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**Attention
Intergroups and
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Please inform the
WSO whenever you
have meeting changes
to your directory.

**Attention
Group Secretaries:**
Please make copies
of this newsletter
to share with your
group members.

DATEMINDER
IDEA Day
International Day
Experiencing
Abstinence
November 21
Twelfth-Step-Within
Day
December 12

A Step Ahead

Fourth Quarter 2009

Volume 13, Number 4

Color comes to *Lifeline*!

A New, Vibrant Lifeline Debuts in November

Lifeline, the “meeting on the go” and recovery magazine of Overeaters Anonymous, leaps into the future wearing new garb with its November 2009 issue. To reflect the vibrancy of OA in the 21st century, the magazine’s 32 pages will pop with color throughout and sport a distinctive, contemporary design on heavier, coated paper.

The magazine will include other changes. Datebook, the place for groups and service bodies to list upcoming events, will move from *Lifeline* to OA’s Web site. This change will make it easier for all members to find Datebook listings, thus broadening the outreach for these events. It will also lessen the advance notice required for sending in an event listing from 60 days to two weeks. By eliminating Datebook from *Lifeline*, it frees an additional page each month for members’ stories.

Lifeline will remain a 10-issue per year publication. The March/April issue and the September/October issue will decrease from 36 pages to 32, with a loss of eight pages over the

course of the year. However, Datebook’s absence from *Lifeline* will restore the eight pages lost and add two story-pages over the year.

The redesign offers better access to information about OA, *Lifeline* and copyright permissions. Finding this information in the old design was a challenge because of its fine print on the inside back cover. Now it appears on the inside front cover in an easier-to-read layout.

A new humor section will bring laughter to readers in the form of colorful cartoons by our new associate editor



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Celebrate OA’s 50th anniversary in style

Convention 2010: The Red Carpet Awaits You!



Experience 50 years of worldwide unity at OA’s 2010 World Service Convention (WSC). Its theme, “Now Playing: 50 Years of OA Recovery,” reflects the joy found in the physical, emotional and spiritual journey to recovery in OA. Join members for fun and fellowship at the Hilton Los Angeles Airport Hotel in Los Angeles, California USA, August 26–29, 2010. Go to the [World Service Convention page](#) on the OA Web site for more information or join the Convention email list at conventioninfo@oa.org.

Hotel reservations are now open! The World Service Office (WSO) does not make lodging reservations, so be sure to reserve your room.

- Hilton Los Angeles Airport Hotel
5711 W. Century Blvd.
Los Angeles, CA 90045 USA
1-800-445-8667 (US/Canada)
1-310-410-4000 (Local/International)
- Group Code: WSC
- URL: www.hilton.com/en/hi/groups/personalized/LAXAHHH-WSC-20100809/index/jhtml
- Lodging rates (rates do NOT include taxes, currently at 14.065%)
- Single/Double Occupancy: \$129 USD per night
- Triple/Quad Occupancy: \$139 USD per night
- NOTE: The lodging rate does NOT include meals.

Reservations must be made by August 1, 2010. Please reserve your refrigerator (one-time fee of \$40 USD) at the time you place your reservation. The above rates are available from August 19, 2010 through September 1, 2010.

Need a roommate? Contact the WSO at 505-891-2664 or conventioninfo@oa.org. The WSO will provide you with

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A New, Vibrant Lifeline Debuts in November

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and by cartoons submitted by members. If you have a knack for cartooning, send us your colorful guffaws for all to enjoy. We welcome, too, your color photos, but please, no faces.

The Fellowship in recent months became aware of the urgent need to address the long-term, substantial deficit *Lifeline* has faced. In the past, OA could carry the deficit, but that is no longer possible. The Board of Trustees had to consider how to eliminate the deficit and ensure the future of *Lifeline*.

