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Attention

**Intergroups and
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Please inform the
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have meeting changes
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Attention

Group Secretaries:

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

DATEMINDER

January 16

OA's Birthday

January

Media Month

February 27

Unity Day

February

Lifeline Month

A Step Ahead

First Quarter 2010

Volume 14, Number 1

Golden anniversary celebrates recovery

Happy 50th Anniversary OA!

On January 19, 1960, three women gathered in a home in Hollywood, California USA to share their experience, strength and hope. This marked the first meeting of Overeaters Anonymous, an organization as yet without a name but with the goal of supporting its members as they sought recovery from compulsive eating. The only requirement to join was a desire to stop eating compulsively.

From that first small meeting, today over 54,000 members meet in 6,480 groups worldwide. Three hundred and forty-one intergroups bind these groups together in 74 countries. A 16-member Board of Trustees (BOT) elected from around the world oversees the affairs of what is now a nonprofit corporation, Overeaters Anonymous, Inc. And the 14-member World Service Office staff implements the decisions of the BOT and the approximately 200 delegates who pass motions on behalf of OA as a whole at the annual World Service Business Conference. What a journey!

The evolution of Overeaters Anonymous actually be-

gan in 1958 when cofounder Rozanne S. attended a meeting of Gamblers Anonymous (GA) to support a friend in need. As Rozanne listened to the stories of compulsive gamblers, she heard her story of compulsive eating and concluded the Twelve Steps and Twelve Traditions originating from Alcoholics Anonymous (AA) could help her too. However, it wasn't until 1960 that she found others who believed the same.

It wasn't easy for OA to grow. At its third meeting, one of the cofounders announced she had to leave for per-

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Lifeline cover, 1983

Make plans now for the 50th anniversary celebration

Convention 2010 Registration Opens in January



Join OA members for fun and fellowship at OA's 50th Anniversary World Service Convention, Hilton Los Angeles Airport Hotel, Los Angeles, California USA, August 26–29. Its theme "Now Playing: 50 Years of OA Recovery" celebrates the experience, strength

and hope OA members have shared over the years.

Come to Los Angeles with its majestic mountains, 75 miles (121 km) of sunny coastline, trend-setting art scenes, internationally flavored neighborhoods and, of course, a little place we know as Hollywood! Best of all, meet fellow OA members from around the world and share in the joyful freedom from compulsive eating. Don't miss this opportunity to create new friendships and rekindle old ones.

Registration for Convention opens in January. Please

check the OA Web site at www.oa.org/world-service/convention.php for up-to-date information. All groups and service bodies will receive a registration form.

Registration Rates

- **Full Registration Rates** (includes access to all workshops and general sessions from Thursday–Sunday, a tote bag and a Convention pin)
- **Special Early-Bird Rate (by July 2): US\$110 per person**
- **Pre-Registration Rate (July 3–August 6): US\$140 per person**
- **Daily Registration Rates** (includes access to all workshops and general sessions for the day purchased and a Convention pin)
- **Thursday-Only Rate: US\$40 per person**
- **Friday-Only Rate: US\$50 per person**
- **Saturday-Only Rate: US\$70 per person**
- **Sunday-Only Rate: US\$40 per person**

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Happy 50th Anniversary OA! Continued from page 1

sonal reasons. How could two people make an organization? With the help of AA and GA, they persevered and lost weight. But in August, the other cofounder also left OA.

Rozanne decided her fledgling organization needed more exposure, so by dogged determination, she persuaded the producers of the Paul Coates television show to feature OA on their show. They did, and after the show aired in California and elsewhere, the letters poured in and OA survived.

Overeaters Anonymous—How It Can Help You became the first widely circulated piece of literature in 1961. The first meeting format also circulated in 1961, as well as the first meeting directory.

OA was not without its early debates: admission of men, the degree of emphasis on the spiritual aspects of the program (the Holy Rollers versus the skeptics in the “psychology groups”), retention or modification of AA’s original Twelve Steps and Twelve Traditions, autonomy of the groups. Eventually, men gained entry, OA welcomed all religious and nonreligious persuasions, AA’s Steps and Traditions won out, and the first OA Conference in 1962 ensured the autonomy of the groups. Beginning in 1963, the new *O.A. Bulletin* (precursor to *Lifeline*) kept the Fellowship informed and shared the experience, strength and hope of members.

