



A Publication of:
Overeaters Anonymous, Inc.
PO Box 44727
Rio Rancho, NM 87174-4727
USA
Phone: 1-505-891-2664
Email: info@oa.org
Website: oa.org

A Step Ahead

First Quarter 2022 Volume 26, Number 1

INSIDE

Message from Our Chair

Message from Our Treasurer

How the Pandemic Inspired OA to Overcome the Language Barrier to WSBC

A Letter to the Fellowship from OA Young People

Apply for Professional Exhibit Funds

Secretaries: Update Your Meeting Info

WSBC Important Dates

What's New from WSO

Breaking: WSBC 2022 Will Be 100 Percent Virtual *Live Interpretation Support Funds Available Until February 1*

Effective January 22, 2022, the Executive Committee of the OA Board of Trustees has determined that World Service Business Conference 2022 will be held 100 percent virtually. Previously, OA was planning to hold a hybrid Conference with most delegates attending in person.



The decision to go virtual was made in response to current public health conditions due to the ongoing pandemic.

WSBC 2022: "We Can Do Together What We Could Never Do Alone" was originally scheduled to take place April 25–30, however that schedule will likely be lengthened to account for the slower pace needed to move through the agenda during a virtual Conference. Last year's virtual Conference, for example, lasted two weeks. Delegates will receive the new schedule as soon as it is available.

Support Funds for Live Interpreters

For the first time ever, funds for live interpreters will be provided to service bodies that are virtually sending non-English-speaking delegates to Conference! We are so excited for this opportunity to elevate our Fourth Concept of OA Service: "The right of participation ensures equality of opportunity for all in the decision-making process." To apply for funding, complete the new application, which can be found at oa.org/document-library under "WSBC: Frequently Used Documents." The deadline to apply for interpretation funding is February 1, 2022.

Online Registration

A new online registration form for all delegates, alternates, and region chairs is now available from the WSBC web page. The deadline for all WSBC attendees to register has been extended to March 31, 2022.

Second Conference e-Documents

The second Conference e-Documents were posted to
(WSBC 2022 continued on p. 2)

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
February 26, 2022
11:30 a.m.
local time
Unity Day

.....

Lifeline Is Returning! We'll Soon See It as a New Blog on OA.org

Lifeline is on track to keep coming back! It has been just over a year since our beloved print magazine was discontinued, and since then, there has been a dedicated effort to reinvent *Lifeline*. Look for it to return in February 2022, this time as a bright beacon of recovery on oa.org.

Lifeline: Stories of Recovery will be our new blog on oa.org and will quickly become a familiar place for us to share our experience, strength, and hope. The shift from a print magazine to a digital blog will also mark a new era for our shares: we will be welcoming text, images, audio, and video submissions from members while exercising a greater level of care to maintain anonymity online. Already, some members have sent short-form videos, comic strips, song lyrics, and graphic art! We can't wait to see what will come from the diverse recovery and creativity in our Fellowship!

A New Way to Carry the Message Online

In addition to providing a place for members to share their stories, the new *Lifeline* blog will serve another purpose: our primary purpose. Through *Lifeline*, OA will become easier to find online. Imagine entering a question about the problem into a search engine and finding OA with one click!—That is our goal. With a growing collection of real stories of recovery from our members both on our website and on social media, we will be ever more accessible to the still-suffering compulsive eater who is searching online for a solution.

Even the simple act of reading *Lifeline* will contribute to this service: your user activity will change the performance statistics of oa.org, and that will also increase our scores with popular search engines.

Stay tuned for upcoming announcements and read more about the new *Lifeline* blog at oa.org/lifeline.

A Message from Our Chair

—Judy H., Chair of the Board, General Service Trustee

I am still on a residual high from our November 2021 Board of Trustees meeting! I loved, loved, loved being in the same room with the trustees who were able to meet face-to-face for the first time in two years! We got hugs! Oh, the joy!

The motions we passed on our too-full agenda are bringing about exciting new opportunities and progress. We are moving into uncharted territory on several fronts. This is only possible thanks to the hard work and commitment of our trustees and staff.