After examining many options, it became apparent that the subscription price had to increase substantially. Yet the Board also wanted subscribers to receive additional value for the increase in price. Without any changes to the magazine or its 10-issue publication schedule, the price would have had to increase to US\$22. With one dollar more a year, subscribers could get a full-color magazine on much better paper stock, bringing *Lifeline* up to the quality of other magazines on newsstands today. The increase to US\$23 per year went into effect immediately

and comes out to less than US\$2 a month over 12 months. The subscription rate for *e-Lifeline* remains the same at US\$13.

Below are the new print-subscription prices in US dollars as of August 22, 2009:

10 Issues/Year	US	Canada	Outside US/Canada
1 year	\$23	\$29	\$38
2 year	\$44	\$56	\$74
3 year	\$63	\$81	\$108

Lifeline's fresh, contemporary, colorful new look, combined with the always-inspiring stories from members, elevates the magazine as an outreach tool reflecting the worldwide scope and professional image of OA. Consider supporting *Lifeline* and OA through a personal [subscription](#); as a gift to a newcomer or a member on a tight budget; or as an outreach donation to a doctor's office, health center or library. Your act of service by subscribing may help save the life of a still-suffering compulsive eater—or your own life.

Datebook Moves to Web



For more than 30 years, the Datebook department in *Lifeline* magazine has announced OA group, intergroup and other registered service-body events. *Lifeline* subscribers have found Datebook to be an important resource for discovering retreats, conventions and other special events they might wish to attend. In the spirit of carrying the OA message to more members and compulsive eaters, Datebook will move from *Lifeline* to the OA Web site (www.oa.org) beginning the first week of November 2009. It will no longer appear in *Lifeline*.

This change will allow more accessibility to Datebook events by a wider audience and will lessen the time restrictions required for OA members to submit their Datebook entries. Removing Datebook from *Lifeline* will also free up space in the magazine for more stories of experience, strength and hope.

Datebook entries must still include the date, name and location of the event; the name of the registered OA group, intergroup or service body hosting the event; a contact person's name (first name is sufficient); and contact information (phone number or email address).

Please be aware that contact information will now be available online to any viewer of the OA Web site. Contact persons should consider issues of privacy and anonymity before submitting their Datebook event. Anyone forwarding a Datebook entry for which they are not the contact person must check with the contact person prior to submission to obtain his or her permission for Datebook posting online.

Please submit your Datebook entries to datebook@oa.org or to the [OA Web site](http://www.oa.org) two weeks before you would like your event to appear on the OA web site. To submit your Datebook entry online, visit the "Contact Us" page at www.oa.org and select "Datebook" from the drop-down menu.

We encourage you to send your events to Datebook and to spread the word about its online launch. Including Datebook on the OA Web site will make it an even more powerful outreach tool!

2010 WSBC 1st Mailing

On September 8, 2009, the World Service Office (WSO) mailed the first documents for the 2010 World Service Business Conference (WSBC) that will convene in Albuquerque, New Mexico USA, April 26–May 1, 2010. Its theme focuses on OA's 50th anniversary: "Half a Century = One World of Growth."

The mailing includes the delegate registration form and instructions, trustee application forms and instructions and sample motion/amendment forms. Also included is the 2009 Final Conference Report, distributed only to the 2009 WSBC delegates and to service bodies that did not send a representative to the 2009 Conference. Except for the Final Conference Report, all first-mailing documents are available on the OA Web site at www.oa.org/world-service/conference.php.

WSBC 2010 Important Deadlines

November 2, 2009

Delegate Support Fund Application
(Due at WSO)

December 10, 2009

New Business Motions/Bylaw Amendments
(postmarked deadline)

December 28, 2009

Delegate Registration
(Due at WSO)

January 26, 2010

Trustee Applications
(Due at WSO)

New Procedure for Locally Produced Literature

Before publishing locally produced literature (except newsletters, meeting lists, flyers, posters, letterhead or business cards), OA groups must have the literature approved by their intergroup or service board. The Board of Trustees made this change at the August board meeting, and the [Guidelines for Locally Produced Literature](#) now include the change. To reflect this new procedure, the WSO will also change the [copyright permission forms](#) for using the OA logo or reprinting OA literature excerpts.

