

Section 15 – World Service Resources and Events

Region One Highlights from WSBC 2020

Because of Covid-19 “stay safe” rules, the in-person sessions of World Service Business Conference 2020 were cancelled and replaced by email sessions that took care of two major pieces of business that could not be postponed – Election of Trustees and voting on literature submissions.

Thoughts and Reports from Delegates:

The WSBC opened on April 13 with the representatives and leaders saying the Serenity Prayer in our separate homes. The theme of the conference was Looking to the Future, OA Celebrates 60 Years! There were 180 Delegates registered from thirteen countries (Australia, Brazil, Canada, Greece, Ireland, Israel, Italy, New Zealand, Russia, South Africa, Spain, United Kingdom, and the USA).



Two critical parts of business were completed: election of five trustees and review of four pieces of literature. All five candidates were elected:

Margie G., Region One
Karen B., Region Seven
Ron P., General Service Trustee (GST)
Meg M., Region Four
Betty L. J., General Service Trustee (GST)

Another GST position is open. There are normally 17 Trustees.

All four pieces of literature were approved.

- One new pamphlet is Temporary Sponsors.
- To the Young Person is a reworking of a previous pamphlet (To the Teen).
- In OA Recovery is Possible: a compilation of A Program of Recovery, Compulsive Overeating an Inside View and Questions and Answers.
- Lifetime of Abstinence, One Day at a Time: a compilation of A Commitment to Abstinence, Before You Take That First Compulsive Bite, and Maintaining a Healthy Body Weight. Much work went into reshaping these pamphlets!

There were reports of the OA Chair, OA Treasurer, Managing Director, each Region Trustee, and committee chairs.

The OA Chair introduced the new book: *Body Image, Relationships and Sexuality*, the 7th Tradition pamphlet, which is a free download, and the new *OA Handbook for Members, Groups, and Service Bodies* which is available as a download for \$1.

The Managing Director noted the Bookstore is in the process of being upgraded. In addition to the four new pieces of literature much work goes into the *WSO News Bulletin*, *A Step Ahead*, *Ask-It Basket*, and *Professional Community Courier*. OA has an official Facebook.com/Overeaters Anonymous account and an official Instagram account. There are GIF's for members to use. A project in process is to develop a new platform for sharing member stories.

The Region One Trustee noted the theme in 2019-2020 was: *Each One, Reach One, Share the Hope*. The Region One website is: www.oaregion1.org. The binder under documents is resource rich.

The PI/PO Committee, which I am now a member of, has been very busy! There were three subcommittees: One Brave Thing; Lifeline stories on OA's social media platform; Foster support/meetings resources for men (OAMen.org). The committee report included dozens of these accomplished Brave things by intergroups from all over such as blurbs in church bulletins, contacting resident advisors at universities, Plaster the Town day (hanging OA tear strip posters and sticky notes at rec centers, clinics, church and other public places with permission), outreach to your doctor by opening an envelope with your doctor and explaining the pamphlet and showing the introductory letter.

The Twelfth Step Within (TSW) Committee had six subcommittees: 1) Contact intergroups to support TSW committee members, 2) Holiday event kits, 3) Recovery Looks Like workshop, 4) Spiritual Awakening through the 12 Steps one day workshop, and 5) Red Buttons on website.

Bonnie L., Chair, Board of Trustees, adjourned the 59th Annual World Service Business Conference of Overeaters Anonymous on April 29th.

The experience was mostly good. I appreciated how clear our schedule was as to when the votes were due. The one thing that threw me was that the binder was removed from availability ten days after the Conference and I was preparing my report for Intergroup and couldn't access it. I wish I had known that was going to happen. I also was disappointed that all the work reading through the suggested bylaw etc. changes were just tabled. I would have liked some sort of Zoom during the Conference. Or at least a call or phone meeting. They could have used the virtual retreat technique and had Zoom workshops and we could have met the Trustee candidates. I was grateful for the pre-Conference Zoom meeting set up by Region One. Very helpful! Thank you again for all that you do!

