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A Step Ahead

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Service Concepts Will Be the Focus of WSBC 2023

What better theme to unite our WSBC 2023 delegates than “Concepts of Service: The Heart of Fellowship”! While most of us give service to our groups, about 200 delegates will be gathering in Albuquerque, New Mexico USA to work through a business agenda that will elevate the Fellowship as a whole.



World Service Business Conference 2023 will be held April 25–29 at Embassy Suites Albuquerque Hotel with board meetings on April 24 and 25. On-site registration will open on Tuesday, April 25. On Tuesday evening, WSBC will offer the workshop, “All about Conference,” which will include a tutorial on parliamentary procedure. The Mentor Program will offer an opportunity during the week for Green Dots (first-time delegates) and mentors to meet and discuss the procedures for Conference. On Wednesday, April 26, delegates can attend “Meet the Maker” to discuss and ask questions about New Business Motions with the makers of those motions.

COVID-19 Statement

The Centers for Disease Control and Prevention has made updates to its COVID-19 protocols. In response, OA

has made the following changes to our meeting protocols for WSBC 2023:

- Proof of vaccination is no longer required for participation at our meetings.
- We will comply with all local and state mandates regarding mask, testing, and vaccine requirements. Currently, there are no restrictions or requirements in New Mexico.
- Masks are optional for WSBC 2023 attendees.
- If there are updates to CDC guidelines or local/state mandates, we will notify all attendees of our updated COVID-19 policy.
- Hand sanitizer will be available in all meeting spaces and common areas hosted by OA.
- Federal regulations may be in place for those entering the US that are beyond OA's control.

If you are experiencing health issues or have been exposed to COVID-19, please refrain from attending WSBC.

Online Registration

Online registration for all delegates, alternates, and region chairs is now available via the Conference web page on oa.org. The deadline for all WSBC attendees to register is February 15, 2023. Service bodies may register delegates after the deadline date, but Conference information will not be available until the delegate is properly registered with the WSO.

(WSBC 2023 continued on p. 4)

Attention Intergroups and Service Boards:

Please inform the WSO whenever you have meeting changes to your directory by going to Edit a Meeting at oa.org.

DATEMINDER

January 20–22, 2023
OA Birthday

February 26, 2023
at 11:30 a.m.
local time
Unity Day

Responsibility Pledge

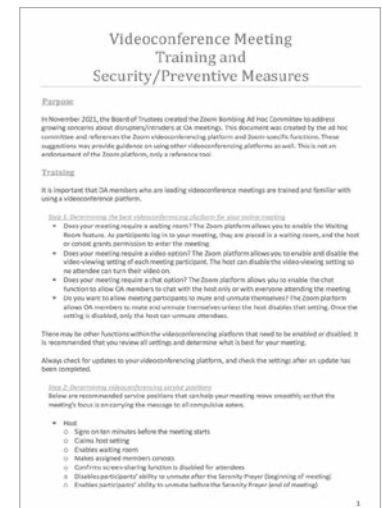
Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

Safeguard Your Virtual Meetings with Our New Suggestions

Have you experienced disruptive behavior at a virtual OA meeting? It's been an unfortunate reality in our Fellowship and has grown into a significant enough problem that the OA Board of Trustees formed an ad hoc committee to try and solve it. Today, we can reap the benefit of the committee's work. Thanks to their efforts, the best remedies from across the Fellowship have been compiled in a new document: *Videoconference Meeting Training and Security/Preventive Measures*.

The new document includes suggestions for volunteer roles, platform-specific features, training, and security. Get it today from the Document Library under “Meeting Resources” and start sharing it with your virtual groups.

Let's give members and newcomers a place to find recovery through the OA Twelve Step program by establishing safe spaces for recovery.



A Message from Our Chair

— Judy H., Trustee, Chair of the Board

HAPPY NEW YEAR! When I think about facing a new year, I think about all the possibilities that each new year brings.

Pre-OA, my New Year usually began with resolutions about losing weight. But I could never sustain any diet for long. OA is the only thing I have found that works for me. The hardest part was giving up control, which seems a common trait for compulsive eaters. I love the life I have now, and the possibilities that open up for me in the New Year these days are so much more fulfilling when I'm not face-down in the food. Instead of fretting over how to lose weight, I can spend valuable time doing service that enhances my recovery.