What's New From WSO

Suggested Meeting Format

REVISED! Format helps focus meetings on OA recovery, reinforce the program and encourage unity. Updated to include revised definition of abstinence and change of "Discussion" meetings to "Topic" meetings. #512/\$.50 plus shipping* Free PDF download available at www.oa.org/docs.php

Suggested Hotline

Message for Service Bodies

NEW! Use this suggested script to record a hotline message for people who call your service body telephone number. Free PDF download available at www.oa.org/docs.php

Seventh-Tradition Skits

EXPANDED! Now includes three skits that groups or service bodies can adapt to local situations. Have fun and use humor to help members understand the direct benefits their contributions provide to the Fellowship. Free PDF download available at www.oa.org/docs.php

*US Shipping: \$5 for orders up to \$24.99, 20% on orders \$25 to \$59.99, 17% on orders \$60 to \$99.99 and 12% on orders \$100 and up. Email to info@oa.org for shipping charges outside the U.S.

Ideas for 12/12: Twelfth-Step-Within Day

Delegates to the 2009 World Service Business Conference have designated a new OA day



of celebration. December 12 (12/12) is now International Twelfth-Step-Within Day.

- Schedule a Candlelight Meeting on that day.
- Host a special or extra meeting in a treatment center.
- Have your group commit to hanging a certain number of bulletin board cards or flyers around the community.
- Take a special collection to put an announcement on the radio.
- Host an informational event and advertise in tons of places.
- Host a special event to reach out to members in relapse.

WSO Budget Process

Have you ever wondered how the World Service Office (WSO) establishes its budget? It is a complex process that requires great cooperation between our dedicated staff and trustees. The WSO and trustees review budget issues throughout the year. Work on the new budget begins in August, and final approval occurs at the November meeting of the Board of Trustees.

Each trustee receives budgets from the previous year: region budget, budgets for committees chaired and phone budget. Those budgets provide the framework for the new budgets. (General Service Trustees do not submit a region budget.) The new budgets arrive at the WSO by mid-September.

The WSO staff also prepares budgets for the operations of the Member Services Department, the Publications Department and the Accounting Department, as well as budgets for Board of Trustee meetings and Executive Committee meetings. As part of the process, the staff estimates income from the various departments of the corporation. Because OA, Inc. is a 501(c)3 corporation, the law requires it to have a balanced



budget: income must equal expenditures.

The chairman of the board, the board treasurer, the WSO controller and the WSO managing director meet in mid-September to do a first pass at the budget, giving careful review to income and expenditure items. They do not make adjustments at this meeting. Instead, they decide what additional information the Executive Committee will need to facilitate adjustments at its October meeting when it receives the budget.

At that time, the Executive Committee reviews the bottom line amounts and makes adjustments where needed. If the committee cuts any budget, the treasurer notifies the appropriate manager or trustee.

The WSO sends the final budget to the full board two weeks before its November meeting to allow sufficient time for scrutiny. Following discussion and adjustments, the board approves the final budget at its November meeting.

The careful process in budget development assures the Fellowship of careful stewardship of our funds.

— *Dodie H., Treasurer*

Convention 2010: The Red Carpet Awaits You!

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a list of OA members interested in sharing a room. It is the responsibility of the OA member to contact others on the list and make arrangements with the hotel.

Accommodations require a credit card to guarantee a room. If you do not have a credit card to hold your reservation, a deposit may be required. Please contact Hilton LAX (1-310-410-4000) for instructions.

Cancellations must occur 24 hours before the arrival date to avoid a charge for the first-

night's room cost.

Watch for registration information in the January *A Step Ahead* or online at www.oa.org/world-service/convention.php. Registration begins in January. Registration forms, a schedule of events and workshops, and service opportunities will be available at that time. Questions? Email conventioninfo@oa.org.

