service Office

Click the "Newsletter Signup" 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.

Virtual Workshops Keep Generating New OA Podcasts

— Cyndy L., Region Four Trustee

Second Sunday Telephone Workshops continue in 2016, and the fifth podcast from the Service and My Recovery series is now available to download or stream. Go to oa.org/podcasts to listen to the topic “Always to extend the heart and hand of OA,” which focuses on the Principles of both Tradition Five (Purpose) and Concept Five (Consideration).

Tradition Five’s guiding Principle is Purpose, embodied in the statement “Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.” Concept Five’s guiding Principle, Consideration, is carried though the understanding that “Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.” In this podcast, workshop speakers share how these Principles affect their individual recoveries, their service work, and their lives.

For additional study, review *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* and *The Twelve Concepts of OA Service*, which are available from the OA bookstore.

To participate in the next telephone workshop on Sunday, July 10, check the Datebook Calendar for dial-in instructions. The topic will be “The many ways to contribute to OA.” The talks will focus on the Principles of the Seventh Tradition (Responsibility) and the Seventh Concept (Balance).

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

July 15

Calling My Higher Power

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

September 15

How OA Changed My Life

Describe your life before and after being in OA, including your physical state. How is life better in recovery?

For more information about sending stories on these topics or other submissions, refer to the July 2015 Lifeline or click the “Lifeline Magazine” button on oa.org.

NEW AUDIOBOOK!

OVEREATERS ANONYMOUS, THIRD EDITION



Downloadable MP3 files (#657, \$20.00)

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

To order, visit bookstore.oa.org or call 1-505-891-2664.

2017 LIFELINE TOPICS

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 44020
Rio Rancho, NM 87174-4020

or email myoung@oa.org.

FEATURES:

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

DEPARTMENTS:

- NEW! What Works for Me: How do you work your program and what difference has it made?
- NEW! OA Bits and Bites: A collection of short inspirational quotes and recovery wisdom.
- Stepping Out, Living Traditions, Service with a Smile, and Taking the Spiritual Path: Share about the month's Step or Tradition or send a story about service or connecting to your HP.
- Newcomers Corner: Newcomers, share your OA experiences and concerns.
- OA Around the World: Give us a history of OA in your country or area and short pieces from local members. Please send your history today!
- Generally Speaking (general OA topics) and How OA Changed My Life.
- Share It (letters to the editor) runs only if sufficient material is available.

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.

Please 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. Thank you.

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*.

GIVE SERVICE PROMOTE RECOVERY

Being a *Lifeline* Rep is a simple, rewarding service opportunity. *Lifeline* Reps announce the magazine in meetings, take subscription orders, collect subscription funds, and send the orders and funds to the World Service Office.

To become a *Lifeline* Rep, you must sign

up with the World Service Office. Email info@oa.org or call 1-505-891-2664.

Carry the OA message. Become a *Lifeline* Rep, and share your knowledge of this valuable OA resource available to support your fellow OA member's recovery—maybe even save a life.



2017 LIFELINE TOPICS

JANUARY » Due: 9/15/16

How OA Changed My Life

Describe your life before and after being in OA, including your physical state. How is life better in recovery?

FEBRUARY » Due: 10/15/16

Unity Day

February 25 is Unity Day, a day to reaffirm the strength inherent in OA's unity. What does belonging to a worldwide Fellowship mean to you and your recovery? Unity is also the spiritual Principle of Tradition One. Share about the First Tradition and your recovery.

Face-to-face with Our Worldwide Fellowship

Share your story about gathering with OA members at the 2016 World Service Convention. If you traveled or lived away from home, did you rely on face-to-face meetings or other service? Did you give service as a speaker or in another way?

MARCH » Due: 11/15/16

Practice Makes Progress

What part of program took practice for you to learn? Was it a Step, Tradition, or Tool? Was it willingness, recovery thinking, or adopting a plan of eating? How did you learn? Did "acting as if" help? How did you break down a difficult aspect of program into attainable actions?

Overcoming the Negatives

Anger, fear, sickness, relapse: These are just a few of the negatives many of us must overcome to recover. What is your "negative," and how has working the program helped you overcome it?

APRIL » Due: 12/15/16

The Most Important Person in the Room

Are you a newcomer? Share your experience, strength, and hope about finding OA. What has it felt like to come to a meeting, take a Step, or use a Tool? If you are a longtime OA member, how do you work your program to welcome the newcomer? How has working with newcomers boosted your recovery? What is your message for newcomers?

The OA Guarantee

"Once we compulsive eaters truly take the third step, we cannot fail to recover" (OA *Twelve and Twelve*, p. 27). Are you still waiting to take the Third Step? Have you taken the Third Step but still face challenges? Did you take the Third Step only to discover you had to work the Step again? How has taking the Third Step given you faith in your

recovery? Share how this guarantee of the OA program played a role in your recovery.

