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# A Step Ahead

Third Quarter 2010

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This is how service serves us

## **2010 Conference Packed With Business and Fun**



Over 180 delegates from around the world gathered in Albuquerque, New Mexico USA, April 26 to May 1, for OA's 49<sup>th</sup> annual World Service Business Conference.

Workshops and discussions centered on the theme "Half a Century = One World of Growth." The Conference included such workshops as "Service, Traditions, Concepts," "2010: Look Where We're Going and Where We've Been," "Recovery Is Contagious! 50 Years, 75 Countries and Counting" and "Youth in OA: Is Recovery Hereditary?"

Delegates engaged in productive roundtable discussions at a forum titled "How Does Service Serve Us?" The forum focused on the personal rewards of service. Download the forum questions and feedback at [www.oa.org/pdfs/2010forum.pdf](http://www.oa.org/pdfs/2010forum.pdf).

Delegates adopted the following motions:

- Give the Conference Seal of Approval for the revised pamphlets *Questions & Answers*, *Sponsoring Through the Twelve Steps*, *The Tools of Recovery*, *To the Family of the Compulsive Eater*, *To the Teen* and *Welcome Back*
- Make the Final Conference Report available electronically; the World Service Office (WSO) will mail printed copies to service bodies and delegates unless otherwise requested\*
- Establish a Youth in OA Conference Committee
- Add AA-approved literature to the policy statement regarding sale or display of literature
- Allow service bodies to opt out of a printed version of the Conference mailings\*
- Require all groups and service bodies that register electronically with the WSO to provide an email contact and name
- Adopt the revised statement on approved literature
- Add a ninth tool: Action Plan
- Require delegates to have at least two years of service "beyond" the group level
- Require trustees to have at least two years of service "beyond" the group level

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## *"Pump up your program beyond your wildest dreams"*

### **Supersize Your Service to Secure Your Serenity**



I have just returned from the 2010 World Service Business Conference (WSBC). This was my second year serving as a Region Two delegate. If you want to pump up your program beyond your wildest dreams, give

service! The amount of energy felt from people around the world who were committed to abstinence was incredible. The World Service Office staff was competent, clever, courteous and caring. They were superb!

The opportunity to share with others how our program works in our areas and to hear success stories was powerful. Often the business meetings had heated discussions, yet the presence of Higher Power was evident when it was time to vote. I saw people disagree on a proposal, then forget the arguments and go out as friends for a meal. Do you think everyone was more peaceful because it involved food? And how exciting to meet new friends and renew friendships from last year!

The amount of time the Board of Trustees and the reference committees gave preparing proposals put me in awe. Small groups met to work on goals for the vari-

*Continued on page 5*

#### **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**

**August 26–29**  
**World Service**  
**Convention**  
**2010**

## Convention 2010 Now Playing: 50 Years of OA Recovery



Do you know you can still register for the upcoming Convention? Full registration (US\$140) and daily rates are available. Skip the long lines at

Convention and preregister at [www.oa.org/convention/](http://www.oa.org/convention/). The cutoff date for preregistration is **August 6, 2010**. Only onsite reservations are available after August 6.

Join OA members for fun and fellowship at OA's 50<sup>th</sup> anniversary Convention held at the Hilton Los Angeles Airport Hotel in Los Angeles, California USA from August 26 to 29. Its theme, "Now Playing: 50 Years of OA Recovery," celebrates the experience, strength and hope OA members have shared over the years. Download a detailed schedule of events

at [www.oa.org/pdfs/workshopschedule10-attendee.pdf](http://www.oa.org/pdfs/workshopschedule10-attendee.pdf).

If you have not reserved your room at the Hilton LAX, we encourage you to do so. Rooms are filling fast! You can make online reservations at [www.hilton.com/en/hi/groups/personalized/LAXAHHH-WSC-20100819/index.jhtml](http://www.hilton.com/en/hi/groups/personalized/LAXAHHH-WSC-20100819/index.jhtml). Please use the following Group Code: WSC. The cutoff date for the contracted US\$129 (single or double occupancy), US\$139 (triple or quad occupancy) is August 1, 2010. **WSO is not responsible for making hotel reservations.**

Flying into Los Angeles International Airport (LAX)? The Hilton provides complimentary shuttle service to and from the hotel/airport. The shuttle runs every 15 minutes.

Parking at the hotel? Parking for OA attendees/guests is \$9 per day.

We can't wait to see you! Now Playing: 50 Years of OA Recovery!

