



A Publication of:  
Overeaters Anonymous, Inc.  
P.O. Box 44020  
Rio Rancho, NM 87174-4020  
USA  
Phone: 1-505-891-2664  
Fax: 1-505-891-4320  
Email: [info@oa.org](mailto:info@oa.org)  
Website: [www.oa.org](http://www.oa.org)

# A Step Ahead

Third Quarter 2014

Volume 18, Number 3

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## Virtual Service Boards Offer Benefits

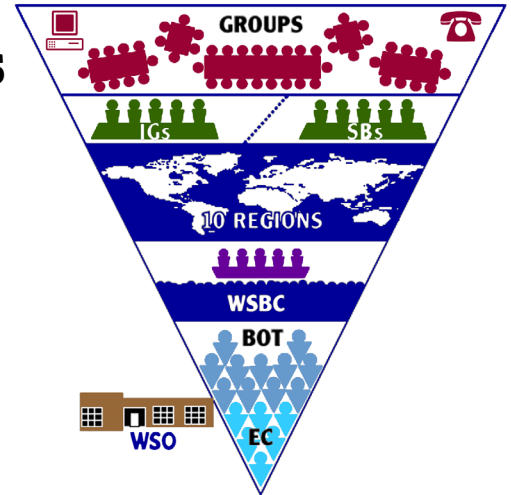
### A Voice for Virtual Groups

Two or more virtual groups (phone or online) may create a Virtual Service Board to share information and help each other thrive. Some virtual groups join together and act as VSBs without formally establishing one. While these informal groups enjoy many benefits, officially forming a VSB is an important step.

As individuals in OA, we learn that to stay in recovery we have to give away what we have received. The same is true for virtual groups. The question is not what can a VSB do for me? The question is what can a VSB do for OA?

Looking at the service pyramid one sees how individual members guide the actions of OA as a whole by attending meetings that send representatives to area intergroups to speak for them. The service body then sends delegates to the annual World Service Business Conference to speak for the intergroup.

Like intergroups and other service boards, Virtual Service Boards send delegates to WSBC. Thus VSBs allow virtual groups to have a voice and a vote in what happens to OA. If a meeting is not part of a VSB, it is



as isolated as a member of OA who is choosing to not attend meetings.

Virtual meetings are a new part of the OA Fellowship and have an important message to share. The larger Fellowship needs to see that members in these groups have good recovery and are a part of Overeaters Anonymous.

Being able to send delegates to WSBC is a key benefit

*Continued on page 2*

### 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

**November 15**  
**IDEA Day**  
**International Day**  
**Experiencing**  
**Abstinence**  
**11 a.m. PST**  
**December 12**  
**Twelfth Step**  
**Within Day**

## “Our Primary Purpose” Inspires Workshops

### Fun and Business Combine at WSBC 2014

Over 190 delegates from around the world gathered in Albuquerque, New Mexico USA, for OA’s 53rd annual World Service Business Conference held April 28–May 3.

Workshops and discussions this year focused on the theme “Our Primary Purpose.” The Conference included such workshops as “Sponsorship: Its Role in Our Primary Purpose,” “Our Primary Purpose: Abstinence First,” “Our Primary Purpose: Working All Twelve Steps” and “Our Primary Purpose: Carrying the Message.”

Delegates participated in a game show format at a forum titled “Who Wants to Stay Abstinent? Play the Game and Stick With the Winners!” The forum focused on OA’s primary purpose.

The delegates adopted the following motions:

- Give Conference Seal of Approval to the *Unity With Diversity Checklist*.
- Give Conference Seal of Approval to *Overeaters Anonymous, Third Edition*.
- Change the name of the Youth in OA Committee to OA Young Persons’ Committee.

- Allow email groups (loops) to list with the WSO as a courtesy.
- Delete the requirement for service bodies to update their bylaws within two years of notification of amendments to OA, Inc. Bylaws.
- Require intergroups and service boards to meet once per year for election of officers.

Several housekeeping motions related to outdated policies or policies no longer necessary were deleted from the *Conference Policy Manual*.

