



A Publication of:  
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# A Step Ahead

Second Quarter 2021

Volume 25, Number 2

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## WSBC 2021: Virtual and Worldwide

We'll be "Looking to the Future: One Day at a Time" at this year's World Service Business Conference. WSBC 2021 will be a fully virtual event scheduled over a two-week period from April 12–24. The tentative Conference agenda and all Conference e-documents are posted to the WSBC web page. Week One (April 12–16) gives our 250 delegates time to review materials and prepare questions prior to Week Two's virtual meetings. Week Two (April 17–24) will include an "All About Conference" workshop, a "Meet and Greet the Maker" forum, a "Trustee Nominee Q&A" session, and business meetings.

Prior to Conference, delegates will be assigned to their Conference committees and committee cochairs will contact delegates with the details of the dates of committee meetings and the materials they need to prepare.

### New Business Motions and Bylaw Amendments

Delegates will consider nine New Business Motions, named A through I:

- A. Amend OA's Statement on Abstinence and Recovery to revert back to the 2018 policy.
- B. Amend OA's Statement on Abstinence and Recovery to allow revisions only in years ending in zero.
- C. Amend OA's Statement on Abstinence and Recovery



to revise the definition of recovery.

- D. Amend OA's event policy to define OA event weekends.
- E. Amend OA's Preamble to include "compulsive food behaviors."
- F. Create a diverse voices policy for developing new literature and updating existing literature.
- G. Change the name of OA's Young Persons' Committee to the Young Peoples' Committee.
- H. Amend the Unity with Diversity policy to simplify the language and terms.
- I. Amend the hybrid meetings policy to include a more detailed definition of hybrid meetings.

In addition, delegates will consider Bylaw Amendments to OA Bylaws, Subpart B, numbered 1–13, 16 and 17:

*(WSBC 2020 continued on p. 4)*

**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 12–24, 2021**  
**World Service Business Conference**

## The 2021 World Service Convention Is a Go!

Our 2021 World Service Convention, "Walking in the Sunlight: One Day at a Time," will be held as planned August 26–28, 2021, in Orlando, Florida USA. Like so many OA events, Convention planning has been subject to local public health restrictions, and in Orlando, restrictions have been sufficiently relaxed such that public gatherings, currently tempered by a mask-wearing mandate and social-distancing recommendations, are possible.

Web links to the most current public health and safety measures in effect for the Renaissance Orlando at SeaWorld, our hotel and venue; the City of Orlando and its area attractions; and the state of Florida, including guidelines for out-of-state travelers, are available on the World Service Convention web page to help you make an informed decision about traveling to Orlando and participating at Convention. Together, we can make tentative plans to attend and then turn the outcome over to our Higher Power as these next five months progress.

Hotel reservation and Convention registration information and announcements are forthcoming, and the best way to get this information early is to sign up for our Convention email list. Send your full name, email address, and country to conventioninfo@oa.org, and you will be added to the list. Your personal information will be kept confidential to the World Service Office.

Let's set an intention for a face-to-face Convention! See you in Orlando!



# A Message from Our Chair

— Bonnie L., Chair of the Board, General Service Trustee

World Service Business Conference 2021 is a hot topic with many of our members since we will be doing a full agenda virtually for the first time in OA's history. Leading up to Conference, plans have continued to evolve, so delegates have had to keep a close eye on emails and postings from the World Service Office. They've also had to make extra preparations to capably fulfill their duties to elect new trustees and vote on New Business Motions, Bylaw Amendments, and literature proposals on behalf of their service bodies. The future of OA is entrusted to our Conference delegates.

## Pandemic Perspective

When this pandemic began over a year ago, I'm not sure any of us could have imagined what the impact would be or how long it would continue. Our world of virtual meetings exploded in a very short time. While many of us long for face-to-face contact, hugs, and the connection of eye contact across the room, we are blessed in other ways. We now have a record number of meetings—1,145—held virtually around the globe, and this number is still growing. Until the pandemic took over the world, how many of us had ever attended a meeting in another country? I was blessed in previous years to attend physical meetings in Canada, the United States, Scotland, England, Belgium, Switzerland, Germany, France, and more. Sharing with others in face-to-face groups at home and abroad is an amazing experience, but today, each of us can have a similar experience

*"I am praying to Higher Power for a continual improvement in our health and safety around the globe so that every member in our Fellowship who wants to attend [World Service Convention] can do so."*

because our virtual meetings take us anywhere and everywhere. That may be the silver lining of this cloud we are learning to live in.