A Dry Run for Hybrid WSBC Planning

While we have only in recent days made the decision to revert to a 100 percent virtual Conference, this year's preparations for a hybrid Conference will certainly have a game-changing effect in the future. We've already done some out-of-the-box thinking and will have parameters in hand when we start the planning process for WSBC 2023 less than six months

"We are moving into uncharted territory on several fronts. This is only possible thanks to the hard work and commitment of our trustees and staff."

from now. In the meantime, our first all-virtual WSBC last year went smoothly, and I am looking forward to a similar outcome at WSBC 2022.

Live Interpretation

Looking at Concept Four, "The right of participation ensures equality of opportunity for all in the decision-making process," I realized that without interpretation, our non-English-speaking members and delegates have no right of participation. Providing interpretation can be complicated, but we have members who have been interpreting internationally for

years. Our board's Ad Hoc Committee on Interpretation has been invaluable and will continue working diligently to put forth the necessary details and resources to make this a reality—more shall be revealed. The board is even putting a proposed bylaw change forward during WSBC 2022 to allow interpreters to be present and able to speak on behalf of delegates. While it won't take effect until after WSBC 2022, it's a big deal!

Open Trustee Positions

I should also mention the open trustee positions. Region trustee nominees must be nominated by their regions. General service trustee nominees need the blessing of their intergroup or service board. Applications must be received by the World Service Office by January 25, 2022. I know my recovery depends on my service. Yours can too, and there are plenty of great opportunities for growth!

WSBC 2022 (continued from p. 1)

the WSBC web page on January 10, 2022, and include the Agenda Questionnaire and the New Business Motions and Bylaw Amendments that were submitted by the December 10 postmarked deadline. The Agenda Questionnaire is available as a PDF from the Conference web page and service bodies can respond to the Questionnaire using the interactive survey link also found on the Conference web page. Intergroups and service boards should review the Agenda Questionnaire, vote on it, and either complete the online survey or mail their response to the WSO by February 24, 2022. This is a postmarked deadline date.

Proposed New Business Motions are:

- A. Include the OA Responsibility Pledge in all literature, social media, newsletters, and bulletins published by the World Service Office
- B. Amend the WSBC committees policy to allow for an equal percentage of delegates to serve on each committee
- C. Allow registered OA groups to screen- and voice-share OA-copyrighted material during OA meetings
- D. Refund the Paycheck Protection Program funds to the US government
- E. Establish July as OA Service month

- F. Create a policy to issue screen-sharing licenses for a fee to OA registered groups and service bodies
- G. Create a policy for OA to make PDFs of all newcomer-oriented pamphlets and allow members to download and print single copies for free
- H. Review the role, scope, membership, distribution, function, and structure of the OA regions
- I. Establish a member literature fund for members who do not have access to literature

Proposed Bylaw Amendments are:

1. Amend Subpart B, Article VIII, Section 1 to allow for a hybrid Conference where the board attends face-to-face, and the delegates attend through an online platform
2. Amend Subpart B, Article VII, Section 3 to limit the board terms of office
3. Amend Subpart B, Article VIII, Section 1 to allow for an in-person Conference in even-numbered years and a virtual Conference in odd-numbered years
4. Amend Subpart B, Article VIII, Section 3 to allow interpreters to address the Conference on behalf of delegates

5. Amend Subpart B, Article VII, Section 1 to restructure the board composition
6. Amend Subpart B, Article VII, Section 4 to revise trustee qualifications
7. Amend Subpart B, Article VII, Section 5 to revise the board nominations process
8. Amend Subpart B, Article VI, Section 1 (housekeeping)
9. Amend Subpart B, Article VI, Section 4 (housekeeping)
10. Amend Subpart B, Article XII, Section 1 to designate the English version of amendments to be the version of record
11. Amend Subpart B, Article VIII, Section 1 to allow for a hybrid Conference
12. Amend Subpart B, Article VI, Section 1 to clarify Region Eight's composition
13. Amend Subpart B, Article VIII, Section 4 (housekeeping)
14. Amend Subpart B, Article V, Section 2 to clarify how unaffiliated groups may affiliate
15. Amend Subpart B, Article VII, Section 1 to change the motion submission and motion posting dates

The complete Second Conference e-Documents can be found on the WSBC web page and also includes general information for delegates and service bodies.