The deadline to request a downloadable version instead of a printed version of the Final Conference Report is July 11, 2014. Please email Sandy Zimmerman at [zimmerman@oa.org](mailto:zimmerman@oa.org). Again this year, all Conference documents will be available on the OA website. Email notifications will be sent to registered delegates and service bodies when the documents are available on the site.

For information on Conference voting results, read the 2014 Wrap-Up Report at [www.oa.org/pdfs/WSBC\\_Wrap\\_Report14.pdf](http://www.oa.org/pdfs/WSBC_Wrap_Report14.pdf).

# New Officers, Trustees and Committee Chairs for 2014–2015

Delegates to the 2014 World Service Business Conference elected or reelected several members to the Board of Trustees.

## *New region trustee*

- Cyndy L. (Region Four)

## *Reelected region trustees*

- Margie G. (Region One)
- Barbara G. (Region Seven)

## *Reelected virtual services trustee*

- Stephanie D.

## *Reelected general service trustees*

- Karen C. (three-year term)
- Janice S. (three-year term)

For information on Conference voting results, read the 2014 Wrap-Up Report at [www.oa.org/pdfs/WSBC\\_Wrap\\_Report14.pdf](http://www.oa.org/pdfs/WSBC_Wrap_Report14.pdf).

Officers of the Board of Trustees and committee chairs for the 2014–2015 term are:

## *Officers*

- Chair, Joe L.
- First Vice Chair, Meg H.
- Second Vice Chair, Karen C.
- Treasurer, Gerri H.

## *Board committee chairs*

- Board-Approved Literature, Linda J.
- BOT Bylaws, Cyndy L.
- BRM Review, Karen C.
- Conference Planning, Karin H.
- Convention 2016, Karin H.
- Internal Information, Barbara G.
- International Publications/Translations, Esti O.
- Professional Tradeshows, Faith M.



- Public Awareness, Vicki W.
- Strategic Planning, Meg H.
- Virtual Services, Stephanie D.

## *Conference committee chairs*

- Bylaws, Bob F.
- Conference-Approved Literature, Tina C.
- Finance, Gerri H.
- Professional Outreach, Faith M.
- Public Information, Vicki W.
- Region Chairs, Stephanie D.
- Twelfth-Step-Within, Linda H.
- Unity with Diversity, Karen C.
- Web/Technology, Margie G.
- OA Young Persons', Janice S.

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## Staffing Changes at World Service Office

The WSO's Publications Department has seen many changes this summer with the retirement of previous Publications Manager Terry Stuart and Periodicals Editor Kathleen Bougère. We are happy and excited to welcome our new staff members to the WSO team.

WSO's new publications manager is DeDe DeMoss. She is a graduate of the University of Texas at Austin and the Radcliffe Publishing Course at Harvard University. A top-notch editor and project manager, she brings to OA a background of more than 20 years in publishing, having been managing editor at many major national magazines.

Summer Russo, who has been an associate editor at WSO for two years, was promoted to periodicals editor, which includes *Lifeline*, *A Step Ahead* and *Professional Community Courier*. She is an excellent editor as well as a

talented and creative designer. We are thrilled she has taken on this new position and look forward to working with her in this new capacity.

Our new associate editor is Kevin McGuire. He is a graduate of the University of Notre Dame with a Bachelor of Arts in English and has extensive experience in writing, editing and publications management from his work as a communications specialist at a large, New Mexico health care provider.

The WSO will also soon have a change in the accounting department. Accounting Technician Joi Powell will relocate to Austin, Texas, this summer. Brett Burleigh, a recent graduate of the University of New Mexico Anderson School of Management, will begin taking on her duties July 1. Brett comes to us with a strong background in customer service and is looking forward to working with our members.

## WSBC 2015 Important Dates

### July 2014

Delegate Support Fund application and contributions letter distributed in July quarterly service body mailing

### July 11, 2014

Opt out of Final Conference Report hard copy due to WSO

### September 2, 2014

Conference e-Documents No. 1 available on the OA website

### November 1, 2014

Delegate Support Fund applications due to WSO

### December 10, 2014

New Business Motions/Bylaw Amendments postmarked to WSO

### December 29, 2014

Delegate registration due to WSO

## A Voice for Virtual Groups

*Continued from page 1*

of VSBs and members who attend virtual meetings have a unique perspective. A delegate from a VSB may have something to say that no one else has thought of.

