



A Publication of:
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Send Us Your Stories!

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

**April 23–28
World Service
Business
Conference**

A Step Ahead

First Quarter 2018

Volume 22, Number 1

WSBC 2018: New Documents and New Motions

“Growing OA Recovery Worldwide” is the theme of World Service Business Conference 2018, which will be held April 23–28 at Embassy Suites Albuquerque Hotel and Spa. The theme expands on OA’s Strategic Plan for 2018, and Conference workshops will focus on ways to grow recovery in our Fellowship.

To support delegates in their service, WSBC will offer the workshop, “All about Conference,” which will include instruction on parliamentary procedure. The Mentor Program is also available to support first-time delegates (aka Green Dots), who may meet with assigned mentors to discuss Conference procedures.

New Business Motions and Bylaws Amendments

New this year is a “Meet the Maker” session on Thursday, April 26, where delegates can discuss and ask questions about new business motions and bylaws amendments with the OA members who are the makers of the motions. Motions and bylaws amendments for consideration include:

- Create an ad hoc committee to research OA’s website and data systems
- Create a policy statement on bariatric surgery as it relates to Tradition Three
- Amend the WSBC appeals process
- Require all groups and service bodies to provide at least one email address when registering with the World Service Office
- Rescind the policy on website templates
- Rescind the policy on WSBC motion proposal forms
- Rescind the policy on Board of Trustees leaves of absence
- Disband the WSBC Web/Technology Committee
- Allow virtual groups to affiliate with both a virtual service board and a national service board
- Create virtual intergroups
- Create a virtual region
- Discontinue virtual service boards
- Disband the WSBC Finance Committee
- Allow trustee nominees to meet the trustee requirements at the time of application
- Allow groups to select a gender or non-gender for Steps Three, Seven, Eleven, and Tradition Two

Second Conference e-Documents Now Posted

The second Conference e-Documents are now posted on the [WSBC Web page](#). These documents include the



Agenda Questionnaire and all motions and bylaw amendments that were submitted by the December 10, 2017, postmarked deadline.

Intergroups and service boards can respond to the Agenda Questionnaire either by downloading the PDF document or by completing an online interactive survey using the link provided on oa.org.

Intergroups and service boards should review the Agenda Questionnaire, vote on it, and either complete the interactive survey or return their responses to the PDF document to the WSO by February 22, 2018. This is a postmarked deadline date.

The e-Documents also include delegate registration forms and general information. Find all e-Documents on the WSBC Web page.

OA e-Books Now Selling on Apple iBooks

OA has added a third e-book retailer, [Apple iBooks](#), to our list of e-book vendors. E-books are also available for purchase from [Amazon for Kindle](#) and [Barnes and Noble for Nook](#). Available titles include *Overeaters Anonymous, Third Edition*; *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*; *Voices of Recovery*; and the now out-of-print book *A New Beginning: Stories of Recovery from Relapse*—as well as many others.

To find OA-approved literature, search these e-book platforms for “Overeaters Anonymous” as the author.

There is a royalty share for these purchases. To purchase OA-approved books in print, please visit bookstore.oa.org.

A Message from Our Chair

— Cyndy L., Chair of the Board, Region Four Trustee

Three months have passed since I wrote about our recent labors and harvest as a Fellowship. These last three months have been filled with new experiences for me that offered some challenges and motivated our planning for 2018.

2018 Annual Budget

The Executive Committee of the Board of Trustees met in October 2017 to prepare the 2018 annual budget, which was then adopted by the full Board of Trustees at our November 2017 meeting. As with the rest of the world, OA's expenses and costs continue to increase. This year, it was difficult to find areas in the OA budget where we could cut back and still carry out all the responsibilities of the WSO and trustees. The process led us to look even more carefully at our spending and for opportunities to implement changes to reduce expenses overall. One such initiative was the decision to shorten our quarterly board meetings from three days to two. Now, trustees will hold committee meetings via conference call rather than meeting in person. We hope this will bring a cost savings of approximately US\$10,000 in 2018. It isn't nearly as much as we would like to save, but it is a first step. More will be revealed as the year goes forward.