Subsequent debates revolved around food plans: “regular OA” versus the “carbohydrate girls,” who advocated low carbs. From these debates various food plans emerged, morphing into different colored papers as they changed, such as the famous “grey sheet” used for years by members. Later the “blue sheet” emerged, but it was quickly repealed when delegates to the 1978 Conference voted to introduce the pamphlet *Dignity of Choice*, which contained eight food plans. In 1987, the delegates repealed *Dignity of Choice*, and OA moved forward without suggested food plans until 2005, when *Dignity of Choice* reappeared with sample plans of eating. But OA always urged each member to seek the advice of a physician or nutritionist to determine a food plan right for him or her.

OA had its first national exposure in 1965 in the widely syndicated Dear Abby newspaper column, and by the early 70s it had grown so much that the first intergroups came into being. And in 1978, groups outside the United States could print OA literature in their languages, with permission from the WSO and BOT.

The 1980s Conference delegates clarified the definition of “anonymity,” voted a non-OA member to the Board of Trustees, formed Region Nine (all areas outside the United States),



Nov. 11, 1994, reprinted from *Lifeline*, January 1995

created the OA preamble, adopted Unity Day and set the third Saturday of January as the official celebration of OA’s birthday.

The 90s brought further change. In 1992 another celebration day joined the roster: IDEA Day, International Day Experiencing Abstinence. In 1994 Conference delegates subdivided Region Nine into two parts, thus creating Region Ten, and reinforced “unity with diversity” in OA by recognizing such groups as gay and lesbian meetings, men’s or women’s meetings, 100-pounder meetings and others.

Since its founding in 1960, OA had called California home, but in 1994 that changed when OA built its own building in Rio Rancho, New Mexico USA. It became the first Twelve-Step program to build and own its world-service office building. And in 1997 OA built its first Web site, thus creating a virtual OA community.

The first nine years of the new century have found OA thriving. The Web site has grown and improved each year, becoming a main source of information for OA members and for those still suffering who seek a solution to compulsive eating. For members who want to complement their face-to-face meetings or who are unable to attend meetings, online and telephone meetings offer the experience, strength and hope they seek. *Lifeline* magazine, a two-color periodical for years, is now a four-color magazine bringing stories of recovery to people worldwide. The WSO and OA groups around the world have made more literature available in languages other than English. Language translation is at the forefront of the BOT Strategic Plan as it focuses today on expanding this needed service. Public service announcements airing across the United States and Canada and podcasts on the OA Web site bring more newcomers to the Fellowship. And to help members still suffering, Conference delegates in 2009 created another OA celebration day: Twelfth-Step-Within Day, December 12.

The future holds great promise for OA and its members. Recovery is not just a hope. It is a reality in the Fellowship of Overeaters Anonymous. Happy 50th anniversary, OA!

2010 WSBC 2nd Mailing

The World Service Business Conference (WSBC) 2010 will convene April 26–May 1, 2010, at Hotel Albuquerque at Old Town, Albuquerque, New Mexico USA. This year’s theme is “Half a Century = One World of Growth” and focuses on OA’s 2010 50th anniversary.

Workshops will center on service, Traditions and Concepts, recovery and carrying the message, youth, and OA’s financial report. Again this year, WSBC will offer workshops on parliamentary procedure and “All About Conference.”

The Green-Dot 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.

On January 11, 2010, the World Service Office (WSO) will distribute the second Conference mailing to all service bodies, region offices, region chairs, board members and 2010 registered delegates. This mailing includes the agenda questionnaire and motions and bylaw amendments submitted by the December 10 postmarked deadline. As of December 9, 2009, the WSO received motions to

- revise the format of presentations/discussions at Conference,
- revise the statement on literature,
- revise the way communications are distributed to service bodies and delegates,
- create a Youth in OA Committee,
- revise the Board of Trustees qualifications, and
- revise delegate qualifications.

Service bodies should review agenda questionnaires, vote on them and return them to the WSO by February 25, 2010. This is a postmarked deadline.

The mailing also includes tour registration forms, delegate registration forms, green-dot mentor registration forms, committee preference forms and hotel reservation cards. The OA Web site also has the complete second Conference mailing at www.oa.org/world-service/conference.php.

