

## **Share Your Announcements**

The Intergroup newsletter is a resource for OA members and their meetings.

Announcements could include:

- New meetings
- Meetings requiring support
- Workshops
- Service opportunities
- Outreach opportunities
- And much more!

To add an announcement to the next newsletter, please email [newsletter@oa-dcmetro.org](mailto:newsletter@oa-dcmetro.org)

You can also join the intergroup email list and send announcements directly!

- To join the email list, email [dcmetro-oaig-  
subscribe@yahoogroups.com](mailto:dcmetro-oaig-subscribe@yahoogroups.com)
- After joining, email [dcmetro-  
oaig@yahoogroups.com](mailto:dcmetro-oaig@yahoogroups.com) to contact everyone on the list directly

## **Ordering Literature?**

The Literature Coordinator has OA literature available for purchase, so you can save time and reduce shipping costs. For information, Contact the Literature Coordinator: [literature@oa-dcmetro.org](mailto:literature@oa-dcmetro.org).

## **LIFELINE NEWS:**

### **December 2019 is Your Last Chance to Buy a Lifeline Magazine Subscription**

Lifeline magazine, both print and online, will be discontinued at the end of 2020. **Your last chance to purchase a one-year print subscription will be December 17, 2019. Online subscription sales to [oalifeline.org](http://oalifeline.org) will end December 31, 2019.** The magazine will be replaced by a new online format so members can continue sharing their experience, strength, and hope with the Fellowship.

**If you are a current Lifeline subscriber and your subscription is scheduled to end sometime in 2020, you will be able to purchase a special prorated renewal to continue receiving Lifeline until the final issue is published.**

If you paid for a multi-year subscription, and you have issues remaining at the end of 2020, you will be offered a prorated refund or you may leave that money with the World Service Office as a contribution to the general fund. Lifetime subscriptions will end with the cessation of publication.

To subscribe, go to [oa.org/lifeline](http://oa.org/lifeline) or see the subscription form at the end of this newsletter.

## **Want Printed Newsletters & Meeting Lists?**

Email [newsletter@oa-dcmetro.org](mailto:newsletter@oa-dcmetro.org) to let us know how many printed copies of the newsletter you need. You can also request printed copies of the Where & When!

## **Local Meeting Info & Updates**

Find the latest list of local meetings here: <https://www.oa-dcmetro.org/www-pdf/meetings.pdf>, and email [whereandwhen@oa-dcmetro.org](mailto:whereandwhen@oa-dcmetro.org) to make updates!

**Save The Date for OA World Service Convention, Aug 20-22, in Orlando, FL**



What's it like to celebrate recovery with more than a thousand OA members? Experience it for yourself from August 20–22, 2020, by joining us for our World Service Convention in Orlando, Florida USA. Together, we will unite in fun and fellowship and celebrate the “Sunshine of the Spirit: 60 Years Around the Sun!”

The 2020 Convention will be held at the Renaissance Orlando at SeaWorld. Room reservations and Convention registration will open in January 2020. Speaker and volunteer opportunities will be included on the registration form, which will be posted on the World Service Convention web page at [oa.org](http://oa.org).

OA members can sign up today to join the Convention email list and receive informative updates. To join, send an email to [conventioninfo@oa.org](mailto:conventioninfo@oa.org) and include your full name, email address, and US state, Canadian province, or country of origin. Your information will be kept confidential by the World Service Office. You may also write to this email address with any questions you have about Convention.

Don't miss this opportunity to strengthen your program and your friendships!

**2019 OA PHONE MARATHONS**

**Meetings Every Hour, from 8 am to Midnight  
Dial 712-432-5200 and enter PIN: 4285115#**

- Thurs, 12/12 (12-Step Within Day): Be a Messenger
- Mon, 12/23 (Hanukkah): What is the Condition of Your Recovery?
- Tues, 12/24 (Christmas Eve): Miracles of Recovery
- Weds, 12/25 (Christmas Day): Happy, Joyous, and Free
- Thurs, 12/26 (Boxing Day/Kwanzaa): Gifts of the Program
- Tues, 12/31 (New Year's Eve): Reflecting on Our Recovery
- Weds, 01/01/2020 (New Year's Day): Fresh Start Every Day

View the schedule (and/or sign-up to moderate) at  
<https://signupschedule.com/oamarathons>

**Carry the OA  
Message to Those  
Still Suffering**

Join fellow OA members working to carry the OA message to those who are suffering in the DC area! All are welcome.

