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A Step Ahead

First Quarter 2016

Volume 20, Number 1

Registration Will Open in January

Hit the Trail at the 2016 World Service Convention

Come join OA members from around the world in historic Boston for the 2016 World Service Convention as we find "Recovery: The Trail to Freedom!" and unite in OA's worldwide Fellowship. Join members for fun, inspiration, and a celebration of recovery at the Boston Marriott Copley Place, September 1-4, 2016. Visit the [World Service Convention page](#) for more information or join the Convention email list at conventioninfo@oa.org.

Hotel reservations are now open!

The official hotel for OA's 2016 Convention is the Boston Marriott Copley Place, located at 110 Huntington Avenue, Boston, MA USA. Reservations can be made by calling 1-877-901-2079 or by following the hotel reservations link at the [World Service Convention page](#). Please use group code "OA" when calling the hotel. The hotel requires a credit card to guarantee a room, or, if you do not have a credit card to hold your reservation, a deposit may be required. Please contact the Boston Marriott Copley Place for instructions.

The special OA room rate for all occupancies is US\$145 per night. This rate includes one to four people per room per night, plus a mini refrigerator and complimentary guestroom Internet. Microwave ovens are not available in guestrooms. Rates do not include taxes, currently at 14.45 percent, and meals are not included in the lodging or registration rates.

You must make reservations by August 12, 2016. (The WSO is not responsible for
Continued on page 2



Attention

Intergroups and Service Boards:

Please inform the WSO whenever you have meeting changes to your directory by going to Edit a Meeting on oa.org.

Attention

Group Secretaries:

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

DATEMINDER

May 2-7, 2016
**World Service
Business
Conference**

Agenda Questionnaire Postmarked Deadline is March 3

WSBC 2016 Documents and Deadlines for Delegates

World Service Business Conference 2016 will be held May 2-7 at Embassy Suites Albuquerque Hotel and Spa. This year's theme is "Responsibility – To Carry the Message." The theme draws from our Strategic Plan for 2016, and Conference workshops will emphasize and focus on the Responsibility Pledge.

Again this year, WSBC will offer the workshop "All about Conference," which will include a review of parliamentary procedure. The Mentor Program will offer several opportunities during the week for Green Dots (first-time delegates) and mentors to meet and discuss the procedures for Conference.

The second e-mailing, posted on January 11, 2016, will include the agenda questionnaire and motions and bylaw amendments submitted by the December 10 postmarked deadline. As of December 10, 2015, the WSO received the following motions:

- Distribute the Final Conference Report as an electronic file only (housekeeping motion)

- Allow AA literature to be sold at World Service Conventions (housekeeping motion)
- Move Unity Day from February to June
- Revise policy on public media to include social media for public awareness/information purposes
- Create a Conference Virtual Services Committee
- Revise the virtual meetings group definition
- Revise service bodies (intergroups, service boards, regions) definitions
- Require the Region Chairs Committee to meet only in North America
- Revise the Conference-Approved Literature Committee composition and selection process

Intergroups and service boards should review agenda questionnaires, vote on them, and return them to the WSO by March 3, 2016. This is a **postmarked** deadline date.

The e-documents also include delegate registration forms and general information. The OA website also has the complete [second Conference e-documents](#).

OA Website to Undergo Major Upgrade

Very soon, there will be a new look and feel to the Overeaters Anonymous website, oa.org. The appearance and functionality have been redesigned over the past six months to give the site new appeal to people looking for help with their struggles with food, as well as to members using the site to find meetings and information on a multitude of subjects.

The new site is being designed for improved visual appeal, but even more important, it will be easier to navigate, allowing site visitors to locate relevant information quickly. And it has a responsive design, so it will work on computers,

tablets, and smartphones, making it easier than ever to look up information on the go.