## WSO to Post Final Conference Report on Web



Starting with the 2010 World Service Business Conference (WSBC), each year the World Service Office (WSO) will post the Final Conference Report on the OA Web site at [www.oa.org/world-service/conference.php](http://www.oa.org/world-service/conference.php). Look for the 2010 WSBC

report for download in mid-August. Full names of delegates and their contact information will not appear in the online report. If your service body does not wish to receive a printed Final Conference Report by mail in September, please notify the WSO via email to [szimmerman@oa.org](mailto:szimmerman@oa.org) no later than **July 15, 2010**.

## 2010 Conference Packed With Business and Fun *Continued from page 1*

Delegates defeated or withdrew the following motions:

- Give the Conference Seal of Approval to the pamphlet *A Common Solution: Diversity and Recovery* (defeated)
- Revise the format for presentations/discussions at Conference (withdrawn)
- Revise OA materials to use the words "compulsive eater" and "compulsive eating" (withdrawn)

\*If your service body does **not** wish to receive a printed version of the Final Conference Report and Conference mailings, notify the WSO via email to [szimmerman@oa.org](mailto:szimmerman@oa.org) no later than **July 15, 2010**.

Delegates elected and reelected region and general service trustees (GST):

Region Eight—Gerri H. (new)

Region Two—Meg H. (reelected)

GST—Barbara B. (new, 3-year term)

GST—Vicki W. (reelected, 3-year term)

For more information on Conference voting results, read the 2010 Wrap-Up Report at [www.oa.org/pdfs/WSBCWrapUpReport10.pdf](http://www.oa.org/pdfs/WSBCWrapUpReport10.pdf).

### WSBC 2011 Important Deadlines

#### September 13, 2010

First Conference Mailing distributed (documents will be available for download)

**Due at the World Service Office (WSO) are the following:**

#### November 1, 2010

Delegate Support Fund Applications (due at WSO)

#### December 10, 2010

New Business Motions/  
Bylaw Amendments (postmarked deadline)

#### December 27, 2010

Delegate Registration (due at WSO)

#### January 25, 2011

Trustee Applications (postmarked deadline)



### Special Bookmark for OA's 50<sup>th</sup> Anniversary

Available online at [bookstore.oa.org](http://bookstore.oa.org).

Commemorate OA's 50<sup>th</sup> 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 50<sup>th</sup> 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](mailto:info@oa.org) for shipping charges outside US.

## WSBC 2010 Delegates Adopt Motion to Create Ninth Tool

The delegates at OA's World Service Business Conference 2010 adopted a motion that created a ninth tool called "Action Plan." The Conference Literature Committee is working on a definition to be incorporated into the *Tools of Recovery* pamphlet. The committee will present the definition for adoption at WSBC 2011. Until that time, OA members are free to interpret "Action Plan" as they wish.

## What's New From WSO

Delegates at the 2010 World Service Business Conference approved revisions for six OA pamphlets: *To the Family of the Compulsive Eater*, *To the Teen*, *Welcome Back*, *Questions and Answers*, *Sponsoring Through the Twelve Steps* (formerly *A Guide to the Twelve Steps for You and Your Sponsor*) and *The Tools of Recovery*.

You may purchase *To the Family of the Compulsive Eater* and *To the Teen* at [bookstore.oa.org](http://bookstore.oa.org) or call the World Service Office (WSO) at 505-891-2664. *Sponsoring Through the Twelve Steps* will become available in mid-July. Over the next few months, the WSO will revise and print the other three pamphlets.

### **Revised and Updated!** *To the Family of the Compulsive Eater*

Offers understanding and advice for families trying to support a loved one. Describes the disease of compulsive overeating and changes in behavior or relationships family members might experience. #240/\$.25 plus shipping\*

### **Expanded!** *To the Teen*

Covers a broad range of disease manifestations, including anorexia, bulimia and overeating, in recovery stories written by teenage OA members. Revised questionnaire helps teens decide if they have a problem with food. #280/\$.60 plus shipping\*

### **Rewritten and Expanded!** *Sponsoring Through the Twelve Steps* (formerly *A Guide to the Twelve Steps for You and Your Sponsor*)

Provides in-depth guidance for working the Steps with sponsees. #220/\$.75 plus shipping\*

### **New Radio and TV PSAs for Service-Body Web Sites**

Post the radio PSA ("Start Living the Life You Deserve") and TV PSA ("Many Symptoms, the OA Solution") on service-body Web sites. Requires copyright permission from the WSO. Contact [nlippel@oa.org](mailto:nlippel@oa.org) for information.