## A Good Year Financially

Your treasurer writes in detail in this issue of *A Step Ahead* about OA's excellent audit results for 2020. To her words, I will add that when I first joined the Board of Trustees, we faced some very lean fiscal years. At times, we had difficult decisions to make about our budget. I am thankful that is not the case today. Thank you to our growing Fellowship for your Automatic Recurring Contributions and for your increased contributions as we have grown virtually to create more meetings and larger meetings online.

## New Life for Lifeline

As many of you know, the Board of Trustees voted in 2019 to discontinue *Lifeline* magazine and oalifeline.org at the end of 2020, with a

promise to create a new online platform for members to share their stories. It's been a slow restart, but a team is working on some wonderful, fresh ideas for the next iteration of *Lifeline*. This work is in the early stages, and more news will follow as those seeds begin to sprout and grow.

## Convention Plans

A decision has been made to move forward with the 2021 World Service Convention, scheduled August 26–28 in Orlando, Florida USA. I know many who plan to attend, myself included, and I am praying to Higher Power for a continual improvement in our health and safety around the globe so that every member in our Fellowship who wants to attend can do so. I am very much looking forward to a grand celebration of recovery from compulsive eating and compulsive food behaviors through the Twelve Steps of Overeaters Anonymous.

## Rotation of Service

This is my final article for *A Step Ahead*. I will observe and honor our principle of rotation of service at WSBC's close of business on April 24. Serving you as a member of the Board of Trustees, and for the most recent two years as chair of the board, has been both a privilege and a challenge. I look forward to seeing many of you virtually at WSBC and possibly in Orlando. I will surely continue to meet some of you as we "trudge the Road of Happy Destiny" (*Alcoholics Anonymous*, 4th ed., p. 164). May God bless you and keep you until then.

## Annual Appeal Asks for an Additional World Service Contribution

Soon, you will hear your group ask for an additional contribution to send to the OA general fund. OA's Annual Appeal began in 2018 after a very difficult budget year and has continued as a once-a-year request to strengthen world service through an additional financial contribution from members.

Since our first Annual Appeal, many members have stepped up to contribute—we thank you! Also in these recent years, OA has seen consecutive years of abundance for our world service budget. Sales of new literature items and the growth of our Fellowship in this pandemic year have blessed us with a significant surplus.

Even with our surplus budget, there continues to be room for an Annual Appeal. OA is using this money to carry the message in many effective ways, including funding translations of OA literature and improving our attraction online, where the still-suffering compulsive eater is looking for a solution. Any amount will be appreciated, and if you cannot contribute now, we know you are continuing to support OA in many different ways.

### New Service Bodies

Congratulations and welcome to our newest OA service bodies registered with the WSO:

#### National Service Board of Russia

Registered February 4, 2021  
Russian Federation

#### La Brigade du rétablissement Virtual Intergroup

Registered February 2, 2021  
USA

#### Red Dragon (North Wales) Intergroup

Registered January 11, 2021  
Wales

# A Message from Our Treasurer

— Tina C., Treasurer, General Service Trustee

Well, 2020 was quite the year, and 2021 is continuing on the same path: from a financial point of view, OA is in “fit fiscal condition!”

### Outstanding 2020 Audit Results

As a nonprofit corporation, Overeaters Anonymous, Inc. is required to have a yearly audit. I am extremely pleased to note that, thanks to our excellent accounting department, OA had an outstanding audit. The auditors noted that OA has strong internal financial controls; that our competent World Service Office staff continues to use appropriate accounting procedures; that there were no accounting discrepancies or concerns; and that our balance sheet is extremely healthy, with more than adequate reserves. In addition, OA is fiscally stronger than most comparable nonprofits. Kudos to our great staff!

### A Budget Surplus

And the fit fiscal condition goes on! In addition to the excellent audit results, we received the final figures for our 2020 fiscal year. After all the checks and balances, debits and credits, OA ended 2020 with a net profit of US\$488,751. This is the third consecutive year that OA has recorded a substantial profit, which is allowing OA to continue pursuing exciting projects.

### Many New Initiatives

We saw evidence of this surplus throughout 2020. Your contributions to the general fund (in which money can be used whenever and wherever, as needed) totaled US\$948,957! Because of your generous contributions, OA has been able to reach out in many ways to the compulsive overeater who still suffers. Additional funding has been made available for translations; we have continued to improve the OA website and bookstore, including Find a Meeting, which will continue to expand; new attraction advertising has been developed for the internet and deployed online; podcasts for young persons and OA holiday workshops were created; and more! These and other projects will continue, and new projects will begin in 2021.