New features include:

- Three separate sections, making it easy to locate information related specifically to
 - Potential members
 - Members
 - Groups and Service Bodies
- An indexed search engine that not only searches by key word, but also by document name and content
- A translation button that allows non-English speakers to read the information on the site

- A new events calendar with the ability to search by date and location in order to find out what's going on in a specific area
- Easy, one-button access to
 - OA's Bookstore
 - Find a Meeting
 - Podcasts
 - Documents

The new site is expected to launch in early 2016, so watch for this exciting development. The Board of Trustees hopes you will find this change a positive addition to the support offered to all our members.



Disclaimer: the images above are stock photography images and not photos of OA members.

Pictured above: Screenshots from the new oa.org. After careful consideration, the Website Redesign Committee and the Board of Trustees elected to use photos showing faces. Disclaimers throughout the site advise site visitors these are stock photography images and not photos of OA members.

Convention 2016

Continued from page 1

making reservations.) OA's special room rate is available for hotel stays from August 26–September 5. In addition, the special rate can be applied to hotel stays from August 23–25 and September 6–8 based on room availability, so reserve your room early!

To be refunded, cancellations require 24-hour notice before the arrival date. A first night's room cost will be charged if a cancellation is not made 24-hours prior to the arrival date.

Need a roommate?

Contact the WSO at 1-505-891-2664 or conventioninfo@oa.org. Please provide your name, state or country, phone number, email address, arrival/departure dates, and the number of roommates needed so you can be added to the roommate list.

Convention Registration Open Now through August 5

Registration for the Convention will open in January 2016. Attendees may register for the full Convention or for specific days only, according to the rates below:

- Full registration (includes access to all workshops and general sessions from Thursday to Sunday and commemorative lapel pin):
 - Early-Bird Registration (by July 1, 2016 11:59 p.m. MST)—US\$109

- Full Registration (from July 2, 2016 at midnight MST through August 5, 2016 11:59 p.m. MST)—US\$140
- Onsite Full Registration—US\$160
- Daily registration (includes access to all workshops and general sessions for day(s) purchased)
 - Thursday, September 1, 2016—US\$25
 - Friday, September 2, 2016—US\$50
 - Saturday, September 3, 2016—US\$60
 - Sunday, September 4, 2016—US\$25
- Banquet on Saturday, September 3, 2016 at 7 p.m. (a separate registration not included with the full or daily registration)—US\$60. Includes a plated meal (no substitutions), entertainment, speaker, and dance. For menu details, go to the [World Service Convention page](#). After August 5, 2016 11:59 p.m. MST, advance registration is closed. Attendees will be able to purchase daily rates onsite. A detailed schedule of events and workshops is available on the [World Service Convention page](#). Convention registration forms and information about service opportunities will be posted to the OA website in January. For any Convention questions, email conventioninfo@oa.org. Don't miss this opportunity to strengthen your program and your friendships!

From Your Treasurer

— Tina C., General Service Trustee, Treasurer

Hi! My name is Tina. I am a recovering compulsive overeater, committed to abstinence. I am also the treasurer for the Board of Trustees . . . here with so much to share with you.

First, our November Board of Trustees meeting was really exciting. The final motion passed was our 2016 Budget: \$1,926,300! Monies were allocated for increased website maintenance and design, extended outreach to health care professionals, and a continued effort to support us and our recovery! Through new virtual and live workshops on “carrying the message” (a 2016 theme), additional workshops on studying the Steps, increased translation of OA literature,

we continue to carry the message.

The Delegate Support Fund Allocation Committee meeting was also held during that November period. Nineteen intergroups and service boards were allocated almost US\$20,000 so that they can send delegates to the 2016 World Service Business Conference. This selection is based on financial need and is an attempt to help bring new delegates to Conference. Did you know that

“We are now up to 242 [automatic recurring] contributors donating more than US\$4,500 per month.”

the majority of that funding comes from us, the Fellowship, through contributions designated for the Delegate Support Fund?