\* 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](mailto:info@oa.org) for shipping charges outside US.

## Web Links

Discover interesting and helpful OA Web-site links.

**New! Podcast in French**—"Interview with Alison" is the 19th in OA's podcast series. An English transcript is available for download.  
[www.oa.org/podcast/](http://www.oa.org/podcast/)

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

## Using the OA Logo



The OA logo is a trademark protected by copyright laws and adopted by OA in 1978. Only the World Service Office (WSO) may use the OA logo "as is," meaning as it appears on the homepage of the OA Web site and on OA literature.

Many groups and service bodies are unaware they can use a customized version of the OA logo with the permission of the WSO. Including the OA logo on your registered group or service body's publications gives them a professional look and promotes your group or service body's connection to OA as a whole.

Making a request on behalf of your group or service body to use the OA logo is easy! Just follow these simple steps:

- Download a Request for Permission to Use the Overeaters Anonymous Logo form (Request Form) from the OA Web site at [www.oa.org/services-for-members/copy-right.php](http://www.oa.org/services-for-members/copy-right.php) (the PDF link is at the bottom of the page).
- Print the Request Form and fill it out on behalf of your registered group or service body. Make sure to indicate the purpose for which your group would

like to use the logo. **NOTE: Your group may request the use of the logo for a one-time purpose or your service body may request blanket privilege for use of the logo for a two-year period on any of your group or service body's flyers, posters, newsletters, meeting lists, Web sites, stationery and business cards.**

- Create your group or service body's customized version of the logo. To do this, click and drag the OA logo from the OA Web site into a blank Microsoft Word file. Then type the name of your group or service body in CAPS directly beneath the logo.
- Print your customized logo and attach it to your Request Form.
- Send your Request Form and customized version of the logo to the WSO. You can send your application package by mail to World Service Office, P.O. Box 44020, Rio Rancho, New Mexico USA 87174-4020; by fax to 1-505-891-4320; or by email to [cfredriksen@oa.org](mailto:cfredriksen@oa.org).

The WSO has many different file formats and versions of the OA logo that it can provide groups or service bodies who have received permission to use the logo. Once the application package arrives at the WSO, please allow one to two weeks for processing. If you have questions about your application, contact Christine Fredriksen at [cfredriksen@oa.org](mailto:cfredriksen@oa.org).



### Send Us Your 12/12 Ideas!

December 12 (12/12) is International Twelfth-Step-Within Day. Help groups plan for this day by sending your celebration ideas to [info@oa.org](mailto:info@oa.org). Please put "12/12 Ideas" in the subject header.

We will publish the ideas in the September/October *Lifeline* and the October *A Step Ahead*.

## Delegate Support Fund Removes Financial Barriers to Participation

In 2010 the Delegate Support Fund (DSF) provided \$5,050 of financial assistance to delegates at the 2010 World Service Business Conference.

Contributions may be made year-round to this important fund by mailing checks to the World Service Office (WSO) with "DSF" in the memo line or by contributing online at [bookstore.oa.org/contributions.php](http://bookstore.oa.org/contributions.php).

To apply for funding to the 2011 Conference, you may download the application from [www.oa.org/world-service/conference.php](http://www.oa.org/world-service/conference.php) or check your service-body mailing. The WSO mailed applications to all service bodies in early July and must receive applications at the WSO no later than November 1, 2010.

# Money Matters

Some delegates at the 2010 World Service Business Conference attended an eye-opening workshop titled “Money Matters—A Look at the OA Financial Report,” led by Board of Trustees (BOT) treasurer Dodie H. and World Service Office (WSO) controller Sarah Armstrong.

Topics covered included sources of OA world service funds, changes to *Lifeline* in 2009, prudent-reserve-fund management, WSO and BOT annual budget process, annual world services audit and contributions to world services from around the world.

In addition, workshop leaders informed the attendees of the resources available through the OA literature catalog ([bookstore.oa.org](http://bookstore.oa.org)) and the OA Web site ([www.oa.org](http://www.oa.org)) to assist service bodies in attending to their local financial affairs.

