Putting Virtual on Hold: WSBC 2023 Will be Fully Face to Face

Travel is once again on the horizon for the many delegates who will participate in World Service Business Conference 2023. This year, financial and Fellowship considerations have put it in OA's best interest for everyone to gather face to face to accomplish our business agenda.

Theme and Schedule
“Concepts of Service: The Heart of Fellowship” is the theme of this year’s Conference, which will convene April 24–25 in Albuquerque, New Mexico USA. This year begins the newly restructured Conference schedule. Board meetings will take place April 24–25. Registration will open on Tuesday morning, April 25, and then Conference officially begins on Tuesday evening with the All About Conference session.

Conference e-Documents
The First Conference e-Documents are available on the WSBC web page at oa.org. They include a message from the chair of the board, the tentative agenda, the trustee application form and instructions, and the sample motion/amendment forms.

Delegate Registration
Delegate registration will open in January 2023. An email notification will be sent to all WSBC 2022 delegates and all registered service bodies.

Trustee Nominations
Are you or is someone you know (WSBC 2023 continued on p. 4)
A Message from Our Treasurer
— Meg M., Trustee, Treasurer, Region Four Liaison

So often it seems we have to strive to “measure up”: we are encouraged to secure the perfect job and climb the corporate ladder, be physically fit, sleep eight hours, network, meditate, have an engaging social life, set aside time for self-care, and in the case of our OA memberships, be available for recovery by attending meetings and giving service. For those of us who are prone to thinking too much about it, we can feel “terminally challenged” to make sure we do the right thing at the right time and in the right context. That’s a ticklish balancing act. But if we take these things in small portions, then we can have them in our lives.

Occasionally, I remind myself that not everything is a to-do list. Then I assess my measuring tools and determine their appropriateness. Cups, spoons, and a scale to measure food? Check. Bathroom scale to monitor my weight? Check. I measure my level of recovery by following the Twelve Steps and by utilizing the guidelines of the Traditions and Concepts of OA Service so I can offer my best self.

With my job, I am assessed on my skills and performance with a rating form. In OA, I am appraised by how well I continue to surrender, integrate humility, and get along with others. Incorporating the Principles and practicing them in all my affairs helps with ongoing abstinence in all three realms: emotional, physical, and spiritual.

When I do well at work, I get a raise and sometimes a financial bonus. When I do well at OA, there is no payment for my involvement in this program. There are no dues or fees, and I am not paid for my service.

This brings me to our Eighth Tradition: “Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.” As I review the Tradition Eight chapter in our book The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition, I see that we can employ special workers. Yes, I can feel special among friends, but special takes on a different meaning in this Tradition.

Who are our special workers? They are people who may or may not be OA members and who are paid by our service bodies and the World Service Office for the professional services they provide, such as accounting, marketing, business administration, and office management. At the intergroup/service body level, professional services could include a bookkeeper, webmaster, or office manager. At the WSO, our special workers include a managing director, associate director, and others who manage five WSO departments: Executive, Member Services, Publications, Accounting, and Digital Communications, along with support staff.

Special workers are paid for the professional services they offer, which require the skills necessary to do the job. We can employ a top-notch group of highly qualified professionals, but they are not paid based on their years in OA.

OA’s Preamble states, “Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating.” As members, we have many opportunities to be of service, but we are “forever non-professional” (Tradition Eight). This means none of us are professional compulsive eaters. (I know some will joke or argue about how they ate their body weight in food and quickly dropped weight, etc., but that is just addiction at work.) While we, as OA members, do offer our service as sponsors, committee chairs, or officers of a service body, “we are never paid for the service we give in OA. . . . Members who lead OA-sponsored retreats and events are reimbursed for their travel and lodging expenses but are not paid for their leadership” (The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition, p. 141).

As service body reps, world service delegates, or board members, we may be stellar in what we offer to OA groups and communities, but this is only a way to work Step Twelve, where we are asked to carry the message of recovery and practice these principles in all our affairs. We don’t pay others to speak at our OA functions since speaking is a recovery service, not a business service. There is no mention of a financial raise or bonus in Step Twelve. What we do get is ongoing recovery.