Self-Supporting

The OA Seventh Tradition says we are fully self-supporting, which means we all pitch in and contribute to keep OA financially secure. I ask that every meeting mention the need to be self-supporting and that the meeting contribute to every level of OA as funds are available. The trusted servants of the board's Executive Committee are thankful for your contributions, and we understand when you are unable to give. I just want to voice a reminder that this is a way

"I ask that every meeting mention the need to be self-supporting and that the meeting contribute to every level of OA as funds are available."

of expressing gratitude for OA. The money is always used to help carry the message, and even an extra dollar in the basket occasionally will make a difference.



Growing Recovery Worldwide

The theme of our next WSBC, "Growing OA Recovery Worldwide," reminds each of us that we belong to a worldwide organization and that we all need to support carrying the message in ways beyond our local meetings. This is just another piece of our primary purpose, and the board's Strategic Planning Committee held their last quarterly meeting to develop tasks to meet our 2018 goals. These tasks are:

- An initiative to increase sponsorship by getting members through all Twelve Steps and a three-minute video about sponsorship.
- Creating a downloadable and translatable newcomer packet.
- Developing an OA Statement of Recovery Through the Twelve Steps and reviewing OA's Statement on Abstinence and Recovery.
- An initiative to determine what ideas and practices are working to make successful meetings that help members recover, and making those best ideas and practices go viral by sharing the results.

I look forward to seeing what creative ways the Strategic Plan subcommittees address these tasks and anticipate the projects they will share with all of us over the year.

Wishing all of you a peaceful and recovery-oriented New Year.

OA EVENT DAYS

OA Birthday

Saturday, January 20, 2018

Gather together with your local group or service body to celebrate OA's founding and the birth of our Fellowship in 1960.

Unity Day

Saturday, February 24, 2018

Join fellow OA members and pause to affirm the strength inherent in OA's unity, which we will observe at 11:30 a.m. Pacific Standard Time.

2019 Lifeline Call for Topics

What topics do you want to read and write about for *Lifeline* in 2019? Email suggestions to info@oa.org with subject "Lifeline Topics"

Deadline: April 15, 2018

A Message from Our Treasurer

— Bonnie L., General Service Trustee, Treasurer

My name is Bonnie and I am a recovering compulsive overeater, currently serving as your treasurer. This has been a very busy quarter.

Write the Registration Number on Group and Service Body Contributions

In October of each year, your Executive Committee members (the General Service Trustees and Board of Trustees chair) meet with World Service Office managers to prepare our annual budget. In November, the full board meets to review and approve the budget. We have just approved our 2018 budget of approximately US\$1.7 million. That's the amount it costs to effectively carry the message; to print, translate, and distribute OA literature; and to staff the WSO. Every contribution you send helps toward that cost and is very much appreciated.

In fact, we receive as many as 150 contribution checks every week. But as many as half of these don't have the contributing group or service body's registration number written on them. This is important information used to assign the contributions properly to your group or service body. It means the WSO staff must take a great deal of time to look up these registration numbers.

If you don't know your registration number, go to [Find a Meeting](#) on [oa.org](#) and look up your meeting information, which will include the registration number. It may take you just

five minutes, but multiply that time by about one hundred: that is the amount of WSO staff time that could be spent on much more productive work. If you need help finding your number, you can also contact your region chair, region trustee, or virtual services trustee. Our

"We receive as many as 150 contribution checks every week, but half don't have the group or service body's registration number."



WSO staff time is very valuable. In the coming months, the staff will be directed to stop tracing the sources of contributions sent without the required registration numbers. What that will mean is that unmarked contributions will ap-

pear in the "miscellaneous income" line, rather than being properly assigned to your group or service body. We would like to give you proper credit, so please help us out.

Automatic Recurring Contributions

In the last issue of *A Step Ahead*, I shared about our ARC (Automatic Recurring Contributions) plan. On the [oa.org](#) website there is a simple link allowing members to make direct contributions. It's interesting to see that the ARC contributions for October 2017 include 276 members contributing a total of US\$6,244.50. That's even more than some regions contribute, so ARC is clearly a valuable resource. Please consider making an ARC if you're not doing so already. Go to [oa.org/contribute](#) to get started.

Delegate Support Fund

At our November board meeting, I was involved in the distribution of funds from our Delegate Support Fund. I am pleased to say that we were able to support nineteen delegates for WSBC 2018. They will attend from the USA, Canada, South Africa, Greece, Germany, Austria, and also from our virtual groups. This is the first opportunity for some of these

service bodies to be represented, and is only possible through your contributions to this fund.