WSBC 2010 Important Deadlines

January 26, 2010

Trustee Applications

(Due at WSO)

February 25, 2010

Committee Preference Forms

Agenda Questionnaires

March 12, 2010

Tour Registrations

What's New From WSO

2010 Literature Catalog

The new catalog for 2010 is now available on the OA Web site at bookstore.oa.org. To save printing and postage costs, and because most of our orders are now placed online, we have discontinued the yearly catalog mailing to group secretaries. If you would like a printed catalog, you can request one from the WSO.

50th Anniversary Logo

To help celebrate OA's 50th anniversary, registered service bodies may use OA's special anniversary logo on their Web sites or printed materials in 2010. The logo can be used without written permission from the WSO. To request the artwork, please email info@oa.org and put "Anniversary Logo" in the subject line.

Podcast Series Expanded

The OA podcast series now features 16 podcasts, including three interviews with Spanish-speaking OA members, a reading of the member-written story "Welcome Home" from the OA book *Lifeline Sampler* and a reading of the pamphlet *To the Man Who Wants to Stop Compulsive Overeating, Welcome*. Podcasts are available at www.oa.org/podcasts/

Discontinued Item

Available on Web Site

The Public Information Poster Kit can no longer be ordered from the literature catalog, but a PDF file is available on the OA Web site at www.oa.org/services-for-members/public-information-suggestions.php

New Television

PSA to Air in 2010



The Board of Trustees has approved a new public service announcement (PSA) for television titled "Many Symptoms, The OA Solution."

Beginning in January, over 600 major television stations in the United States and Canada will receive the PSA. OA will track its airing through June 2010, at which time groups and service bodies who wish to send it to their local stations can purchase it.

It is imperative that groups update their current meeting information so newcomers who see the PSA and search online for meetings are able to get accurate information.

Please check that all meeting information is up to date, including day, time, location and contact information. To update, go to www.oa.org/pdfs/grpregform.pdf.

And be prepared for more newcomers at your meetings!

In Spite of It All

I am thrilled to report that in spite of the recession and economic hardships experienced by so many OA members, we anticipate that Overeaters Anonymous will end the year in the black. Hurray, members! Our November donations alone were 22 percent higher than the same month in 2008. In general our donations are holding steady during these trying times.

OA depends on two primary sources of income to support the work of the organization: literature accounts for 55 percent and contributions account for 26 percent. Because we do not accept outside contributions, our

ability to carry the message is correlated to literature sales and contributions. The literature sales increase of 4.6 percent from 2008 is perhaps a result of our increased public awareness campaign. More members lead to more contributions and more literature sales.

It is the hope of the Board of Trustees that we will become less dependent on literature sales in the future. Rising costs of paper and printing make this an unstable source of income.

As we start a new year, let's remember to keep those donations coming. Remember to **GIVE AS IF YOUR LIFE DEPENDS ON IT.**

— *Dodie H., Treasurer*

Convention 2010 Registration Opens in January

Continued from page 1

- **Saturday Banquet** (separate cost from all registration fees; includes dinner, entertainment, speaker and dance) US\$50 per person (please check the OA Web site for menu details)

Lodging

The official hotel for OA's 50th Anniversary Convention is the Hilton Los Angeles Airport Hotel located at 5711 W. Century Blvd., Los Angeles, California USA. Call 1-800-445-8667 (US/Canada) or 1-310-410-4000 (Outside US/Canada) to make reservations. Or go to www.hilton.com/en/hi/groups/personalized/LAXAH-HH-WSC-20100819/index.jhtml to reserve your room online. Please use group code **WSC** when calling the hotel. **The WSO is not responsible for making reservations.**

You must make reservations by **August 1, 2010**. Please reserve your refrigerator (one-time fee of US\$40) at the time you place your reservation. Rates are available from August 19 through September 1. Reserve your room early!

- Single/Double Occupancy: US\$129 per night (+ tax)
- Triple/Quad Occupancy: US\$139 per night (+ tax)

Workshop Topics

Below is a list of some of the Convention workshops.