Lesley K. - Southeast Alaska Intergroup



I am very impressed and grateful that the World Service board and staff made this virtual conference an easy, efficient and effective experience for me. I got to do my duty as a Delegate and give service to OA as a whole. *Ev A. - Northern Lights Intergroup*



I really thought the virtual conference was a success in terms of conducting the elections and voting on the literature proposals. There was plenty of time to review bios and answers to questions. Also reading the questions and answers really provided me with insights into the amount of time and effort that goes into OA service. I am inspired to be part of it all. The only thing I would suggest is a second reminder of the voting deadlines. Of course, I missed all the camaraderie that comes with the physical conference, but hopefully we can meet in-person in 2021. It will be interesting to see what the future holds. *Theresa H. - Vancouver Island Intergroup*



There were advantages to being able to do essential business via email in my own time, but I missed everyone and the wonderful experience of being at Conference. I certainly hope next year bodes better. I do think we learned that some element of wider virtual presence may be possible in the future. *Marjorie T. - North Cascades Intergroup*



I was impressed by the orderly way everything happened: explanation was very clear. I have a slightly different perspective than other Delegates because I was a Trustee candidate. Thus, it felt very slow – especially the first part. First they invited Delegates to submit questions for the Trustee candidates, next the candidates had several days to answer the questions, then more days to read through the answers and link to vote when Delegates were ready to do so with a deadline. I was very grateful that the Chair, Bonnie, called the candidates to let them know the results right after the voting was counted. The results were not released to the Delegates for several more days. The second week was more time for reading and voting.

I greatly missed the energy and enthusiasm I get through the in-person experience of committees, workshops, and visiting with others from all over the world. I usually am in awe of the reality of all these compulsive overeaters giving up time and energy to spend time for the good of OA as a whole, and I am grateful to be remembering that today.

Margie G. - Oregon Intergroup Delegate and newly-elected Region 1 Trustee



I liked how orderly it was done. We addressed one issue at a time and dealt with it completely before we proceeded to the next item of business. It helped me to keep things straight and only have to work on one item before addressing another. The only thing I would have liked to have seen was that I wish they could have video recorded the Trustee nominees answering the questions we submitted. Then we could have seen the nominees and heard them react to the questions. If they were recorded, then we could choose when to review the recordings during a set time period before we voted. Otherwise, I was quite pleased with the way they had set up the process. *Rosanne K. - Oregon Intergroup*



Thank you to ALL of our
Region One Delegates!
Your service makes OA strong!

2021 OA World Service Business Conference

April 19-24, 2021

Albuquerque, New Mexico

oa.org/members/events/world-service-business-conference/

Delegate Support Applications

are due to Region One by **October 1, 2020.**

World Service applications are due by

November 2, 2020.

Intergroups must apply to their Region first to be considered for Delegate Support funding from World Service.

Email BFDS@OAREGION1.ORG

for more information.

Don't miss this amazing service!!!

OA World Service 2021 Convention

**August 26-28, 2021
Orlando, Florida**

For Updates and Information Go To:

oa.org/world-service-convention/

Join the Convention email list at conventioninfo@oa.org. In your email, include your full name, email address, state/province/territory, and country. Your information will be kept confidential to the World Service Office.



Action Plan for Building Strong Meetings

How does my meeting welcome and retain newcomers?

- ✓ Acknowledge newcomers with a Welcome coin and a special reading
- ✓ Anyone returning to OA or visiting from another area is acknowledged and welcomed
- ✓ When newcomers are present they go to a Welcome to OA session
- ✓ Conclude the meeting with Rosanne's Promise
- ✓ Use the 12 Days of Sponsorship and provide a 12 Day sponsor

How does my meeting encourage giving service and rotation of service?

- ✓ Break big tasks into smaller, manageable pieces to more easily get work done
- ✓ Service coordinators – some people are natural recruiters
- ✓ Set term limits to encourage rotation
- ✓ Anyone returning to OA or visiting from another area is acknowledged and welcomed.
- ✓ IG published an "All About Intergroup" info. sheet for distribution to meetings to help fill IG rep positions.
- ✓ Empower others to give service (offer to serve as mentor)
- ✓ 1:1 ask (general appeal for service work doesn't work)
- ✓ "What talents can you share?" skills list
- ✓ Sponsors tell their sponsees to volunteer for service

How does my meeting encourage and support abstinence?

- ✓ Have fun! Fellowship after the meeting (Region 2)
- ✓ Weekly newcomer meetings
- ✓ Newcomer friendly phone list
- ✓ Everyone call one person on the 12th day of the month
- ✓ Share personal abstinence (Region 1/Vancouver IG)
- ✓ Hold an "ABC's of Abstinence" workshop
- ✓ Meeting asks for a volunteer to stay after the meeting for

- anyone who wants help working out a plan of abstinence for the day
- ✓ Recognize abstinence (coins, etc.)