A Message from Our Treasurer

— Meg M., Treasurer, Region Four Trustee

“Treasurers play an important service role, and they are also a reflection of how mighty our Fellowship is in our contributions of money, time, and love.”

Thank you for your contributions! I thought I'd kick off the New Year with some tips, resources, and best practices for OA treasurers.

Tips for Treasurers

Thank you, treasurers, for your wonderful service and for continuing to send your contributions to your intergroup/service board, region, and the WSO! For some of you, it may be as streamlined as depositing money into a basic bank account, and for others, it can be more involved, using accounting software to track the numerous expenditures that occur in your service body. No matter what, being treasurer is an important and trustworthy job.

Since more groups are meeting online and choosing to stay that way, collecting contributions has changed from passing a physical basket to online contributions. To help manage this trend—whether you are new to the position or

want a refresher—I've listed below a checklist of best practices to consider and a number of OA documents treasurers can reference.

Treasurer Best Practices Checklist

- Do you have at least one active member on the account as your backup?
- Do you and your backup person have access to all passwords and usernames?
- Do you and your backup person both have easily accessible copies of financial institution documents?
- If you use financial software, does a trusted backup person have the knowledge to jump in and help should there be a need?
- If using a financial app to collect funds, it is best practice to use a service body phone rather than a member's personal phone.
- Do you conduct quarterly or yearly audits of your group's finances?

Reference Documents for Treasurers

Find these useful documents in the Document Library on oa.org under the category “Treasurer Resources”:

- *Treasurer Guidelines*
- *Frequently Asked Questions (FAQ) for OA Group, Intergroup, and Service Board Treasurers*
- *Fundraising and Prudent Reserve Guidelines for Groups and Service Bodies*
- *Budget Guidelines for Service Bodies*
- Annual Appeal letter—This letter is updated annually, and we ask you to read it at three consecutive meetings.

With Gratitude

Treasurers play an important service role, and they are also a reflection of how mighty our Fellowship is in our contributions of money, time, and love. Thank you for your sweat equity and financial support. Our Fellowship is growing and will continue to grow all around the world. As we all know, compulsive eating is an equal-opportunity disease with a universal solution.

How the Pandemic Inspired OA to Overcome the Language Barrier to WSBC

— Dora P., Virtual Region Trustee, Chair of the Ad Hoc Committee for Interpretation

Portuguese is my native language, and when I first attended WSBC, the discussions in English were not easy to understand. After seven years of studying English and giving world service, it has gotten easier for me, but up until last year, I thought it inevitable that only English speakers would be able to participate at WSBC.

Then the pandemic happened, and we had our first virtual Conference: WSBC 2021. In Brazil, new members said they would be willing to become delegates if someone would interpret. Although the interpretation provided wasn't official, it was a breakthrough moment that showed us how non-English-speaking OA members could also have a voice, share ideas, and give good service to the Fellowship.

The moment also put fresh perspective on the Fourth Concept of OA Service: “The right of participation ensures equality of opportunity for all in the decision-making process.” For our worldwide Fellowship, OA needs the experience, strength, and hope from every eligible delegate, including non-English-speaking members! The more delegates we can send, the wiser our decisions and the more our recovery progresses!

Ad Hoc Discoveries

To explore how OA might implement live interpretation at WSBC, the OA Board of Trustees created an ad hoc committee of members from Regions Six, Eight, Nine, and Ten and Virtual Region. After lots of discussion, meetings, and interviews with professional interpreters, the committee sent a motion to the board to survey the Fellowship, and that motion was approved.

