



# Final Report

**Overeaters Anonymous, Inc.  
2016 World Service Business Conference**

*Confidential—for use within OA only*



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**OVEREATERS ANONYMOUS, INC.**  
**Embassy Suites Albuquerque Hotel and Spa**  
**Albuquerque, New Mexico USA**  
**May 2-7, 2016**  
**Final Business Conference Report**  
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**OVEREATERS ANONYMOUS, INC.**  
***World Service Board of Trustees***  
***2016-2017***

<b>Trustee</b>	<b>Position</b>	<b>Committee Assignment (chair)</b>
<i>Tina C.</i>	General Service Trustee Treasurer	Delegate Support Fund Finance
<i>Stella C.</i>	Region Nine Trustee	International Publications/ Translations
<i>Karen C.</i>	General Service Trustee Chair of the Board	
<i>Stephanie D.</i>	Virtual Services Trustee	Virtual Services
<i>Margie G.</i>	Region One Trustee	Internal Information Website Review
<i>Barbara G.</i>	Region Seven Trustee	Board-Approved Literature
<i>Linda H.</i>	Region Eight Trustee	Convention 2020 Young Persons'
<i>Karin H.</i>	Region Six Trustee	Convention 2016 Region Chairs
<i>Linda J.</i>	Region Five Trustee	Conference-Approved Literature Literature Review
<i>Cyndy L.</i>	Region Four Trustee Second Vice Chair	BRM Review Bylaws
<i>Bonnie L.</i>	General Service Trustee	Twelfth Step Within
<i>Steve M.</i>	General Service Trustee	Public Awareness Public Information
<i>Letitia McL.</i>	Region Ten Trustee	Unity with Diversity
<i>Hanna S.</i>	Region Two Trustee	Web/Technology
<i>Janice S.</i>	General Service Trustee	Conference Planning
<i>Vicki W.</i>	Region Three Trustee First Vice Chair	Professional Outreach (interim) Professional Tradeshows (interim) Strategic Planning

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**OVEREATERS ANONYMOUS, INC.**  
*World Service Delegate Cochairs*  
**2016-2017**

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<b>Conference Committee</b>	<b>Delegate Cochair</b>
<i>Bylaws</i>	Alice W.
<i>Conference-Approved Literature</i>	Judith H.
<i>Finance</i>	Donna M.
<i>Professional Outreach</i>	Alaina G.
<i>Public Information</i>	Ron P.
<i>Region Chairs</i>	Beverly M.
<i>Twelfth Step Within</i>	Thea F.
<i>Unity with Diversity</i>	Miranda K.
<i>Virtual Services</i>	Maria C.
<i>Web/Technology</i>	Mike P.
<i>Young Persons'</i>	Halina B.

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**OVEREATERS ANONYMOUS, INC.**  
***World Service General Business Meetings Approved Minutes***  
***55<sup>th</sup> Annual World Service Business Conference***  
***May 5-7, 2016***

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**Embassy Suites**  
**Albuquerque, New Mexico**

**Thursday Morning, May 5, 2016 – Business Meeting I**

Chair Gerri H. called the 55<sup>th</sup> Annual World Service Business Conference to order at 8:30 a.m. Susanne L., Region Nine, led the Serenity Prayer in Swedish and in English.

**CALL TO ORDER**

Sharon P., Region Ten, read the Twelve Steps of Overeaters Anonymous; Claire D., Region Six, read the Twelve Traditions of Overeaters Anonymous; Jim A., 712 VSB, read the Twelve Concepts of OA Service.

**READINGS**

The chair welcomed all attendees to the Conference.

**WELCOME**

The chair announced the Conference theme: Responsibility – To Carry the Message.

**CONFERENCE THEME**

The chair introduced Conference Planning Chair Janice S.

**CONFERENCE  
PLANNING CHAIR  
INTRODUCTION**

The chair introduced the Board of Trustees in order as seated on the dais: Region Four Trustee Cyndy L., Virtual Services Trustee Stephanie D., Region Seven Trustee Barbara G., Region Three Trustee Vicki W., Region Nine Trustee Stella C., Region Six Trustee Karin H., Region Ten Trustee Faith M., General Service Trustee Janice S., Region Five Trustee Linda J., General Service Trustee and Treasurer Tina C., Region Eight Trustee Linda H., General Service Trustee and Second Vice Chair Karen C., Region One Trustee Margie G., General Service Trustee Bonnie L., General Service Trustee Bob F., Region Two Trustee and First Vice Chair Meg H., and General Service Trustee and Chair of the Board Gerri H.

**TRUSTEE  
INTRODUCTIONS**

The chair introduced Parliamentarian Jan Strand and Board Administrator/Conference Secretary Rebbie Garza.

**PARLIAMENTARIAN/  
SECRETARY  
INTRODUCTIONS**

The chair introduced the region chairs: Region One Chair Beverly M., Region Two Chair Nancy J., Region Three Treasurer Elaine L., Region Four Chair Meg M., Region Five Chair Denise O., Region Six Chair Debbie H., Region Seven Chair Amy L., Region Eight Chair Viviana G., Region Nine Chair Francene A., and Region Ten Chair Letitia McL.

**REGION CHAIR  
INTRODUCTIONS**

The chair introduced Managing Director/Corporate Secretary to OA, Inc. Sarah Armstrong, Controller Jim Clymer, Publications Manager DeDe DeMoss, Member Services Manager/Meeting Planner Sandy Zimmerman, and Center Microphone Monitor Karen Beck.