How does my meeting encourage and grow sponsors?

- ✓ Hold a Sponsorship Workshop during normal meeting time; make sponsorship kits available (Region 2/Silicon Valley IG)
- ✓ “Sponsorship Training On Demand” held after regular meeting; whenever it’s requested
- ✓ Use the First 12 Days sheet to encourage new sponsors and retain newcomers (Region 10)
- ✓ Do a 15-week step study with sponsorship training on the last week
- ✓ Contact list should include what step completed and whether you are available to sponsor (Region 9/Thessaloniki IG)

How does my meeting encourage working the Steps and honoring the Traditions?

- ✓ Special focus meetings
- ✓ SKYPE or Zoom special speakers into meetings
- ✓ Hold a step meeting prior to the regular meeting
- ✓ Back-to-Basics themed meeting with focus on the steps and traditions
- ✓ Quick step study meeting (4 weeks)

Excerpts from WSBC 2018 “Building Healthy Service Bodies” Workshop



WORLD SERVICE OFFICE

April 22, 2020

RE: Guidance for Transitioning to Online Meetings

Dear OA Fellows,

Our OA Promise says, “I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness . . .” Thanks to our Higher Power, we are witnessing that even these hectic, unprecedented times can be navigated through the experience, strength, and hope of our Fellowship! We are thankful for members who are jumping in with both feet to create telephone, online, and non-real-time meetings. This will help us to overcome today’s public health challenges and continue our communities of support so that we do not succumb to our cunning disease.

With the majority of the Fellowship transitioning to virtual meetings, including many who have limited experience with virtual meetings, we would like to offer suggestions and resources for groups to manage these transitions.

First, we suggest you let the Twelve Traditions and the group conscience guide you. [Guidelines for a Group Conscience Meeting](#) (found under “Guidelines” in the oa.org Document Library) can help you address a few key concerns: what time to meet, on what platform, and how to publicize the meeting so that others may join. For ideas on how to structure your virtual meeting, see the [Suggested Telephone Meeting Format](#), which can be found in the Document Library under the “Meeting Formats” category. Submit your updates to [Edit a Meeting](#) at oa.org **and** communicate any changes to your intergroup and the contact person for the meeting, since updates to Find a Meeting may be delayed while the World Service Office is closed.

When moving a meeting to a virtual platform and publicizing that meeting, be mindful of the Tool of anonymity and the Eleventh Tradition. Most online meeting platforms are public means of communication by default, so it is important to ensure that any meeting communication is protected by the platform’s privacy safeguards. See [Guidelines for Anonymity in the Digital World](#) (found under “Guidelines” in the oa.org Document Library) for general information or visit oavirtualregion.org for information about specific online platforms.

Similar to face-to-face meetings, the group will need to appoint a moderator for a virtual meeting. Moderating a virtual meeting often comes with its own set of challenges, such as “directing traffic” so that members can be recognized and share in turn. It is suggested that the group determine who the moderator will be, as well as their technical and facilitating responsibilities. Disruptive behavior is sometimes amplified in virtual meetings. For suggestions on how to deal with disruptive members or guests, please refer to our [Guidelines for Addressing Disruptive Behavior](#) (found under “Guidelines” in the oa.org Document Library).

Many have asked about how to include literature in virtual meetings. Our February 2019 [Trademark Letter](#), posted in the Document Library at oa.org under the “Copyright” category, states that “Members and groups may not reprint or post OA literature (in any digital medium) without written permission from OA, Inc.” The Executive Committee of the Board of Trustees further asks that members not share images or screen live video of OA literature but instead ask a member who owns the literature to read it aloud. For more information and a list of exceptions to this rule, see the [Copy Requests page](#) by clicking the “Copy Requests” link at oa.org/sitemap. Literature is an important source of income for OA, so thank you for honoring this request, which supports our Tradition of being self-supporting.

With respect to monetary contributions, the Seventh Tradition is vital for us to uphold right now. Though we may not be able to “pass the basket” in person, our commitment to being self-supporting has not disappeared. The WSO is dependent on monthly contributions, without which we could not survive. We encourage you to put money aside in a separate envelope for each meeting you attend. Envelopes can be given to the group once the quarantine is over, or write a check to give to your treasurer or even become one of our Automatic Recurring Contribution supporters by visiting oa.org/contribute and checking the box “Make this a recurring gift.” Of course, if the current economic situation makes this impossible for you, wait until things improve.