For info, contact Tom A  
([thadamsjr@gmail.com](mailto:thadamsjr@gmail.com),  
240-305-3433

**A Message from OA's Treasurer, Cyndy L., Treasurer, Region Four Trustee**

As the end of the year approaches, the World Service Office and the Board of Trustees will move through OA's annual budget process to develop a budget for 2020. This year will be no different than any other, as we give our full consideration and care in planning how to best utilize our funds.

Our primary purpose as the Fellowship of Overeaters Anonymous is to carry the message to those who still suffer. Raising money is not our purpose. But, having a steady stream of income that allows our WSO and BOT to focus on the work at hand without worry of financial insecurity is a lovely position to be in. I want to share my gratitude with all of you for our current financial position, and I want to thank you for helping us get here and for your continued support in the future.

Together, we've made many changes over the past two years to move us in a more secure direction. Higher Power has shown us ways to reduce our spending and has opened us to new experiences, so this year, we are blessed with an abundance that is allowing us to accomplish projects and raise awareness of OA throughout the world in ways that we were not able to consider before. The enthusiasm being generated as these projects come to life demonstrates the freedom that having enough income can bring.

In my role as treasurer, I hear members ask, "What does the WSO do?" and I am always amazed that they don't already know. (That's because I've been involved in service for so many years.) Our Seventh Tradition of OA pamphlet includes this list:

- Produces and distributes OA-approved literature, media, and specialty items.
- Maintains, monitors, and updates [oa.org](http://oa.org).
- Offers worldwide meeting information online and by phone, mail, fax, and email.
- Publishes Lifeline magazine, A Step Ahead newsletter, and WSO News Bulletin.
- Sends starter kits for new groups.
- Registers and updates groups, including service bodies.
- Handles OA's media and public relations requests.
- Reaches out to professionals.
- Holds annual World Service Business Conferences.
- Holds World Service Conventions.

This valuable work is what your contributions support, in addition to supporting the work of your local and regional service bodies. Every penny put in the meeting basket is there to help carry the message. The BOT takes this responsibility very seriously. During the current budget planning process and throughout the year to come, they will do their best to ensure the financial stability of OA.

Thank you.

## **What's New from WSO**

### **OA Handbook Updated; Downloadable Only**

Answer your questions about how the various parts of OA work together in the OA Handbook for Members, Groups, and Service Bodies (#120), which has been edited and updated and is now available for US\$1. Fresh sections include: new definitions of abstinence and recovery, details about OA's social media policies, and our updated service pyramid. Find it at [bookstore.oa.org](http://bookstore.oa.org) under "Digital Products."

### **Revised Seventh Tradition of OA Pamphlet**

In keeping with the Board of Trustees' recent decision to increase the suggested contribution from US\$3 to US\$5, we have updated our free-to-download Seventh Tradition of OA pamphlet (#802dd), available both at [oa.org/documents](http://oa.org/documents) under "Group Treasurer Materials" and at [bookstore.oa.org](http://bookstore.oa.org). Share this updated pamphlet at your next meeting, so that your fellow members may better understand OA's Tradition of self-support through our own contributions.

### **Important Updates to Suggested Meeting Formats**

Give newcomers a clear understanding of our Twelve Step solution by reading the new definitions of "abstinence" and "recovery" at your meetings from the updated Suggested Meeting Format. Find and download all of OA's suggested meeting formats, also updated with the suggested contribution of US\$5, at [oa.org/documents](http://oa.org/documents) under "Meeting Formats."

### **Revised: Strong Meeting Checklist and Group Inventory**

The Strong Meeting Checklist and Group Inventory have been updated to include the question "Is the meeting safe for all members?" Other questions have been rewritten and reordered for clarity. Use these documents to foster a focused and supportive environment at your upcoming meetings. Find them at [oa.org/documents](http://oa.org/documents) under "Group Support."