Gender-Neutral Language

WSBC 2022 sensitized OA's Board of Trustees to the need to show respect for diverse gender identities. To that end, the trustees recently went through OA Bylaws, Subpart A, (not Subpart B since WSBC delegates must make those amendments) and other Board of Trustees' documents and manuals and removed all gendered language. While the new language may seem a bit awkward at first, it is clearly the right thing to do, given the wonderful diversity we see in our membership.

Multi-Program Gathering

At the end of November 2022, I had the privilege of attending a "Day of Sharing" for all Twelve Step fellowships, along with WSO Managing Director Sarah Armstrong. Hosted this year by Al-Anon, the twelve groups in attendance met for six hours. It was not surprising to see how much we have in common, but at the same time, we learned much from each other.

A few of the main discussions were on "Attracting and Engaging New and Current Members," "Incorporating Electronic Groups and Areas into our Service Structure" and "Developing and Inspiring Leaders, Staff, and Volunteers."

"I have personally found that service is a key element to my recovery, and as my recovery has deepened, the Concepts have become ever more relevant to all aspects of my life."

Twelve Concepts e-Book

When I was a "Green Dot," a rookie WSBC delegate, my first project with the Conference-approved Literature Committee was a pocket guide to the Twelve Concepts of OA Service. Fast-forward to today, and I can tell you that my service on the Board of Trustees has taught me just how vital the Concepts are to our Fellowship and to my own recovery. So naturally, I

was gratified when the recently revised *Twelve Concepts of OA Service* pamphlet was approved as an e-book and made available through Amazon Kindle, Apple Books, and Barnes and Noble Nook.

The Twelve Concepts of OA Service explains the foundations of OA service, such as unity, trust, delegation, dialogue, and more. The Concepts help OA members, groups, and service bodies apply the Steps and Traditions effectively in their service work. They help define and guide the practices of our OA service structures so they may conduct the business of OA.

Links to the e-book publications can be found at bookstore.oa.org, or you can search the vendors' e-book platforms. OA receives a royalty share from purchases made from these vendors.

The Concepts are certainly key elements of our service work. In fact, "Concepts of Service: The Heart of Fellowship" is the theme for the 2023 World Service Business Conference. I have personally found that service is a key element to my recovery, and as my recovery has deepened, the Concepts have become ever more relevant to all aspects of my life.

New Service Body

Congratulations and welcome to our newest OA service body registered with the WSO:

Tehran Intergroup

Iran
Registered December 12, 2022

WSBC 2023 Important Dates

January 5, 2023
Second Conference e-Documents
(available on OA website only)

January 26, 2023
Trustee Applications
(Due at WSO)

February 15, 2023
Delegate Registration
(Due at WSO)

Service bodies may register delegates after the deadline date, but Conference information will not be available to the delegate until registration is completed.

February 24, 2023
Agenda Questionnaire Responses
(Due at WSO)

March 13, 2023
Third Conference e-Documents
(available on OA website only)

OA EVENT DAYS

OA Birthday

Friday, Saturday, and Sunday,
January 20-22, 2023

Celebrate OA's 63rd Birthday with your fellow OA members.

Unity Day

Sunday, February 26, 2023
11:30 a.m. local time

A day for OA members worldwide to pause and reflect on the strength inherent in OA's unity.

A Message from Our Treasurer

— Meg M., Trustee, Treasurer, Region Four Liaison

Hello Fellows!

There is so much to share in the financial world of the Board of Trustees. We passed our 2023 budget. Thank you for making that happen through your continued contributions of both money and time. Here are some of the cool things you helped make happen:

- We helped fund six delegates from Greece, Ukraine, and Iran to be present at WSBC 2023.
- We continue to have a dedicated and competent World Service Office staff to manage our day-to-day inquiries and needs, financial duties, social media offerings, and internet updates to name a few.

We wouldn't exist as an organization without your contributions. And like everyone, we too experience the shifts that occur with the economy and made some necessary changes.

Contributions Are Down, Costs Are Up

In general, contributions in 2022 were 15 percent less than 2021 and literature sales were down by 14 percent. Postage continues to increase, as does the cost of the hotel we secure for World Service Business Conference. With that information, the Executive Committee and the WSO managers worked together to make necessary changes, thus working together to make prudent use of your financial support.