Our Fellowship has proved—as our virtual groups have long experienced—that we can support each other by sharing our experience, strength, and hope, even if we cannot do so face-to-face. As always, we are guided by the Steps, Concepts, and Traditions in managing any transition, however sweeping yet temporary this situation may be. We will be posting world service updates on the oa.org home page, so please keep up to date with any changes. Thank you for your service and for continuing to carry the message during this time.

Sincerely,

Executive Committee
OA Board of Trustees

6075 Zenith Court NE • Rio Rancho, New Mexico 87144-6424 USA
Mail address: P.O. Box 44727 • Rio Rancho, NM 87174-4727 USA
Tel: (505) 891-2664 • Fax: (505) 891-4320 • E-mail: info@oa.org
Website: www.oa.org

Carry the Message: Keep Your Meeting List Up to Date!

Please update your meeting information whenever there is a change. Your meeting info on the OA website is how newcomers find your meeting. Go to oa.org/add-a-meeting/edit-a-meeting/?type=0 follow the prompts.



The screenshot shows the 'Edit a Meeting' form on the OA website. At the top, there are three tabs: 'Edit a Meeting' (active), 'Cancel a Meeting', and 'Manage a Service Body'. Below the tabs is the title 'Edit a Meeting' in a large, bold, serif font. Underneath the title are three social media icons: an envelope (email), a bird (Twitter), and the letter 'f' (Facebook). A paragraph of text follows: 'Keeping your meeting information current not only makes it easier for newcomers and members to find you, but is also another way for you to practice the Twelfth Step, by carrying the message to compulsive eaters.' Below this text is a label 'Enter meeting #' followed by a large, empty white text input field. Underneath the input field is the text 'Or select your location' followed by a dropdown menu with the text 'Select a country' and a downward-pointing arrow. At the bottom of the form, there is a red button with the text 'Find a meeting' and a blue link with the text 'Clear form'.

Your local meeting list should match what is on the OA website. It is a good idea to compare these lists regularly to ensure everything is up-to-date.

For a list of all meetings affiliated with your intergroup, go to www.oa.org/find-a-meeting/?type=3 and enter your Service Body/Intergroup Number. You can save a link to your Intergroup's meeting list, and you can download your list to a spreadsheet.

Not sure of your intergroup number? All Region One Intergroups and their service body numbers are listed at www.oaregion1.org/intergroups.html.

LET PEOPLE KNOW ABOUT YOUR MEETING!

You can publicize your meetings in many ways. Here are a few. For more information, contact your local service body or region and get the *Public Information Service Manual* from bookstore.oa.org.

Group Registration: Register your group and keep that information current with the World Service Office (WSO) AND your intergroup/service body. Many people visit the oa.org website or call the WSO seeking information about meetings in their area. The WSO depends on you to make sure we have current information.

Bulletin Boards: Post notices of OA meetings and special events on community bulletin boards in shopping malls, grocery stores, libraries, schools, waiting rooms, hospitals, and other public places (where permitted). You may use the *Bulletin Board Attraction Sticky Notes (#440)* available at bookstore.oa.org.

Classified Advertisements: Many websites, newspapers, and neighborhood “shoppers” offer free listings to nonprofit organizations. Post or send notices to the appropriate departments and include a meeting contact-name when possible. Publishers may require that ad copy be sent in weekly, usually by email. Length is often limited to a specified number of words or lines. Many groups prepare a month’s worth of notices in advance and send one each week on the same day.

Public Service Announcements (PSAs): A PSA is usually a 15-, 30-, or 60-second radio or television spot with a short message about OA plus the phone number and website of the World Service Office and/or the local service body. Many stations do air PSAs as a community service and to fill space between programs.

Tips for using Public Service Announcements:

- Use the OA radio PSA “Start Living the Life You Deserve” —Downloadable audio files in 15-, 30-, and 60-second spots are available from the “Public Information Suggestions” page at oa.org/resources. When you contact radio stations, include an emailed cover letter with a link to these resources.
- Use the OA video PSA “Many Symptoms, the OA Solution” —Provide a link to oa.org/psa when reaching out to television stations. Once they’re interested in airing the video PSA, contact the WSO for broadcast-quality video files in 15-, 30-, and 60-second lengths.
- Use live copy —Some stations prefer live copy that they will produce or announce on the air (see sample below).