Twenty-one non-English-speaking service boards responded, including intergroups, national service boards, and language service boards, from Regions Two, Six, Eight, and Nine and Virtual Region. Their languages included Portuguese, Greek, Spanish, Icelandic, and Polish. Of these twenty-one service boards, six had not sent a delegate to WSBC in the past five years and another six had sent a delegate only once. Unsurprisingly, twelve service boards cited language as the main barrier to sending a delegate, and if language was not a barrier, seventeen service boards said they would have someone eligible to participate! Clearly, language has been a barrier to full participation in our group conscience at the world service level.

Trustee Initiatives

When the ad hoc committee took these and other findings to the board, they further made clear that the availability of: a) virtual participation, b) live interpretation, and c) translation of OA business documents would make it possible for 80 percent of the non-English-speaking service boards surveyed to participate. In response, the Board of Trustees introduced motions and votes to a) allow for expanded and regular virtual participation among delegates at future World Service Business Conferences, b) create a new Interpretation Fund to support live interpretation (this will be rolled into the Delegate Support Fund after WSBC 2022), and c) authorize Translation Fund money to be used for translations of OA Bylaws, the WSBC Delegate Binder, and other Conference materials.

This has been such a great journey to improve the right of participation among non-English-speaking OA members. Thanks to all of you who responded to the survey and helped support this new service!

A Letter to the Fellowship from OA Young People

— WSBC Young People’s Committee

We, the WSBC Young People’s Committee, ask ourselves, “How can we be of service to the Fellowship and to Overeaters Anonymous as a whole?” Today, our answer is to reach out to you with resources and suggestions that we believe will create a cohesive foundation for OA young people to grow in service worldwide. Let’s work together! Join us in OA Unity.



How We Can Help

Abstinent young people in OA can serve in all areas of our Fellowship. While most young people special-focus groups meet virtually, we encourage young people to attend face-to-face meetings as part of their recovery. We believe both virtual and local resources are essential to support our recovery, so we send young people to you to hear your experience, strength, and hope.

We ask that you encourage and nominate young people who meet abstinence requirements to take service positions at all levels. The experience of a younger member offers a fresh perspective at workshops or retreats, on panels, and on service committees. And as young people serve, we attract others in our age group to do likewise.

How You Can Help Us

From our experience, we know that it is equally crucial to a young person’s recovery to have peers to share with about specific life challenges, such as college, dating and relationships, new jobs, family, and more. Young OA members bond as we struggle to grow our lives while abstinent. You can help by letting your young people know that the OAYP community is available for support.

You can also help by encouraging members with long-term recovery, especially those who first came to program when they were young, to speak at young people’s meetings and join OAYP sponsor banks. (Email youngpersons@oa.org to get started.) When you see one of us at a meeting, include in your share that you joined OA when you were our age. If you maintain a speaker list, consider creating a code identifying those who joined the program as young adults.

Suggestions to Carry the Message

Consider one action your intergroup or service board can take to carry the message to young people rather than trying five and having none stick.

- Start one meeting at or near a college campus, or ask us to join a hybrid

workshop to reach young people at nearby colleges.

- Consider placing ads in the publications of local colleges or universities or a PSA on local or college radio.
- If your newsletter carries stories of members, feature one of an abstinent young person from time to time.
- Keep your website up-to-date and user-friendly.
- At your meeting, make available literature that is geared to young people. *To the Young Person* is available for free at bookstore.oa.org and oa.org. *A New Plan of Eating* and *OA Members Come in All Sizes* pamphlets are also appropriate.
- Carry the message as it was carried to you. Trust that the message crosses all barriers and does not need to be watered down for a younger newcomer.

Traditions and Young People

In the spirit of the Traditions, remember that we are all equals in the Fellowship. While one may be quick to equate youth with a lack of experience, keep in mind that we are a growing Fellowship that can benefit from a younger member’s experience and willingness in all aspects of service and recovery.

While an older member may be tempted to say, “Thank goodness you got it young,” remember that relief for a young newcomer starts with relating to a fellow member about their present pain and the one-day-at-a-time courage it takes to face our common disease.

Recovery is not contingent on age; rather, longevity depends on our willingness to work the program honestly to the best of our ability from whatever point it is that we begin. Therefore, as a Fellowship, it is essential that we not water down the message to suit personalities but rather share our experience as it is.