Members who are not familiar with virtual meetings need to hear the similarities and differences between virtual meetings and face-to-face meetings. This does not mean that one is superior to the other. Every OA group has a part in carrying the OA message to the still suffering compulsive eater.

If you attend virtual meetings that have not formed a Virtual Service Board, please bring the idea to your next group conscience meeting.

— *BOT Virtual Services Committee*

## Lifeline Request

*Lifeline* needs stories about individual Steps and Traditions for the Living Traditions and Stepping Out features in *Lifeline* magazine.

Please send your stories to [info@oa.org](mailto:info@oa.org).

## What's New From WSO

### *NEW! Unity with Diversity Checklist*

Just approved at WSBC 2014, this checklist for OA groups and service bodies is offered in the spirit of the Third Tradition of Overeaters Anonymous and the OA Unity with Diversity Policy Statement. The checklist is not meant to be exhaustive but is a good starting point for reflection and discussion of our understanding of diversity in OA.

**Free download** at [www.oa.org/new-unity-with-diversity-checklist/](http://www.oa.org/new-unity-with-diversity-checklist/).

### *Strong Abstinence Checklist and Writing Exercise*

For today, use this checklist and writing exercise to strengthen your recovery and reinforce the gift of abstinence in your life. You may also use it as the focus for meetings and workshops.

**Free download** at [www.oa.org/new-strong-abstinence-checklist/](http://www.oa.org/new-strong-abstinence-checklist/).

### *Monthly Telephone Workshops*

The Board of Trustees Virtual Services Committee is offering a yearlong series of monthly telephone workshops. Each month, one workshop will feature a Board of Trustees speaker focusing on discussions of OA literature. A second workshop will feature a region chair speaker focusing on a variety of topics, including "Plan of Eating Panel," "How to Sponsor" and "Recovery From Relapse." For complete details, check the Datebook calendar at [www.oa.org/datebook-calendar/](http://www.oa.org/datebook-calendar/). If you have questions, contact the Virtual Services Trustee. Listen to recordings of past workshops on our podcast page, [www.oa.org/oapodcasts/](http://www.oa.org/oapodcasts/).

### **Ask-It Basket Request**

If you have a question about OA, send your question to [info@oa.org](mailto:info@oa.org) with the header "Lifeline Ask-It Basket." An OA trustee will answer your question, and it may also appear in the Ask-It Basket in *Lifeline*.

**SPONSORSHIP:  
TOGETHER  
WE RECOVER**

## *Out With Old, In With New Literature*

In January 2015 Overeaters Anonymous will be 55 years old! Since its inception, the Fellowship has developed many books and pamphlets to support recovery. As the years passed, the needs of the program changed, resulting in revised literature that reflects OA's current group conscience. Some pamphlets, such as *The Tools of Recovery*, have been revised numerous times as the Fellowship added new tools and revised tool descriptions. Which version of the pamphlet does your literature table display and sell? A 2011 copyright date should appear on the back of this pamphlet. If not, out with the old and in with the new!

Only the most current, revised OA pamphlets or books should be on our literature tables as these reflect the current philosophy and policies of Overeaters Anonymous. Outdated literature is misleading to everyone, but especially to a newcomer.

How do you determine if your literature is current? The best way is to check the copyright or revision date. On the back of the pamphlet toward the bottom and on the first page of books, there are dates that reflect when the pamphlet was last revised. This date is what needs to be compared with the list provided to see whether your literature indeed reflects the most accurate information about OA. Copyright dates for literature also are included in the product information for books and pamphlets in the OA Bookstore at [oa.org](http://oa.org). You can view copyright dates for each item by clicking on the item.

If any item on your literature table is out of date, it needs to be removed and destroyed. Unfortunately, outdated material may not be distributed anywhere, as the information about Overeaters Anonymous is incorrect and cannot be disseminated to anyone, even for no cost.