### **Professional Presentation Folder Updated**

In order to better carry the message to professional communities, the Professional Presentation Folder now includes our new pamphlet When Should I Refer Someone to OA? (#770), which combines the most relevant information of the previous pamphlets, Introducing OA to Health Care Professionals and Introducing OA to the Clergy. Order this useful compilation from the OA bookstore for US\$3.50.

### **Price Reduction for Questions and Answers Pamphlet**

OA's Questions and Answers pamphlet (#170) has been reduced in price from US\$.85 to US\$.30. This pamphlet answers the most basic questions about OA, including definitions of important and frequently used vocabulary, what it means to become a member, and a summary of our program. Order it from [bookstore.oa.org](http://bookstore.oa.org).

## **Service is Vital to Our Own Recovery – Here Are Some Ideas**

### **Be the Message**

1. Live the 12 steps of recovery; carry a message of hope.
2. Reach out to those who still suffer.

### **Welcome Newcomers**

3. Greet newcomers warmly at meetings.
4. Call newcomers; share your story, your experience/strength/hope; help answer their questions; plan to call x number of newcomers per day or week.
5. Serve as a meeting contact person on the list of local meetings.
6. Offer to lead newcomer welcome sessions prior to or following the regular meeting.
7. Help Intergroup respond to inquiries made to the Answering Service.
8. Help Intergroup respond to inquiries made on the web site.
9. Help Intergroup conduct special newcomers meetings.

### **Reach Out Within the Fellowship**

10. Reach out when you see/hear others struggling; offer to listen to them, be with them, hug them, support them.
11. Call or write to persons you haven't seen at meetings lately.
12. Bring meetings to member's homes or hospitals/rehab facilities when they are ill, disabled or otherwise cannot get to meetings.
13. Give encouragement and support.
14. Sponsor or co-sponsor others, sharing up to your level of experience with the 12 steps.
15. Call to see how others are doing and to

share your recovery; plan to call x number of people per day.

16. Offer rides to meetings.
17. Offer to meet with people before or after meetings – go to coffee, take walks, etc.

### **Ensure the Health of Your Group/Meeting**

18. Show up.
19. Carry the key to open up your meeting.
20. Serve as group leader.
21. Volunteer to be a speaker.
22. Share your experience, strength, and hope at meetings.
23. Set up chairs for the meeting and/or put them away after the meeting.
24. Volunteer to order and/or bring literature to your meeting.
25. Volunteer to time speakers/sharers, when needed/requested.
26. Serve as group treasurer.
27. Serve as group secretary.
28. Serve as your meeting's Intergroup Rep or as an alternate rep when the main rep can't attend meetings.
29. Serve as your meeting's Public Info Rep.
30. Bring/make coffee and/or tea for the meeting.
31. Participate in group conscience/business meeting sessions.
32. Help your group to sponsor an area-wide/ Intergroup workshop/retreat or social event (picnic, hike/walk, dance, etc.).

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## **Service is Vital to Our Own Recovery – Here Are Some Ideas (Continued)**

### **Ensure the Health of Your Group/Meeting (Continued)**

- 33. Place notices about the group meeting in the newsletter affiliated with the meeting site (e.g., hospital or church bulletins).
- 34. Organize a group conscience to determine what the group can do to carry the message of recovery. Consider the group's approach to newcomers and "twelfth step within."
- 35. Ask to take a "group inventory," using an entire meeting or a special business session for an honest and fearless discussion of the group's weaknesses and strengths.

### **Carry the Message of Recovery**

- 36. Offer your story and support to the still-suffering compulsive overeater.
- 37. Put up bulletin board notices (at your place of work, in local libraries, grocery stores, coffee shops, student lounges/unions, health clubs, beauty salons, shopping malls, etc.). (Note: "Business cards" and tear-off sheets are available from Intergroup.)
- 38. Ask your health care professionals (doctors, nutritionists, therapists, substance abuse counselors, etc.) if you can leave literature (OA pamphlets and Lifeline copies) on their coffee tables and magazine racks.
- 39. Ask other places that you frequent – schools, hospitals, treatment centers, crisis centers, religious organizations, etc. – if you can leave OA literature in waiting rooms, etc.
- 40. Talk to your health care professionals about your recovery in OA as a means of encouraging them to mention OA to other patients, when appropriate. Indicate that you

are available as a reference, if another patient would like to call you for more information.