### Well-Funded Designated Funds

There’s still further evidence of OA’s fit fiscal condition: OA members contributed US\$26,114 to our designated funds—those for which

*“OA has been able to reach out in many ways to the compulsive overeater who still suffers. Additional funding has been made available for translations; we have continued to improve the OA website and bookstore, including Find a Meeting, which will continue to expand; new attraction advertising has been developed for the internet and deployed online; podcasts for young persons and new OA holiday workshops were created; and more!”*

members specify how they would like their donation to be used. The totals of these funds are:

- Translation Assistance Fund  
US\$9,159.44
- Professional Exhibits Fund  
US\$14,821.80
- Delegate Support Fund  
US\$35,680.84

Since large face-to-face gatherings, both inside and outside OA, have been on hold since early 2020, we have not been able to distribute any funds for delegate support. As a result, the Delegate Support Fund has enough money to carry us through WSBC 2023. Because of this, the Executive Committee has put a temporary freeze on member contributions to this designated fund. Members are invited to continue contributing to the Professional Exhibits Fund, the Translation Assistance Fund, or the general fund. Thank you for your continued support.

### Mixed Results for Literature Sales

Even fit fiscal condition requires some finetuning: hard-copy literature sales were down in 2020. But for the first time in several years, digital book sales were up! OA continues to develop and provide excellent literature that aids in all aspects of recovery. Links to all our e-books have been added to the OA bookstore at bookstore.oa.org, so visit today to see what is available in paper or digital formats. Purchas-

ing OA literature is yet another important way to contribute to our Seventh Tradition.

### Looking to the Future

Any journey to reach fit fiscal condition requires careful and continuous planning. After detailed discussions between trustees and WSO managers, a prudent 2021 budget of US\$1,812,400 was approved in November 2020. With your continued generosity and the careful direction of staff and trustees, we are confident that OA will again have a balanced budget, if not a net surplus, in 2021.

2020 is in the past, and most of 2021 is in the future. For today, we have a wondrous recovery program and fellowship called Overeaters Anonymous. Thanks to your ongoing support and contributions, OA continues to reach out to the still-suffering compulsive eater inside and outside the rooms. Together we can and we will!

Thank you for allowing me to have the privilege of being the BOT Treasurer.

## **Delegate Support Fund Contributions Suspended Temporarily**

In the spirit of Concept 12b of *The Twelve Concepts of OA Service*, which states, “The spiritual foundation for OA service ensures that sufficient operating funds, plus an ample reserve, shall be OA’s prudent financial principle,” the Executive Committee of the Board of Trustees has voted to temporarily stop accepting new contributions to the Delegate Support Fund. With a balance of US\$35,680.84, the Delegate Support Fund is projected to fully fund all qualifying needs of WSBC delegates through WSBC 2023.

Thank you to all members and service bodies who have contributed to the Delegate Support Fund and, by doing so, have done so much to strengthen our worldwide group conscience. We invite you to continue supporting our Seventh Tradition by reallocating your DSF contribution to the general fund, Translation Assistance Fund, and Professional Exhibits Fund.

# Do You Have Motivations for Translations? Get Funding and Give Service!

## Latvian and Romanian Translations Funded by OA

In late 2020 and early 2021, a board designated asset fund was used to help two groups, the Latvian National Service Body and OA Cluj of Romania, begin translating basic texts to carry the message to their underserved language communities. This project stemmed from the International Publications and Translations Committee's renewed dedication to create more translations of basic OA texts for our international Fellowship. The Latvian NSB, which received US\$2,620, is currently translating *Where Do I Start?*, *Twelve and Twelve, Second Edition*, and the *Twelve Step Workbook, Second Edition*, while OA Cluj (Romania) is translating the *Twelve and Twelve, Second Edition* with their allocation of US\$1,300.

Access to literature in a compulsive eater's native language can be the true make-or-break factor that decides whether that person is able to receive the hope that OA offers. On a broader scale, expanding the availability of OA literature in more languages leads to the organization of new meetings and service bodies, which carries the message of OA even further. To those pursuing translation of OA literature, we are grateful for your service and look forward to more translations of OA texts to carry the message worldwide.

