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A Step Ahead

Second Quarter 2010

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Fifty years of reaching out

Conference 2010 Promotes Work and Education

INSIDE

Some Groups Receive Translation Assistance

Free Bonus for e-Lifeline Subscribers

Annual Audit Completed

Lifeline Reps Make All the Difference

What's New From WSO

OA Will Survey Members in 2010

Web-Site Templates Now Available

New Television Public Service Announcement Distributed

Web Links

WSBC Committees Offer Support

Outreach Excitement Example



2010 WSBC logo

“Half a Century = One World of Growth” is the 2010 World Service Business Conference (WSBC) theme that will frame the Conference sessions April 26 – May 1 in Albuquerque, New Mexico USA.

Delegates will debate and vote on motions, elect new trustees and have the opportunity to attend a myriad of workshops to glean information they can bring back to their intergroups and groups.

Workshops include the following topics:

- Service, Traditions, Concepts
- Only You Can Help Spread Recovery
- 2010: Look Where We've Been and Where We're Going
- Recovery Is Contagious! 50 Years, 75 Countries and Counting

- Smiles of Service: Longtimers Sharing Their Service
 - Youth in OA: Is Recovery Hereditary?
 - Money Matters: A Look at the OA Financial Report
- New delegates and those needing a refresher course can attend the workshop “All About Conference” to increase their understanding of parliamentary procedure and other aspects of the business sessions. First-time delegates, called “Green Dots” because of the green dot on their nametags, can also participate in the mentor program in which experienced delegates match up with first-timers to give them support and answer questions. This year the agenda offers two opportunities for green dots and mentors to meet.

Delegates will consider nine new-business proposals and three amendment proposals to OA Bylaws, Subpart B:

- New Business Proposal A: to amend the format for presentations/discussions at Conference
- New Business Proposal B: to approve a new literature statement
- New Business Proposal C: to establish a Youth in OA Conference Committee
- New Business Proposal D: to amend the policy on communications for Conference delegates
- New Business Proposal E: to amend the policy

Continued on page 2

Registration and lodging reservations now available online

Convention 2010—Now Playing: 50 Years of OA Recovery



Join OA members for fun and fellowship at OA's 50th anniversary Convention held at the Hilton Los Angeles Airport Hotel in Los Angeles, California USA from August 26–29. The theme, “Now Playing: 50 Years of OA Recovery,”

celebrates the experience, strength and hope OA members have shared over the years.

The World Service Office has released the tentative workshop schedule. You can download it at

www.oa.org/pdfs/workshopschedule10-attendeepdf.pdf

Please be sure to distribute this information to your members, groups and service bodies.

If you're interested in receiving the latest Convention information, please email Margaret (Meg) H. at conventioninfo@oa.org and request to be placed on the electronic mailing list. Please provide your name, city, state, country and email address.

As a reminder, lodging and registration are open, so be sure to make your hotel reservations and register for the Convention as soon as possible. **Space is limited!** Lodging and registration information are on the OA Web site at www.oa.org/world-service/convention.php.

Attention

Intergroups and Service Boards:

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

**April 26–May 1
World Service
Business
Conference
2010**

Conference 2010 Promotes Work and Education *Continued from page 1*

on sale and distribution of OA-approved literature

- **New Business Proposal F:** to require email contact information from registered groups and service bodies (face-to-face and virtual)
- **New Business Proposal G:** to amend the policy on the terminology “compulsive eater” and “compulsive eating”
- **New Business Proposal H:** to make the Final Conference Report available electronically
- **New Business Proposal I:** to add a ninth tool “A Plan of Moving”
- **Bylaw-Amendment Proposal 1:** to amend Article IX – Board of Trustees, Section 4 – Qualifications to require service “beyond” the meeting level
- **Bylaw-Amendment Proposal 2:** to amend Article X – Meetings of Delegates, Section 3 – Delegates to require delegates to have two years of service “beyond” the group level
- **Bylaw-Amendment Proposal 3:** to amend Article X – Meetings of Delegates, Section 4 – Notice to allow service bodies to request their preferred means of commu-

nication (mail or electronic transmission)

Delegates will vote on whether to approve revisions to pamphlets titled *To the Family of the Compulsive Eater, Welcome Back, Tools of Recovery, To the Teen, Questions and Answers*, and *Sponsoring Through the Twelve Steps*. They will also vote on whether to grant the Conference Seal of Approval to a new pamphlet titled *A Common Solution: Diversity and Recovery*.

Delegates will also vote to fill seven trustee positions: five region trustees and two general-service trustees (GSTs). All positions are open for three-year terms except Region One, which is a one-year term. Nominees are

- Region One – No nominees
- Region Two – Margaret H.
- Region Five – No nominees
- Region Eight – Gerri H.
- Region Ten – Clifford B.
- GST – Barbara B., Raymond E., La Verna G., Karen K., Vicki W.

WSBC delegate mailings are available for download at www.oa.org/world-service/conference.php. After Conference, check for voting results on the WSBC Web page at www.oa.org/world-service/conference.php and in the July *A Step Ahead*.