Another exciting aspect is the continued growth of our “automatic recurring contribution” (ARC) system, which was started in late 2012. We are now up to 242 contributors, donating more than US\$4,500 per month. For myself, in addition to donating at my face-to-face meetings, I established a modest ARC monthly payment plan to support the virtual workshops and meetings that I also attend. Yes, we’re hoping this will continue to grow. Information can be found at oa.org or by calling the World Service Office at 1-505-891-2664.

So 2015 ended on many exciting notes. Now . . . let’s ring in the New Year! Happy New Year! Happy OA 56th Birthday (January 16)! Happy Unity Day (February 27th)! Happy 2016 World Service Business Conference (May 2–7)! Happy World Service Convention 2016 (September 1–4)—look out, Boston, here OA comes!

Yes, I do get excited about all these events, as well as local ones, sponsored by intergroups, regions, and national and language service boards. They are all there to help me in my journey of recovery, one day at a time, all thanks to our efforts, our support, and our contributions (be they financial or via service, since both are part of the concept of self-support in our Seventh Tradition). Now in over eighty countries, including China and Korea, OA continues to thrive and be alive.

Come be part of us in 2016 . . . come experience “OA at its best”! I look forward to seeing you because together we can!

2016 Public Information Poster and *Courier* Now Available

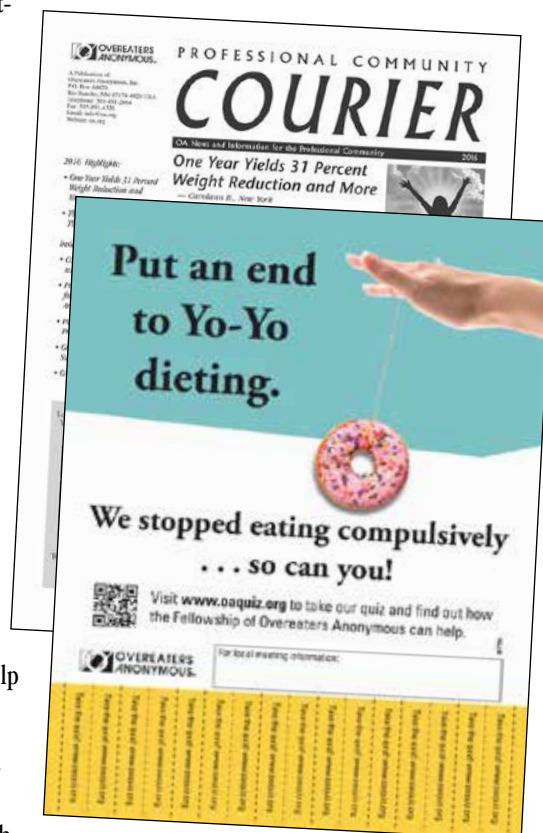
Carry the Message in Style

In 2012, the Public Awareness Committee sponsored a new public information poster campaign. Ten-packs of professionally printed, full-color posters were offered by special order and distributed in advance of the holiday season to help OA members carry the message in local communities at a time when there is so much focus on food. That first year we sold 1,200 packets to 120 groups and service bodies.

The seasonal campaign continued through 2015 with increasing popularity and the release of a new poster design each year. In 2015, nearly 500 members participated, purchasing 4,850 posters and placing them in local libraries, community centers, grocery stores, and many other locations. Newer designs included space to write in contact information for local groups and service bodies, tear-off tabs, and a QR code to help those interested contact OA.

Due to the broad and enthusiastic response to the posters over the past four years, the Board of Trustees has decided to offer the PI posters year-round through the OA bookstore. Now members can order packs of 20 posters at bookstore.oa.org. Already, a new design for 2016 has been created (see image above), and each year the bookstore will offer a different eye-catching design. Order now (#759/\$6.00, pack of 20) to carry the message in style in your community!