Please share your ideas and what is working for you at the email address youngpersons@oa.org and feel free to contact us regarding any questions or resources you may need to help you carry the message of recovery.

Apply for Professional Exhibits Funds

The Professional Exhibits Fund has money available to help your service body participate in a trade conference or a convention for professionals who may refer patients and clients to OA. Take a look at the application to see what expenses OA can help cover.

Applications are reviewed monthly, so talk to your service body about local opportunities and apply! Find the application in the Document Library at oa.org under the category “Public Information.”

Secretaries: Update Your Meeting Info at OA.org

Let’s work together to give newcomers to OA the best change to find and attend a meeting on the first try. Review your meeting details in Find a Meeting on oa.org, and if you see any discrepancies, go to Edit a Meeting to update your information.

Thank you for your service!

Unity Day
 Saturday, February 26, 2022
 at 11:30 a.m. local time

**WSBC 2022
 Important Dates and Deadlines**

January 10, 2022
 Second Set of Conference e-Documents posted on oa.org

January 25, 2022
 Trustee Nominee Applications (Due at WSO)

February 24, 2022
 Agenda Questionnaire survey (postmarked deadline)

March 11, 2022
 Third Set of Conference e-Documents posted on oa.org

NEW DEADLINE
 March 31, 2022
 Online Delegate Registration Forms

What's New from WSO

Revised Tools of Recovery Pamphlet and Abridged Summary

OA's vital *The Tools of Recovery* pamphlet (#160) is newly revised to help all OA members understand how to use our nine Tools to work the Steps. The revised pamphlet includes OA's recently restored definitions of abstinence and recovery and updated references to *A New Plan of Eating* (#144). Find *The Tools of Recovery* in print at bookstore.oa.org for US\$1 and on Barnes and Noble Nook, Apple Books, and Amazon Kindle e-readers for \$1.

In turn, OA's *Abridged Tools of Recovery* PDF has been updated on oa.org and in OA's meeting formats. The *Abridged Tools* is available in the Document Library on oa.org under the category "Tools" and as part of our suggested meeting formats under the category "Meeting Formats."

Abstinence and Recovery Policy Restored to All Suggested Meeting Formats

Following the delegates' decision at World Service Business Conference 2021 to restore OA's Abstinence and Recovery Policy, all suggested meeting formats on oa.org have been revised to include the following policy language: "Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

"Spiritual, emotional, and physical recovery is the result of living and working the Overeaters Anonymous Twelve Step program on a daily basis."

The revised formats are as follows:

- *Suggested Meeting Format*
- *Lifeline Meeting Format*
- *Suggested Reading and Writing Meeting Format*
- *Suggested Recovery-from-Relapse Meeting Format*
- *Suggested Step-Study Meeting Format*
- *Suggested Telephone Meeting Format*
- *Suggested Young People's Meeting Format*

You can find all our suggested meeting formats in the Document Library on oa.org under the category "Meeting Formats." Spread the word! Let your meeting secretary know about this change, which affects OA as a whole.

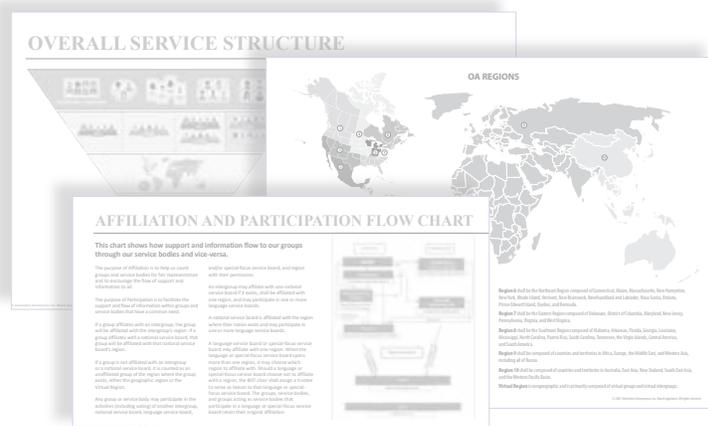
NEW Downloadable: Twelve and Twelve Introduction

The introduction page from OA's keystone book, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, Second Edition, is now available as a free PDF download on oa.org. This brief passage serves as a heartfelt welcome and clarifies for newcomers that OA uses the terms "compulsive overeating" and "compulsive eating" interchangeably. Key differences between the OA program and a typical diet are also included. Newcomers will find this PDF on the "And Your Journey Begins..." page on oa.org, and you can also find it in the Document Library under "New to OA."