We sincerely appreciate your continued support! Together we can do what we could never do alone.

Quarterly Service Body Mailings Have Gone Paperless

Now is a great time to update the email contact information for your service body. Starting in January 2018, the World Service Office's quarterly mailings will be delivered via email only. Don't miss out on important news and information about new literature, delegate support funds for World Service Business Conference, and other impactful announcements.

Updating your service body information is easy. Click Find a Meeting on [oa.org](#) and then click Group Forms to find the selection of forms. You can also search "Registration" on [oa.org](#) to find the online forms.



New Service Body

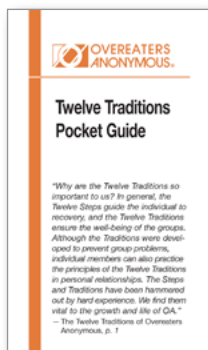
Congratulations and welcome to our newest OA service body registered with the World Service Office:

Junta de Servicios Virtuales de Hispano Parlantes (JSVHP)
Miami, Florida USA
Registered September 29, 2018

What's New from WSO

Guidelines for OA Events

Use the suggestions from our newly revised [Guidelines for OA Events](#) to better plan your workshops, retreats, marathons, PI meetings, and conventions. The *Guidelines* cover many dos, don'ts, and ideas that work when forming committees, setting up registration, selling merchandise, managing finances, and arranging activities and speakers. Also included is OA's new Speaker Statement, a suggested reading for all OA events:



"OA speakers do not represent OA as a whole but speak from their own experience, strength, and hope. OA recognizes there are individual approaches and different concepts of working the Twelve Step program of recovery. We all are reminded that our common disease and our common purpose unite us; differences in approaches to recovery need not divide us. OA is strengthened when we honor and respect all by practicing unity with diversity."

Guidelines for OA Newsletters

Check out the latest suggestions for editing local newsletters, including tips on how to find and publish useful recovery material. These updated [Guidelines for OA Newsletters](#) discuss ways to keep a positive tone, provide proper copyright credit, and follow appropriate Traditions while carrying the message in this special and personal way. *Guidelines for OA Newsletters* can be useful to bloggers and social media users too!

Lifeline Writers' Guidelines

When you write for *Lifeline*, you provide service, support recovery, and help fulfill OA's primary purpose by carrying the message. Use the newly revised [Lifeline Writers' Guidelines](#) to learn how to contribute to OA's "Meeting on the Go." Many helpful suggestions are spelled out to help you share stories, humor, poetry, photographs, and feedback through *Lifeline*. Download and share these *Guidelines* with a sponsee or with members at your meeting.

Twelve Traditions Pocket Guide: New Translations

Our handy [Twelve Traditions Pocket Guide](#) (#445) is now available in German, Hungarian, Russian, Polish, Japanese, and Québécois French. To receive a translated version, send

"Our handy Twelve Traditions Pocket Guide is available in German, Hungarian, Russian, Polish, Japanese, and Québécois French."

a completed [License 2 translation form](#) by email, fax, or mail to the World Service Office.

To purchase an English-language version, visit [bookstore. oa.org](#).

Maintaining a Healthy Body Weight Pamphlet Revised

When we reach a healthy body weight and start asking ourselves, "Now what?" [Maintaining a Healthy Body Weight](#) (#310) can help.

In it we find new insights and suggestions from members who overcame many different manifestations of our disease and found both physical recovery and new purpose in their continued abstinence. "Today we live life with all its feelings, and we have faith that if we work the program, it will continue to work for us" (p. 2). This freshly revised pamphlet contains new stories, tips, and OA's Statement on Abstinence and Recovery. Purchase at [bookstore. oa.org](#).



OA Business Glossary

You're likely to learn something from our new PDF glossary, including the lexicons of OA, Inc., our annual World Service Business Conference, and basic parliamentary procedure. Produced by the Conference Bylaws Committee, this [brief and helpful guide](#) will allow you to acquire and apply OA's specific language of business-level service. Find it on [oa.org](#).

New Professional Outreach Skit—"The Wanda Know Show"

Practice carrying the message to health care professionals using this entertaining and educational new resource. "The Wanda Know Show" begins with a funny twelve-minute skit and moves on to small-group activities. Use it to encourage members to increase awareness of our program among doctors, therapists, nurses, and other health care providers who refer patients and clients to OA. Find it at [oa.org/documents](#) under "Workshops and Skits."