Another way to determine if literature is outdated is by checking the World Service Office address that's given in the literature. If it's Torrance or Los Angeles, California, the literature is outdated! WSO moved to Rio Rancho, New Mexico, in 1995, and all OA literature has been reprinted since then showing the

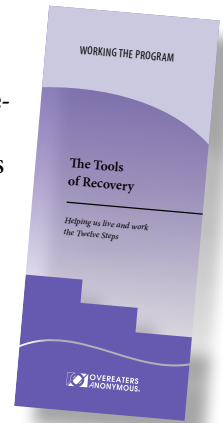
current address and phone number.

Finally, the pamphlets have been redesigned, and many of the revised pamphlets have the new design.

As can be seen, a lot of work goes into keeping the OA literature current with the policies of World Service Business Conference, OA's ultimate group conscience.

So, out with the old and in with the newest literature! Your literature table will reflect the best of Overeaters Anonymous, look attractive and help spread the OA message to all who share our compulsion!

— Tina C., General Service Trustee



### **New and Revised OA Literature, 2010–2013**

*A Program of Recovery*, 2012  
*About OA*, 2011  
*Abridged Tools of Recovery*, 2011\*  
*Before You Take that First Compulsive Bite, Remember . . .*, 2012  
*Fifteen Questions*, 2012  
*Guidelines for Locally Produced Literature*, 2010\*  
*Guidelines for Professional Outreach Committees*, 2011\*  
*Guidelines for Public Information Events*, 2010\*  
*Introducing OA to the Clergy*, 2013  
*Introducing OA to the Health Care Professional*, 2013  
*Is Food a Problem for You?*, 2012  
*Lifeline Writers Guidelines*, 2010\*  
*OA C.A.R.E.S Inmate Correspondence Program Guidelines*, 2010\*  
*Professional Outreach Manual*, 2011  
*Public Information Service Manual*, 2010  
*Questions and Answers*, 2010  
*Recovery Checklist*, 2011  
*Sponsoring Through the Twelve Steps*, 2012 (includes additional Big Book references)  
*Suggested Meeting Format*, 2011\*  
*The Tools of Recovery*, 2011  
*To the Family of the Compulsive Eater*, 2010  
*To the Newcomer*, 2012  
*To the Teen*, 2010  
*To the Teen Questionnaire*, 2010  
*Twelfth-Step-Within Handbook*, 2010  
*Welcome Back*, 2010

\*free download at [oa.org](http://oa.org)

# From Your Treasurer

— Gerri H., General Service Trustee, Treasurer

I was elected by the Board of Trustees to serve as your treasurer this year. Many exciting projects are in the works that I want to share.

The Conference Finance Committee is hard at work revising the Seventh Tradition pamphlet, the short version of the Seventh Tradition pamphlet and the finance guidelines.

It's already time to start thinking about World Service Business Conference 2015. Will your intergroup have the finances to send a delegate? It's not too soon to request funding. We will send out a letter in July with an application. Most regions also have a delegate support program in place, so be sure to check with your region chair or trustee on their timetable. You may need to send an application to both your region and to the World Service Office.

You know that *Overeaters Anonymous, Third Edition* is making its grand entrance soon. We still have a limited number of the second edition on hand. All of the stories in the third edition are new, with the exception of Rozanne's; so don't miss your chance to get both books! Order your second edition now before the supply is exhausted!

On a personal level, I am always interested in opportunities to increase awareness of the Seventh Tradition. When I travel, I have the unique opportunity to visit many local meetings. When the Seventh Tradition basket comes around, I hear a variety of requests. The suggested meeting format language for the Seventh Tradition states, "According to our Seventh Tradition, we are self-supporting through our own contributions. Our group number is \_\_\_\_\_. Please use the group number when making your contribution. Expenses are \_\_\_\_\_,



\_\_\_\_\_, and \_\_\_\_\_. We send monthly contributions to our intergroup or service board, World Service Office and region to help carry the message to other compulsive overeaters. Give as if your life depends on it! We encourage OA members to give as much as they are able, to help our group be self-supporting. The suggested donation is \$3.00 or more." You can download a format at [www.oa.org/pdfs/suggested\\_meeting\\_format.pdf](http://www.oa.org/pdfs/suggested_meeting_format.pdf).