NEW! Service Structure Diagrams

OA has published three new service structure diagrams:

- a newly illustrated OA Regions map,
- a new Overall Service Structure document featuring an updated inverted service pyramid, and
- a new Affiliation and Participation Flow Chart.



The OA Regions map takes a simplified visual approach to showing and describing the geographies of the ten land-based regions plus Virtual Region.

Our new Overall Service Structure document provides an upgraded visual representation of OA's service structure and includes the new types of service bodies that have evolved.

Last, the Affiliation and Participation Flow Chart aims to explain to every OA member the nuances of affiliation and participation between groups and service bodies so that land-based and virtual groups can seek out the service body that is best suited to support them and the recovery of their members.

You can find all of the new documents under "Service Body Resources" in the Document Library at oa.org.

REFRESH: Professional Community Courier

Help carry the message of Overeaters Anonymous to professionals who might refer their patients and clients to OA by giving them a copy of our current *Professional Community Courier* newsletter. The *Courier* is an outreach tool written by professionals for professionals, such as doctors, nurses, dietitians, therapists, clergy, and others to educate them about how OA can supplement the treatment they provide. This particular edition includes affecting accounts from addiction specialists, psychotherapists, general practitioners, and even doctors with firsthand experience of food addiction—all of whom have found hope in OA, either for their patients or themselves. The *Courier* is now available for download and viewing both at oa.org/document-library under the "Outreach to Professionals" category and on the Professionals page at oa.org/professionals. Talk to

your professional outreach committee about carrying the message with the *Courier* today!

Special Topic and Special Focus Changes to Find a Meeting on OA.org

Spread the word: a few minor changes to Find a Meeting have been implemented, all intended to make it easier for compulsive eaters to find the best meeting for them. First, the "Young Persons" special focus category has been changed to "Young People" to

align with the name changes of our other resources and groups aimed at OA members ages 18–30. Be sure to check out our Young People page at oa.org/young-people, which links to special podcasts and the free *To the Young Person* pamphlet.

Additionally, the "Atheist/Agnostic" special topic has been changed to a special focus and is now called "Atheist/Agnostic/Secular."

As a reminder, a special focus is intended to support members who share similar experiences, while a special topic denotes a particular subject of discussion that attendees feel impacts their program.

ANSWER THE SECOND CALL FOR DIVERSE VOICES

OA is updating the existing publication *A Common Solution* and expanding the representation of OA's diverse membership. All are welcome to submit stories that express your experience, strength, and hope. **We are hoping to specifically hear from those who identify as a member of one or more of these under-represented groups within OA:**

Asian/Pacific Islander • Latinx • Indigenous • Members who have had or considered a surgical solution • Transgender • Non-binary • Muslim • Buddhist

You can help under-represented members identify with other OA members by sharing what brought you to OA, what you found here, and what keeps you coming back. Please include which diverse group(s) you identify with and how our common solution (i.e., the Twelve Steps of OA, the nine Tools of Recovery, and reliance on a Higher Power) has led to your abstinence and recovery.

We need your unique story!