Our bookstore shipping rates have been raised to cover an ongoing deficit of about US\$40,000. This will decrease the gap and better reflect current costs.

The delegate registration fee for WSBC will

New Rolling Deadline for Professional Exhibits Fund

Attention all professional outreach committees: OA has a new rolling deadline for Professional Exhibits Fund applications, which is the 10th of every month. Applications received by this deadline will be reviewed on the 15th of the same month.

The Professional Exhibits Fund has money available to help your service body participate in a trade conference or a convention for professionals who may refer patients and clients to OA. Take a look at the application to see what expenses OA can help cover. Find the application in the Document Library at oa.org under the category "Public Information."

be raised by US\$25. This will help mitigate an ongoing \$50,000 deficit.

"We wouldn't exist as an organization without your contributions. And like everyone, we too experience the shifts that occur with the economy and made some necessary changes."

We have increased the cost of our literature to better meet the rising costs of paper. You may be aware of the global paper shortage, and it has impacted us in a couple of ways: rising costs and delayed printing time.

These changes demonstrate the actions necessary to remain fiscally responsible, which is asked of us in Concept Twelve.

Understanding Our Operations

I remember my early days of recovery and trying to understand the difference between the workings of OA as a Fellowship and the workings of it as a nonprofit organization. Being a registered nonprofit organization in the US, OA must have several things in place to be up and running. Those include money coming in, responsible and legal allocation of funds,

Apply for Translation Assistance Funds by February 1, 2023

Registered OA groups and service bodies as well as small groups of interested members (where a registered group might not yet be established, for example) are eligible to receive funding to assist with translation of OA literature.

The International Publications and Translations Committee recommends translating OA literature in a certain order, starting with the OA Glossary, so that primary texts are translated first. See the full suggested list on our Guidelines: Translation page at oa.org/guidelines-oa-translation.

To apply for funding, complete the Translation Assistance Fund application (found in the oa.org Document Library under "Translation") or contact your region chair. The next deadline to apply is February 1, 2023.

and a staff to make sure the organization works like a well-oiled machine. For over sixty years, that has been happening. Hooray for us!

To better understand how the financial and service aspects operated together, I stepped into the role of intergroup rep and then HP encouraged me to step up to be treasurer. That role helped me see what things really cost—not only that, but also to see all the expenses that made our intergroup work, such as rent, printing costs, storage, postage, and a post office box.

Jumping forward a decade, I see what it costs to manage the office of OA. And just like any other company, we work to be responsible, responsive, lawful, and ethical. And with that aim, discussions and decisions occur on an ongoing basis.

Thank You

Again, thank you for living your program of the Twelve Steps, Traditions, and Concepts. Thank you for freely living Step Twelve and letting people know about this great program of recovery by contributing your time and money, actively participating in events that let people know we exist, and being reps, delegates, and volunteers. Together we get stronger, together we get stuff done!

Translation Royalties

Thank you to the following OA service bodies who have sent a total of US\$2,616.64 in royalties to OA world service in 2022:

- Moscow Intergroup
- IG Mexico City
- Israel National Service Board
- Italian National Service Board
- First Hungarian Intergroup
- Junta NSB de España
- OA Great Britain National Service Board

OA's licensing agreement for publication and distribution of translated OA literature includes instruction that a royalty of 10 percent of net income be paid to OA world service. This royalty payment supports our Seventh Tradition.

WSBC 2023

(continued from p. 1)

Agenda Questionnaire

The Second Conference e-Documents are now posted on the Conference web page and include the Agenda Questionnaire and New Business Motions, and Bylaw Amendments submitted by the December 1 postmarked deadline. The Agenda Questionnaire is in an online survey format that is linked from the Conference web page. Intergroups and service boards should review the Agenda Questionnaire, vote on it, and complete the interactive survey by February 24, 2023. This is a time-stamped deadline date.