- 41. Start a new meeting, where/when needed.

### **Help Intergroup Serve the Fellowship and Carry the Message**

- 42. Help respond to voicemail telephone messages on Intergroup's Answering Service (usually those left one day per week).
- 43. Help prepare and/or distribute Intergroup's list of meetings.
- 44. Help with Intergroup's web site and answer inquiries made to the web site.
- 45. Volunteer to be on the web site list of available sponsors.
- 46. Help organize or work at Intergroup's special events (workshops, marathons, retreats).
- 47. Help Intergroup to start new meetings.
- 48. Help with the publishing of Intergroup's monthly newsletter and/or write articles for the newsletter.
- 49. Volunteer to be on Intergroup "Early Bird" and "Night Owl" telephone lists.
- 50. Help visit hospital patients and make other "twelfth step" calls.
- 51. Help bring OA meetings to hospitals and shelters.
- 52. Ensure that local hospitals include information about OA and nearby meetings in their newsletters and other information to health care professionals.

*(Continued on the next page)*



## **Service is Vital to Our Own Recovery – Here Are Some Ideas (Continued)**

### **Help Intergroup Serve the Fellowship and Carry the Message (Continued)**

53. Participate in health fairs; volunteer for a shift (usually 1-2 hours) at a booth/table, distributing OA publications and answering questions.
54. Speak at community groups and professional conferences about recovery.
55. Help maintain speakers lists for OA meetings, community activities, media, etc.
56. Participate in a newspaper, radio or TV interview regarding the OA program.
57. Help get feature stories in local newspapers and on radio and television shows.
58. Assist with sending info to newspapers, magazines, radio, and television stations about OA meetings and events; help place Public Service Announcements on TV and radio.
59. Help with outreach to health care professionals, including mass mailings and conference presentations.
60. Contact local hospitals to request a meeting to introduce them to OA, perhaps at a meeting of social work unit or nursing unit that deals with patients with eating disorders.
61. Identify eating disorder programs in the area and introduce them to OA.
62. Assist with getting videos and literature to libraries, schools, hospitals, etc.; assist with ordering materials, developing a list of institutions, contacting/visiting/bringing literature to institutions.
63. Organize a bulletin board campaign; help design and post notices in libraries, grocery stores, office buildings, and other public places; develop a list of locations and request permission (when appropriate).

64. Respond to phone and web inquiries.
65. Place OA books, videos, and Lifeline subscriptions in libraries.
66. Serve as liaison to library systems and organize public information sessions and bulletin board announcements.
67. Place OA literature in schools, hospitals, treatment centers, crisis centers, religious organizations, etc.
68. Help put on special public information/newcomers' nights or other workshops.
69. Help design and/or purchase billboards and bus ad posters and purchase ad space.
70. Help place OA videos in the complimentary public service section of local stores.
71. Chair or volunteer to work on an Intergroup Committee.
72. Serve as an Intergroup Officer.
73. Work within Intergroup to put people together in mentoring relationships – each person doing either executive board service or committee work should have a newer Intergroup Rep assigned to them to help share the job and train new people to be ready to take positions as others rotate out of them.

### **Help at the Regional / National / International Level**

74. Write articles for Lifeline.
75. Volunteer to be a sponsor-by-mail.
76. Volunteer to be an OA pen pal.
77. Volunteer to be a Region or World Service Delegate.
78. Serve on World Service Committees.
79. Serve on the Board of Trustees.

## **Share Your Stories with Lifeline!**

The WSO staff creates Lifeline from OA members' letters, artwork and photos (no faces, please!). Monthly topics are suggestions. You may write about any subject important to your recovery from compulsive eating and compulsive food behaviors. Send your submissions by email to or by mail to Lifeline, PO Box 44727, Rio Rancho, NM 87174-4727 or email [info@oa.org](mailto:info@oa.org) with the subject "Lifeline."