I feel good knowing that, unlike how it is for me at work, I can give a helping hand in so many ways in OA and never have formal evaluation from my fellows. Conversely, I am liberated in my recovery because my personal income is not dependent on my meeting attendance or service hours. Simply by giving and receiving in this program, I get recovery—this I know. What a relief that service in recovery is an endeavor of love and not for money.

Event Calendar Is Back on OA.org

Looking to add recovery to your weekend plans? Now you can visit oa.org/event-calendar and browse dozens of online and local service body events. Search, filter, and find the right events for you and then download the details to your phone or computer. It’s simple and easy.

Give service to the Fellowship and the newcomer by adding your event. Find the submission form button on the Event Calendar page or bookmark oa.org/event-calendar-submission-form. Enter your event details, click the submit button, and the WSO will take care of the rest, including posting your event on oa.org and promoting it via OA’s social media.

Already, more than fifty events have been posted to Event Calendar. Let’s work together to keep it full of upcoming events so that OA members always have options to strengthen recovery and have some fun. And imagine the benefit to newcomers when they see at a glance all the activity and recovery in our Fellowship. How attractive!
Great news for translation fans! OA’s introductory pamphlet Where Do I Start? is now available for free download and distribution in twenty languages. Simply navigate to oa.org/document-library and select either the “New to OA” or “Translation” category to see all available languages: Arabic, Bahasa Indonesian, simplified Chinese, Finnish, French (Quebec), Hebrew, Italian, Japanese, Korean, Latvian, Mongolian, Norwegian, Persian, Portuguese (Brazil), Romanian, Serbian, Spanish, UK English, US English, and Zulu.

Where Do I Start? includes the Fifteen Questions, the Tools of Recovery (abridged), sample plans of eating, the OA Promise, and “Welcome Home,” as well as answers to such frequently asked questions as “What is the Twelve Step recovery program?”

Note: Where Do I Start? was updated in July 2022, however, all translated versions were created from the original 2018 version.

Voices of Recovery, Second Edition

The long-awaited second edition of OA’s daily reader Voices of Recovery is finally available, both in our OA bookstore and on online digital platforms. The second edition has been attentively reviewed and edited to bring the original daily meditations, sourced directly from the testimonials of OA members in 2002, into alignment with OA’s currently available literature and policies. These changes were made with great care, as reasoned in the new foreword to the second edition: “It was always the intention during the review for this second edition… to honor the writings chosen for the first edition that have become so much a part of so many OA members’ recovery.”

Voices of Recovery, Second Edition is recommended to anyone new to program, anyone who doesn’t have the first edition, and for those of you who might keep your well-worn first edition on the shelf but want a daily reader that speaks fully to the present moment.


Responsibility Pledge added to Many Group Documents

“Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.” OA’s Responsibility Pledge, so near and dear to our hearts in the Fellowship, reminds us of the strength built from our vulnerability and community with each other. As a loving reminder of that priority, and in keeping with the group conscience decision at WSBC 2022, all of OA’s meeting formats and guidelines in the Document Library at oa.org (found under categories “Meeting Formats” and “Guidelines,” respectively) have been updated to include our Responsibility Pledge in the text.

Further, you and your group will notice that our Guidelines for Locally Produced Literature have an additional update: “We recommend that the Responsibility Pledge be added to all your locally produced literature, social media, newsletters, and bulletins, as unity in our message speaks to our unity of purpose.”

New Tutorial: How to Submit a Motion to WSBC

A detailed tutorial, “How to Submit a Motion to WSBC,” is now available to assist members in this very endeavor. This tutorial will show you exactly how that first thought can become a motion at a future WSBC. The tutorial is available both as a nine-minute video and a translatable slideshow and can be found on the WSBC web page under “Frequently Used Documents.” (Links open to third-party websites.)

Translation Royalties

Thank you to the following OA service bodies who have sent a total of US$1,564.88 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 Espana

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.

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.

Apply for Professional Exhibits Funds

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. Applications are reviewed monthly, so talk to your service body about any available opportunities and apply! Find the application in the Document Library at oa.org under the category “Public Information.”
WSBC 2023 (continued from p. 1)

interested in running for a trustee position? Download the trustee application form from the oa.org Document Library under “WSBC: Frequently Used Documents.” There are nine trustee positions (each with a three-year term) up for election in 2023.