**WSO STAFF/CENTER  
MIC INTRODUCTIONS**

Conference Planning Committee Chair Janice S. introduced Conference Support Committee Chair Sima M.	<b>CSC INTRODUCTIONS</b>
Conference Support Committee Chair Sima M. announced the names of the volunteers serving as pages and timekeepers during Business Meeting I.	<b>VOLUNTEER INTRODUCTIONS</b>
Janice S. called attendance by region to acknowledge delegates present at WSBC:	
Region One – Alaska, Idaho, Montana, Oregon, Washington, Wyoming, Alberta, British Columbia, Northwest Territories, Saskatchewan, Yukon	<b>REGION ATTENDANCE</b>
Region Two – California, Hawaii, Reno/Tahoe area of Nevada, Mexico	
Region Three – Arizona, Colorado, Nevada, New Mexico, Oklahoma, Texas, Utah	
Region Four – Illinois (except the Greater Chicago area and Central Illinois IG), Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, South Dakota, Manitoba, Northwestern Ontario, Nunavut	
Region Five – Greater Chicago area and Central Illinois IG, Indiana, Kentucky, Michigan, Ohio, Wisconsin, Southwestern Ontario	
Region Six – Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, Vermont, New Brunswick, Newfoundland and Labrador, Nova Scotia, Ontario, Prince Edward Island, Quebec, Bermuda	
Region Seven – Delaware, District of Columbia, Maryland, New Jersey, Pennsylvania, Virginia, West Virginia	
Region Eight – Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee, Puerto Rico, Virgin Islands, Aruba, Central and South America	
Region Nine – Africa, Europe, Middle East, Western Asia	
Region Ten – Australia, the Far East, New Zealand, Southeast Asia, the Western Pacific Basin	
Virtual Service Board – 12 Step 4 COEs, OA HOW Two Hour Format Phone Meeting, Spiritual Fitness and Serenity, Perseverancia, Global Online, CCA Online, 712 VSB of OA	
The chair appointed Judy H., Region Two; Steven K., Region Three; and Ginny S., Region Seven, to serve as the Minutes Approval Committee for the WSBC 2016 business meetings.	<b>MINUTES APPROVAL COMMITTEE APPOINTMENT</b>
The first item of business was to adopt the Credentials Report. Sandy Zimmerman presented the report, confirming that there were 17 trustees, 182 voting delegates for a total 199 eligible voters. By unanimous consent, the Credentials Report was <b><u>adopted as presented.</u></b>	<b>CREDENTIAL REPORT ADOPTED</b>



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The chair declared a quorum present.

**QUORUM  
ESTABLISHED**

The 2016 Conference Standing Rules were **adopted as presented.**

**STANDING RULES  
ADOPTED**

By unanimous consent, the 2016 World Service Business Conference agenda was **adopted as distributed.**

**AGENDA ADOPTED**

The chair reported service body voting results from the agenda questionnaire and announced that new business motions would be considered in the following order: A-a, A-b, D, F, G, and H.

**NEW BUSINESS  
MOTIONS  
PRESENTED/ORDER  
OF NEW BUSINESS  
MOTIONS**

New business motions that received approval and newly submitted amendments to those motions were presented. Voting results of each new business motion were as follows:

Items A-a and A-b were procedural motions and were not included on the agenda questionnaire. Per Conference policy, amendments to these motions are not in order.

**Item A** was submitted by the Board of Trustees and approved by **99%** of the responding service bodies. **Item B** was submitted by the Board of Trustees and approved by **98%** of the responding service bodies. **Item C** was submitted by the Board of Trustees and approved by **99%** of the responding service bodies. **Item D** was submitted by Central Jersey IG and approved by **84%** of the responding service bodies. **Item E** was submitted by the Board of Trustees and approved by **99%** of the responding service bodies. **Item F** was submitted by the Board of Trustees and approved by **98%** of the responding service bodies. **Item G** was submitted by the WSBC Bylaws Committee and approved by **98%** of the responding service bodies. **Item H** was submitted by Faith M., Region Ten trustee, and approved by **97%** of the responding service bodies.

**AGENDA  
QUESTIONNAIRE  
RESULTS**

The chair asked the makers of new business motions to introduce themselves at the pro microphone.

**NBM MAKER'S  
INTRODUCTIONS**

The chair announced that bylaw amendment motions would be discussed in a similar fashion to discussion of new business motions.

**BYLAW AMENDMENT  
MOTIONS PRESENTED**

Voting results of each bylaw amendment motion were as follows:

**Item 1** was submitted by the Board of Trustees and approved by **97%** of the responding service bodies. **Item 2** was submitted by the Board of Trustees and approved by **97%** of the responding service bodies. **Item 3** was submitted by the Board of Trustees and approved by **97%** of the responding service bodies. **Item 4** was submitted by OA South and East England IG and approved by **86%** of the responding service bodies. **Item 5** was submitted by the WSBC Bylaws Committee and approved by **97%** of the responding service bodies. **Item 6** was submitted by Faith M., Region Ten trustee, and approved by **97%** of the responding service bodies. **Item 7** was submitted by the Conference-Approved Literature Committee cochair and approved by **95%** of the responding service bodies.

**AGENDA  
QUESTIONNAIRE  
RESULTS**

The bylaw amendments would be considered in the following order: 4, 5, and 6.	<b>ORDER OF BYLAW AMENDMENTS</b>
The chair asked the makers of bylaw amendment proposal motions to introduce themselves at the con microphone.	<b>BYLAW AMENDMENT MOTIONS MAKER'S INTRODUCTIONS</b>
The following items were placed on the consent agenda: New Business Motion <b>A</b> (WSBC Policy 1979e), New Business Motion <b>B</b> (WSBC Policy 1980a), New Business Motion <b>C</b> (WSBC Policy 1992c), New Business Motion <b>E</b> (WSBC Policy 2005a), Proposal Item <b>1</b> (Bylaws, Subpart B, Article VI, Section 1), Proposal Item <b>2</b> (Bylaws, Subpart B, Article VII, Section 1), Proposal Item <b>3</b> (Bylaws, Subpart B, Article VIII, Section 1), Proposal Item <b>7</b> (Bylaws, Subpart B, Article XI, Section 1).	<b>CONSENT AGENDA</b>
Motion required 2/3 vote to adopt. The consent agenda was <u><b>adopted</b></u> .	<b>CONSENT AGENDA ADOPTED</b>
The chair referred the assembly to the officer's reports presented in the 2016 Conference binder. The question/answer period was limited to seven minutes per report. Questions were asked and answered.	<b>OFFICERS' REPORTS</b>
The chair referred the assembly to the region reports presented in the 2016 Conference binder. The question/answer period was limited to three minutes per report. Questions were asked and answered.	<b>REGION REPORTS</b>
The chair referred the assembly to the committee reports presented in the 2016 Conference binder. The question/answer period was limited to three minutes per report. Questions were asked and answered.	<b>COMMITTEE REPORTS</b>
Following announcements, the chair adjourned the meeting at 11:27 a.m. with I Put My Hand in Yours.	<b>ADJOURNMENT</b>
<b><u>Thursday Afternoon, May 5, 2016 – Business Meeting II</u></b>	
Chair Gerri H., called the second business meeting to order at 1:00 p.m. Niki K. and Miranda K., Region Nine, led the Serenity Prayer in Greek and then in English.	<b>CALL TO ORDER</b>
The first item of business was to adopt the Credentials Report. Sandy Zimmerman presented the report, confirming that there were 17 trustees, 182 voting delegates for a total of 199 eligible voters. The Credentials Report was <u><b>adopted without objection as presented</b></u> .	<b>CREDENTIALS REPORT ADOPTED</b>
The Conference Support Committee chair announced the names of the volunteers serving as pages and timekeepers during Business Meeting II.	<b>VOLUNTEER INTRODUCTIONS</b>
Continuation of committee reports.	<b>CONTINUATION OF COMMITTEE REPORTS</b>
The parliamentarian addressed the assembly regarding scope of notice and how to write an amendment.	<b>PARLIAMENTARIAN PRESENTATION</b>