In addition, the 2016 issue of OA’s annual *Professional Community Courier* is now available. Purchase it at bookstore.oa.org either as a single item (#752/\$.20) or as part of the *Professional Presentation Folder* (#870/\$2.25). You may also download the PDF from oa.org. Stories in the *Courier* are written specifically for health care and other professionals who may refer their patients and clients to Overeaters Anonymous.



FREE Podcast Series on Working All Twelve Steps



Now available to download or stream.
oa.org/oapodcasts/

Simple Steps For Struggling Meetings

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

My husband and I have just returned home to Florida after traveling around the western United States in our motor home for nearly three years. As you might imagine, I attended a great variety of meetings in small towns and big cities and on the phone when not in close proximity to a local venue.

I discovered several things, the greatest of which is that many meetings are struggling, not only in terms of attendance but also recovery. These meetings seemed to have few regular attendees and even fewer members with threefold recovery. And there seemed to be a general tolerance for lack of recovery.

But I also encountered a number of small meetings whose members did have strong threefold recovery.

In both cases, I was welcomed with the loving, open arms of fellowship.

If you ask me what the difference was between these successful groups and the groups whose members were struggling, the answer is very simple. Members of the successful groups shared about how the Steps worked in their lives. They studied the Traditions and talked about how they picked up the Tools instead of a fork. They used meeting time to share their experience, strength, and hope. More often, members of struggling groups spent meeting time in the problem rather than the solution, with little mention of the Steps, Traditions, or Tools.

There is hope, however, for struggling meetings like the ones I attended. I know this firsthand because their members, who came to these meetings out of a desire to stop eating compulsively, were plainly starving for a story of good recovery. Many times, members became ecstatic when I shared about my twenty-two year abstinence and more than one hundred pound (45 kg) weight loss. Imagine how successful these meetings would be if members were able to hear just one story of strong recovery at every meeting.

Another simple difference I saw between successful and struggling meetings was service. A small but illustrative example was an innocuous comment from one member after I shared that I was the board chair. “OMG, the pope,” she said. I had to chuckle; OA leaders are but trusted servants, not celebrities. The power of giving service is available to every OA member, and our inverted pyramid demonstrates that service at the group level is just as important as being a trustee.

When members at struggling meetings asked me what they could do to attract newcomers and keep members coming back, my answer was simple: Take the Steps, live by the Traditions, and use the Tools. Let newcomers see that this program works on all three levels: spiritual, emotional, and physical.

I also experienced some hybrid meetings, where only one or two members attended, but they combined their face-to-face meeting with telephone and computer technology, inviting abstinent speakers via conference call or video! What a great way to expand the message of recovery!

When asked, I brainstormed with members on how to use public information so that local people would know how to find their meetings. OA is not a secret society. We do protect our individual anonymity, but if

we don't post notices about our meetings, how can the still-struggling compulsive overeater find us?

If you hear about a meeting that is struggling, don't give it the kiss of death or avoid it at all costs. Instead, consider supporting that meeting as part of your recovery. Help make it a little stronger by sharing about your



“If you hear about a meeting that is struggling, consider supporting that meeting as part of your recovery.”

abstinence. By your example, introduce a focus on the Steps, Traditions, and Tools. Offer yourself as a sponsor. Bring a Twelfth Step Within speaker from the speaker list kept by the WSO. Use one of the many excellent, free resources from oa.org, whether it is a downloadable podcast, a workshop, or a public information poster. The differences between struggling meetings and strong meetings are simple. What can you do to make that difference? Be the example that this program works, should a newcomer pick that meeting as their first!

My travels ended with a return to my hometown and a forty-mile (64 km) drive to my home meeting. It was like a homecoming, seeing people who were in the rooms when I got abstinent and hugging my sponsor in person!

In March, I'll be back on the road, heading northeast this time. Perhaps your meeting will be along the way. If it is struggling, I hope I find you, and together we can do what we could never do alone!

One Main Reason

— Margie G.

I volunteered to write about OA's Responsibility Pledge, but when I started thinking about my stories on this topic, I realized I don't have any great anecdotes about saving anyone. So I told myself I was foolish for volunteering.