## Translation Assistance Fund Deadline June 1: Apply Today!

If your group or service area struggles with the availability of OA literature in your native language, help is available! OA's Translation Assistance Fund is a dedicated special fund to assist with the translation of OA literature into other languages and is currently receiving applications from OA members and service bodies. The TAF has helped groups translate the message of OA into Simplified Chinese, Greek, Hungarian, Persian, Russian, and more. Add your language to the list! Find the application and other information on the Translation page: [oa.org/service-bodies/translation-of-oa-literature-and-materials/](http://oa.org/service-bodies/translation-of-oa-literature-and-materials/). Once you complete the application, please email, fax, or mail it to the World Service Office. Applications are due at the WSO by June 1, 2021, and funds will be allocated to eligible groups in the ensuing weeks. Don't wait to turn in your application—this is the last application opportunity in 2021. The next deadline for TAF applications won't be until February 1, 2022.

For more information about funding, contact

your region trustee or the WSO on our main page. If you would like to contribute to this fund, visit [oa.org/contribute](http://oa.org/contribute) and select "Translation Assistance Fund" in the "Designation" drop-down menu.

## Put "Program Language" into Your Language

When it comes to translation, clear communication of our program is vital in sharing our message of hope and recovery from compulsive eating. An important aspect of our translation process is verifying that the translation of OA terms continues to convey our special meanings, for example, with words such as "abstinence," "recovery," and "Higher Power." The OA Glossary, which can be found in the Document Library ([oa.org/document-library/](http://oa.org/document-library/)) under the "Translation" category, is a helpful reference document that acts as a compendium of hundreds of the most common English words and phrases in our program. It is our goal to create a verified translation of this important reference document in as many languages as our Fellowship needs.

So far, Glossary volunteers have translated the OA Glossary into Afrikaans, French, German, Greek, Hebrew, Persian, Portuguese, Russian, and Zulu. If English is your second or third language, join these Glossary volunteers and give service beyond the group level! The WSO would love to hear from you. Contact your local or national translation committee or your region chair if you're interested.

## WSBC 2021

(Continued from p. 1)

1. Amend *Article X – Meetings of Delegates, Section 5 – Voting* to require the board to vote last
2. Amend *Article IX – Board of Trustees, Section 3 – Term of Office* to allow trustees to serve no more than eight years total
3. Amend *Article IX – Board of Trustees, Section 4 – Qualifications* to require the trustee to be a permanent resident of the region
4. Amend *Article VII – Regions, Section 2 – Composition* (housekeeping)
5. Amend *Article X – Meetings of Delegates, Section 3 – Delegates* (housekeeping)

6. Amend *Article X – Meetings of Delegates, Section 1 – World Service Business Conference* to allow for a virtual Conference, if necessary
  7. Amend *Article X – Meetings of Delegates, Section 3 – Delegates* (housekeeping)
  8. Amend *Article IX – Board of Trustees, Section 1 – Composition* to institute the new board restructuring plan
  9. Amend *Article IX – Board of Trustees, Section 4 – Qualifications* to institute the new board restructuring plan
  10. Amend *Article IX – Board of Trustees, Section 5 – Nomination of Trustees* to institute the new board restructuring plan
  11. Amend *Article VI – Intergroups, Article VII – Regions, Article VIII – Service Boards* to combine into one section
  12. Amend *Article V – Overeaters Anonymous Groups, Section 2 – Composition* to specify hybrid meetings
  13. Amend *Article X – Meetings of Delegates, Section 3 – Delegates* to allow for fair representation at WSBC
  16. Amend *Article VI – Intergroups, Article VII – Regions, Article VIII – Service Boards* to add special focus service boards
  17. Amend *Article VIII – Service Boards, Section 1 – Definition, Section 2 – Composition* to create special focus service boards
- Proposed Bylaw Amendments 14 and 15 were removed from the WSBC agenda because they did not receive a 50 percent majority of votes made by the intergroups and service boards who participated in the Agenda Questionnaire.

## Literature Proposals

Delegates will vote on whether to give the Conference Seal of Approval to *The Tools of Recovery*; *A New Plan of Eating: A Physical, Emotional, and Spiritual Journey*; and *Voices of Recovery, Second Edition*.

## Trustee Elections

This year, elections will be held to fill five trustee positions. Nominees are:

- Region Three (three-year term): Neva S.
- Region Six (three-year term): Elizabeth B.
- Virtual Region (three-year term): Dora P.
- General Service (two positions, three-year terms): Judy H. and CJ M.