Don't miss this opportunity to strengthen your program and friendships.

Web Links

Discover interesting and helpful OA Web-site links.

First Conference Mailing—distributed September 8, 2009
www.oa.org/world-service/conference.php

Spanish Podcasts—Interviews in Spanish with Maria, Carolina and Ana. English transcripts available. www.oa.org/podcast/

Ask-it Basket—"How would you respond to a fellow OA member who told you what and how to eat, and who said you weren't abstinent if you didn't follow a particular plan of eating?"
www.oa.org/services-for-members/service-body/ask-it-basket-and-archive.php

(Links are current when *A Step Ahead* is published online; however, some pages will be updated during the quarter.)

Free Bonus for *e-Lifeline* Subscribers!

Beginning the first week of January 2010 and continuing every week, you will receive *Lifeline Weekly*, a special bonus just for being an *e-Lifeline* subscriber. *Lifeline Weekly* will feature archived *Lifeline* articles; inspirational quotes; and spotlights on important OA issues, events and deadlines. As an *e-Lifeline* subscriber, you will receive *Lifeline Weekly* via email, so please be sure the World Service Office has your current [contact information](#). We encourage you to forward *Lifeline Weekly* to OA members and other friends who might be interested in subscribing to *e-Lifeline*. Look for *Lifeline Weekly* in your inbox this January! **(If you did not opt in earlier for email notification, please do so now to receive *Lifeline Weekly*.)**

Did you know that of 6441 OA groups worldwide, only 259 have registered *Lifeline* reps?

Lifeline Needs You!

Sign up today.

Contact lifeline@oa.org

The WSO will send you a Rep Kit with all the information and materials you will need.

Thank you for your service.

Delegate Support Fund Makes It Happen



I have been a member of Overeaters Anonymous for 25 years and have often heard about the World Service Business Conference (WSBC) held in Albuquerque, New Mexico USA. It has been

my dream to attend the WSBC, to meet other OA members from around the world and to watch decisions being made that affect all of OA.

In May 2009, my dream came true! I had hoped to attend as a Region One delegate and was disappointed when I learned they would not be sending a delegate for 2009. Someone who knew how much I wanted to go told me about the **Delegate Support Fund** offered by World Service Office (WSO) to intergroups who cannot afford to support a delegate and who have not had recent representation. The race was on. It was Sunday, and the application had to be at the WSO by Monday night.

Thanks to the hard work of my intergroup chair and the treasurer, my application arrived on time. On Christmas Eve, my intergroup chair phoned to say the WSO had accepted my application. I was on my way to Albuquerque. Yee Ha!

I will never forget my excitement as I left the airport in Albuquerque in the hotel shuttle bus full of members from different regions of the US. I babbled like an idiot with the others as I

watched the New Mexico scenery go by. Waiting for me at the hotel when I registered was US\$1000 so I could buy meals and pay for my hotel room and other expenses. Thanks OA!

I can only try to describe the wonderful sights and experiences I enjoyed thanks to the Delegate Support Fund. Where to begin? The Hotel Albuquerque was excellent, and I have great memories of happy meals with other OAers and of swimming and relaxing in the hot tub under the stars in the light of a full moon. Have you ever attended an OA meeting in a hot tub? It is an experience not to be missed.

When the Conference began, I experienced my dream coming true. I will always remember sitting in my seat in the Fireplace Room looking out on a beautiful summer day. On my left sat Magda, a delegate from Poland, and on my right sat the delegate from Mexico. Behind me sat the delegate from Venezuela, and in front of me, leading our committee, was our chair Yelisa, delegate from Spain, and our co-chair Teresa, Region Four Trustee. Whew! What a feeling to be surrounded by delegates of our great Fellowship from around the world. That is when OA became global to me. As the Conference unfolded, I had a front-row seat to see decisions being made that affect everyone in OA. The Traditions came alive. I was in awe of the way our Higher Power works for our greater good.