Also, visit the OA Web site at [www.oa.org/documents/](http://www.oa.org/documents/) for many more great free downloads under the heading Group Treasurer Materials.

Let me close with a reminder of your option to elect an automatic recurring contribution. It's an easy way to donate. The link is <https://50447.thankyou4caring.org/>.

I welcome your suggestions on how I can best serve the Fellowship during this next year.

## Web Links

Discover interesting and helpful OA website links.

**Ask-It Basket:** Delegates at WSBC 2014 submitted many questions for the Board of Trustees. Their answers are now online.  
[www.oa.org/pdfs/AskItBasket\\_WSBC2014.pdf](http://www.oa.org/pdfs/AskItBasket_WSBC2014.pdf)

**Abstinence PowerPoint Presentation:** What is abstinence in Overeaters Anonymous? How can you use the tools of the program to achieve and maintain abstinence? As part of OA's strategic plan, the Region Chairs Committee created this presentation to assist your group or service body in exploring the concept of abstinence.  
[www.oa.org/pdfs/Abstinence\\_presentation.pdf](http://www.oa.org/pdfs/Abstinence_presentation.pdf)

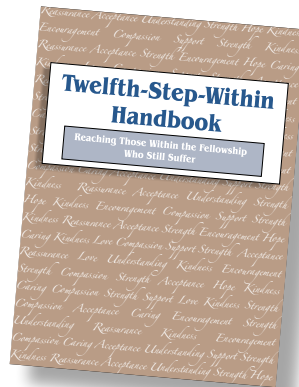
## Browsing in the Bookstore

[bookstore.oa.org](http://bookstore.oa.org) or call 505-891-2664

### Twelfth-Step-Within Handbook

A must for every group and service body, this 38-page handbook focuses on ways to help OA members who still suffer. Includes ideas for Twelfth-Step-Within Day; the "Twelfth-Step-Within Skit" and "Been Slipping and Sliding? A Reading and Writing Tool." Also includes meeting, retreat and workshop formats; and "Recovery Insurance Policy" for support and accountability.

#485/\$7.00



## Carry the Message With Automated Contributions!

Help OA carry the message with your automated monthly Seventh-Tradition contribution. You may now have a monthly contribution charged automatically to your credit card. To set up your monthly contribution, go to the OA website Contributions page at <https://50447.thankyou4caring.org/>.



# OA Special Funds Provide Opportunity

## Translation Fund Applications Due August 1

The committee meets to review and allocate funds at the Board of Trustees meetings in February and August. The deadline is August 1, 2014, to receive applications for consideration at the August board meeting. Complete the Translation Fund Application at [www.oa.org/pdfs/translation\\_fund\\_application.pdf](http://www.oa.org/pdfs/translation_fund_application.pdf) and email it to [info@oa.org](mailto:info@oa.org); or fax to 505-891-4320; or mail to World Service Office, PO Box 44020, Rio Rancho, New Mexico 87174-4020 USA.

## Delegate Support Fund Removes Financial Barriers to Participation

In 2014, the Delegate Support Fund provided \$14,125 in financial assistance to delegates at the 2014 World Service Business Conference.

Contributions may be made year-round to this important fund by mailing checks to the World Service Office with "DSF" in the memo line or by contributing online at <https://50447.thankyou4caring.org>.

To apply for funding to the 2015 Conference, you may download the application from [www.oa.org/pdfs/delegate\\_support\\_application.pdf](http://www.oa.org/pdfs/delegate_support_application.pdf) 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, 2014.



## Professional Exhibits Fund

Since 2005, the Professional Exhibits Fund has helped service bodies exhibit at professional conferences and conventions when the service bodies have lacked sufficient resources to do so.

The World Service Office accepts applications throughout the year, and the Board of Trustees evaluates them and distributes financial assistance as the fund allows. This important program extends our presence in the professional community, and designated contributions from the Fellowship fully fund the program.