Apply to the Translation Fund by February 1

OA's next translation deadline is February 1, and money is available to help translate OA literature into other languages. To apply for funds, complete the [Translation Assistance Fund Application](#) and send it to the WSO. (Find and download the Application from the [Literature Translations page](#) at [oa.org](#).) To receive funds, recipients will need to create a PayPal account.

Recently, money was awarded to OA China, OA Iran, and First Hungarian Intergroup to help bring OA literature to still-suffering compulsive eaters in these countries.

We have found that more translations mean more meetings, more growth, and stronger recovery for populations that speak languages other than English.

To learn more about OA's translation policies, see the [Translation Guidelines for OA Literature](#) on the Groups/Service Bodies "Guidelines" page.

To make a designated contribution to help carry our message worldwide, visit [oa.org/contribute](#) and select "Translation Fund" in the designation menu.

Non-Real-Time Meetings Added to “Find a Meeting”

Virtual OA saw incredible growth in 2017. In the first nine months of the year, eighty new virtual groups were registered with the World Service Office—including online, phone, and email groups, plus two new virtual service boards. In addition, membership numbers in virtual groups on Facebook are increasing, with some groups reporting 500–1,500 members.

To keep up with this incredible growth, the [Find a Meeting](#) page at [oa.org](#) has been expanded to include a variety of digital meeting options, including meetings via email or bulletin loops, social media pages, bulletin boards or forums, and mobile applications. OA calls these



meetings “non-real-time” meetings because they do not meet in real time or have designated start and end times.

Non-real-time meetings may take place over a period of hours or days.

Finding non-real-time meetings is now easier than ever, since a new category has been

added to Find a Meeting at [oa.org](#). Click the “Non-Real-Time Meeting” button to view your options.

To register a non-real-time meeting, download the [OA Non-Real-Time Group Registration/Change Form](#) (an interactive PDF), fill out the form, and email it to info@oa.org.

OA Logo and Anonymity Policies Apply to Virtual Groups

The growth of virtual groups brings up new policy considerations for OA members.

Using the OA Logo

Adding a profile picture is a natural first step to creating a new group via social media, and the OA logo is an obvious great choice for an image. To use the OA logo, virtual groups must customize it to include their group name and also obtain written permission from the World Service Office. To apply for permission, complete the [Logo Permission Request Form](#) and email, mail, or fax it to the WSO. Allow at least ten business days for approval.

Maintaining Anonymity

OA has issued a Statement on Public Media: “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” [Business Conference Policy Manual 2011a (amended 2016)].

For further suggestions regarding anonymity and working your program via social media, see [Guidelines for Anonymity in the Digital World](#) at [oa.org/guidelines](#).

More suggestions are available at webtechoa.org/social-media/.

Ask-It Basket

Q. I would like to know: if a service position in a meeting or intergroup has an abstinence requirement, do you give up the position if you happen to lose your abstinence while serving in that position?

A. Abstinence requirements to do service in a meeting or intergroup are determined by that group or intergroup. It would also be up to the group conscience to decide whether you have to step down from that position if you lose your abstinence. At the intergroup in my area, the abstinence requirement to serve is six months. If someone no longer meets that requirement, they do step down.

Send your questions about the Traditions or other OA business to info@oa.org and get a response from members of the OA Board of Trustees. Or, see the [Ask-It Basket archive](#) or the [2017 WSBC Ask-It Basket Q&A](#) on [oa.org](#).

WSBC 2018 Important Deadlines

January 10, 2018
Second set of Conference
e-Documents posted on website

January 23, 2018
Trustee Nominee Applications
received by WSO

February 12, 2018
Delegate Registration Forms
received by WSO

February 22, 2018
Agenda Questionnaires to WSO
(postmarked by this date)

March 9, 2018
Third set of Conference
e-Documents posted on website

Participate in a Local Professional Conference

Does your local area have an upcoming convention or conference for physicians, nurses, nutritionists, dietitians, or mental health/addiction specialists? The Professional Exhibits Fund exists to help you carry the message to providers whose patients and clients could benefit from Overeaters Anonymous.