I want to thank my Higher Power and the WSO Delegate Support Fund for enabling me to attend WSBC. It was an honor and a privilege to represent my intergroup, Vancouver Island, at WSBC. It is an experience I shall never forget! Thank you!

—Rita P., Vancouver Island, BC, Canada

Unity in Diversity: A Perspective From Costa Rica

I'm Ana L., a recovering compulsive overeater from Costa Rica. I have attended the last three World Service Business Conferences as a delegate from our intergroup. For two of them we have received financial assistance that has made us more effective in carrying the message to the compulsive eater who still suffers. Here are some examples:

We receive updates on the different approaches to recovery and on the administrative details of Overeaters Anonymous. Now we have a web site (www.ccostarica.org) that helps us carry the message to more compulsive overeaters.

The change in the definition of abstinence at the last Conference inspired many members to give examples of compulsive eating behaviors. The newcomers now have a clearer idea about whether one is abstinent or not.

Non-English-speaking members like me have the opportunity to show how the program works in our countries. This is done not just in the forums or workshops, but also in informal meetings, conversations and emailing the contacts I make in Albuquerque. This part of my role as a delegate has been educational and eye opening for me and other fellows.

I've learned if we want our Fellowship to grow, we need to overcome the differences that tear us apart. Some of those differences have to do with culture and ethnicity. I use the concept of "ethnic group" instead of "race" on purpose. The term "race" only brings more excuses for discrimination.

It makes me sad if I see OA meetings based on skin color or when I see members claiming their ethnic or religious groups are superior to others. Though language is sometimes a barrier, I believe stereotypes and prejudices create bigger barriers. That is why I hope I'll never get tired of showing that we Costa Ricans have more commonalities than differences with other OA fellows, so we can keep working together to reach the purpose stated in our Fifth Tradition.

When we practice the Traditions at both the individual and group level, we can reach a Fellowship strong enough to remain united despite our differences. For me, it means to keep my sharing as focused as possible on our principles, which I try to do not only in OA meetings, but also in sponsorship, conversations and emailing with OA friends. Thanks to this attitude, I've been able to learn from so many wonderful and yet diverse people . . . you!

—Ana L., Santa Ana, Costa Rica

Pikes Peak Carries the Message

The OA World Service Office (WSO) and Region Three asked our intergroup, the Pikes Peak Serenity Intergroup (PPSI) in Colorado Springs, Colorado, to carry the OA message by having a booth at the 35th Annual International Winter Symposium on “Addictive Disorders, Behavioral Health and Mental Health” held in Colorado Springs January 28–30, 2009.

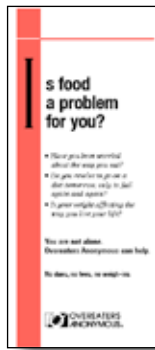
The meeting had over 800 participants: physicians, psychologists, social workers, private practitioners, family and marriage counselors, Employee Assistance Program specialists, community agency personnel, counselors, rehabilitation and substance abuse counselors, the military, university faculty, nurses and licensed professional counselors. Many substance-abuse disorder centers and one large eating-disorder center sent representatives. Approximately 200 attendees were from the corrections professions. The symposium had 28 exhibitors, some of whom were other anonymous programs.

Twenty-five men and 56 women visited the OA booth. The literature we provided were the OA Professional Presentation Folder; *About OA* cards; and the pamphlets *Black OA Members Share Their Experience, Strength and Hope* and *Is Food a Problem for You?* PPSI had no out-of-pocket expenses; WSO and Region Three covered the shipping costs of the OA exhibit.

We read the *OA Professional Outreach Manual* and that helped; it needs clarification regarding a couple of small administrative items, which we detailed in our formal report to WSO and Region Three. WSO and Region Three guided us throughout our preparations.

Without the assistance of the **Professional Exhibits Fund** and Region Three, our intergroup would not have been able to participate in this expo. The fund is essential to OA, and we encourage service bodies to apply for funding and to contribute to this much-needed fund.