## Vote Results

After Conference, learn about the vote results in the May 2021 issue of the *WSO News Bulletin* and in the Third Quarter issue of *A Step Ahead*.

# Ask-It Basket

**Q.** I am an admin in a non-real-time OA meeting. Often new members ask where they can buy OA literature. We usually just put the bookstore.oa.org website link up, but this is fine only for those who live in the USA and want print literature.

Sometimes we get people posting links to the main page of a popular online retailer where OA sells its literature. When the link is clicked, it doesn't show our books—it shows anything the retailer has for sale. Other times people say, "Go to this other fellowship's website and you can download *Alcoholics Anonymous, Fourth Edition* free of charge."

I need to know which of these comments I should remove. So far, we have removed all links to outside organizations, explaining that we do not send OA members to other Twelve Step fellowships to source their books for free. We often end up turning off commenting. But one person has now called for a group conscience, and I think this member will want to be allowed to post the "Go to another fellowship and download the Big Book from there for free" option. Our meeting does have people who live in the UK, and for them it would be easier to download a book than to wait two months for it to come at a high shipping cost from the US.

What options do we have to honor our Traditions and still let people share where to buy OA-approved literature? Please give us some guidance. We are happy to do what we are allowed to. We do not wish to hamper people, but we also wish to honor the Traditions.

**A.** Recently, hyperlinks to all e-books and print-on-demand books sold by OA through third-party retailers were added to the product pages at bookstore.oa.org. So now when a member goes to bookstore.oa.org and looks at *Voices of Recovery*, for example, they will find all e-book links, including a link to an Italian translation.

Additionally, you can provide short links to the Overeaters Anonymous author pages on these sites, which list all titles we have for sale. Here are the direct links:

- Amazon Kindle: [amzn.to/2XUX90i](http://amzn.to/2XUX90i)
- Barnes and Noble Nook: [bit.ly/3gM3MJz](http://bit.ly/3gM3MJz)
- Apple Books: [apple.co/33TlcjW](http://apple.co/33TlcjW)

To support members and newcomers, the pamphlet *Where Do I Start?* is now available as an e-book for Amazon Kindle, Barnes and Noble Nook, and Apple Books. It is the first pamphlet OA has published as an e-book and the response has been great.

## What's New from WSO

### Workshops to Keep Unity Day Spirit Going

The lessons afforded by Unity Day, OA's annual holiday to honor the strength inherent in our commitment to OA unity, are available year-round in new downloadable materials to support workshops: Unity Day Workshop examples, a Unity Day History document, and a Unity Day Workshop Flyer How-To. Find these materials at [oa.org/document-library](http://oa.org/document-library) under "Twelfth Step Within: OA Holiday Workshops" and use them to dive into the insights of Unity Day and to celebrate the peace, understanding, and connection we all gain from uniting in this OA Fellowship of recovery.

### New Issue of Courier for the Professional Community

The latest edition of OA's *Professional Community Courier*, our newsletter to carry the message to those in the helping professions who may refer their patients and clients to OA, is now available on [oa.org](http://oa.org) in the Document Library ([oa.org/document-library](http://oa.org/document-library)) under the category "Newsletter." This most recent publication contains interviews and testimonials to OA's success by various professionals, including a certified nurse midwife, a chiropractor, and several therapists. Print or email copies of the *Courier* to carry the message to the health specialists in your life today!



### Five Young Persons' Podcasts

Young persons in OA, those who have joined between ages 18 and 30, have been given a special focus in OA so the program can better meet their needs and communicate hope for recovery. The Young Persons' Committee invited five of these younger OA members to share their sometimes painful, but always promising stories in the Podcasts section of the OA website at [oa.org/young-persons-podcasts/](http://oa.org/young-persons-podcasts/). Listen as Nate, Bari, Ellie, Sarah, and Isa detail their individual experiences of growing: from feeling shame, lack of control, and being "hopeless in mind and body" to gaining hope and healing through the Tools, acts of service, and relationships they discovered in Overeaters Anonymous.

### Literature Catalog, Order Form, and Approved-Literature List Updates

A vital aim of the OA World Service Office is to keep our literature current and relevant to the issues that members face today. The newest versions of our Literature Catalog and Order Form reflect updated prices and additions, including the pamphlets *To the Young Person*, *A Lifetime of Abstinence*, and *In OA, Recovery Is Possible*, plus our latest book, *Body Image, Relationships, and Sexuality*.