Some Groups Receive Translation Assistance



In accordance with Tradition Five, Overeaters Anonymous has established a Translation Fund to allow OA to carry its message around the world. At the February 2010 Board of Trustees meeting, the International Publications/Translations Committee met to distribute available funds.

So far the committee has made the following awards:

- the Finland Intergroup for translation into Finnish of several pamphlets;
- the Foothills Intergroup for translation into Armenian of several pamphlets;
- the Egypt IG for translation into Arabic of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*; and
- the Junta Nacional de Servicios de Espana for translation into Spanish of *Overeaters Anonymous, Second Edition*.

To ease application barriers for funding, the translations committee decided to meet semi-annually to review applications for assistance. Deadlines in future years will be February 1 and August 1. If you plan to apply, please keep those deadlines in mind.

Thank you to all who have contributed to the Translation Fund since its inception in May 2009, and thank you to those service bodies who are working hard on these translation projects.

Some of the first recipients of the funds have completed their projects. *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* in Icelandic is beautiful and exciting to see. The committee looks forward to seeing the new projects in the next few years.

Free Bonus for e-Lifeline Subscribers!



As of January 2010 and continuing every week, *e-Lifeline* subscribers receive *Lifeline Weekly*, a special bonus just for being an *e-Lifeline* subscriber. *Lifeline Weekly*

features archived *Lifeline* articles; inspirational quotes; and spotlights on important OA issues, events and deadlines. Become an *e-Lifeline* subscriber, and you will receive *Lifeline Weekly* via email. Be sure the World Service Office has your current contact information. You can also forward *Lifeline Weekly* to OA members and other friends who might be interested in subscribing to *e-Lifeline*.

If you are an e-Lifeline subscriber and 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.”

Annual Audit Completed

Porch & Associates, certified public accountants and consultants, has successfully completed the annual audit of Overeaters Anonymous. We are again delighted to report that the firm found no “material weaknesses” or “significant deficiencies.” (That’s accountant talk!)

What this means is that OA’s internal controls over financial reporting received a clean bill of health. Sound financial reporting principles are an important part of prudent financial management. We are indebted to our dedicated World Service Office staff, especially our controller, for the integrity of our financial recording.

— *Dodie H., Treasurer*

Lifeline Reps Make All the Difference

In 1979, the following appeared in the December 1978 *WSO Notebook*, precursor to *A Step Ahead*: “Last January, when *Lifeline* began monthly publication, the magazine’s subscription list totaled 4,747. The January 1979 issue is expected to be distributed to some 12,000 subscribers . . . To what do we owe this tremendous growth? In part, it reflects the continuing growth of OA itself. Much of the credit, however, must go to those *Lifeline* representatives.”

Today, *Lifeline*’s circulation is 7,112 print and 844 electronic subscribers. OA has 6,480 groups and only 205 *Lifeline* reps. Encourage your group to have a rep, and let’s see if we can triple our circulation in 2010 as they did in 1979.

What's New From WSO

Expanded and Updated! *Twelfth-Step-Within Handbook*

A must for every group and service body, this 38-page handbook focuses on ways to help OA members in the Fellowship who still suffer. Expanded to include suggestions for individuals, groups and service bodies; ideas for Twelfth-Step-Within Day; the Twelve Concepts of OA Service; and updates of the "Twelfth-Step Skit," "Recovery-from-Relapse Meeting Format" and "Been Slipping and Sliding? A Reading and Writing Tool." Also includes retreat and workshop formats and the "Recovery Insurance Policy" for support and accountability. **#485/\$7 plus shipping***

Updated! Suggested Meeting Format
The format helps groups focus meetings on OA recovery, reinforce the program and encourage unity. Updated to reflect the revised definition of abstinence and to change the title of "Discussion" meetings to "Topic" meetings to help clarify that the meeting format does not include or invite debate or cross talk. **#512/\$.50 plus shipping***

*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.

New Television Public Service Announcement Distributed



The Board of Trustees approved a new television Public Service Announcement (PSA) titled "Many Symptoms, the OA Solution." Produced in late 2009, it has gone out to nearly 620 television stations in the US and Canada. For the next six months, our agency will track how often it airs. We have already seen a significant increase in Web-site visits since it began airing.

It is critical that OA groups make sure the World Service Office has accurate meeting information, including day, time, location and contact person, so newcomers who learn about OA from the PSA will be able to find the support they need. Please go to www.oa.org/meetings/change-form.php to update your meeting information. Allow seven to 10 days for the changes to show online.

Thank you.

OA Will Survey Members in 2010

The Board of Trustees has approved a new demographic survey of OA members in 2010. Every group should make sure the World Service Office 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/meetings/change-form.php.

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 how such a site might look, 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.

Package of OA Memories



Take a trip down memory lane! Package includes the book *Beyond Our Wildest Dreams*; the DVD *Reflections: A Visit with OA's Cofounder*; and the audio CD *And Now A Word From Our Cofounder . . . Five WSBC Speeches by Rozanne S. A festive gold ribbon with an anniversary sticker ties all the items together. Item #675/USD\$30*

This package is ONLY available at Convention and MUST be pre-ordered through the Convention registration form. You can register online at www.oa.org/convention/.