The Professional Exhibits Committee reviews all Professional Exhibit Fund applications the first of each month and recommends that groups and service bodies submit their applications at least two months prior to the event. The WSO will notify service bodies of the decision within seven days after the Professional Exhibits Committee reviews the application.



OA's Restricted Funds

According to the Board Reference Manual, Section IV, Part B-4, Paragraph 3, “Targeted donations will be accepted only when the Board of Trustees has established a special fund or as directed by the World Service Business Conference” (p. 4.4).

At this time, OA members can send targeted donations to three restricted funds: Delegate Support Fund, Professional Exhibit Fund and Translation Fund. Delegates to the 2009 World Service Business Conference (WSBC) closed the Public Awareness Campaign Fund, so it is no longer accepting donations.

The **Delegate Support Fund** provides assistance for intergroups that have been unable to send a delegate to WSBC in recent years. The **Professional Exhibit Fund** provides as-

sistance to intergroups and/or regions wishing to represent OA at a national, international or regional professional conference in their areas. The **Translation Fund** provides assistance in reaching out to compulsive eaters around the world whose native language is not English.

Contributions to any of these funds should be in addition to regular Seventh-Tradition donations. A group may choose to have an extra collection each month to support these world service efforts. When making a contribution by mail or through our Web site at <http://bookstore.oa.org/contributions.html>, be sure to select the fund to which you wish to contribute.

Overeaters Anonymous benefits worldwide from the donations you send to these restricted funds. Thank you for your support.

Thanks for WSBC 2009



What do I want to share with you, my OA family, about this fabulous opportunity to attend the 2009 World Service Business Conference (WSBC)?

I'd like to express a thank you, gratitude and appreciation to my intergroup for their financial and emotional support.

And thanks to my wonderful sponsor, who during the weeks before the WSBC reminded me to pray, write and use the rest of the tools to deal with my feelings. She continued to carry the message even when I continued to whine. God love her; I know I do.

Thank you to my Conference mentor for being available, saving me a seat, sharing meals and helping me feel part of this immense, joy-filled Conference.

Thanks to those from Region Eight who

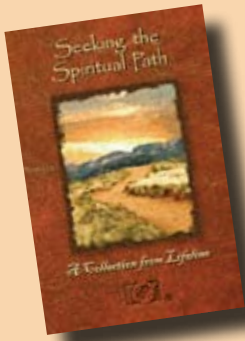
attended WSBC 2009—your enthusiasm and zest for life is amazing. Thank you for being such vibrant examples of living the OA program. We set some trends this year with Region Eight sweatshirts, pompoms and enthusiasm. I think other regions will follow our lead next year. Region Eight rocks!

To those who stayed behind, you were there in spirit as we worked on your behalf toward an informed decision to keep our Fellowship alive and relevant and to continue to carry the message. My message to you is: *you are OA*. You direct the movement of the intergroup, region and world representatives. *Any one of you* can write a motion to make changes in OA policy, literature or the message we carry. *Any one of you* can write a brand new piece of OA literature and submit it for consideration. Together we can accomplish amazing things!

— Kat M., North Palm Beach, Florida USA

OA Logo Permission Expanded

OA service bodies can now apply for a two-year blanket [permission to use the OA logo](#) on an expanded number of items. Previously, the WSO granted blanket permission for four items: flyers, newsletters, meeting lists and Web sites. The Board of Trustees has updated the list to include posters, stationery and business cards. A service body must submit a separate permission form for any other use of the logo.



Seeking the Spiritual Path: A Collection from *Lifeline*

“I just purchased this new piece of literature. I can’t put it down. It’s AWESOME!”

That’s the feeling this OA member had when this book hit the shelves. Why not discover for yourself the awesome stories she found within.

Purchase your copy today.