Let your literature person know that the new OA Literature Catalog and Order Form are now available for download at [oa.org/document-library/](http://oa.org/document-library/) under category "Literature." In addition, the OA-Approved Literature List and OA-Approved Literature List by Copyright Date are now posted, and the web page is updated at [oa.org/guidelines-meetings/approved-literature-list/](http://oa.org/guidelines-meetings/approved-literature-list/).

**Q.** Is it a break in Tradition Seven if a meeting member wishes to contribute the use of their videoconferencing account in lieu of a cash contribution to the group? Their subscription cost is US\$15.99 per month.

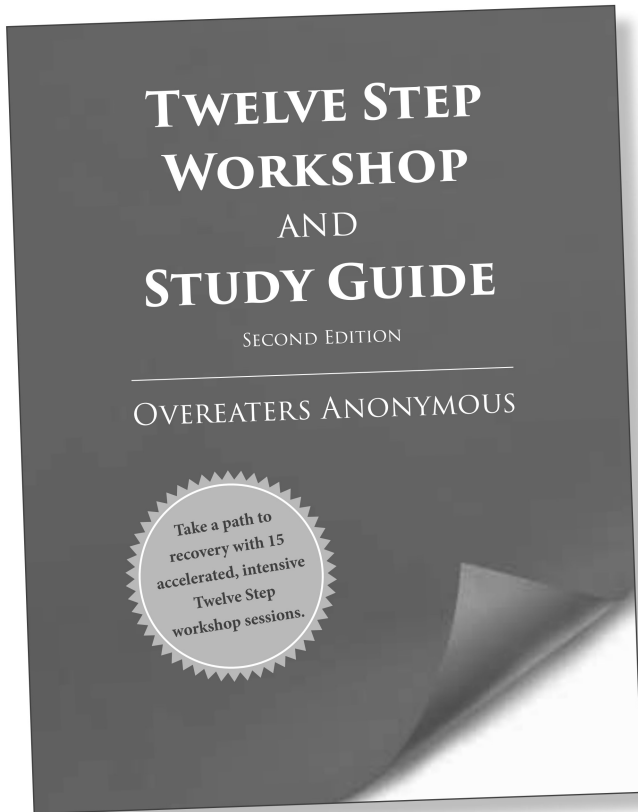
**A.** The Seventh Tradition in its simplest form, which states, "Every OA group ought to be fully self-supporting, declining outside contributions," makes it sound as though only money may be donated.

When reading the Tradition Seven chapter in *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, however, we find that there are many different ways

to make a Seventh Tradition contribution to the meeting: giving service, buying OA literature, donating items to the meeting, etc.

If an individual is offering the service of providing their personal videoconferencing account for the meeting room, then yes, this can be a Seventh Tradition contribution in lieu of cash. If, however, the individual is using the videoconferencing account of a business or organization, this should not be accepted as a Seventh Tradition contribution. First, the account is from an outside enterprise (Tradition Six), and second, the meeting must be self-supporting, declining outside contributions (Tradition Seven).

# NEW in the OA Bookstore



## Twelve Step Workshop and Study Guide, Second Edition

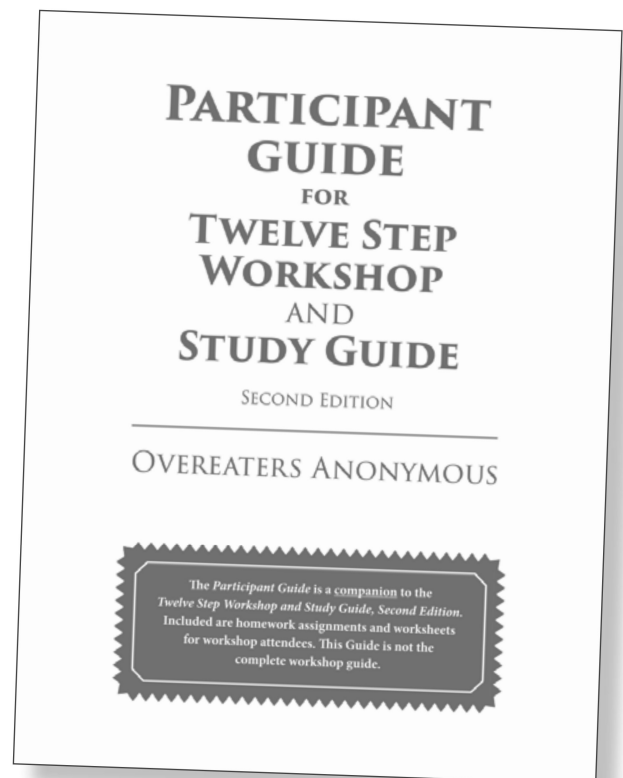
NEWLY UPDATED with references to the OA *Twelve and Twelve, Second Edition*, this *Workshop and Study Guide* is our most in-depth resource for leading groups or individual sponsees on a journey through OA's Twelve Steps to a life of recovery. This guide has leader scripts, working-the-Steps Worksheets, and selected readings from OA-approved literature.