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The region trustee candidates were presented, and per Bylaws B, Article IX, Section 7, each addressed the assembly for five minutes, and then answered questions from the floor for ten minutes.

REGION TRUSTEE  
CANDIDATE  
ADDRESSES

The region trustee candidates:

Region Two      Ali M-R. and Hanna S.  
Region Five      Linda J.  
Region Eight      Linda H.  
Region Ten      Letitia McL.

REGION TRUSTEE  
CANDIDATES

The general service trustee candidates were presented, and per Bylaws B, Article IX, Section 7, each addressed the assembly for five minutes and then answered questions from the floor for ten minutes.

GST ADDRESSES

The general service trustee candidates:

Diana G.  
Gloria L.  
Steven M.

GST CANDIDATES

Following announcements, the meeting was adjourned at 4:43 p.m. with I Put My Hand in Yours.

ADJOURNMENT

### **Friday Morning, May 6, 2016 – Business Meeting III**

Chair Gerri H. called the third business meeting to order at 8:30 a.m. Alejandra S., Region Eight, and Monica C., Region Nine, led the Serenity Prayer in Spanish and then in English.

CALL TO ORDER

George H., Region Six, read from *For Today*.

READING

The first item of business was to adopt the Credentials Report. Sandy Zimmerman presented the report, confirming that there were 17 trustees, 182 voting delegates for a total of 199 eligible voters. By unanimous consent, the Credentials Report was **adopted as presented**.

CREDENTIALS  
REPORT ADOPTED

The Conference Support Committee chair announced the names of the volunteers serving as pages and timekeepers during Business Meeting III.

VOLUNTEER  
INTRODUCTIONS

The region trustee and general service trustee election ballots were distributed, cast, collected, and counted.

REGION/GST BALLOT

### **New Business Motion Proposal Item A-a**

Move to grant the Conference Seal of Approval to the *Twelve Traditions Pocket Guide*.

NBM A-A  
*TWELVE TRADITIONS  
POCKET GUIDE*  
ADOPTED

Motion required 2/3 vote to adopt. New Business Motion Proposal Item A-a **adopted**.

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**New Business Motion Proposal Item A-b**

Move to grant the Conference Seal of Approval to the guide *Twelve Step Workshop and Study Guide*.

**NBM A-B  
TWELVE STEP  
WORKSHOP & STUDY  
GUIDE**

**Amendment A-b 1**

William V., Region Eight, moved to refer Item A-b to the Board of Trustees. The board shall ensure:

**AMENDMENT A-B 1  
FAILED**

- 1) That at least ten trial workshops using the draft materials are completed in as many regions as possible.
- 2) Feedback shall be compiled and reported to the 2017 WSBC.
- 3) Revisions may be made by the Conference Literature Committee.
- 4) A draft shall be submitted for approval at the 2017 WSBC.

Amendment A-b 1 **failed**.

Motion required 2/3 vote to adopt. New Business Motion Proposal Item A-b adopted.

**NBM A-B ADOPTED**

The chair announced the ballot results for the region trustee election.

**REGION TRUSTEE  
TELLER'S REPORT**

**Region Trustees – Three-Year Term**

Region Two                      194 votes cast, 98 needed to elect  
   Ali M-R. – 82 yes votes  
   Hanna S. – 106 yes votes

Region Five – Linda J.        193 votes cast, 97 needed to elect  
   180 yes votes

Region Eight – Linda H.      193 votes cast, 97 needed to elect  
   189 yes votes

Region Ten – Letitia McL.    193 votes cast, 97 needed to elect  
   186 yes votes

The chair declared Hanna S. as Region Two trustee, Linda J. as Region Five trustee, Linda H. as Region Eight trustee, and Letitia McL. as Region Ten trustee.

**NEW REGION  
TRUSTEES DECLARED**

The chair announced ballot results for the general service trustee election.

**GST TELLER'S  
REPORT**

**General Service Trustees – Three-Year Term**

Total votes cast: 193

Number of votes needed for election: 97

Diana G.                        74 yes votes  
Gloria L.                        149 yes votes  
Steven M.                       151 yes votes

The chair declared Gloria L. and Steven M. as general service trustee for three-year terms.

**NEW GST TRUSTEES  
DECLARED**

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The chair asked the managing director to destroy the ballots after the adjournment of Conference.

**BALLOTS DESTROYED**

**New Business Proposal Item A**

Move to amend WSBC Policy 1979e as follows:

WSBC Policy 1979e (Amended 1989, 2001, and 2012)

It was adopted:

To ensure personal anonymity be maintained, the online version of the Final World Service Business Conference Report will only include first names and last initials in minutes and reports. The contact section of the report, which includes names, addresses, phone numbers, and email addresses of delegates will be emailed to all service bodies and delegates following Conference. "For Use Within OA Only" will appear at the top of the list.

**NBMA  
AMEND WSBC  
POLICY 1979E  
ADOPTED ON  
CONSENT AGENDA**

New Business Motion Proposal Item A **adopted on consent agenda.**

**New Business Motion Proposal Item B**

Move to rescind WSBC policy 1980a.

~~WSBC Policy 1980a (Amended 1989)~~

~~It was adopted that:~~

~~The purpose of each proposed amendment to the World Service bylaws be clearly verbalized by the proposing body.~~

**NBM B  
RESCIND WSBC  
POLICY 1980A  
ADOPTED ON  
CONSENT AGENDA**

New Business Motion Proposal Item B **adopted on consent agenda.**

**New Business Motion Proposal Item C**

Move to amend WSBC Policy 1992c as follows:

WSBC Policy 1992c (Amended 2002)

It was adopted:

AA literature sold by the OA World Service Office shall be available for purchase at all World Service Conventions.