Item #978 US\$8.35 each, plus shipping*

*US Shipping: \$5 for orders up to \$24.99, 20% of orders \$25 to \$59.99, 17% of orders \$60 to \$99.99, 12% of orders \$100 and up. Expedited orders can only be placed by phone. Email info@oa.org for shipping charges outside the US.

Many Languages Available

Many service bodies have translated OA materials into other languages, including Afrikaans, Arabic, Dutch, Finnish, Flemish, French, German, Greek, Hebrew, Icelandic, Italian, Portuguese, Spanish, Swedish and Turkish. For more languages and for information on obtaining copies of translations, contact the [World Service Office](#).

Public Awareness Campaign Fund Discontinued

The 2009 World Service Business Conference voted to discontinue the Public Awareness Campaign special fund. The campaign has been a great success. Public awareness activities will continue, and the associated costs will now become part of the regular World Service Office budget.

OA Web Site URLs Have Changed

The URLs on OA’s Web site have changed. Service bodies with links to OA’s site should change their links to <http://www.oa.org> and <http://bookstore.oa.org>.

New Abstinence Definition!

WSBC Policy 1988b (amended 2002, 2009) defines abstinence and recovery as follows: “Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors.”

Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.

You Need *Lifeline*, and *Lifeline* Needs You!

For 10 months a year, *Lifeline* supports your recovery by bringing the experience, strength and hope of OA members worldwide to your door via an individual or group subscription or back issues at your meeting. Or perhaps you share your copy with friends.

To carry the recovery message, *Lifeline* needs your continued and expanded support. If you love *Lifeline* but do not subscribe, consider investing in your recovery and in *Lifeline*’s future. Remember *Lifeline*’s two-fold purpose: to support recovery and to carry the message of recovery to those still suffering. If you read *Lifeline* for free, donate a subscription to a friend in need, a doctor’s office, a library or any place a still-suffering compulsive eater might find it. Your service may save someone’s life. To subscribe, go to www.oa.org. Thank you!

Lifeline Celebrates OA's 50th Anniversary in 2010

Help *Lifeline* celebrate OA’s 50th anniversary. Choose one or more topics from the issues below. Send your memories to lifeline@oa.org or mail them to *Lifeline*, P.O. Box 44020, Rio Rancho, NM 87174-4020. Please put “50th Anniversary” in the email header or at the top of the page.

March/April (Deadline: 11/15/09)

- OA History: 1970–1974
- 50th Celebration—My First Day in OA
- “Twelve and Twelve” quote

May (Deadline: 1/15/10)

- OA History: 1975–1979
- 50th Celebration—My Memories of OA Milestones (e.g., a Convention, Conference, change in bylaws, piece of new literature, WSO’s move to New Mexico)
- “Twelve and Twelve” quote

June (Deadline: 2/15/10)

- OA History: 1980–1984
- 50th Celebration—50 Years of Service: What I Have Done and How It Helped My Recovery
- “Twelve and Twelve” quote

July (Deadline: 3/15/10)

- OA History: 1985–1989
- 50th Celebration—My Memories of Personal OA Milestones (e.g., freedom from

guilt, compulsion, character defects, illness; achieving abstinence; improving a relationship; mastering chaos or finances; finding a Higher Power, etc.)

- “Twelve and Twelve” quote

August (Deadline: 4/15/10)

- OA History: 1990–1994
- 50th Celebration—What Conventions, Assemblies, Retreats Have Meant to Me Over 50 Years
- “Twelve and Twelve” quote

September/October (Deadline: 5/15/10)

- OA History: 1995–1999
- 50th Celebration—A brief history of OA in cyberspace. How cyberspace has helped my recovery.
- “Twelve and Twelve” quote

November (Deadline: 7/15/10)

- OA History: 2000–2004
- 50th Celebration—How Has OA Changed Over the Years?
- “Twelve and Twelve” quote

December (Deadline: 8/15/10)

- My Most Memorable Moment in OA
- OA History: 2005–2010
- 50th Celebration—Fast-Forward: OA 50 Years in the Future
- “Twelve and Twelve” quote