Web Links

Discover interesting and helpful OA Web-site links.

Bookstore—Updated OA bookstore is easier to use; includes Quick Form for convenient one-page ordering. bookstore.oa.org

Copyright Requests—Learn about requirements for using the OA logo or reprinting excerpts of OA literature. www.oa.org/services-for-members/copyright.php

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

WSBC Committees Offer Support

WSBC Professional Outreach Committee

The World Service Business Conference (WSBC) Professional Outreach Committee is requesting the service of all service bodies to reach out to as many medical and mental health-care professionals as possible. The committee has put together some suggestions and templates to support your efforts. 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 in extending the hand and heart to compulsive eaters through the medical community.

WSBC Public Information Committee

The WSBC Public Information (PI) Committee has created sample PI projects and is requesting that all service bodies download the information at www.oa.org/services-for-members/public-information-suggestions.php for distribution to your groups.

Twelfth-Step-Within Committee

The WSBC Twelfth-Step-Within Committee has posted "Ideas That Work" on the OA Web site at www.oa.org/services-for-members/twelfth-step-within.php. These ideas will aid service bodies in planning Twelfth-Step-Within projects in their areas. Please download these ideas and distribute them to your groups.

..... Outreach Excitement Example

The Professional Outreach and Public Information Committees of Cleveland Central Intergroup (CCI) had an exciting year in 2009. CCI began the year without active committees or a public information chair. But by the end of 2009, CCI's committees had undergone tremendous growth!

First, CCI developed its Professional Outreach Committee and announced it at local meetings; the professional-outreach chair led a discussion group. This moved many members to action, including longtimers who wanted to give back, newcomers and still-comers who were looking for a way to gain abstinence, and some who did it just because it was the right thing to do. Whatever the reason, CCI now has a Professional Outreach Committee that meets monthly to discuss and implement the Twelfth Step to carry OA's message to other compulsive eaters.

The Professional Outreach Committee began by cold-calling doctors. The committee developed a booklet that explained in simple form the method for contacting professionals as set out in OA's *Professional Outreach Manual*. Contacting various local doctors proved successful, and almost all the doctors responded with excitement to the information about OA and OA's activity in their areas.

The Professional Outreach Committee considered other outreach ideas, such as contacting Employee Assistance Programs and speaking at local health-care events. Some ideas came to fruition, and some are still in nascent form, waiting for people with the talent, time and energy to bring them to life.

Later in the year, CCI launched the One-to-One Campaign. The committee sent a letter to group secretaries to be read at each meeting for one

month. The letter encouraged OA members to take the new *Professional Presentation Folder* (available at www.oa.org) to doctors and other professionals who might find the information useful. Members distributed an estimated 50 to 100 of these folders because of CCI's outreach efforts. CCI's efforts also led to a general awareness of the outreach pamphlets and an increase in outreach efforts throughout the year.

The CCI Professional Outreach Committee also showcased exhibits at several local health fairs. Through a series of inspired events, CCI was able to exhibit at Obesity Summit 2009 at the Cleveland Clinic. Guest speakers from around the world made presentations, and CCI's exhibitors had one-on-one conversations with these professionals with the hope to further expand its outreach. As a result of these health fairs, CCI developed an organizational system to record contact information, contents of the exhibits, and successes achieved and lessons learned at such events.

The public information and professional outreach chairs intend to lead a joint committee on outreach. They hope to expand OA's presence in such areas as radio, television and local health fairs and to begin a One-to-All Campaign to encourage local members to post flyers with the *Fifteen Questions* and OA's contact information on public bulletin boards.

CCI's efforts have been in careful keeping with the OA Twelve Traditions. It is the sincere hope of the CCI outreach committees that these efforts will show many people a path to recovery that offers peace, hope and joy. CCI has more detailed information on its efforts for any members interested in trying some of its outreach ideas.

— Jon B.

Speakers List

To support members' recoveries, the Twelfth-Step-Within Committee has compiled a list of speakers, including addresses, phone numbers, email addresses, distance willing to travel and special focus. We encourage you to use this list to strengthen recovery at your meetings, special events or retreats. If you would like to add your name to the speakers list, please download the Twelfth-Step-Within Speakers Sign-Up Form at www.oa.org/services-for-members/twelfth-step-within.php. Include the appropriate signatures, and then fax, mail or email it to the World Service Office (Fax: 505-891-4320; Email: info@oa.org; Mail: World Service Office, P.O. Box 44020, Rio Rancho, NM 87124-44020 USA).



Special Bookmark for OA's 50th Anniversary

Available online at bookstore.oa.org.

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***

* 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.

Lifeline needs your ideas for the 2011 Lifeline monthly topics.

Send your suggestions to info@oa.org and put "Lifeline Monthly Topics" in the subject line. Thank you!

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](http://www.oa.org).