Upcoming deadlines & suggested topics are as follows, or go to [oa.org/documents](http://oa.org/documents) under "Lifeline" for a full list of 2020 Lifeline topic suggestions and deadlines:

### **December 15 (April Issue)**

- **Breaking and Mending Relationships:** How has your recovery impacted your relationships? How have you explained OA to loved ones and sought support? What about "dating, divorce, and drama" in your OA journey? Or the effect of a relapse? How have you applied the Principles and Traditions in your relationships?
- **Service Beyond the Comfort Zone:** How has service played a part in your recovery? How has it helped you grow out of your comfort zone? How have you grown by taking a challenging service position or attending meetings and events outside your home area? How has rotation of service played a role in your recovery and the health of your local OA?

### **January 15 (May Issue)**

- **Great Ways to Carry the Message:** Share your success! How did you educate a referring professional? Or attract a compulsive eater? How did you work a public information campaign? What OA resources did you use? How did it benefit your own recovery? How have you practiced Tradition Eleven online, in your own life, and in your community?
- **Using a Plan of Eating:** Start to finish, how did you develop your plan of eating? Who helped you and why was getting help important? How have changes in your health and lifestyle factored in? What has helped you stick to your plan, and what do you do when compulsive thoughts and urges arise?

### **Departments (Recurring Monthly Segments)**

- Focus on the **Footwork (NEW!)**: Share how you work your program of recovery.
- **Ask-It Basket:** Read trustee responses to questions from OA members.
- **Bits and Bites:** Send in your short inspirational quotes and bits of recovery wisdom.
- **Stepping Out, Living Traditions, Service and Recovery, and The Spiritual Path:** Share about the month's Step or Tradition or send a story about service or connecting with your HP.
- **Newcomers Corner:** Newcomers, share your OA experiences and concerns.
- **Share It:** Letters to the editor - runs only if sufficient material is available.

### **Other guidelines and info about Lifeline submissions:**

*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.*

*Indicate the topic and month for which you are submitting the article. Typed letters sent by email, mail, or fax are preferred. Letters must contain the author's name and address, even if the author wishes to remain anonymous in print.*





## **Is Food A Problem for You?**

**Are You 18 to 30 years of Age?**

**No matter what your problem with food  
— compulsive overeating, under-eating,  
food addiction, anorexia, bulimia, binge  
eating or over exercising...**

**Overeaters Anonymous  
Offers a Solution for You!**



- Visit Overeaters Anonymous YP on
- Thursday Night Phone Meetings



**9:30pm ET**

**Ph. 605-472-5395 Access Code 378978#**

**\*Get Connected**

**\*Get Support**

**\*Find Answers at [www.oa.org](http://www.oa.org)**



SUBSCRIPTION FORM (to order online, go to [oa.org](http://oa.org) and click "Lifeline Magazine")

***Last chance! Subscribe by Dec. 17, 2019.***

☐ NEW OR ☐ RENEWAL

Circle your order below

	USA	Canada	Worldwide
1 year/10 issues	\$30	US\$36	US\$45

Choose a payment option

☐ VISA ☐ MasterCard ☐ Discover ☐ American Express

Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_ CVV# \_\_\_\_\_

Signature \_\_\_\_\_

Phone \_\_\_\_\_

OR

☐ CHECK or MONEY ORDER made out to: **World Service Office**

***Exact amount in US funds ONLY. Non-US funds will be returned.***

PLEASE PRINT

Send to:

Name \_\_\_\_\_

Street/PO Box \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Prov/Country \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_

Billing Address: ☐ Same as above

Name \_\_\_\_\_

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Phone \_\_\_\_\_

**MAIL THIS FORM AND YOUR PAYMENT TO:** Lifeline, PO Box 44727, Rio Rancho, NM 87174-4727 USA.

*Lifeline is mailed in a plain, unmarked envelope. Please allow four to six weeks for delivery.*



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	USA	Canada	Worldwide
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