I generally mull things over before I do any writing, so I let a couple of days pass. Then I began to remember all the little things I've done over the years to let other people know that OA is around. None of them are very exciting, but all of them are things anyone can do.

I told my health care professionals about OA, including my doctor, chiropractor, and gynecologist. I made sure that meetings were listed in the local paper. I put up posters in grocery stores. I started meetings and helped keep meetings going.

One of the most fun things I did was being listed as a meeting contact person and taking newcomer phone calls.

Sometimes these people showed up at a meeting and sometimes they didn't, but those phone calls never failed to help me put life and program into perspective. Words of understanding and love seemed to flow out of my mouth.

Now when I travel to Albuquerque four times a year for OA board meetings, I tell people I am on the board of an international organization. If people ask, I tell them it is Overeaters Anonymous. I am always willing to share that I lost 50 pounds (23 kg) and have kept it off for ten years.

I helped with a public information night several years ago. The turnout for the event was

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

disappointing, but I try to remember that even if people don't come, they have learned there is something called Overeaters Anonymous. Many OA speakers say they heard about OA and then waited months or years before they actually came and stayed. It's important for me to remember that I can't measure success in these efforts by how many people show up at meetings in the following two weeks.

I love the story about Bill W.'s first few months of attempting to help others get sober. He complained to someone that no one had gotten sober, and that person pointed out one important person who was sober—Bill. Therefore, I continue to do outreach work for

Q In your own words, what is the relationship between outreach and your abstinence?

one main reason—to help me maintain my abstinence. Nothing works as well to get me out of my own pity party as working with others.

It is my responsibility to make sure that the hand and heart of OA are available to those who share my compulsion. I take this responsibility seriously, and I am glad to be able to recommend this to others.

Editor's Note: OA's 2016 Strategic Plan includes a focus on the Responsibility Pledge. Region Chairs and members of the Board of Trustees are contributing one article per issue on this theme.

Attention Group Secretaries: Update Your Group Info

Group secretaries are an important link between the World Service Office and OA groups. They are vital both for keeping meeting information up to date and for distributing OA news, such as new resources and convention dates, to members.

The WSO wants to hear from you! Update your group's meeting details and secretary contact information by going to [Edit a Meeting](#) at oa.org. First search for your meeting; then click "Edit Details" to update your group's information. The WSO uses the information you provide to keep Find a Meeting current so that members in recovery and still-suffering compulsive eaters can locate a meeting in their area.

Nearly US\$4,000 Granted for Translations

At the November 2015 board meeting, the International Publications and Translations Committee approved applications that allowed the distribution of almost US\$4,000 in translation funds. The funds were distributed to JUNCCAB in Brazil, Estonian OA Group of Tallinn, and the Chinese Language Service Council to further their translation projects of OA literature.

Translation funds are available due to the generous contributions of the OA Fellowship. To make a contribution to OA, click the Contribute button on oa.org or visit <https://50447.thankyou4caring.org/>.

Translation Fund Deadline: February 1

Literature translations help carry the OA message around the world, making program literature available to compulsive eaters in their own languages. To support the availability of translated OA literature, the Board of Trustees makes funds available to service boards to translate and distribute OA literature.

The next deadline to apply for translation funds is February 1, 2016. To apply, complete the interactive Translation Funds Application form available at oa.org/pdfs/translation_fund_application.pdf. Then email, fax, or mail the form to the World Service Office. Applications must be postmarked or electronic date stamped no later than February 1, 2016. Applications will be reviewed and funds allocated at the February board meeting.

To learn more about OA's translation policy, see *Translation Guidelines for OA Literature* at oa.org/pdfs/translation_guidelines.pdf.

Keep In Touch With Email Bulletins from the World Service Office

Click "WSO E-mail Bulletins Sign Up" at the top of any page on oa.org and then fill out the form to receive periodic news bulletins from the OA World Service Office.