The Professional Exhibits Fund is supported by designated contributions from OA members and service bodies. Currently US\$14,504.32 is available in the Professional Exhibits Fund, so watch for conferences, tradeshow, and similar

"Currently US\$14,504.32 is available in the Professional Exhibits Fund, so watch for events in your area."

events in your area, and check in with fellows who are practitioners in these fields to find out about upcoming possibilities.

Please discuss professional exhibit opportunities with your intergroup, service board, or region. Download the [Professional Exhibits Fund application](#), found at [oa.org/documents](#) under "Service Body Support." We stand ready to help, and applications are reviewed monthly.

OA members who have staffed an OA exhibit at a professional conference or convention report that doing so helped their own recoveries. It was a valuable service, and they felt they were really carrying the message to an important audience. We look forward to your application.

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

March 15

Generally Speaking Write on any topic you find meaningful.

Welcome Home "The word freedom appears so many times in all of our literature, I began to think about the freedoms from my disease I gained by working each of the Steps." (*Voices of Recovery*, p. 205). What freedoms have you gained in OA?

April 15

Lifeline Topics 2019 Send in your *Lifeline* topic ideas for 2019! What recovery topics do you most want to read or write about? What topics create great discussions and inspire recovery?

Sponsorship Day Sponsorship Day is celebrated the third Saturday in August, which occurs this year on August 18. Share your appreciation for your sponsor or for the opportunity to give service as a sponsor.

My Professional Community How has your doctor, dietitian, or other provider supported your recovery? How has OA helped you succeed with your provider's treatment plan?

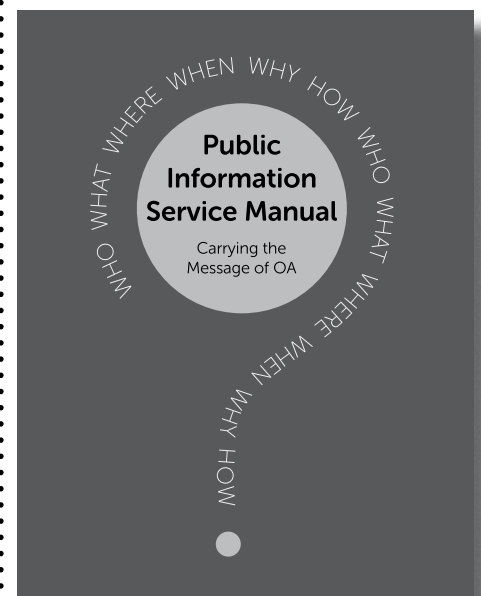
Read the Forewords and Appendices of *Overeaters Anonymous, Third Edition*, which are written by professionals who "get it." What do their messages about our disease mean to you?

Send stories to info@oa.org with subject "Lifeline."

Try These Great Public Information Resources

Giving public information service can be as simple as leaving an OA [New Prospect Card](#) in a fast-food restaurant or as complex as running a full-fledged campaign with billboards, media interviews, and OA public service announcements delivered on the radio. Learn about public information options and figure out a plan that works for your service body by using two great resources from OA.

The newly revised [Public Information Service Manual](#) (#762) offers more than sixty pages of outreach suggestions. You'll learn what a PI committee is and how to start one; how to work with digital, print, and broadcast media while protecting anonymity; and much more. To purchase, go to [bookstore.oa.org](#).

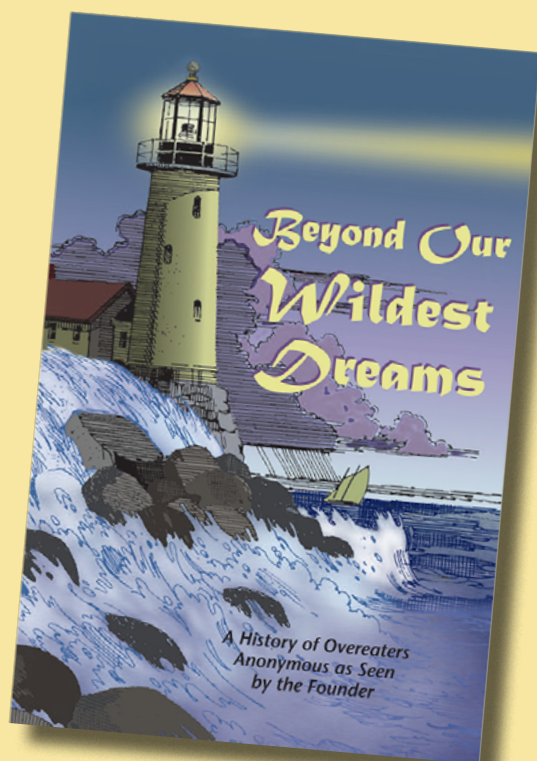


Also check out the [OA PI Email Group](#), brought to you by the OA Board of Trustee's Public Awareness Committee. The OA PI Email Group is an online forum of OA members who come together to share best practices and search for suggestions. To join, go to [groups.google.com](#) and search for "OA PI Email Group." This is a private group, so follow the instructions to send a request to join.