**NBM C  
AMEND WSBC  
POLICY 1992C  
ADOPTED ON  
CONSENT AGENDA**

New Business Motion Proposal Item C **adopted on consent agenda.**

**New Business Motion Proposal Item D**

The Reference Subcommittee recommended defeat of this motion.

Move to amend WSBC Policy 1986a as follows:

WSBC Policy 1986a (Amended 1996 and 1998)

It was adopted:

Overeaters Anonymous celebrate an annual worldwide Unity Day on the first Saturday in June at 11:30 a.m. Pacific standard time.

**NBM D  
AMEND WSBC  
POLICY 1986A FAILED**

Motion required majority to adopt. New Business Motion Proposal Item D **failed.**

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**New Business Motion Proposal Item E**

Move to amend WSBC Policy 2005a as follows:

WSBC Policy 2005a

It was adopted that:

Business Conference policies that have been completed or the purpose of which have been served and are no longer required shall be presented by the Bylaws trustee cochair to the Board of Trustees for consideration of removal at the next Business Conference.

New Business Motion Proposal Item E **adopted on consent agenda.**

**NBM E  
AMEND WSBC  
POLICY 2005A  
ADOPTED ON  
CONSENT AGENDA**

**New Business Motion Proposal Item F**

The Reference Subcommittee recommended passing this motion with the amendment.

Move to amend WSBC Policy 2011a as follows:

WSBC Policy 2011a

The following policy statement was adopted:

**Statement on Public Media**

While Overeaters Anonymous has no opinion on outside issues, including social media, the delegates of the 2016 World Service Business Conference recommend that any OA member, group, or service body using social media for OA public information and public awareness maintain the personal anonymity of OA members.

Members of Overeaters Anonymous are anonymous. The Fellowship is not. Members of Overeaters Anonymous using social media are responsible for maintaining their own personal anonymity.

**Amendment F-1**

Cyndy L., Region Four trustee, moved to amend New Business Motion F by adding the following:

Members of Overeaters Anonymous are anonymous. The Fellowship is not. Members of Overeaters Anonymous using social media are responsible for maintaining their own personal anonymity **and respecting the anonymity of other OA members.**

Amendment F-1 **adopted.**

Motion required majority to adopt. New Business Motion Proposal Item F **adopted as amended.**

**NBM F  
AMEND WSBC  
POLICY 2011A**

**AMENDMENT F-1  
ADOPTED**

**NBM F  
AMEND WSBC  
POLICY 2011A  
ADOPTED AS  
AMENDED**

Seventh Tradition was taken.

**SEVENTH TRADITION**

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Following announcements, the chair adjourned the meeting at 11:51 a.m. with the Responsibility Pledge.

ADJOURNMENT

**Friday Afternoon, May 6, 2016 – Business Meeting IV**

Chair Gerri H. called the fourth business meeting to order at 1:30 p.m. Sandra M. and Yvonne D., Region Nine, led the Serenity Prayer in Gaelic and then in English.

CALL TO ORDER

The first item of business was to adopt the Credentials Report. Sandy Zimmerman presented the report, confirming that there were 17 trustees, 181 voting delegates for a total of 198 eligible voters. By unanimous consent, the Credentials Report was **adopted as presented**.

CREDENTIALS  
REPORT ADOPTED

The parliamentarian addressed the assembly regarding substitute motions and referring motions to the Reference Subcommittee.

PARLIAMENTARIAN  
REPORT

The Conference Support Committee chair announced the names of the volunteers serving as pages and timekeepers during Business Meeting IV.

VOLUNTEER  
INTRODUCTIONS

**New Business Motion Proposal Item G**

The Reference Subcommittee did not consider this item.

NBM G  
ESTABLISH VIRTUAL  
SERVICES  
CONFERENCE  
COMMITTEE

Move to establish an OA Virtual Services Conference Committee. The committee would focus on virtual groups and would assist in forming new virtual service boards, presenting virtual workshops, and other projects that support the virtual groups and virtual service boards (VSBs). This will help build infrastructure and support for VSBs and virtual groups.

**Amendment G-1**

Sue M., Region Eight, moved to add to the end of the paragraph:

AMENDMENT G-1  
FAILED

. . . ever mindful to maintain and enhance connections and relationships with regions and meetings that meet face-to-face.

Amendment G-1 **failed**.

Motion required majority to adopt. New Business Motion Proposal Item G **adopted**.

NBM G  
ADOPTED

**New Business Motion Proposal Item H**

The Reference Subcommittee did not consider this motion.

NBM H  
RESCIND WSBC  
POLICY 1999

Move to rescind WSBC Policy 1999

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**New Business Motion Proposal Item H (continued)**

~~WSBC Policy 1999 (Amended 2004 and 2005)~~

~~It was adopted that:~~

~~An online or telephone group will be registered with World Service as long as the listed group meets the following criteria:~~

- ~~1) Takes place in “real time;”~~
- ~~2) Is fully interactive; and~~
- ~~3) Fulfills the definition of an OA group as contained in Subpart B, Article V, Section 1 of Overeaters Anonymous, Inc. Bylaws.~~

Motion required majority to adopt. New Business Motion Proposal Item H **adopted.**

**Bylaw Amendment Proposal Item One**

Move to amend OA, Inc. Bylaws, Subpart B, Article VI – Intergroups, Section 1 – Definition as follows:

Article VI – Intergroups

Section 1 – Definition

An intergroup shall be a duly registered service body. For the purpose of this document a service body is defined as a service entity that provides services beyond the group level.

Section 2 – Composition

- a) Two or more groups may form an intergroup for the purpose of servicing and representing the groups of which they are composed and acting as the guardian of the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service. Each intergroup should be composed of groups within its region, or groups within its geographical proximity, except that virtual groups may affiliate with intergroups without regard to geographic proximity.
- b) Each state/province may have at least one intergroup. In a state/province having only one group, that group may function as an intergroup.

Bylaw Amendment Proposal Item One **adopted on consent agenda.**

**Bylaw Amendment Proposal Item Two**

Move to amend OA, Inc. Bylaws, Subpart B, Article VII – Regions, Section 1 – Definition as follows:

Article VII – Regions

Section 1- Definition

A region shall be a duly registered service body. For the purpose of this document a service body is defined as a service entity that provides services beyond the group level.