162 pages. Softcover print edition available at [oa.org](http://oa.org). Search item #960-2 (US\$13.50 each). Shipping not included. E-books available for US\$9.99 each from Amazon, Apple, and Barnes and Noble.

## Participant Guide for Twelve Step Workshop and Study Guide

NEWLY AVAILABLE, this *Participant Guide* has the important pages attendees and sponsees need in order to participate in the *Twelve Step Workshop* and follow along with the leader. The *Participant Guide* includes Step Homework and Readings, working-the-Steps Worksheets, and a helpful Step Four Glossary. **NOTE:** *The Participant Guide is not the complete Workshop and Study Guide; it is a companion volume for attendees and sponsees.*

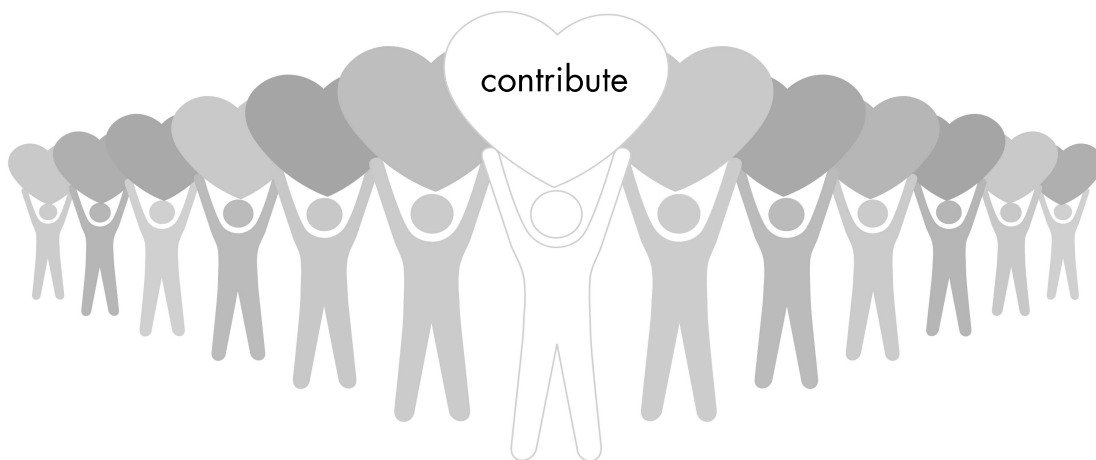
60 pages. Softcover print edition available at [oa.org](http://oa.org). Search item #965 (US\$7 each) or #966 (\$US157.50, case of 25). Shipping not included.



To order: [bookstore.oa.org](http://bookstore.oa.org)

# Why Become an Automatic Recurring Contributor? For Twelve Really Great Reasons.

1. Your contributions support OA's primary purpose: to carry the message of recovery to the still-suffering compulsive overeater.
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](http://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](http://oa.org), such as podcasts and meeting formats.
5. Your contributions support carrying the message around the world through translations of OA-approved literature.
6. Your contributions help you work your program, with many OA members discovering that making regular financial contributions supports their recovery.
7. Your automatic, recurring contributions are easy to set up and can be scheduled monthly or quarterly.
8. Your contributions are tax deductible in the USA.