Sample Classified Ad Copy

30 words

Do you worry about the way you eat? Overeaters Anonymous may have the answer for you. No weigh-ins, dues, or fees. Call [contact name and phone] for a meeting location in your neighborhood or visit oa.org.

25 words

If food rules your life, call Overeaters Anonymous. No dues, fees, or weigh-ins. Call [contact name and phone] for the nearest meeting location or visit oa.org.

15 words

Are you a compulsive eater? Overeaters Anonymous can help. For more information call [contact name and phone] or visit oa.org.

Sample Live Copy PSA (30 seconds)

“Is your eating out of control? Is your life unmanageable? You may suffer from a progressive disease known as compulsive overeating. Help is available in Overeaters Anonymous. It’s not a club of dieters; it’s a Fellowship of people who don’t want to suffer anymore. There are no fees or dues for membership. All you need is the desire to stop eating compulsively. Call 505-891-2664 or go to oa.org.”

Ongoing meeting notices: Some websites and papers have special sections for community meetings. The type of notice you post depends on the individual policies of each website, paper, or newsletter. Some require that you resubmit a notice periodically. Others will run one submission indefinitely.

Tips for submitting meeting notices:

- Double-check names, titles, times, and places. Type your notice and submit it online, or email it with a cover letter.
- If your notice will be running indefinitely, check the listing periodically for errors.

Sample Meeting Notice

[day, date, time, location]

OVEREATERS ANONYMOUS

No dues, fees, or weigh-ins. Everyone welcome!
[Include a contact name and phone number, plus oa.org and/or the service body’s website.]

Press Releases: Press releases are submitted when there's something newsworthy to tell the public. If your service body is planning a special event (such as a PI/newcomers night, presenting a copy of the newest OA book to a library, or starting a new meeting), inform the media and the public through a press release. Include the name of the sponsoring service body; the exact time, date, and location of event; purpose; cost (if any); a contact name, phone number, and email; and links to local OA websites and oa.org. Include additional information about OA (see samples below).

Tips for submitting press releases:

- Check online or call your local newspapers and broadcast stations to find who to send your release to and what guidelines there are for submissions.
- Type the name, address, email, and phone number of your group's contact in the lower left corner. Indicate that this information is for media use only; it must not appear in the final story.
- Tell who, what, where, when, why, and how in the first few sentences or paragraphs. Place the most important information first and continue in decreasing order of importance.

- Keep sentences and paragraphs brief and to the point. If writing in hardcopy, include a few details about the OA program; one page is ideal, but don't use more than two. If emailing, insert links to local OA websites and oa.org/media.
- Proofread carefully.
- End the release with "# # #" centered on the page; this indicates the end of the press release.
- Email, fax, or mail your release to all editors on your list, even if two or more are from the same publication or station—this can lead to feature stories. Do not hand-deliver your press releases.
- If your release is not used, contact the editor(s) to ask why. Use this information the next time you submit a press release. If your release is used, send a thank-you note and consider following up in the future. Share your success story with the Fellowship.

Be prepared for newcomers at your meetings. Stock up on OA literature and, if possible, compile a list of abstaining members who can help callers with questions about OA.

Sample press release announcing a new meeting

FOR IMMEDIATE RELEASE

A meeting could save a life. Is food a problem? OA can help. Compulsive eaters and those suffering from compulsive food behaviors are invited to a new weekly meeting of Overeaters Anonymous, beginning next [day, date, time] at [location].

Overeaters Anonymous is not a diet club. There are no diets, fast, or weigh-ins. The only requirement for membership is a desire to stop eating compulsively.

OA views compulsive overeating as a physical, emotional, and spiritual disease that can be arrested but not cured. Members seek recovery on all three levels by following a Twelve Step program patterned after that of Alcoholics Anonymous. To find out more, go to oa.org [provide links].

There are [number] meetings in the [location area]. For information, visit oa.org, [service body's website], or call [member's first name, phone].

FROM: Overeaters Anonymous CONTACT: [Member's name]
[service body]
[phone, email]
[address]
[city, state, zip]

#

Sample press release announcing a public information night

FOR IMMEDIATE RELEASE

Is food a problem? OA can help.