**NBM H  
RESCIND WSBC  
POLICY 1999  
ADOPTED**

**BYLAW AMENDMENT  
ITEM ONE  
AMEND BYLAWS B,  
ARTICLE VI, SECTION  
1 ADOPTED ON  
CONSENT AGENDA**

**BYLAW AMENDMENT  
ITEM TWO  
AMEND BYLAWS B,  
ARTICLE VII,  
SECTION 1**



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**Bylaw Amendment Proposal Item Two (continued)**

Section 2 – Composition

- a) There shall be ten regions composed of intergroups, groups within each region and service boards that fall within regional boundaries. Subject to BOT approval, language service boards that span more than one region may choose to affiliate with one of the regions that it spans. Virtual service boards are not included in the regional structure.

BYLAW AMENDMENT  
ITEM TWO  
AMEND BYLAWS B,  
ARTICLE VII,  
SECTION 1 ADOPTED  
ON CONSENT AGENDA

Bylaw Amendment Proposal Item Two **adopted on consent agenda.**

**Bylaw Amendment Proposal Item Three**

Move to amend OA, Inc. Bylaws, Subpart B, Article VIII – Service Boards, Section 1 – Definition as follows:

Article VIII – Service Boards

Section 1 – Definition

For the purpose of this document, a service body is defined as a service entity that provides services beyond the group level. A service board shall be a duly registered service body. The purpose of a service board is to deal with issues that require a combination of membership and financial resources of intergroups and groups not otherwise served within the existing service structure. The service board shall serve and be responsible and accountable to those groups and intergroups. These service boards may be known as national service boards, language service boards, or virtual service boards.

BYLAW AMENDMENT  
ITEM THREE  
AMEND BYLAWS B,  
ARTICLE VIII,  
SECTION 1 ADOPTED  
ON CONSENT AGENDA

Bylaw Amendment Proposal Item Three **adopted on consent agenda.**

**Bylaw Amendment Proposal Item Four**

Move to amend OA, Inc. Bylaws, Subpart B, Article XI – Conference Committees, Section 4 – Region Chairs Committee as follows:

Article XI – Conference Committees

Section 4 – Region Chairs Committee

- a) The Region Chairs Committee shall provide a channel of information and communication between the members and the Board of Trustees through the regions and a network for the purpose of sharing resources and solutions.
- b) The Region Chairs Committee shall be composed of the current region chairs only. A region chair may designate an alternate, such as the region vice chair, to serve on the committee in her/his absence.
- c) Section 6 of Article XI does not apply to this committee.
- d) The Region Chairs Committee meets only in North America.

BYLAW AMENDMENT  
ITEM FOUR  
AMEND BYLAWS B,  
ARTICLE IX, SECTION  
4 FAILED

Motion required 2/3 vote to adopt. Bylaw Amendment Proposal Item Four **failed by written ballot**; 42 yes, 150 no.

**Substitute Bylaw Amendment Proposal Item Five**

The Reference Subcommittee did not consider this item.

Move to amend OA, Inc. Bylaws, Subpart B, Article VII – Regions, Section 1 – Composition, Part c) as follows:

SUBSTITUTE BYLAW  
AMENDMENT ITEM  
FIVE  
AMEND BYLAWS B,  
ARTICLE VII,  
SECTION 1

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### **Substitute Bylaw Amendment Proposal Item Five (continued)**

#### Article VII – Regions

##### Section 1 – Composition

- c) Should states/provinces/countries/territories within a region, or intergroups/ national/language service boards within a state/province/country/territory wish to transfer to a region that is geographically more convenient, the body notifies its current region, the region it would like to join, and the Board of Trustees of its desire to transfer. The BOT then submits a motion to WSBC to amend Subpart B, Article VII, Section 1 of the Bylaws.

Motion required majority to adopt. Substitute Bylaw Amendment Proposal Item Five **adopted**.

Motion required 2/3 vote to adopt. Bylaw Amendment Proposal Item Five **adopted as substituted**.

The Seventh Tradition total was \$4,423.25.

Following announcements, the chair adjourned the meeting at 4:49 p.m. with I Put My Hand in Yours and the Responsibility Pledge.

### **Saturday Morning, May 7, 2016 – Business Meeting V**

Chair Gerri H. called the fifth business meeting to order at 8:30 a.m. Dora P., Region Eight, led the Serenity Prayer in Portuguese and then in English.

Alisha J., Region Eight, read from *Voices of Recovery*.

The first item of business was to adopt the Credentials Report. Sandy Zimmerman presented the report, confirming that there were 17 trustees, 179 voting delegates for a total of 196 eligible voters. By unanimous consent, the Credentials Report was **adopted as presented**.

The Conference Support Committee chair announced the names of the volunteers serving as pages and timekeepers during Business Meeting V.

Parliamentarian Jan Strand discussed how to become a parliamentarian.

### **Bylaw Amendment Proposal Item Six**

Move to amend OA, Inc. Bylaws, Subpart B, Article V – Overeaters Anonymous Groups, Section 1 – Definition and Section 2 – Composition as follows:

#### Article V – Overeaters Anonymous Groups

##### Section 1 – Definition

- a) These points define an Overeaters Anonymous group:
- 1) As a group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service.
  - 2) All who have the desire to stop eating compulsively are welcome in the group.

### **SUBSTITUTE BYLAW AMENDMENT ITEM FIVE**

**AMEND BYLAWS B,  
ARTICLE VII,  
SECTION 1 ADOPTED  
AS SUBSTITUTED**

### **SEVENTH TRADITION TOTAL**

### **ADJOURNMENT**

### **CALL TO ORDER**

### **READING**

### **CREDENTIALS REPORT ADOPTED**

### **VOLUNTEER INTRODUCTIONS**

### **PARLIAMENTARIAN PRESENTATION**

### **BYLAW AMENDMENT ITEM SIX AMEND BYLAWS B, ARTICLE V, SECTIONS 1 & 2**

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**Bylaw Amendment Proposal Item Six (continued)**

- 3) No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting).
- 4) As a group they have no affiliation other than Overeaters Anonymous.
- 5) It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.