Proposed New Business Motions are:

- A. Create a policy to avoid the use of acronyms and abbreviations (where possible) in all OA official documents and communications.
- B. Create a public relations policy by combining all PR policies currently listed in the Business Conference Policy Manual.
- C. Allow service bodies to obtain permission to translate and/or print OA literature using the current licensing process.
- D. Remove addresses from the Final Conference Report delegate contact list.
- E. Redefine the group definitions for open and closed meetings.
- F. Update the Unity with Diversity policy to be gender neutral.
- G. Rescind the general service trustee job description.
- H. Remove the Delegate Support Fund mailing requirement since the application and letter are now on oa.org.
- I. Remove the term "special" from special-focus.
- J. Remove dated delegate registration fee.
- K. Rescind the policy that the WSO provides service bodies with website templates.
- L. Move Twelfth Step Within Day policy to the events policy.
- M. Increase the annual individual member donation to US\$7,500.
- N. Allow Conference committee reports to be submitted four weeks after WSBC.
- O. Rescind the policy to implement and register a Spanish speaking language service board (policy completed).
- P. Rescind the Welcome to OA capital campaign policy (policy completed).
- Q. Rescind Google Custom Search nonprofit status application (policy completed).

- R. Remove the list of specific groups in the Diverse Voices Policy.
- S. Sell OA recovery chips from years 1-50.
- T. Remove AA Conference-approved books, booklets, and future editions from the Statement on Approved Literature policy.
- U. Encourage groups to use all OA-approved literature.
- V. Establish a digital lending library.

Proposed Bylaw Amendments are:

- 1. Amend Bylaws B, Article VIII, Section 1 to establish Conference as an online hybrid meeting.
- 2. Amend Bylaws B, Article IX, Section 5 (housekeeping).
- 3. Amend Bylaws B, Article V, Section 2 (housekeeping).
- 4. Amend Bylaws B, Article VI to remove the term "special" from special-focus service boards.
- 5. Amend Bylaws B, Article VI, Section 2 (housekeeping).
- 6. Amend Bylaws B, Article VII, Section 2 (housekeeping).
- 7. Amend Bylaws B, Article VII, Section 4 (housekeeping).
- 8. Amend Bylaws B, Article VIII, Section 3 to allow nondelegates with additional needs to address the Conference delegation.
- 9. Amend Bylaws B, Article VIII, Section 4 (housekeeping).
- 10. Amend Bylaws B, Article XII, Section 1 to remove trustees from and allow all Conference committees to submit Conference motions.
- 11. Amend Bylaws B, Article VIII, Section 1 to create a rotation schedule for WSBC.
- 12. Amend Bylaws B, Article VIII, Section 3 to allow service bodies to assign a speaker to delegates who may have communication issues.
- 13. Amend Bylaws B, Article VI, Section 3 to allow an intergroup that affiliates with an NSB to affiliate with that NSB's region or stay affiliated with its current region.
- 14. Amend Bylaws B, Article VI, Section 3 to require an intergroup that affiliates with an NSB to affiliate with the NSB's region.
- 15. Amend Bylaws B, Article VIII, Section 3 to allow nondelegates with additional support needs to address the Conference delegation.

Ask-It Basket

Q. I'm gratefully living seven years in recovery from bulimia. I am writing to request contacts for my sponsee who has lost 120 lbs (54 kg) on a 5'1" (155 cm) body and has just had skin reduction surgery. She is having a lot of pain following the surgery, and she is looking for meetings and/or direct connections to people who can share their experience, strength, and hope related to this experience. I do not have any direct experience here, so I told her I would inquire with the World Service Office.

A. Thank you for your email and for your loving concern for your sponsee.

I would encourage your sponsee to go to Find a Meeting on oa.org. When she searches for a meeting type she is comfortable with, she can also click on "Additional search options" and then the "Special Focus" menu. In the menu, she can click on 100-pounders to find meetings for people who have lost at least that much weight. If she goes to a 100-pounder meeting, she will find others who have lost more than 100 pounds (45 kg) as well as those who hope to lose that much. If she is willing to share her situation in these meetings and ask for help, I'm sure she'll find the experience, strength, and hope she's looking for.

Pain after surgery is a medical issue, and I'd also encourage her to contact a medical professional about that situation.

I hope this is helpful. Thank you for your service in sponsoring and reaching out to help this person.

- 16. Amend Bylaws B, Article VII, Section 7 to request the Board of Trustees to first consider assigning a trustee liaison to the region that submitted the application.
- 17. Amend Bylaws B, Article V, Section 2 to allow unaffiliated virtual groups who are not ready to form a service body to affiliate with a geographic region.
- 18. Amend Bylaws B, Article VI, Section 1 to allow virtual intergroups to transfer to a geographic region.