Overeaters Anonymous (OA) is a fellowship of people who share the common problem of compulsive overeating and compulsive food behaviors. A special Public Information Night will be held on [day, date, time] at [location]. All are welcome, including those who think they may be compulsive overeaters and those who are concerned about a friend or relative.

The OA recovery program will be explained. Members will be present to share their own experiences and to answer questions.

OA has meetings in more than eighty countries worldwide. There are no dues or fees for membership; one becomes a member simply by having a desire to stop eating compulsively. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine. Find out more at oa.org/na.

There are [number] meetings in the [location] area.

For more information about this special meeting or other OA meetings in the area, call [phone]. Interested people can also visit oa.org [and service body's website].

[Provide links.]

FROM: Overeaters Anonymous CONTACT: [Member's name]
[service body]
[phone, email]
[address]
[city, state, zip]

#

**Order the *Public Information Service Manual* (#762) from the WSO:
1-505-891-2664 or online at bookstore.oa.org.**

[Just a Few of the Many Resources on the OA Website](#)

Check out the new OA “Document Library” at oa.org/document-library/

Meeting Formats

- [Abridged Tools of Recovery](#)
- [Group Conscience Guidelines/Suggested Group Conscience Meeting Format](#)
- [Lifeline Meeting Format](#)
- [Newcomer Meeting Guidelines and Format](#)
- [Recovery from Relapse Meeting Format](#)
- [Suggested Meeting Format](#)
- [Suggested Reading and Writing Meeting Format](#)
- [Suggested Step-Study Meeting Format](#)
- [Suggested Telephone Meeting Format](#)
- [Suggested Young Persons' Meeting Format](#)

Guidelines

- [Budget Guidelines for Service Bodies](#)
- [Carrying the Message](#)
- [Fundraising and Prudent Reserve Guidelines for Groups and Service Bodies](#)
- [Group Conscience Guidelines/Suggested Group Conscience Meeting Format](#)
- [Guidelines for Addressing Disruptive Behavior Affecting Overeaters Anonymous Meetings](#)
- [Guidelines for Anonymity in the Digital World](#)
- [Guidelines for Health Fair Participation](#)
- [Guidelines for Locally Produced Literature](#)
- [Guidelines for Membership Retention](#)
- [Guidelines for OA Events](#)
- [Guidelines for OA Newsletters](#)
- [Guidelines for Public Information Events](#)
- [Guidelines for Writing the History of Your Local Area](#)
- [Guidelines for Professional Outreach Committees](#)
- [OA-Approved Literature List](#)
- [OA CARES Inmate Correspondence Program Guidelines](#)
- [Small Meeting Guidelines](#)
- [Treasurer Guidelines](#)
- [Website Development Guidelines](#)

Online Resources for Members Who are Struggling or at Risk of Leaving OA

This list developed by the 2019 Strong Recovery Project Team of OA Region One.

The links were updated since the Spring update of the OA.org website. 5/31/20

RESOURCE	LINK TO RESOURCE
12 Steps to a Slip - Idea that Work	oa.org/app/uploads/2019/12/Twelve%20Steps%20o%20a%20Slip.pdf
A Plan of Eating	bookstore.oa.org/pc_product_detail.asp?key=E78A3E5774847B6ADFE059B15AE2258
At Meetings and Between Meetings	oa.org/app/uploads/2019/12/At%20Meetings.pdf
Been Slipping & Sliding? A Reading and Writing Tool	oa.org/app/uploads/2019/12/Been-Slipping-and-Sliding.pdf
Call 5 Keep 'Em Alive	oa.org/app/uploads/2019/12/Call%205.pdf
From Slip or Relapse to Recovery	oa.org/app/uploads/2019/12/From-Slip-or-Relapse-to-Recovery.pdf
Fun and Fellowship	oa.org/app/uploads/2019/12/Fun-and-Fellowship.pdf
Keep It Simple - Ideas that Work	oa.org/app/uploads/2019/12/Keep%20It%20Simple.pdf
Pamphlet: Person to Person	oa.org/app/uploads/2019/12/108-Person-to-Person.pdf
Pamphlet: Together We Can	oa.org/app/uploads/2019/12/together_we_can.pdf
Podcast: A Commitment to Abstinence and Maintaining a Healthy Body Weight	oa.org/oa-literature/