**BYLAW AMENDMENT  
ITEM SIX  
AMEND BYLAWS B,  
ARTICLE V, SECTIONS  
1 & 2 ADOPTED**

**Section 2 – Composition**

- a) A group may be formed, as set forth in Article V, Section 1, by two or more persons meeting together, either
  - i) in the same physical location (face-to-face);
  - ii) through some form of electronic device (virtually); or
  - iii) both.
- b) Groups compose the intergroups and service boards set forth in Articles VI and VIII hereof.

Motion required 2/3 vote to adopt. Bylaw Amendment Proposal Item Six **adopted**.

**Bylaw Amendment Proposal Item Seven**

Move to amend OA, Inc. Bylaws, Subpart B, Article XI – Conference Committees, Section 1 – Conference Literature Committee as follows:

**BYLAW AMENDMENT  
ITEM SEVEN  
AMEND BYLAWS B,  
ARTICLE XI, SECTION  
1 ADOPTED ON  
CONSENT AGENDA**

**Article XI – Conference Committees**

**Section 1 – Conference-Approved Literature Committee**

- a) The Conference-Approved Literature Committee (CLC) shall be composed of twelve or more delegates selected by the cochair of the Conference-Approved Literature Committee from among delegates at the Conference, to obtain good geographic representation, strong abstinence, and a willingness to serve.
- b) The cochair may appoint outgoing delegates to serve an extra year on the committee in an advisory capacity.

Bylaw Amendment Proposal Item Seven **adopted on consent agenda**.

The committee delegate cochair presented two-minute summaries of their meetings.

**COMMITTEE  
MEETING SUMMARIES**

The workshop leaders presented two-minute summaries of their meetings.

**WORKSHOP  
SUMMARIES**

The chair asked all the new WSBC delegates to stand before the assembly for recital of the ceremonial “green dot” verse, followed by removal of the green dots from their delegate badges.

**GREEN DOT  
CEREMONY**

Collective thanks were expressed to the volunteers, staff, and outgoing trustees.

**COLLECTIVE THANKS**

There being no further business to come before the assembly, the 55<sup>th</sup> Annual World Service Business Conference was adjourned at 9:55 a.m. with I Put My Hand in Yours.

**ADJOURNMENT**

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Submitted by: Rebbie Garza\*  
Board Administrator and Conference Secretary

Approved by: Sarah Armstrong\*  
Managing Director and Corporate Secretary to OA, Inc.

Judy H. – Minutes Approval Committee\*  
Steven K. – Minutes Approval Committee\*  
Ginny S. – Minutes Approval Committee\*

\*All signatures on file with the Overeaters Anonymous World Service Office.

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## MAY 2016

### *Chair's Report*

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The 2016 World Service Business Conference is a first and a last for your humble chair. I will be completing six years of service, three as the Region Eight trustee and the last three as a general service trustee. Where does one begin to express the gratitude for the unbelievable miracles of nearly twenty-three years of abstinence on May 15, for maintaining a healthy body weight, and for the opportunity to give back to OA?

A pre-OA dream of mine involved running for political office, but the thought of the American news media uncovering my checkered past left that dream right on the pillow where it belonged. In OA however, we share our past by taking the Steps and embracing the Tool of service! Thank you for allowing my dream to come true by serving this year as your chair, warts and all.

For those of you who were not at the 2015 Conference, two of us were nominated for chair, both equally qualified to serve. The vote was split right down the middle. Our bylaws call for election by lot to break ties. A delegate produced a hat, and my name was the one pulled. So any time I think I'm bigger than my britches, I humbly remember that I was elected out of a well-worn cowboy hat.

Before I even chaired my first Board of Trustees meeting in August, I received a call from our longtime managing director, Naomi Lippel, about her intent to resign by the end of the year. What a way to start out! Together with my fellow officers, we formed an ad hoc committee to find a replacement, considering every option available. I am happy to report that the best candidate was already a member of our management team, seasoned controller and associate director, Sarah Armstrong.

The next five months were spent in transition, not only for Sarah but also for our new controller, Jim Clymer. Jim brings great fresh perspectives, and while change is never easy, we already see exciting new things happening for the direction of our Fellowship with Sarah at the helm and Jim managing our finances.

Another exciting challenge this year was the unveiling of our updated website. We felt it was ready to go in mid-February. Rather than immediately announce it to the 19,000-plus email list, the board chose to wait a week to iron out the bugs. The Fellowship announcement happened on February 29. We hope you approve of the new look with special focus sections for newcomers, service bodies, and existing members. Please read the Website Redesign Ad Hoc Committee report for more information.

At our August joint meetings, the region chairs raised the idea of an eleventh region. Trustee Bob Fisher headed an ad hoc committee to consider the options. He contacted past trustees who were around when the regions were created, especially nine and ten, and when Region Eight absorbed South and Central America and the Caribbean Islands. Please refer to his ad hoc committee report (2016 delegate binder) for more details. The new board will consider how to proceed with this expansive research and information.

My husband and I have been traveling out west in our RV for the last three years, allowing me to attend a great variety of meetings. In one state, there were only two cities with meetings, with only one or two members in attendance. I rarely disclosed my service position, rather attending as an OA member. Whenever I saw a stack of *Lifeline* magazines, I always suggested that members take them along to their doctors' office; it might be a way to increase membership and inform their health care professionals about Overeaters Anonymous.

Speaking of *Lifeline*, the board continues to address the future of our magazine. We have tried so many things to increase subscriptions and renewals, but nothing has turned around this downward subscription

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trend. At this writing, we are rethinking the magazine's format to include articles that may interest health care professionals. I always write our local meeting info on the back and take my copies to the doctor's office.

We've had more than one newcomer show up at our local meetings from finding a *Lifeline* while waiting to see the doctor. The board is committed to supporting this worthwhile piece of literature. What can you do to help increase subscriptions and to circulate this well written magazine?

During our travels, when local meetings were more than an hour away, I took advantage of phone meetings. How blessed we are to have so many options available through technology. Since the delegates voted to add a virtual services trustee to the board, virtual meetings and service boards are becoming more organized and will have better representation at Conference.

There has been some discussion about special focus groups in our Fellowship, which create diversity and division simultaneously. You may want to share your thoughts about this with your region trustee. I did attend a special focus meeting during my travels and was asked not to share because I didn't meet its requirements, even though I was over twenty years abstinent at the time and maintaining over a 100-pound weight loss. My hope is that we can all find value in every member's experience, strength, and hope, whether a seasoned longtimer, newcomer, or member returning from relapse. What can you do to help create greater unity in our Fellowship?