The fund is in need of replenishing! If your service body would like to donate to this important effort, please indicate "Professional Exhibits Fund" on the memo line of your check or choose that option from the designation drop-down menu on our contributions page at <https://50447.thankyou4caring.org>.

Save the  
Date!

World Service  
Convention 2016

"Recovery:  
The Trail to Freedom!"

Boston Marriott  
Copley Place  
Boston, Massachusetts USA  
September 1-4, 2016

Lodging reservations will open  
in September 2015.

Registration will open  
in January 2016.

## 2015 Lifeline Topics

The WSO staff creates *Lifeline* 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:** See p. 6

**DEPARTMENTS:**

- 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.
- 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. The WSO does not return submitted materials. *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 you are submitting the article. 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.*

## Lifeline Quarterly Drawings 2014

Everyone who subscribes or renews a subscription to *Lifeline* will be entered into a quarterly drawing for a free *Lifeline* subscription to donate or add on to an existing paid subscription. Please see the flyer in this issue of *A Step Ahead* for details.

The second quarterly drawing was held June 30, and the winner is **Faustine W. from San Diego, California USA.** Congratulations, Faustine!

## 2015 Lifeline Topics

### January (Deadline: 9/15/14)

#### Using the Action Plan Instead of New Year's Resolutions

How is the action plan tool more useful to you than New Year's resolutions? How do you set goals and make life changes now that you started working the OA program of recovery?

#### How OA Changed My Life

Describe your physical, emotional and/or spiritual life before and after being in OA.

### February (Deadline: 10/15/14)

#### Carrying the OA Message to Diverse Groups

What is your experience with carrying the OA message to people of a different age, gender, race or culture than yours? How did you overcome any reluctance, fear or shame? How did discovering your common bond impact you? How do the concepts "We are the message" and "Attraction, not promotion" fit into carrying the message to diverse groups?

#### Unity Day

February 28 is Unity Day, when OA members pause to reaffirm the strength inherent in OA's unity. What does being part of the worldwide Fellowship of OA mean to you and your recovery? Unity is the spiritual principle of Tradition One. Share your experience, strength and hope as it relates to Tradition One.

#### Lifeline: An OA Service

What is the role of *Lifeline* magazine in your recovery? How has giving service by writing for *Lifeline* helped you? Describe a time when someone else's *Lifeline* story helped you.

### March (Deadline: 11/15/14)

#### Sponsorship: Having a Sponsor, Being a Sponsor

What did having a sponsor do for your recovery? What did becoming a sponsor do? What are your responsibilities as a sponsee? As a sponsor? How have your responsibilities as a sponsee guided you? How have your responsibilities as a sponsor guided you?

#### Gems From My Sponsor

Share the gems of wisdom and inspiration from your sponsor that have had a profound impact on your recovery.

### April (Deadline: 12/15/14)

#### The Steps Made Simple

What strategies did you use to make working all Twelve Steps manageable? How did you break down the large task of working all Twelve Steps into smaller pieces? How did you "Keep it simple" while working the Twelve Steps? What is the importance of working all

Twelve Steps? What role does working the Twelve Steps more than once play?

#### Step Principles

How did you learn about the Step Principles? How do you practice the Step Principles? How have the Step Principles helped your recovery?

### May/June (Deadline: 1/15/15)

#### Lessons From Relapse

What led to relapse for you? What did your experience of relapse teach you about the disease of compulsive eating? How did OA's membership requirement, "a desire to stop eating compulsively" as stated in Tradition Three, help you come out of relapse?

#### Twelfth Step Within

Describe your experience giving Twelfth-Step-Within service by encouraging existing OA members to become or remain abstinent, work the Twelve Steps and give service to the best of their ability. How did you find the willingness to give this important service? What did you do to be available and to support OA members in relapse? Twelfth-Step-Within Day is December 12. Share your ideas for events OA groups can start working on now to be ready.

### July (Deadline: 3/15/15)

#### Generally Speaking

Write on any topic meaningful to you.