- Play It Again Sam: What Worked for Me (abstinence)
- Ready for My Close Up: Changing Body Image
- True Lies: Body Image and Perception
- Take 2: Recovery From Relapse
- Cheaper by the Dozen: Traditions and Personal Recovery



- In the Still of the Night: Prayer and Meditation
- Executive Producer: Higher Power of Our Understanding
- Without God: Atheists and Agnostics
- Rule 62: Don't Take Yourself Too Seriously (humor)
- Post-Production: Maintaining a Healthy Body Weight
- Read Through: Welcome Newcomers
- When You Wish Upon a Star: The Promises
- Adults Only: Love and Sex in Recovery
- Lonely Hearts: Relationship Issues
- Behind the Scenes: Learning to Sponsor
- Supporting Cast: You and Your Sponsor
- We've Only Just Begun: Steps One, Two, Three (surrender)
- The Secret Life of . . . Anonymity (the tools)
- Gonna Sit Right Down and Write Myself a Letter: Writing Workshop (the tools)
- Pursuit of Happiness: Using a Plan of Eating (the tools)
- Rainbow Connection: Gay, Lesbian, Bisexual, Transsexual (unity with diversity)
- Dying to Be Perfect: Anorexia and Bulimia (unity with diversity)
- PG-13: Young People in OA (unity with diversity)
- In Full Technicolor: People of Color (unity with diversity)
- City of Men: Men in OA (unity with diversity)

Board of Trustees Positions Open

“OA saved my life. Serving OA as a general service trustee is one of the greatest privileges I’ve ever had. The few hours I spend each week are more than compensated for by the knowledge that it is my turn and my honor to do what others before me have done to ensure that OA is here to reach the still-suffering compulsive eater” (Cheryle T., General Service Trustee).

Is it your turn to serve on the Board of Trustees?

Seven trustee positions are currently open:

- Region One for a one-year term
- Regions Two, Five, Eight and Ten for three-year terms
- Two general service trustees for three-year terms

Region assemblies must affirm their region-trustee candidates. Those assemblies occurred in the fall, so the regions will have already confirmed their candidates. But do consider applying for region trustee in the future.

Applications for general service trustee and region trustee are available from the WSO, or you may download them from www.oa.org/services-for-members/service-body/board.php.



They must be postmarked by January 26, 2010, and have the proper signatures as indicated on the form.

The OA Bylaws, Subpart B, Section 4 lists the following general qualifications for trustee:

a) Qualifications for trustee shall be:

- 1) Seven years in the Fellowship;

- 2) Five years of service above the meeting level;
- 3) Attendance as a delegate to at least two World Service Business Conferences; and
- 4) Five years of continuous recovery in Overeaters Anonymous as evidenced by:
 - i) five years of current continuous abstinence;
 - ii) maintenance of a healthy body weight for at least two years; and
 - iii) emotional and spiritual growth as a result of incorporating into their lives the Twelve Steps and Twelve Traditions as a new way of living.

b) Qualifications for trustee must be met at the time application for trustee is submitted to the WSO. Specifically, such trustee nominees must also have:

- 1) Worked through all Twelve Steps;
- 2) Declared themselves as practicing the Twelve Steps to the best of their ability;
- 3) Declared themselves as committed to the Twelve Traditions of Overeaters Anonymous; and
- 4) Affirmed these additional qualifications on their trustee application forms.

c) Upon election, each trustee shall make a commitment of:

- 1) Adherence to the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service.
- 2) Continual recovery including abstinence and maintenance of a healthy body weight throughout the entire term(s) of office. Each person shall be the judge of his or her own recovery including abstinence and maintenance of a healthy body weight.
- 3) Compliance with all the terms and provisions of the prevailing Overeaters Anonymous, Inc. Bylaws. Additional qualifications for regional trustee may be set by each region.

Important Notice!

The Board of Trustees has approved a new demographic survey of OA in early 2010. Every group should make sure the WSO has its correct group-secretary and mailing information. This information is essential to mail the survey if your group is randomly selected to participate. To update your group’s information, go to www.oa.org/pdfs/grpregform.pdf.

Translation Fund Applications Due February 15



Does your group or service body translate OA literature? If so, you can apply for financial assistance by completing a Translation Fund Application. The WSO *must receive* the application by February 15, 2010. First, download the application at www.oa.org/pdfs/trans-fund-app-2010.pdf. You can email the completed application to info@oa.org, fax it to 505-891-4320 or mail it to the World Service Office, PO Box 44020, Rio Rancho, New Mexico 87174-4020 USA. The Board of Trustees will review applications and allocate funds at its February board meeting.