Subscribers receive updates on important Overeaters Anonymous news, such as announcements of new OA literature, decisions from the World Service Business Conference, and changes to the OA website.

Worldwide Strategic Plan Bolsters Our Primary Purpose

— Meg H., Strategic Planning Committee

The Board of Trustees, the Region Chairs Committee, and the World Service Office have a Strategic Operations Plan to help focus our efforts to improve OA as a whole. We are in the last year of a three year plan for the years 2014–2016 with a multi-year focus on Our Primary Purpose. As stated in the OA Preamble, “Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.”

“For 2016, the goal is to create a Carrying the Message Made Simple program.”

The results of the 2011 Member Survey, conducted by the Region Chairs Committee, led us to focus on (1) abstinence, (2) working all Twelve Steps, and (3) carrying the message. This resulted in the following main goals for each year:

- 2014—Increase focus on actions required for abstinence
- 2015—Increase focus on the importance of working all Twelve Steps
- 2016—Increase focus on the individual’s responsibility to carry the message

In 2015, the BOT and RCC joined to create subcommittees to complete tasks created under a Steps Made Simple program. Their efforts resulted in the following resources for recovery:

- Ten articles on the importance of working all Twelve Steps, written by volunteers from members of the BOT and RCC. Articles were published in each issue of *Lifeline* and *A Step Ahead*.
- Virtual Step Workshops were held monthly, each focusing on one of the Steps. Each workshop was recorded as a podcast and made available for download on oa.org. If you need a boost on a particular Step, listen to that podcast.
- *Twelve Stepping a Problem*, a writing exercise to handle life problems, is available as a [free download](#) and as a [wallet card](#) for purchase at the OA bookstore. This is a great resource for solving any kind of problem.
- The *Importance of Working the Steps* workshop is available on oa.org as a free download.

In addition, the *Newcomer Quick Step Study*

Guide is scheduled to be completed in February 2016.

For 2016, the overall goal is to create a Carrying the Message Made Simple program. The following subcommittees are working on projects, some of which have already been completed:

- The Sponsorship Training Workshop Subcommittee will include monthly virtual workshops on topics related to sponsorship, including how to get a sponsor, readiness to sponsor, and different styles of sponsorship.
- Another subcommittee has created *Carrying the Message*, a guide that is now available as a [free download](#) on oa.org and as a [wallet card](#) for purchase from the OA bookstore.
- The Promote Responsibility Pledge Subcommittee is submitting an article for each 2016 issue of *Lifeline* and *A Step Ahead*. Look for them. They are working to make the Responsibility Pledge more prominent on oa.org and to encourage the Conference Planning Committee to include more workshops with

this focus at World Service Business Conference 2016. In fact, the Conference theme is “Responsibility — To Carry the Message.” This subcommittee has six additional tasks in process!

- The Service and My Recovery Subcommittee will host monthly virtual workshops on giving service with the help of the Traditions and Concepts and with emphasis on how service enhances personal recovery.
- The Region Chairs Committee is working on a Service Body Building project.

The BOT and RCC have also begun structuring the next three year Strategic Operations Plan, and the focus for 2017–2019 will be Keeping OA Strong Worldwide. Stay tuned for details in the near future.

At WSBC 2016, there will be a workshop titled *Carry the Message Back Home*, which focuses on how the Strategic Operations Plan can be implemented at the group and service body level. I hope to see you there.

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

March 15 Generally Speaking

Write on any topic that has meaning for you.

April 15 Struggles, Stresses, and Setbacks

How do you handle “life on life’s terms” in recovery? What has been your recovery experience during major life challenges, such as death of a loved one, divorce, changing jobs, or moving? How have you maintained abstinence while grieving? How did you learn to keep coming back no matter what? If you relapsed, how did you get back on track? What has helped you remain abstinent over the days, weeks, months, or years?