These include the following pamphlets, guidelines and newsletter:

- Suggested Meeting Format #512
- Seventh Tradition of OA #802
- OA Handbook for Members, Groups and Service Bodies #120
- The Twelve Concepts of OA Service #330
- “Budget Guidelines for Service Bodies” \*
- “Fundraising and Prudent Reserve Guidelines for Groups and Intergroups” \*
- “Guidelines for OA Events” \*
- “Intergroup Treasurer Guidelines” \*
- Seventh Tradition Skits ([www.oa.org/pdfs/seventh\\_trad\\_skits09.pdf](http://www.oa.org/pdfs/seventh_trad_skits09.pdf))
- *A Step Ahead* ([www.oa.org/services-for-members/newsletters.php](http://www.oa.org/services-for-members/newsletters.php)).

Interested members can find a copy of the workshop PowerPoint presentation at [www.oa.org/services-for-members/service-body.php#money](http://www.oa.org/services-for-members/service-body.php#money).

\* [www.oa.org/services-for-members/oa-guidelines.php](http://www.oa.org/services-for-members/oa-guidelines.php)



# Keeping You Informed

Hello, everyone. My name is Joe L. As the newly elected treasurer of Overeaters Anonymous, I plan to continue the practice instituted by my predecessor, Dodie H., of including a treasurer’s report in OA’s *A Step Ahead* newsletter. I can’t think of a more cost-effective manner to stay in touch with the Fellowship.

As a member of the Executive Committee of the Board of Trustees (BOT), I can assure you the BOT is all about being cost-effective. I believe this space in *A Step Ahead* is best used to keep the Fellowship informed about our financial situation, especially about information you might not be aware of. Also, with your permission, I would like to offer some things each of us might do to improve OA’s financial condition.

First, as per New Mexico State Law, OA undergoes an audit every year. Our auditor has just completed that process and has given us high praise. During tough economic times, nonprofit organizations often suffer. The assessment of our nonprofit told us two things about our healthy financial condition:

1. The Executive Committee has made and continues to make conservative financial decisions. In hard times it is these conservative decisions that keep us on solid financial ground.
2. The OA Fellowship is fabulous! During these difficult times we have continued to maintain a committed level of contributions. For that we deserve a big round of applause!

However, we have made no progress with regard to the goal established in our Strategic Operations Plan to increase Seventh Tradition contributions by 10 percent. While it is true the BOT included this goal in the strategic plan before the world’s economic troubles set in, we need to return to our goal of increasing contributions as conditions in our local areas improve.

I look forward to serving as your treasurer as together we work to ensure OA’s financial well-being.

— Joe L., Treasurer, General Service Trustee

# Goal to Increase Membership

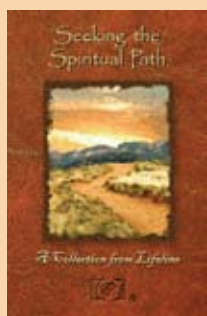
When the Board of Trustees adopted the five-year Strategic Plan in 2008, one goal was to increase the membership of Overeaters Anonymous 20 percent by the year 2013. Trustees discussed this goal with delegates at the 2010 World Service Business Conference so the delegates would know this is a main goal of the strategic plan.

A 2008 survey assessed OA membership at about 54,000 members worldwide. We hope the board’s other strategic-plan efforts, including extended focus on public and professional awareness, strong meetings, committed service bodies and OA’s financial health, will have a positive

effect on the goal of increasing membership.

Increased contributions, sales of literature and new visits to the OA Web site ([www.oa.org](http://www.oa.org)) are evidence the Fellowship seems to be growing and offers hope we are on track to reach our 2013 goal. Wouldn’t it be nice if this goal were not only met, but also surpassed! Together we can!

Please pass on this information to local groups and service bodies so the entire Fellowship can participate in bringing this goal to fruition. You can read more about the board’s strategic plan at [www.oa.org/services-for-members/service-body/board.php](http://www.oa.org/services-for-members/service-body/board.php).



## 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 the awesome stories she found within. #978 US\$8.35 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](mailto: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, Greek, Hebrew, Icelandic, Portuguese, Swedish and Turkish. For more languages and for information on obtaining copies of translations, contact the [World Service Office](http://WorldServiceOffice).

## AA Addresses Changing Words

Numerous OA members have contacted the World Service Office to ask if it's acceptable to change the words "alcohol" and "alcoholic" to "food" and "compulsive overeater" when reading aloud from AA literature.