MAY/JUNE » Due: 1/15/17

Finding Support, Giving Support

Have you had success finding a sponsor or being a sponsor? Share what has worked and what you've learned. Are you an OA buddy to someone or is someone your buddy? How do you give support to or get support from your group? What does a good support network look like?

Great Ways to Use Virtual Services

Phone meetings, online chat meetings, email loops, videoconferencing, podcasts, and now social media—how do these options strengthen your recovery either as a complement to face-to-face meetings or independently? How do virtual options fit into your program?

JULY » Due: 3/15/17

Generally Speaking

Write on any topic that is meaningful to you.

AUGUST » Due: 4/15/17

Let's Share a Laugh

What's your funniest OA story? Was there a time in recovery when you had to laugh at yourself? Was there a time when you chose to laugh instead of cry? What role does laughter play in your recovery?

Pets and Recovery

How can a pet be a compulsive eater's best friend in abstinence and recovery? How does your pet help you work the Steps, Traditions, or Tools or keep you from isolating? Pet photos welcome!

Why I Keep Coming Back

What do you find in OA that you can't find anywhere else? What thoughts and feelings keep you coming back? Has the decision to come back ever saved you from relapse or a slip or even saved your life? Is coming back habitual or do you have to commit every time? How do you come back when you don't feel like it?

SEPTEMBER » Due: 5/15/17

The Spiritual Principles of OA

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

Loving Our Literature

Share how that one passage, pamphlet, or piece of literature first touched your heart.

What words do you return to for inspiration? How have you used the literature Tool? What OA literature has helped you most?

Lifeline: An OA Service

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

OCTOBER » Due: 6/15/17

Celebrating Abstinence

Share your experience about becoming abstinent and tips for maintaining abstinence. How did you discover your personal abstinence? How does the plan of eating Tool help you keep abstinent? What must you do to maintain abstinence? How do you make it a priority? What are the benefits of abstinence?

Many Ways to Work the Program

Let's celebrate OA unity by sharing about our diverse program. For example, OA offers about forty types of special topic and special focus meetings, such as "men," "young people," and "*Lifeline*"; and any OA member can attend any of these meetings. If your regular meeting has a special focus or special topic, or if you have tried one of these meetings, share what you learned and how it has helped your recovery.

NOVEMBER/DECEMBER » Due: 7/15/17

International Day Experiencing Abstinence and Twelfth Step Within Day

IDEA is November 18 and encourages us to begin or affirm our abstinence. Twelfth Step Within Day is celebrated on December 12 to remind us to give Twelfth Step service to the still-suffering compulsive eater in our Fellowship. Share your experience, strength, and hope about these important OA event days.

Abandoning Ourselves to Our HP

In recovery, have you experienced moments of willingness, surrender, and abandonment of yourself to your Higher Power? How did you take the First Step? How did you find strength in surrender? Was there a difference between surrender and compliance? How did your willingness to go to any length move your recovery forward?

Stepping Through the Holidays

How have you lived the Twelve Steps during times of celebration? What does it mean to take Steps Nine, Ten, Eleven, or Twelve in the holiday season, and is your Tenth Step different? How can working the Steps help during the holidays?

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If you're new to doing PI work, or are looking for inspiring ideas that are getting results, join the **PI Email Group**.

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Join the group, and join the conversation!

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Joining the group

To join the PI group, just click [here](#) or go to www.groups.google.com and search for 'OA PI'. Then click on 'Sign in to view this group'.

If you have a Google account you can enter your details [here](#). If not then just enter your usual email address and a password to create an account.

Go to the Settings area to control how often you receive emails from the group.

Professional Exhibits Fund

WILL YOU CONTRIBUTE TO HELP OA CARRY THE MESSAGE?

Please help carry the message by contributing to the Professional Exhibits (PE) Fund. The fund assists service bodies to exhibit at professional conferences and conventions if the service bodies lack sufficient resources.

In the last year, the PE Fund has helped five service bodies in the USA, England, Canada, and Australia to attend conferences so that 14,200 health professionals could be exposed to OA.



OA volunteers at these conferences are saying:

'We are still speaking with attendees who have not heard of Overeaters Anonymous.'

'Reaching out to these health care professionals with the message of our Twelve Step recovery program is very important.'

INTERESTED IN CONTRIBUTING TO THE FUND?

Please indicate "Professional Exhibits Fund" on the memo line of your check or choose that option from the designation drop-down menu on our Contribute page at oa.org/contribute.

Interested in applying for funds?

Download the application for the Professional Exhibits Fund. Go to oa.org and look under Groups/Service Bodies, Resources, Public Information Suggestions.

Applications are reviewed once a month, and it is recommended that you submit your application at least two months prior to the conference or convention dates.

Service bodies can also download the OA *Professional Tradeshow's Manual* from oa.org. Go to Groups/Service Bodies, Resources, Public Information Suggestions.