Special Call: Living Traditions Stories

Lifeline needs your story of experience, strength, and hope for the Living Traditions Department. Strengthen your recovery, support *Lifeline*, and give service to the Fellowship by submitting a story focused on one of the Traditions below.

<u>Tradition</u>	<u>Due By</u>	Send your story to info@oa.org with subject “Lifeline.” For Writer’s Guidelines and more, see oa.org .
Seven	March 15	
Eight	April 15	
Nine	May 15	
Ten	June 15	
Eleven, Twelve	July 15	

For more information about these and other upcoming Lifeline topics, refer to the July 2015 Lifeline or visit oa.org/lifeline-magazine/monthly-topics/.

What's New from WSO

Tools for Sponsors: Refreshed Sponsorship Kit

Containing pamphlets for sponsoring, a new collection of sponsorship stories from *Lifeline*, wallet cards, and an *Abstinence Literature Resource Guide*, this lately revised *Sponsorship Kit* (#210/\$2.25) will help you “extend the hand and heart of OA” to sponsees. Order for yourself or for your group to have on hand when members agree to perform the vital service of sponsoring. Order at bookstore.oa.org.

Keep 'em Coming Back: A How-To

Keep members coming back to OA with the newly revised *Guidelines for Membership Retention*. Offering more than fifty suggestions to help retain members, these *Guidelines* are available on oa.org. Click Members/Groups, then “OA Guidelines.” Download them for free and take a copy to your next meeting!

Reading the Latest: OA Literature Copyright/Revision Date List

Are you and your group reading the most up-to-date pamphlets and books? Only the most recent versions of OA literature reflect the group conscience of OA. Now, a sheet that lists the most recent [copyright and revision dates](#) for all OA literature is on oa.org. Just look in Members/Groups under “Copyright Requests.”

Importance of Working the Steps Workshop

The *Importance of Working the Steps* interactive workshop explores the reasons for working the Steps and Step Principles. Engage members and revitalize Step work with this participatory experience that includes a member survey review and several small group activities. Free to use for members, sponsors, groups, and service bodies, find it on oa.org by clicking Documents, then “Service Body Support.”

What Do You Want to Read in *Lifeline*?

Send us your ideas for *Lifeline* monthly topics in 2017. Email suggestions to info@oa.org with subject “*Lifeline* Topics” or fax your ideas to 1-505-891-4320 or mail them to *Lifeline*, P.O. Box 44020, Rio Rancho, NM 87174-4020 USA.

Deadline: April 30

Carrying the Message: A Pocket-Sized How-To

Suggestions for what to say and what not to say when talking about OA is now all listed on a card small enough to fit in the palm of your hand. The *Carrying the Message* wallet card (#425/\$.40; \$36.00, pack of 100) includes the Steps, Traditions, Responsibility Pledge, and more than two dozen suggestions. This mini-pamphlet can inspire you to carry the message easily and effectively to those who are still-suffering. Order it from the bookstore on oa.org.

New Video Resource for Those in Relapse

A new online video, *Breaking Out of Relapse*, is free to download or stream on oa.org. Designed to help members in relapse return to their program and their abstinence, *Breaking Out of Relapse* is also a valuable tool for those providing Twelfth Step Within service. Moving from the fundamentals of threefold illness to illustrating the disease concept, this video provides action steps to deal with food, using the Tools and other ideas that work. Find it in Members/Groups under “Program Inspiration.”

Lifeline 2015 Index and Bookstore Back Issues

Looking for a specific *Lifeline* article or recovery topic? The [index](#) for all articles published in 2015 is now available for download on oa.org, and back issues of *Lifeline*, annotated by topic, are available for purchase at bookstore.oa.org.



HAPPY BIRTHDAY, OA!