9. Your contributions support worldwide and virtual meeting information, and outreach to professionals.
10. 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](http://oa.org/contribute) and sign up to become an Automatic Recurring Contributor.**



**Is Food A Problem for You?**

**Are You 18 to 30 years of Age?**

**No matter what your problem with food  
— compulsive overeating, under-eating,  
food addiction, anorexia, bulimia, binge  
eating or over exercising...**

**Overeaters Anonymous  
Offers a Solution for You!**



- ♦ **Visit Overeaters Anonymous YP on**
- ♦ **Thursday Night Phone Meetings**



**9:30pm ET**

**Ph. 605-472-5395 Access Code 378978#**

**\*Get Connected**

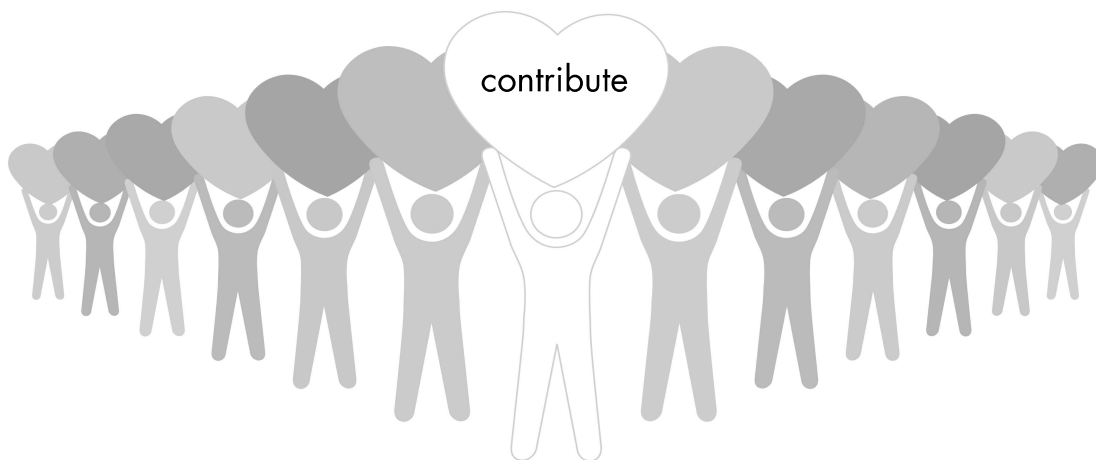
**\*Get Support**

**\*Find Answers at [www.oa.org](http://www.oa.org)**



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8. Your contributions are tax deductible in the USA.

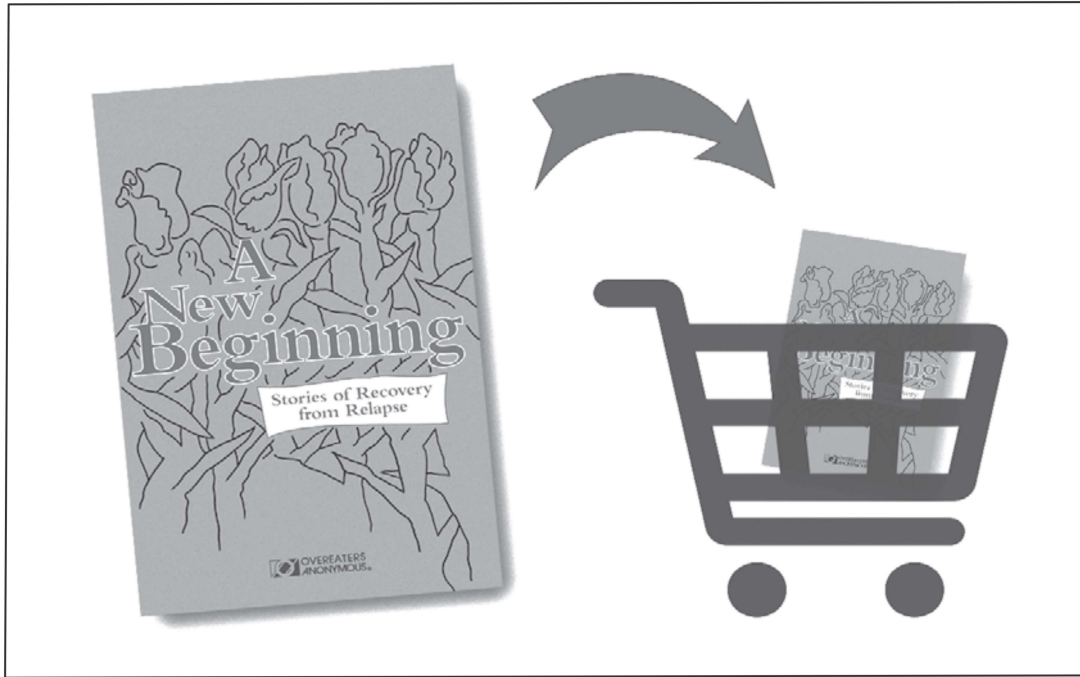


9. Your contributions support worldwide and virtual meeting information, and outreach to professionals.
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