Venue and Lodging

This year's Conference will be held again at the Embassy Suites Albuquerque Hotel. There is a US$149 per night lodging rate (single through quadruple occupancy) plus $20.67 tax (tax rate is subject to change). Total per night with tax is $169.67. This rate includes a two-room suite, breakfast, refrigerator, microwave, internet (lodging room only), access to dinner shuttles (Tuesday–Friday evenings), and a lunch shuttle (Saturday afternoon).

Reservation deadline is April 6, 2023. For online reservations, follow the reservation link from the WSBC web page or call the hotel directly at 1-505-245-7100 and use group code “OAI.” Visit Lifeline: Stories of Recovery at lifeline.oa.org.

For 55 years, Lifeline was our international magazine (remember those?) of recovery and “Meeting on the Go.” Today, Lifeline is being rebuilt as Lifeline: Stories of Recovery at lifeline.oa.org. Lifeline is now free to access and will be available to OA members who need a dose of experience, strength, and hope, and as a resource to attract the still-suffering compulsive eater who is searching online for a solution.

Visit Lifeline: Stories of Recovery at lifeline.oa.org

Q. I'm a bit confused. Is it okay to show your last name/surname in a virtual OA meeting? I thought it was not consistent with our Traditions, but a longtime member believes it is okay to share last names within the Fellowship, including in virtual meetings.

A. To answer your question, I quote below selections from the chapter on Tradition Twelve in The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition.

“...To be anonymous in OA means to be one among many, to accept ourselves as no better or worse than our fellows... We find ourselves listening intently to people whose last names we don’t know... We listen because we identify with them. We’ve learned that they may say something that can help our recovery. “We often go on a first-name basis in OA meetings, not because we’re embarrassed about our OA membership, but because last names simply aren’t important” (pp. 164–65).

Further, anonymity is not the same thing as secrecy. As The Tools of Recovery pamphlet (#160) says, “It is not a break of anonymity to use our full names within our OA groups or service bodies” (p. 5). When we fully identify ourselves, many of us have found it is easier to carry out our service work and to reach out to one another when we need help.

Having said that, I want to remember a few things for myself:

- It’s okay for me to use my full name, but it is not okay for someone else to use my full name if I haven’t.
- If I choose to use my full name, I’ll want to check my motives. For instance, if my last name is the same as that of a political leader, or a department store, or a movie star, even if I’m not related, am I using my last name because of perceived prestige? Or am I using it so I can be truly available to still-suffering compulsive eaters? Do I listen to people differently if their last name seems to be prestigious?
- If someone has their last name on their videoconference profile, do I gloss over it, knowing what’s important is not that person’s last name but their experience, strength, and hope for finding recovery in OA?
- Is the virtual tool I am using considered “other public media of communication” (Tradition Eleven)?
- It’s important for me to check whether my own motives are clear and my behavior is appropriate. I hope this is helpful.

New Service Bodies

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

Hay Una Solucion
Virtual Intergroup
Registered July 28, 2022

CCA Colombia Intergroup
Colombia
Registered August 12, 2022

Khuzestan Intergroup
Iran
Registered September 26, 2022

Two Rivers Intergroup
Illinois USA
Registered September 19, 2022

WSBC 2023 Important Dates

November 1, 2022
Delegate Support Fund Applications
(Due at WSO)

NEW DEADLINE
December 1, 2022
New Business Motions/Bylaw Amendments
(Postmarked deadline)

NEW DEADLINE
January 5, 2023
Second Conference e-Documents available on OA website only

NEW DEADLINE
January 26, 2023
Trustee Applications
(Due at WSO)

NEW DEADLINE
February 15, 2023
Delegate Registration
(Due at WSO)

Ask-It Basket
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 worldwide and virtual meeting information, and outreach to professionals.

6. Your automatic, recurring contributions for virtual meetings means you never have to ask, “Did I remember my Seventh Tradition this week?”

7. Your contributions support carrying the message around the world through translations of OA-approved literature.

8. Your contributions help you work your program, with many OA members discovering that making regular financial contributions supports their recovery.

9. Your automatic, recurring contributions are easy to set up and can be scheduled monthly or quarterly.

10. Your contributions are tax deductible in the USA.

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.”