Below is an excerpt of a letter from the A.A. General Service Office (dated January 22, 2010) that addresses this question:

"Although the First and Second Editions of *Alcoholics Anonymous* are in the public domain of the United States, it has always been Alcoholics Anonymous World Services, Inc. ("AAWS") Board's position to request the cooperation of other Fellowships based on A.A.'s Steps, Traditions, etc. in protecting the integrity of the A.A. message as conveyed in *Alcoholics Anonymous*. AAWS has historically permitted the adaptation of the Twelve Steps and the Twelve Traditions by other Fellowships. However, when it comes to other A.A.

materials, the Board does not feel that it is appropriate for other Fellowships to substitute any other words where the words such as 'alcoholics,' 'alcoholism' appear in the original text.

"Additionally, to permit 'adaptation' of portions of text material would tend to dilute the credibility of our literature. As may be the case with some of your own literature, A.A. material derives chiefly from experience, and, therefore, possesses a certain sense of authenticity and sincerity. If the very same material were to be published with word substitutions, depending on which Fellowship was publishing it, anyone having occasion to read two or more of these versions would have good reason to doubt the integrity of any of them."

The issue of whether to change words in oral readings is a matter of respecting OA's historical relationship with AA.

## Translation Fund Applications Due

Translation Fund applications must reach the World Service Office by August 1, 2010. For more information on the fund and to download an application, go to [www.aa.org/services-for-members/service-body/aa-literature-translations.php](http://www.aa.org/services-for-members/service-body/aa-literature-translations.php). The number of grants awarded depends on how much money is in the Translation Fund. We welcome and encourage donations to the fund.

## 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."**

## Web-Site Hosting Now Available

Check out [oagroups.org](http://oagroups.org)



The Board of Trustees has established this site to ensure all our service bodies (intergroups, national service boards, language service boards, virtual service boards and regions) have the option of a Web site. Managed by the Techweb Committee, the site offers information, demonstrations and a team of volunteers ready to answer your questions. You can also have your site hosted as a subdomain on [oagroups.org](http://oagroups.org).

If you are interested in what's available, go to [oagroups.org](http://oagroups.org). This site has everything you need to get started. Once you create the site, maintenance is as simple as using word processing software, and 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 connection to the Internet. For information, or to get started, send a message to [template@oa.org](mailto:template@oa.org).

## 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 7,263 print and 945 electronic subscribers. OA has 6,480 groups and only 212 *Lifeline* reps. Encourage your group to have a *Lifeline* rep, and let's see if we can triple our circulation in 2010 as they did in 1979. Contact [myoung@oa.org](mailto:myoung@oa.org) for more information and rep materials.

## Supersize Your Service to Secure Your Serenity

*Continued from page 1*

ous committees, such as Bylaws, Conference Literature, Finance, Professional Outreach, Public Information, Region Chairs, Technology/ Web Site, Twelfth-Step-Within and Unity With Diversity. Yes, we were busy bees as we got out of ourselves and collaborated on how to reach out to the still-suffering compulsive overeater.

If you would like to share in this fantastic adventure, get abstinent, get involved with service and get yourself to the 2011 WSBC!

— Eileen C., Seal Beach, California USA

# Lifeline Monthly Topics 2011

*Lifeline* is created from OA members' letters. Monthly topics are suggestions. You may write about any subject important to your recovery from compulsive eating. Send your letters to *Lifeline*, PO Box 44020, Rio Rancho, NM 87174-4020 or email: [myoung@oa.org](mailto:myoung@oa.org).

## FEATURES:

- Stepping Out, Service With a Smile, Living Traditions and Taking the Spiritual Path: we always need stories related to these themes.
- Newcomers Corner: newcomers, share your OA experiences and concerns.
- OA Around the World: give us a history of OA in your country or area and short pieces from local members. Please send your history today!
- Generally Speaking (general OA topics) and How OA Changed My Life
- Main Attraction: share your successes with public information and attraction.

## DEPARTMENTS:

- Ask-It Basket, For Discussion and Web Links
- Share It runs only if sufficient material is available.

**OTHER MATERIALS:** *Lifeline* accepts letters, artwork and photos (no faces, please) for publication. Credit lines and rights to submitted work apply equally to articles, artwork and photos. Submitted materials are not returned. *Lifeline* may edit articles and crop photos. *Lifeline* promotes "unity with diversity" regarding the race, nationality, gender, age, physical challenges and sexuality of its writers.