### August (Deadline: 4/15/15)

#### My First OA Meeting

What finally got you to your first OA meeting? What do you remember most about your first OA meeting?

#### Strong, Healthy Meetings

What are the hallmarks of a strong, healthy meeting? What practices and principles can members encourage in their meetings to strengthen them?

#### Meeting Inspiration

Share your favorite meeting moments and best ideas for meetings full of fun, love and recovery.

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

#### Changing Relationships: the "New Normal"

How have your relationships changed in recovery? What role did accepting your addiction for yourself play? What helped your family and friends accept it for themselves? What is your "new normal"?

#### Setting Healthy Boundaries

How do you set healthy boundaries in your relationships with loved ones and

friends? How do you set healthy boundaries at work and at home? Share your experience, strength and hope for establishing healthy boundaries.

### October (Deadline: 6/15/15)

#### Character Defects: An Examined Life

How did you break through denial and fear to face and acknowledge your character defects? What character defect has been the most troublesome and caused the greatest threat to your recovery? What role has the tool of writing played in coming to terms with character defects?

#### Serenity in a Nonstop World

What is the role of serenity in your program? What are the benefits of serenity? When does the Serenity Prayer help you most?

### November/December

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

#### Great Big Gratitude List

It's time to count our blessings together! Describe the gifts of the program you have received and share your gratitude for these gifts.

#### Giving Thanks

What role does gratitude play in your recovery? How did gratitude open your eyes to the gifts of the program? What has been your experience with keeping a gratitude list?

#### IDEA Day

International Day Experiencing Abstinence is November 21, encouraging OA members worldwide to begin or reaffirm their abstinence from compulsive eating. Share your experience, strength and hope related to starting and maintaining abstinence.

#### Celebrate the Season

How do you maintain abstinence during holidays and celebrations? Share your strategies for shifting the focus away from food, dealing with triggers and joining in the fun.

#### Holiday Magic

How are holidays in OA different? Share your stories, inspiration and reflections on living the Twelve Steps in times of celebration.

Beginning in 2015, the combined issues of *Lifeline* magazine will be the May/June and November/December issues. Note the new deadlines and send us your stories!



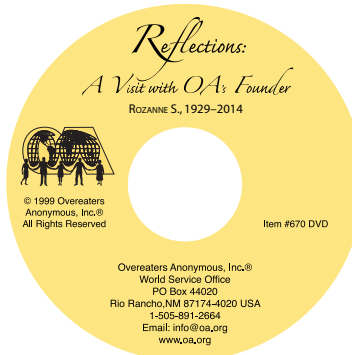
# Rozanne S. Shares OA's History

In memory of OA's founder, Rozanne S., the WSO is offering three commemorative items. OA members can purchase each item separately, or obtain a discount by purchasing a package of items. **To order: visit [bookstore.oa.org](http://bookstore.oa.org) or call 505-891-2664**

## Reflections: A Visit with OA's Founder

Rozanne S. describes the birth of OA in this 45-minute interview. For use only within OA by OA members, groups and service bodies.

**DVD #670 \$10**



## And Now a Word from Our Founder . . . Five WSBC Speeches by Rozanne S.

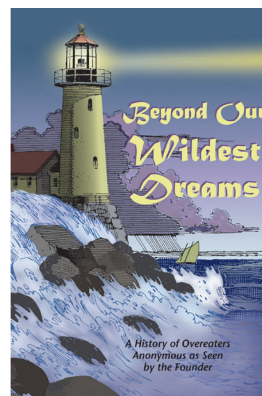
Listen and be inspired as Rozanne speaks to Conference delegates about OA's Traditions, anonymity, principles before personalities, and how OA members can impact the future of our Fellowship. Speeches from 1994, 1997, 1998, 2000 and 2001. **CD #681 \$10**



## Beyond Our Wildest Dreams

How did OA begin? When was abstinence introduced? Discover answers to these questions and more in this book of OA's history. Softcover; 220 pages; indexed.

**#998/\$13.50; Box of 25 #999/\$303.75**



## **SPECIAL SAVINGS ON PACKAGES**

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