1. *How do you celebrate your diversity as a recovering member of OA? How have you used your diversity to support your physical, emotional, and spiritual recovery?*
2. *Did you ever feel misunderstood or unwelcomed by other OA members because of your diversity? What kept you coming back?*
3. *What would you like other OA members to better understand about your diversity as it relates to your disease and recovery?*
4. *How has racism, prejudice, bigotry, or marginalization affected your disease of compulsive eating?*
5. *As a bulimic, anorexic, or bariatric surgery patient, have you felt welcomed?*
6. *As an atheist or agnostic, how were you able to come to believe that a power greater than yourself could restore you to sanity without becoming religious?*
7. *As a trans person, how has your recovery and membership in OA challenged or supported your transition?*
8. *Do you have a physical or mental disability that requires accommodations in order to participate in OA? Do you have a health condition that you would like other OA members to understand?*
9. *Has living in a country outside of North America challenged or supported your recovery from compulsive eating?*
10. *How have you welcomed, reached out to, or sponsored newcomers who belong to a race, ethnicity, gender, sexual orientation, age group, or nationality different from your own? What have you learned from them?*

Important Rules

1. Submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc.
2. Submissions are not returned.
3. All submissions must contain the author's full name and address. You may request anonymity with publication. Your state, province, or country may remain anonymous if you so indicate.
4. Submissions must be submitted with a signed release form.
5. Submissions of approximately 500-800 words are preferred.

Due by April 29, 2022



**Email your story to
info@oa.org with subject
line "Common Solution."**



A Common Solution Story RELEASE FORM

(must be included with all submissions)
Stories must be received by the World Service Office by **April 29, 2022**

AUTHORIZATION AND RELEASE FOR SUBMITTED STORY

I warrant that I am the sole owner and original author of the accompanying submitted story ("Story"), and that I have the full right and authorization to submit the Story to Overeaters Anonymous ("OA"). I understand and authorize OA to edit, copy, distribute, publish, reproduce, or copyright the Story for any lawful purpose. By submitting my Story to OA, I agree that it becomes the property of OA, will not be returned, and may be used in any type of distribution media.

I agree that I will make no monetary or other claim against OA for the use of the Story. I waive any right to inspect or approve the finished product wherein my Story appears. I hereby hold harmless and release OA from all claims, demands, and causes of action that I, my heirs, representatives, executors, administrators, or any other persons acting on my behalf (or on behalf of my estate) have or may have by reason of this authorization.

I have read the authorization and release information and give my consent for the use as indicated above.

Printed Name: _____

Signature: _____

Date: _____

Author's Contact Information (required):

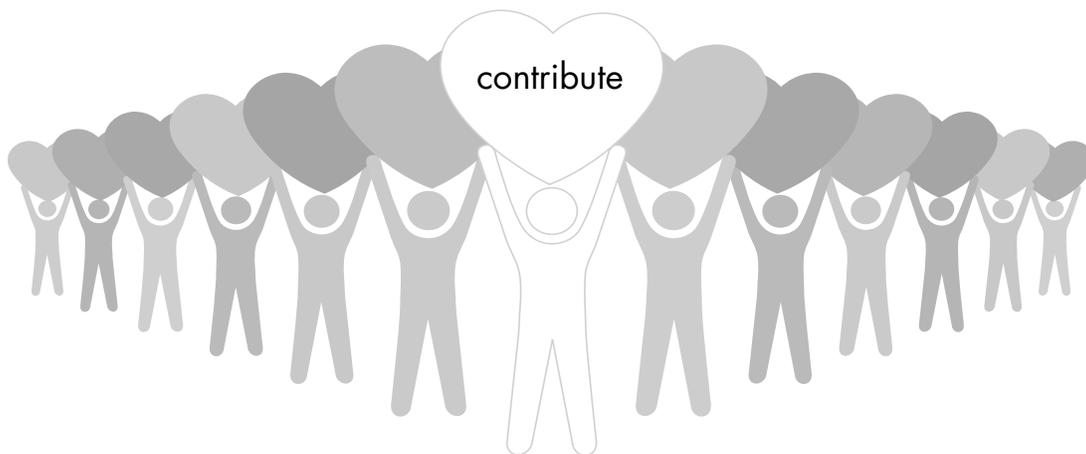
Include your full name, address, email, and phone.

Author's Attribution:

For authors desiring anonymity in publication, please indicate specifically whether this applies to your name, city, state, and/or country.

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, 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 sign up to become an Automatic Recurring Contributor.