Japan Says Thank You

The Japan Language Service Board is eternally grateful for the support of the OA Translations Committee and the financial support of the [WSO Translation Fund](#) that has enabled us to finally publish a Japanese translation of OA’s “Twelve and Twelve.” This publication has been some 10 years in the making and would never have been possible so soon without the financial support of both the WSO Translation Fund and OA’s Region Ten Assembly. We truly appreciate the support of the worldwide Fellowship, whose Seventh Tradition donations support this WSO fund and all other WSO services. By facilitating publication of core OA literature in local languages, we hope that the support of the WSO Translation Fund will better equip and enable us to carry the message of the program of Overeaters Anonymous to compulsive eaters throughout Japan.

— The Japan Language Service Board

Web Links

Discover interesting and helpful OA Web-site links.

Other Language Links—Many OA meetings take place in non-English-speaking countries. Find information at www.oa.org/languages.php

Important Dates—Find dates for 2010 world service events and commemorations. www.oa.org/services-for-members/important-dates.php

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

Board of Trustees Determines 2010 Budget



The 2010 OA budget, adopted by unanimous consent of the Board of Trustees, is US\$1,853,700 in receipts and US\$1,853,700 in expenditures. This is an increase of only 6 percent over the 2009 budget. The Board of Trustees (BOT) views the approval of the budget as one of its most important tasks and considers with care each budget request and commitment. It seeks the prudent expenditure of funds with the focus on carrying the OA message of recovery. The BOT references the Strategic Plan and the Operations Plan in all budget discussions.

The budget process is as follows:

1. the World Service Office (WSO) and the BOT make their budget submissions following the August BOT meeting and the adoption of the Strategic Plan and Operations Plan;
2. the controller puts together a draft of the budget based on the submissions of the trustees, managing director and WSO managers;
3. the chairman, treasurer, managing director and controller go over the draft budget;
4. the treasurer clarifies budget requests with the relevant trustees and WSO staff;
5. the Executive Committee reviews the budget both with and without WSO staff;
6. the Executive Committee recommends to

- the BOT the proposed budget;
7. concurrent to #6, the treasurer notifies the trustees as to the specific recommendations and the rationale;
 8. the BOT discusses the proposed budget at the BOT Informal in November and adopts a budget for the following fiscal year.

Some highlights of the 2010 budget include

- funds for translation of our Web site into Spanish,
- demographic survey of the Fellowship,
- funds for distribution and tracking of a new TV public-service announcement,
- presentation at the American Academy of Family Physicians exhibit,
- 50th anniversary celebration and World Service Convention, and
- full-color *Lifeline* magazine and new electronic *Lifeline Weekly*.

In order to hold the line on our budget, the following changes are going into effect:

- Since 75 percent of our literature orders are now placed through our Web site, beginning in 2010 the WSO will make print catalogs available only by request.
- The price increase for *Lifeline* magazine that went into effect in September 2009, designed to alleviate the significant long-term deficit of the magazine, will remain.

During uncertain economic times, OA continues to slowly grow. The BOT and the WSO staff have worked hard to develop a prudent budget that will allow us to continue to carry the message. Your continued support of OA makes this difficult task easier. Thank you very much.

2010 Courier Available Through Catalog

The 2010 *Courier*, OA's annual newsletter directed to hospitals, institutions, professionals and the military, is now available for purchase. Members who distribute the 2010 *Courier* to their area professionals and institutions help carry the OA message and create awareness of the OA recovery program.

The *Courier* contains articles written by doctors, dietitians and other professionals about the positive effect the OA recovery program has had on their clients, members and patients who suffer from the disease of compulsive eating. OA members also share how a professional's referral to OA changed their lives.

Members or professionals may purchase the *Courier* from OA's online catalog or obtain it free by downloading the PDF version from the OA Web site at www.oa.org/pdfs/courier10_color.pdf. The print version available in the catalog is professionally printed, gives a polished impression and is suitable for presen-

tations. The downloadable PDF version is not as suitable for distribution to professionals. To order the catalog version of the *Courier* (catalog item #752/US\$.30 each), visit the WSO Web site at bookstore.oa.org or request a print version of the OA 2010 catalog by contacting the World Service Office (WSO).