FOUNDED *January 19, 1960*

CELEBRATED *Third Saturday of January*

WSBC 2016 Important Deadlines

January 11, 2016
Second set of Conference
e-documents posted on website

February 2, 2016 (received)
Trustee Nominee Applications

February 22, 2016 (received)
Delegate Registration Forms

March 3, 2016 (postmarked)
Agenda Questionnaires

March 18, 2016
Third set of Conference
e-documents posted on website

UNITY DAY

February

27

CELEBRATED
LAST SATURDAY
OF FEBRUARY
AT 11:30 A.M. PST

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.

NEW AUDIOBOOK!

OVEREATERS ANONYMOUS, THIRD EDITION



Featuring professionally recorded readings by OA members

I am lucky enough to be one of the voices on the *Overeaters Anonymous, Third Edition* audiobook. A call to audition went out to those of us who live near the World Service Office, and I said, ‘why not?’ What fun it turned out to be! To see how a professional recording studio operates; to feel almost like a celebrity with headphones, a script, and a soundproof room; to know that my voice would be heard by folks all over the world—what a rush.

But the real joy was the recovery boost I received by giving service. I had to rehearse, and this meant taking the stories I was assigned and reading them aloud over and over again—and with feeling! As I was doing so, I realized that all of these stories were my story. Whether bulimic, anorexic, overeating, young, old, abused, or not, all of these members were me.

Giving this service reminded me of the essential elements of this disease, which I share with so many people

all around the globe: I used food to numb out, compensate, and cope; I cannot manage my food intake without the help of my HP and have no control over certain trigger foods if I take the first bite; and I have been completely lost in the mental obsession of addiction. It reminded me that no matter how much recovery I have, I can always relapse. And it reminded me of how grateful I am to have found the Twelve Steps, the Tools, the OA Fellowship, and whatever grace it was that opened me to embrace them. Once again, I experienced the joys of doing service, and once again, I found that I get much more than I give when I surrender to those ‘God promptings’ to stretch a little and try a new service opportunity.

Look for the audiobook in the OA bookstore and hear great stories being read (and some of your OA friends reading them)!

— Pat O.

Downloadable MP3 files (#657, \$20.00)

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

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

BODY IMAGE SEXUALITY RELATIONSHIPS & RECOVERY

OA is developing a new publication and wants to hear your experience, strength, and hope on the topics of body image, sexuality, and relationships.

Help others by sharing how maintaining abstinence, using the Twelve Steps, and relying on a Higher Power has meant a life free from shame and isolation and one full of beauty, love, and self-acceptance.

SEND US YOUR STORY!

- » How has your physical, emotional, and spiritual recovery affected your body image?
- » What is your experience of feeling connected to your body before OA? In OA?
- » How has your physical recovery affected your emotional and spiritual recovery?
- » Are the decisions you make for yourself at a healthy body weight different than those made when you were over- or underweight?
- » How has your sexuality been affected by your physical, emotional, and spiritual recovery?
- » What aspects of sexuality have been the most difficult to face in the light of recovery, and how did you deal with these issues?
- » How do you celebrate your sexuality as a recovering member of OA?
- » How are your intimate relationships different as a result of your physical, emotional, and spiritual recovery?
- » How do you stay abstinent when dating, in a relationship, or during a breakup?
- » How do you relate your recovering body image and sexuality to your relationships?

Stories of approximately 500 words have a greater chance of publication, and submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc.

Submissions are not returned. 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.

Due by January 31, 2016.

Email your story to

info@oa.org with subject

line "Body Image."



We are pleased to announce

SERVICE and MY RECOVERY

Virtual Workshops for 2016



3-4pm ET (-5:00 GMT) Second Sunday each month

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Pin Code = 925619#

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Sept 11, Oct 9, Nov 13, & Dec 11.

INCLUDED WILL BE TOPICS SUCH AS:

- HOW SERVICE ENHANCES RECOVERY
- HOW TO ENCOURAGE SERVICE
- SERVICE AS A PRINCIPLE
- HOW WE CAN EXTEND THE HAND AND HEART OF OA

This will be an interactive workshop - two speakers on the topic and members will be encouraged to share their own Experience Strength and Hope.

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