RESOURCE	LINK TO RESOURCE
Podcast: Plan of Eating and Dignity of Choice	oa.org/oa-literature/
Podcast: Think Before You Take that First Compulsive Bite	oa.org/oa-literature/
Preventing Relapse - Ideas that Work	oa.org/oa-literature/
Relapse Prevention	oa.org/working-the-program/relapse-prevention/
Strong Abstinence Checklist and Writing Exercise	oa.org/app/uploads/2019/12/strongabstinencechecklist.pdf
The Simplicity Project	oa.org/app/uploads/2020/01/tsw_simplicity.pdf
Tools of Recovery	bookstore.oa.org/pc_product_detail.asp?key=8A195E9014F14F40BDB733B91A48ABD8
Traveling Hopefuls - Ideas that Work	oa.org/app/uploads/2019/12/traveling%20hopefuls.pdf
Twelve Stepping a Problem	oa.org/app/uploads/2019/12/twelve_stepping_a_problem.pdf
Video: Breaking Out of Relapse	oa.org/podcasts/
Working the 12 Steps - Ideas that Work	oa.org/app/uploads/2019/12/Working%20the%20Steps.pdf



Strong Abstinence Checklist and Writing Exercise

Use this valuable tool every day to support you in keeping your abstinence strong and intact. You may also use it as the focus for meetings and workshops.

CHECKLIST

- 1) Have I been abstinent today?
- 2) Did I pray and meditate today?
- 3) Am I maintaining or working towards a healthy body weight?
- 4) Did I rely on my Higher Power to get or stay abstinent today?
- 5) Is what I am currently doing working for me to remain abstinent?
- 6) If I am having problems have I asked someone else what they are doing?
- 7) Have I made an OA call today?
- 8) Did I have an attitude of gratitude today?
- 9) Did I plan my food today?
- 10) Have I helped someone else today?
- 11) Did I have an action plan in place to stay abstinent today?
- 12) Do I have a sponsor and am I working the Steps with that person?

WRITING EXERCISE

- 1) What is compulsive eating for me?
- 2) What are the foods and food behaviors that trigger me to eat compulsively?
- 3) Am I afraid to get abstinent and if yes, why?
- 4) Why do I think abstinence is important?
- 5) What do I do to stop eating compulsively?
- 6) What Steps do I take to remain abstinent in all circumstances?
- 7) What is the difference between abstinence and a plan of eating?
- 8) What actions do I take to maintain my abstinence and achieve or maintain a healthy body weight?
- 9) How do I begin my day in order to abstain from compulsive eating and compulsive food behaviors?
- 10) What tools do I regularly use?
- 11) How does remaining abstinent improve the quality of my life?
- 12) What place does food have in my life today?

Strong Meeting Checklist

The Strong Meeting Checklist was part of OA's 2008-2013 Strategic Plan. It is not enough to make the public aware that OA exists and can be a solution to compulsive eating; meetings have to be strong and must function effectively for people to "stay for the miracle" and for OA to continue to grow and be there for those who need it in the future. Consider doing an inventory of your OA meeting using this checklist.

1. Does the meeting start and end on time?
2. Are all attending, including newcomers, greeted and made to feel welcome and accepted?
3. Does the meeting focus on OA recovery through the Twelve Steps and Twelve Traditions?
4. Do we offer our own experience, strength, and hope, sharing the solution we have found?
5. Are cross talk and advice-giving avoided?
6. Does the group contribute financially to all levels of OA service as per our Seventh Tradition? Do virtual meetings ensure that attendees and members have information on how to make individual Seventh Tradition contributions?
7. Is the importance of sponsorship—for both sponsors and sponsees—stressed at the meeting?
8. Does the group practice anonymity by reminding members not to repeat who is seen or what personal sharing is heard at a meeting?
9. Does the group follow a meeting format based on OA's Suggested Meeting Formats?
10. Is only OA-approved literature on display and for sale?
11. Are group conscience meetings held regularly?
12. Are all service positions filled and is rotation of service practiced?
13. Is the meeting information readily available and the World Service Office informed of all meeting details and changes so that newcomers and visitors can find the meeting?
14. Is the meeting a safe place for all members?

OA Board-approved
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Twelve Stepping a Problem

This writing exercise is an approach using the Twelve Steps of OA to deal with life's challenges without turning to food. Enhance your recovery by using this document individually or as the focus of a workshop.