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

Retro Prices for OA Classics!

PURCHASE AT BOOKSTORE.OA.ORG OR BY CALLING 1-505-891-2664. SHIPPING NOT INCLUDED.



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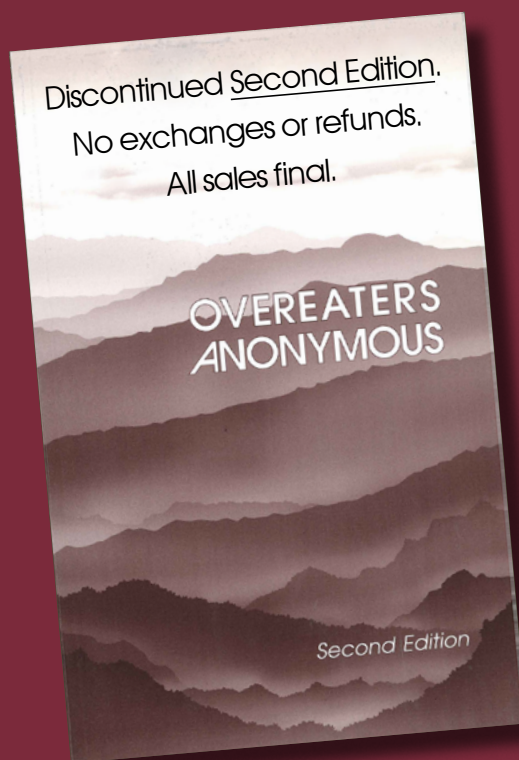
How did Overeaters Anonymous begin? When was "abstinence" introduced? How did Lifeline get its name?

\$6.00

Discover answers to these questions and more in this book of OA's history. Softcover, 223 pages, indexed.

plus the recovery journey of OA's founder Rozanne S. Softcover, 251 pages.

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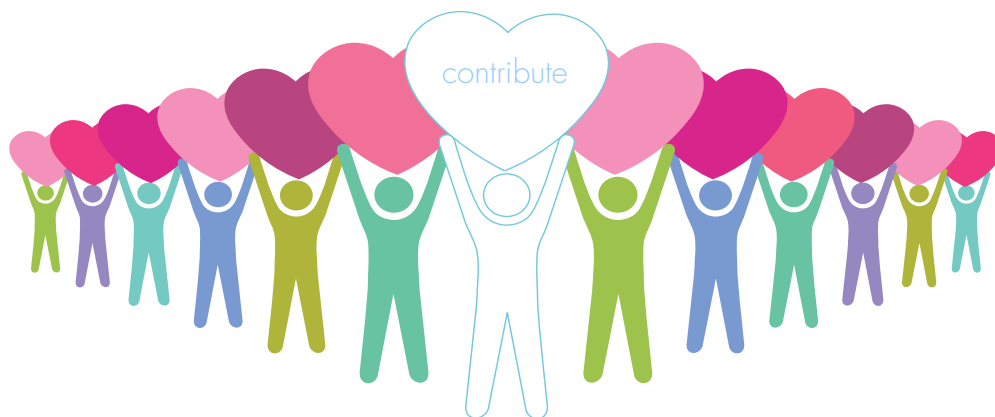


\$5.00

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

Why Start an Automatic Recurring Contribution? For Twelve Really Great Reasons.