The Second Conference e-Documents also include general information for delegates and service bodies. Find all WSBC documents on the WSBC web page on oa.org.

What's New from WSO

Updated: Lifeline Meeting Format

In keeping with the recent revival of our *Lifeline* content via the brand-new blog, lifeline.oa.org, the *Suggested Lifeline Meeting Format* has been revised and posted in the Document Library on oa.org under the category "Meeting Formats." Groups looking to include new perspectives and insights on compulsive eating can use this meeting format as a guided way to discover the wealth of *Lifeline* articles and shares available to our Fellowship. Back issues of our print *Lifeline* are available at bookstore.oa.org, and new testimonials can be found on lifeline.oa.org. Download the *Suggested Lifeline Meeting Format* for your group today!

Twelve Concepts of OA Service E-pamphlet

The Twelve Concepts of OA Service, an explanatory guide to our OA service principles, was recently converted to an e-book and made available on popular digital platforms. Our Concepts—from the ideas of unity and trust to delegation and dialogue—help OA members, groups, and service bodies apply the Steps and Traditions effectively in their service work. Use *The Twelve Concepts of OA Service* as a jumping-off point to a weekend service retreat, to introduce business meetings, or to simply meditate on the different Concepts during your daily reflection time.

The Twelve Concepts of OA Service is available for US\$2 on Amazon Kindle, Barnes and Noble Nook, and Apple Books. For e-book links and the print publication, find the pamphlet at bookstore.oa.org under inventory #330.

men in OA. Keep an eye out for more e-books to be published as we progress through 2023!

To the Man is available for US\$2 on Amazon Kindle, Barnes and Noble Nook, and Apple Books. For a list of links and the original print version, find the pamphlet in the OA bookstore under inventory #290.

2023 Literature Catalog and Order Form

OA, like so many, has been impacted by higher prices due to recent global factors. With OA's books and pamphlets, we are seeing increases in the costs of paper stock, production, and shipping/postage. Because of this, OA has made the difficult decision to incrementally increase the price of our digital and print literature effective January 1, 2023.

In keeping with this announcement, both our literature order form and catalog have been updated to reflect the necessary changes and are now available for download and distribution in the Document Library on oa.org under category "Literature." Please note that shipping prices have increased as well.

For information about e-book purchases, please see our literature product pages at bookstore.oa.org.

Secretaries: Update Your Meeting Info at OA.org

The WSO wants your group's most current meeting details. Go to Edit a Meeting at oa.org to update your information so that members in recovery and still-suffering compulsive eaters can locate meetings they can attend.

While we are affected by social distancing, it is best to send meeting updates to your service body as well. Thank you for your service!

The image shows two pages from the 2023 literature catalog and order form. The top page is the '2023 Order Form' with fields for name, address, phone, and email. It also includes a 'SHIPPING' section and a 'CHECKING INFORMATION' section with instructions for ordering. The bottom page is the '2023 Catalog' listing various books and pamphlets with their titles, authors, and prices. A table lists items like 'Alcoholics Anonymous, Fourth Edition' and 'Body Image, Relationships, and Sexuality- Personal Strategies to Recovery in Overeaters Anonymous'.

NEW! To the Man E-book

The pamphlet *To the Man Who Wants to Stop Compulsive Overeating, Welcome*, first published in 1979, is the latest piece of OA literature to be made available in both print and digital formats. *To the Man* provides encouragement to male-identified OA members by compiling a series of candid personal recovery stories from