- 1) I admit I am powerless over _____. How does this make my life unmanageable?

- 2) Do I believe that a power greater than myself can restore me to sanity? YES or NO If no, explain why not. What would recovery look like in relation to this problem?

- 3) Have I made a decision to turn over to the care of God/Higher Power? YES or NO If no, explain why not.

- 4) Make a searching and fearless moral inventory of myself. List any fears, resentments, harms. What is my part in this?

- 5) Am I willing to admit to God/Higher Power, myself, and another person the exact nature of the wrongs that contributed to this situation? If YES, continue to number six. If NO, return to number one.

- 6) Am I entirely ready to have God/Higher Power remove these defects of character? YES or NO. If no, explain why not.

- 7) Have I humbly asked God/Higher Power to remove my shortcomings? YES or NO (Refer to fears, resentments, harms in number four above.)

- 8) Make a list of all persons I have harmed because of this. (Include yourself.) How have they been harmed? Am I willing to make amends to them all?

- 9) How and when will I make amends?

- 10) Continue to take a personal inventory. What specific actions can I take today?

- 11) What specific actions can I take today to establish, re-establish, improve conscious contact with God/Higher Power?

- 12) What spiritual awakening/new insight have I had as the result of working these Steps on this specific problem?

oa.org/files/pdf/twelve_stepping_a_problem.pdf

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Unity With Diversity Checklist

The following checklist for OA groups and service bodies is offered in the spirit of Overeaters Anonymous' Third Tradition and the [OA Unity With Diversity Policy Statement](#). This checklist is not meant to be exhaustive, nor can it be. As we continue to grow, so does our understanding of diversity. These questions are only a starting point for reflection and discussion. We hope that newcomers who are used to “closed doors” can find not only a welcome in OA, but also a home if they wish. As OA's responsibility pledge states: “Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible.”

- 1) In what ways do we welcome all who share our compulsion, regardless of race, ethnicity, language, culture, religion, gender identity, sexual orientation or any other attribute?
- 2) What measures do we take to provide meeting access to OA members who have challenges such as mental or physical disabilities or illnesses, or those who have allergies? What about those who have small children or those who rely on public transportation?
- 3) How do we welcome members such as anorexics, bulimics or those who have had weight-loss procedures? Do we welcome OA members in relapse as authentically as we welcome newcomers or any other members?
- 4) Does our group meeting format use the Diversity Statement included in OA's current [Suggested Meeting Format](#)?
- 5) Do we avoid suggesting that *all* OA members have the same issues with food, such as addiction to specific foods, a need to weigh and measure, and so on?
- 6) How do we communicate to newcomers—and reinforce to all members—that Higher Power means a God of our individual understanding and is not specific to any particular religion, faith or concept?
- 7) Do we respect each member's way of practicing the OA Twelve Steps and Twelve Traditions in a manner best suited to his or her own needs?
- 8) Do we emphasize all three aspects of recovery (spiritual, emotional and physical) equally, or do we focus only on one or two?

- 9) Does our OA literature table stock items that highlight our common solution through diversity, such as:
- *A Common Solution: Diversity and Recovery*;
 - *Black OA Members Share Their Experience, Strength and Hope*;
 - *Dignity of Choice*;
 - *Focus on Anorexia and Bulimia Packet*;
 - *Many Symptoms, One Solution*;
 - *OA Members Come in All Sizes*;
 - *To the Teen*;
 - *To the Man Who Wants to Stop Compulsive Overeating, Welcome*;
 - *Welcome Back, We Care! Packet*; and
 - Young Person's Packet
- 10) How do we reflect diversity when we conduct business meetings, elect trusted servants or choose speakers and workshop leaders?
- 11) In what ways do we carry the OA message to groups who are currently under-represented in the rooms? Speakers? Workshops? Special focus meetings? Other methods of attraction?
- 12) Having completed this checklist, what other areas can we examine in order to better “extend the hand and heart of OA” to all who share our compulsion?

For guidelines on how to hold a Group Conscience Meeting, go to www.oa.org/pdfs/groupconscience.pdf. More information is also available in the *OA Handbook for Members, Groups and Service Bodies* in the [OA Bookstore \(bookstore.oa.org\)](http://bookstore.oa.org).



Unity with Diversity Checklist

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