I know that I leave service at the world level in good hands. My husband and I are continuing our travels, this year in the north-central part of the country. Maybe I'll see you at a local meeting but for sure at the World Service Convention in Boston this September! Stay abstinent, my friends!

Sincerely,  
Gerri H.  
Chair, Board of Trustees  
March 2016

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## MAY 2016 *Treasurer's Report*

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### 2015 AUDIT

As a nonprofit corporation, Overeaters Anonymous, Inc. is required by state law to have an official audit conducted annually. This was recently completed by Porch & Associates, LLC, certified public accountants and consultants.

Overeaters Anonymous' fiscal year runs from January 1 through December 31 of each year. For fiscal year (FY) 2015, the auditors found that OA had strong internal financial controls and that the accounting staff was highly competent and proficient. There were no areas of concern or discrepancy. OA's balance sheet was healthy with adequate income in reserve. It was also stated that OA, as a nonprofit corporation, was fiscally stronger than many comparable corporations. An added plus was that Overeaters Anonymous, Inc. again ended in the black (greater income generated than expended)!

As a Fellowship, Overeaters Anonymous is guided by Tradition Seven: "Every OA group ought to be fully self-supporting, declining outside contributions." OA does not accept any outside contributions, yet the Seventh Tradition for FY2015 was approximately 30 percent of the income generated within OA. We were not self-supporting through our own contributions. (The major source of income was sales of literature.)

OA has yet to ever be self-supporting. Thus, the Executive Committee and the full board, in projecting and approving a budget, always must be prudent and wise in determining an amount for the Seventh Tradition while establishing a balanced operating budget. (Interesting note: if every OA member gave the equivalent of one more American dollar per week, OA could become self-supporting.)

Freedom from the bondage of self...freedom from the bondage of food...**is not free**. If we want the type of recovery resources we have, if we truly want to help the compulsive eater, however they suffer (physically, emotionally, or spiritually), if **we** want to work on and enhance **our own** recovery, then we need to do what we can, when we can, as often as we can.

### BUDGET

After months of challenging (and exciting) planning, the 2015 Board of Trustees passed a proposed balanced budget for FY2016 at the November board meeting. That budget, US\$1,926,300.00, is the most aggressive budget OA has ever had and yet, it came after hours of discussion. Time was spent reducing costs, postponing improvements, realistically projecting income from literature sales and World Service Convention, weighing and measuring what could or could not be done in a healthy, prudent, and wise way. To be successful, OA and **our** recovery need **our** ongoing support.

### AUTOMATIC RECURRING CONTRIBUTIONS (ARC)

This program was established in 2012 to provide members with a method to make regular, ongoing contributions toward OA's Seventh Tradition. Last year's treasurer's report stated that at that time 126 members had joined this campaign. Through January 31, 2016, the number of ARC participants had risen to 254!

Through the automatic recurring contribution method, members choose how often and how much they wish to contribute. No contribution is too small. Members may sign up for the ARC program by going to [oa.org](http://oa.org) and clicking on the Contribute button. Members may also call the World Service Office to ask questions and obtain assistance in joining.

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Potential reasons for establishing an ARC account:

- For those who only attend virtual meetings and events, an ARC account is a viable way to consistently contribute to the Seventh Tradition. Virtual meetings and events actually have direct or indirect expenses. These may be related to the website, Find a Meeting, using OA materials, the time and effort of recording and editing special podcasts, and offering other recovery events or materials. As the *OA Twelve and Twelve* states, “We must cover our own expenses.”
- For those virtual meetings that have joined a service group, is your group contributing? If so, can the amount be increased? If your group does not have an ARC account, will you consider setting up one? This can be determined through the group conscience at your business meeting.
- For those who attend face-to-face meetings, ARC can be a manageable way to supplement your weekly contributions and to further support all the recovery efforts done by the World Service Office and OA.
- For those who occasionally attend virtual meetings, listen/download the many OA podcasts, use the many invaluable resources on the OA website, search to find a meeting, you are helping to pay for the visible and invisible time, money, and effort that is expended to produce and maintain the website and provide all the wonderful recovery resources that are available to us 24/7.
- For those who joined ARC in the beginning, myself included, is it time to increase that regular contribution?
- For those just learning of the program, is it time for you to sign up for ARC?
- To all current and future ARC participants, thank you!

### **LIFELINE**

The entire Board of Trustees is **fully** committed to *Lifeline*, OA’s magazine of recovery. We see it as a **vital and ongoing service** to the Fellowship. The board is committed to working with the World Service Office staff to continue to improve and enhance the content of *Lifeline*. We want it to inspire through quality themes, articles, and moments of recovery to all within the Fellowship.

In doing so, we also ask for a commitment from you. Ways that you can enhance OA’s magazine of recovery:

- Write and submit articles expressing your personal strength, hope, and recovery.
- Renew your individual or group subscriptions.
- Become a new individual subscriber, renewing annually.
- Have your group take out a subscription and renew it annually. (Perhaps this will entice you to order your own personal copy, delivered directly to you?)
- Discuss *Lifeline* with newcomers, possibly giving them recent back copies to introduce them to the magazine.
- Share copies of the magazine with your health care provider. (If possible, offer to donate a subscription for the provider’s waiting room.)

*Lifeline* has been called “our journal of recovery,” “a meeting on the go,” “our magazine of recovery,” “a lifeboat to recovery.” It has and will continue to provide this vital, sustaining service to all OA members, through all our efforts.

### **ON A PERSONAL NOTE**

When elected as treasurer at the May 2015 Board of Trustees meeting, I was humbled, excited, and scared. Fortunately, Tradition Eight says we “may employ special workers.” Concept Eight states that the day-to-day management of the World Service Office is assigned to (a) skilled and experienced professional(s). Many thanks to Sarah Armstrong, then controller and now managing director, and Jim Clymer, controller, as well as the entire WSO staff for their ongoing guidance and support.



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I believe strongly in the Responsibility Pledge; it is more than a responsibility. This program literally saved my life! So, it is an honor and a privilege to give back what I have so generously been given. Thank you for your trust in allowing me to serve as your 2015-2016 treasurer. Together we can!