The 2009 *Courier* has been translated into several languages. Please contact the WSO if you or your intergroup would like a copy of the *Courier* in a language other than English.

You can help raise awareness of OA recovery and spread the OA message to the professional community. Order the *Courier* today and distribute it to professionals and institutions in your area!



Outreach Project 2010

The World Service Business Conference Professional Outreach Committee is asking all service bodies to give service by reaching out to as many medical and mental-health-care professionals as possible in 2010.

The committee has put together some suggestions and templates for your use in the coming year. We encourage you to download these materials at www.oa.org/services-for-members/service-body.php#outreach and distribute them to your groups.

Thank you for your service of extending the hand and heart of OA to compulsive eaters seeking care throughout our medical community.

Web Site Templates Now Available

Does your intergroup need a Web site? Does your existing Web site need a new look? Want to reach out within your community and keep your members informed of OA happenings in your area: meeting lists, online newsletters and information on local OA events?

Check out the Web-site templates created by the Web Tech Committee for use by service bodies in OA. Choose from two Content Management Systems (CMS). Both come with documentation on how to create your Web site using these systems, as well as content files to get you started. Volunteers are available to help answer questions and give support to those who need it.

If you are interested in what such a site might look like, go to www.aloha.oar2.org or erehwon.floridafryes.net/. These sites are examples of the look and feel you can create with your site using this template tool kit.

Once you have created the site, maintenance is as simple as using word-processing software. You will be "carrying the message" using one of today's most advanced media. The only requirements are the willingness to try, a few basic computer skills and a connection to the Internet.

For information or to get started, email template@oa.org.

OA Logo Permission Expanded

OA service bodies can now apply for 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.

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*. Log in to your e-Lifeline subscription. Uncheck "unsubscribe.")**

Datebook Has Moved to the Web!

Datebook will no longer appear in *Lifeline*. To reach a broader audience, it has moved to the OA Web site (www.oa.org/datebook.php). Datebook entries must arrive two weeks before you want the information to appear. Please submit your entries to datebook@oa.org, or to the OA Web site page "Contact Us" at www.oa.org/contact.php. Select "Datebook" from the drop-down menu.



Did you know that of 6,480 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.

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](#).

Special Catalog Items for OA's 50th Anniversary

(All items are available online at bookstore.oa.org.)

50th Anniversary Bookmarks



Commemorate OA's 50th anniversary with a black-etched, gold-metal bookmark. Packaged in an elegant white gift card with envelope, it is two inches (5 cm) in diameter. "Together We Can" and the 50th Anniversary logo etched on one side and "I Put My Hand in Yours, 1960–2010" on the other side.

#676/\$4, plus shipping*



Reflections: A Visit with OA's Cofounder

OA's cofounder describes the birth of OA in this 45-minute interview reissued for OA's 50th anniversary. For use *only* within OA by OA members, groups and service bodies.

DVD, **#670/\$12, plus shipping***



Anniversary Contribution Envelope

Celebrate your recovery by making an anniversary contribution to OA. Honor your personal abstinence or OA's 50th anniversary. On the inside flap of the self-addressed envelope is space for member information and payment. Standard business size.

#809/Free, plus shipping*

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

From Your Editor

Some readers have asked why the subscription rates for *Lifeline* have increased. The board of trustees has not raised *Lifeline* prices for several years, but increased printing and postage costs have made *Lifeline*'s deficit unsustainable. To make *Lifeline* self-supporting, the board had to raise prices.

To continue publishing the magazine in its two-color format, the price had to increase from \$15 to \$22 for a one-year subscription. For \$1 more, \$23 per year, our readers now receive a four-color magazine, which means more value for their money, a professional image for the magazine and a more effective public-outreach tool. The board sought to bring subscription prices in line with inflation, but more than that, to invest in the future of *Lifeline* by giving it an up-to-date and appealing design.

We appreciate your support to help *Lifeline* become self-supporting.

Celebrate Unity Day February 27

Unity Day recognizes the strength of the Fellowship worldwide. At 11:30 a.m. Pacific Standard Time, OA members pause to reaffirm the strength inherent in OA's unity.

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.

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

- illness; achieving abstinence; improving a relationship; mastering chaos or finances; finding a Higher Power, etc.)
- "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,

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