*Please submit articles at least three and a half months prior to the first day of the month of publication. Deadlines appear in parentheses next to topics. Indicate the topic and month for which the article is intended. Typed letters by mail, fax or email are preferred. Letters must contain the author's name and address, even if the author wishes to remain anonymous in print. Thank you.*

## JANUARY (Deadline: 9/15/10)

### How OA Changed My Life

## FEBRUARY

### (Deadline: 10/15/10)

### Abstinence in a Changing Economy

How have difficult financial times challenged your recovery? What adjustments have you made to your program because of the changing economy? How have you maintained abstinence during the loss of retirement savings or a job?

### Aging Abstinently in OA

How has aging affected your abstinence? What changes did you have to make to your program? What are some of the struggles or benefits to aging in program?

### Abstinence When Eating Out

How do you maintain abstinence when eating out? What challenges do you face, and how do you cope with them with serenity and dignity when dining with noncompulsive eaters?

### Abstinence on Vacation

Share how you maintain abstinence on vacation. Describe the biggest challenge to your abstinence when traveling. How have you dealt with it with the help of OA? How has your ability to travel changed since joining OA?

### Eating for Two With Abstinence

How do you remain abstinent while pregnant? What is the greatest challenge?

### Unity Day

### What *Lifeline* Means to Me

## MARCH/APRIL

### (Deadline: 11/15/10)

### We Are Not a Glum Lot: Joy, Happiness, Humor and Laughter in Recovery

How has humor helped your recovery? How did you reclaim your sense of humor in program? Describe things your group does to promote joy, happiness and laughter at meetings. Is it true that laughter is the best medicine?

### Lighten Up: The Funniest Thing That Ever Happened at an OA Meeting

Get us laughing with your tale, and send a photo of your meeting place (no faces please).

## MAY (Deadline: 1/15/11)

### My Food Plan

Tell how you found your food plan and how or why it has or has not changed. What was the biggest challenge in choosing a plan? How has your plan helped? If you are a longtimer, describe how changes to the economy, culture and technology have affected your plan. What is most important for a still-suffering compulsive eater to understand about food plans?

## JUNE (Deadline: 2/15/11)

### Three-Fold Recovery: Its Role in Attraction

Which is more "attractive" and why: physical, emotional or spiritual recovery? Which of the three is more likely to attract people to OA? If all three are needed to be attractive and attract, explain why.

## JULY (Deadline: 3/15/11)

### Generally Speaking

Stories welcome on any topic.

## AUGUST (Deadline: 4/15/11)

### Success Stories: Reaching Out to Teens and Young People

Describe how your experience, strength and hope as a young person fueled you to reach out

to other teen compulsive eaters. How did your group help carry the message to teens and young people in your area?

### Public Information Successes

Describe successful efforts to disseminate information about OA to the general public.

### Professional Outreach Successes

Describe successful efforts to disseminate information about OA to those professionals who work with compulsive eaters.

### Loners: A Two-Way Street

How did you pull yourself out of isolation? How did you reach out to OA, and how did OA members show you a way out of loneliness? How have you helped other still-suffering loners who may or may not be in OA? How can your group reach out to a loner?

## SEPT/OCTOBER

### (Deadline: 5/15/11)

### Starting Over, Again

Starting over is hard. Describe the situation(s) that triggered your slip into relapse and what brought you back on track. How did you continue on the right track? What did you learn from your relapse?

### It Really Works! Keep Coming Back!

How does "coming back" help you maintain recovery? When you didn't want to go to meetings or life got in the way of program, what kept you coming back? What is the greatest benefit of coming back time and again?

## NOVEMBER (Deadline: 7/15/11)

### How the Twelve Steps Have Affected My Family

How has your family life

changed since you began working the Steps? What would your family say is the greatest change in you since you found recovery? What would they say is the hardest thing about having a family member working the Twelve Steps? What are some positive things your family has done or said to help you in recovery? As you've worked the Steps, which Step has had the biggest impact on your relationship with your family?

### Principles Before Personalities

When have you experienced the power of putting principles before personalities? How have you slipped regarding this principle, and how did you make amends? How do you work this principle into your program?

### IDEA Day

### Coping With the Holidays

## DECEMBER

### (Deadline: 8/15/11)

### Twelfth Step Within

Describe your individual efforts as well as group efforts to practice the Twelfth Step Within. How has your Twelfth-Step work or your service on a Twelfth-Step-Within committee impacted your program and recovery?

### How to Carry the Message to the Still-Suffering

Share your or your group's action plan to carry the message to those still suffering in your group. Which part of the *Twelfth-Step-Within Handbook* has been most useful to you or your group in creating your action plans? Relate some success stories about people to whom you or your group have carried the message.

### Twelfth-Step-Within Day