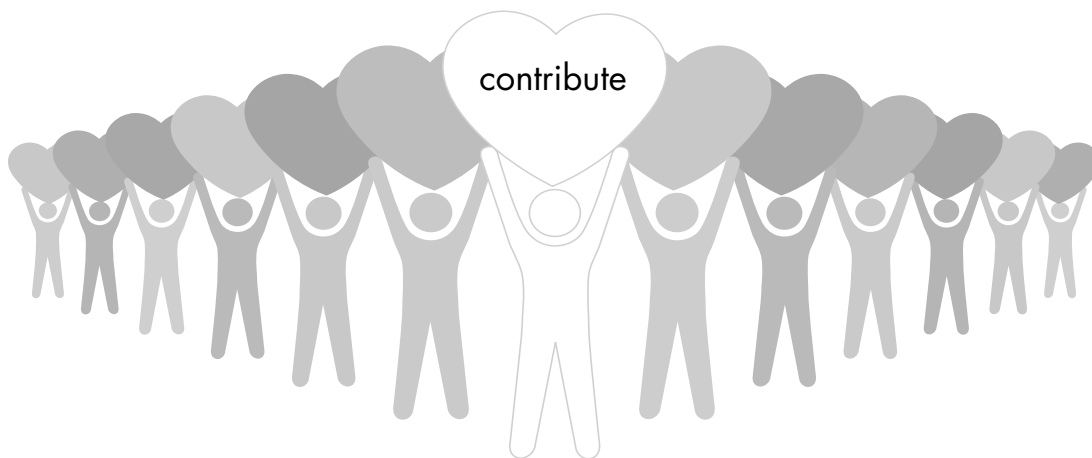
Updated: Professional Community Courier

Help carry the message of Overeaters Anonymous to professionals who might refer their patients and clients to OA by giving them a copy of our updated *Professional Community Courier* newsletter. The *Courier* is an outreach tool written by professionals for professionals, such as doctors, nurses, dietitians, therapists, clergy, and others, to educate them about how OA can supplement the treatment they provide. This latest edition includes accounts from a practicing nurse, a clinical director, and medical students with first-hand experience of food addiction—all of whom have found a new kind of hope in OA, either for their patients or themselves. The *Courier* is now available for download and viewing both at oa.org/document-library under the "Outreach to Professionals" category and on the Professionals page at oa.org/professionals. Talk to your professional outreach committee about carrying the message with the *Courier* today!



Why Become an Automatic Recurring Contributor? For Twelve Really Great Reasons.

1. Your contributions support OA's primary purpose: to carry the message of recovery to the still-suffering compulsive overeater.
2. Your contributions help produce OA-approved literature, such as *Overeaters Anonymous, Third Edition* and *Taste of Lifeline*.
3. Your contributions support OA's website, oa.org, where many newcomers first learn about OA and the promise of recovery.
4. Your contributions support freely available, downloadable resources on oa.org, such as podcasts and meeting formats.
5. Your contributions support carrying the message around the world through translations of OA-approved literature.
6. Your contributions help you work your program, with many OA members discovering that making regular financial contributions supports their recovery.
7. Your automatic, recurring contributions are easy to set up and can be scheduled monthly or quarterly.
8. Your contributions are tax deductible in the USA.



9. Your contributions support worldwide and virtual meeting information, and outreach to professionals.
10. Your automatic, recurring contributions for virtual meetings means you never have to ask, "Did I remember my Seventh Tradition this week?"
11. Your contributions are a meaningful way to honor your abstinence anniversary, acknowledge a sponsor or sponsee, or remember the costs of your last binge.
12. Your contributions make a difference, and no contribution is too small to help carry the message of recovery.

Help OA grow. Go to oa.org/contribute and sign up to become an Automatic Recurring Contributor.

IN YOUR LANGUAGE, What is the Best Translation for “Abstinence,” “Recovery,” and “Higher Power”?



***If You Know the Answers, We Need Your Service.
 Become a Glossary Volunteer!***

Compulsive eaters worldwide are struggling to access our Overeaters Anonymous program because of language barriers. Can you help them?

- Are you an active member of Overeaters Anonymous?
- Is English a second (or third) language for you?
- Are you willing to give service beyond the group level?

The OA Glossary is a compilation of hundreds of the most common English words and phrases used in our OA meetings and literature. These words, such as *abstinence*, *recovery*, *sponsor*, *plan of eating*, *food plan*, *Higher Power*, and *World Service Business Conference*, often have a special meaning in OA. As an OA Glossary Volunteer, you can consider the special meaning of each English word and phrase and suggest the best translation for your language.

Being a Glossary Volunteer is a great opportunity for service and recovery! Your service can accelerate the translation of all OA literature into your language and help carry the message of Overeaters Anonymous worldwide!

To become a Glossary Volunteer, contact your local or national language translation committee or your region chair or trustee and ask to join a translation or validation team. It is also helpful to read *Guidelines for Translation of OA Literature and Materials* found at oa.org/document-library under category “Translation.”