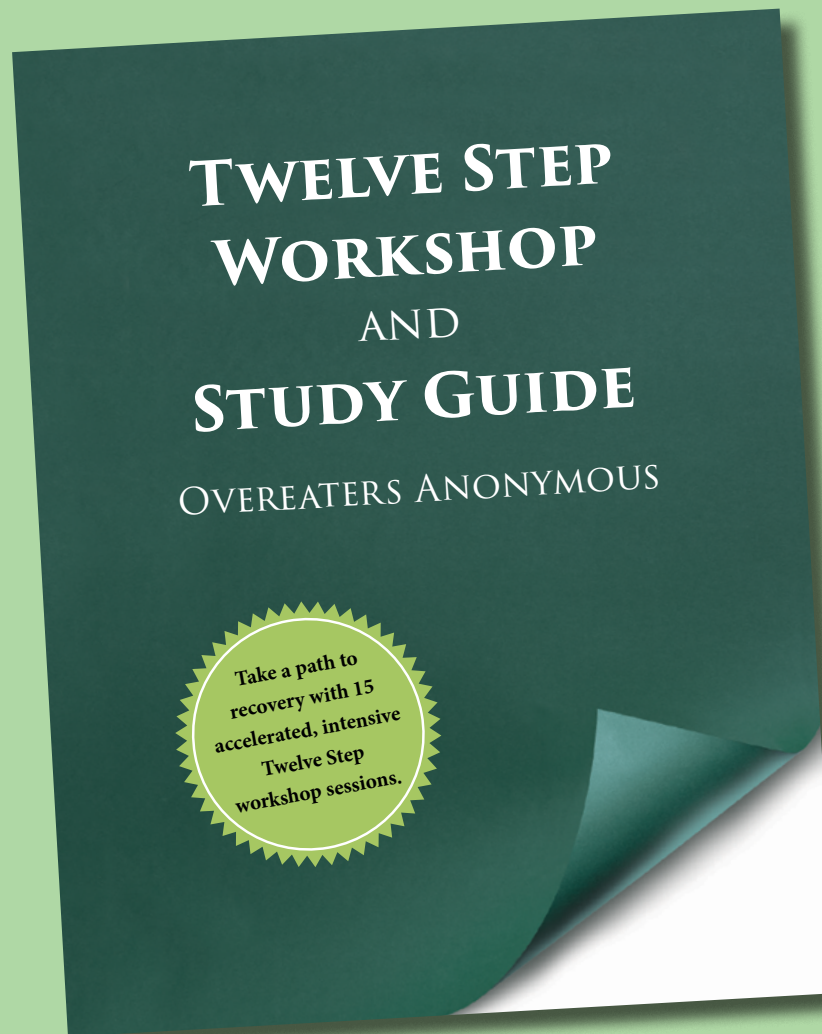
1. Your contributions support OA's primary purpose: to carry the message of recovery to the still-suffering compulsive overeater.
2. Your contributions help produce OA-approved literature, such as *Overeaters Anonymous, Third Edition* and *Taste of Lifeline*.
3. Your contributions support OA's website, oa.org, where many newcomers first learn about OA and the promise of recovery.
4. Your contributions support freely available, downloadable resources on oa.org, such as podcasts and meeting formats.
7. Your contributions support carrying the message around the world through translations of OA-approved literature.
8. Your contributions help you work your program, with many OA members discovering that making regular financial contributions supports their recovery.
9. Your automatic, recurring contributions are easy to set up and can be scheduled monthly or quarterly.
10. Your contributions are tax deductible in the USA.



5. Your contributions support worldwide and virtual meeting information, and outreach to professionals.
6. Your automatic, recurring contributions for virtual meetings means you never have to ask, "Did I remember my Seventh Tradition this week?"
11. Your contributions are a meaningful way to honor your abstinence anniversary, acknowledge a sponsor or sponsee, or remember the costs of your last binge.
12. Your contributions make a difference, and no contribution is too small to help carry the message of recovery.

*Help OA grow. Go to oa.org/contribute and check
"Make this a recurring gift" to start your Automatic Recurring Contribution.*

STEP WORK. *ACCELERATED.*



Everything you need to lead a journey through the Steps, including leader scripts, Fourth Step inventory worksheets, and hand-selected references from OA-approved literature is here. Use it to lead a group of OA members or one-on-one with your sponsees. Together, you can discover proven ways to incorporate the Twelve Steps of Overeaters Anonymous into a way of living—and a life beyond our wildest dreams.

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Shipping not included.*



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Phone _____

GROUP INFORMATION

Group Number _____
Meeting Location _____
City _____ State _____
Prov/Country _____ Zip _____

Enclosed is a ☐ check ☐ money order in the exact amount made out to World Service Office.

US funds ONLY

Non-US funds will be returned.

Please charge my

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Phone _____

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