Respectfully submitted,  
Tina C.  
Treasurer, Board of Trustees  
March 2016

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## MAY 2016

### *Managing Director's Report*

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Welcome to the 2016 World Service Business Conference, this year with the theme “Responsibility – To Carry the Message.” It has been a busy and exciting year for the WSO. Keep reading to find out what we’ve been up to...

#### **STAFFING**

On December 11, we said good-bye to Managing Director Naomi Lippel. Her first day of work with Overeaters Anonymous was also the first day OA opened its new headquarters in Rio Rancho, New Mexico, on August 22, 1994. Naomi was a font of information and history for us, and will be missed. For those who have not worked with me in the past, I was hired as controller on December 20, 1999. I took on the responsibilities of associate director in February 2006. As I write this report, I am just getting my feet wet in my new position and look forward to continuing to serve Overeaters Anonymous.

Other staffing changes during 2015 include the promotion of Associate Editor Kevin McGuire to periodicals editor/designer. Jennifer Nail is our new associate editor. Jeanette Romero has been hired as member services assistant and Howie Sagrans is our accounting technician. Jim Clymer has filled the controller position. During the 2016 budget process, the Board of Trustees decided it was definitely time to create a new website coordinator position to manage our overall web presence. Adam Krajewski has filled that position.

It is always sad when old friends move on to new adventures, but we are excited about the new ideas and energy brought to the World Service Office by our new staff and look forward to what comes next for OA.

#### **FINANCIAL**

For the majority of the past fifteen years that I have been with OA, we closed the year in the black. This was true again in 2015, with revenue exceeding expenses by \$41,500. Yet I continue to field inquiries from members that have heard that we are in trouble financially. We carry virtually no debt; we have a strong, conservative budget process; and the trustees and special workers are all prudent when it comes to spending the Fellowship’s money. As a result, we now have a reasonable prudent reserve and our annual audit confirms that our financial position compares favorably to other nonprofits our size.

But we don’t want to rest on our laurels. We all have dreams of what OA can accomplish and still very much need your help. Our net gain in 2015 can be attributed to the receipt of two bequests during the year, totaling in excess of \$116,000, while total revenue from all other sources was down from the previous year.

Contributions are essential to fulfilling our primary purpose to carry the message of recovery to those who still suffer. Over the past fifteen years, I was pleased to witness a slow but steady increase in contributions from year to year. However, in 2015, contributions dropped by almost 8 percent compared to 2014. Making a contribution to World Service has never been easier through the use of our secure online contribution page. By the end of 2015, our Automatic Recurring Contribution (ARC) program had more than doubled from ninety-five registered contributors to 242. But, compare 242 ARC contributors to the 6,400 registered groups worldwide. Even if a group is only two people per meeting, less than 2 percent of our members are taking advantage of the ease of making an ARC contribution and giving to OA’s future.

Your contributions are essential in allowing us to carry out OA’s primary purpose by funding member support, free online resources, OA-approved literature, Conference, and much, much more. Be generous

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when the basket is passed during your meeting. Remember where you were, look at where you are now, and show your gratitude. Funds put in the basket help to support your meeting, intergroup and/or service board, and region. Overeaters Anonymous needs to be financially healthy at all levels of the Fellowship.

### **LIFELINE**

Subscriptions to *Lifeline* continued to decline in 2015. However, the Board of Trustees has reaffirmed OA's commitment to this publication. The magazine provides a valuable service to the Fellowship and must be maintained, in both print and electronic versions.

We will be designing future issues of the magazine to not only serve as a "meeting on the go," but also as an outreach tool in our communities. The back cover of the magazine will have a blank space where you can provide your local meeting or intergroup/service board information. The intent is to share your issue, perhaps after your next one arrives, with others outside the Fellowship. Ask your doctor, dentist, stylist, or even auto mechanic if you can leave a copy in their waiting area. You never know when or where you may cross paths with a suffering compulsive eater who will recognize himself or herself within the pages of *Lifeline*.

### **STRATEGIC PLANNING**

The three-year focus for the 2014–2016 Strategic Plan is Our Primary Purpose. The main goal for 2015 was to increase the Fellowship's **focus on the necessity of working ALL Twelve Steps**. Toward that end, the board and region chairs collaborated on a number of projects including a workshop format on The Importance of Working the Steps for use by groups and service bodies, *Twelve Stepping a Problem* available as a pocket card in our bookstore, and a monthly virtual workshop/podcast covering one step each month. All these items are now available on oa.org for free download to use in your meetings and workshops. A Newcomer Quick Step Study is still in the works.

The Strategic Plan goal for 2016 is to increase the Fellowship's **focus on the individual's responsibility to carry the message** by creating a Carrying the Message Made Simple program. Tasks in process are a Sponsorship Training workshop, promoting the Responsibility Pledge, *Tips for Carrying the Message*, Service and My Recovery virtual workshops/podcasts, and service body building. All these projects are well under way, and the board and region chairs have already started working on a strategic plan for 2017-2019.

### **WEBSITE**

Early in 2015, the Executive Committee committed funds toward completely revising our internet presence. We decided it was time to modernize and streamline oa.org. After months of hard work, our new site launched February 22, 2016. The site has a fresh new look and is divided into three main sections: Newcomers, Members, and Groups/Service Bodies. First time visitors to the site can learn how our program works without wading through information that is specifically meant for members.

The Find a Meeting module/database was completely rewritten in 2015. Improvements include a new find-a-service-body section, which includes affiliated meeting lists for intergroups/service boards; the ability to export meeting and service body lists into Excel to be used for members and service bodies newsletters and websites; individual URLs for all populated meeting lists; interactive intergroup and service board registration/change forms; and backend administrative form and search upgrades.

A new online bookstore was completed earlier in the year, taking your online order directly from the bookstore through fulfillment and shipping. This helps to curtail errors caused by manual entry of your order information.

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We have learned from experience that it can be challenging to keep up with rapid advances in technology. World Service has created the website coordinator position to help us stay current with our online presence.

### **GROUPS AND SERVICE BODIES**

In 2015 the number of OA meetings worldwide, including telephone and online meetings, averaged 6,435 in about eighty countries, with 337 service bodies (including region offices). When the WSO hears from people who want more information about OA, a packet of information is mailed to them. In 2015, sixty-three general information and eighteen family packets were mailed out.

**Please remember it is critical to ensure your meeting and service body information is current with the WSO so that those who request meeting information from the WSO will be assured that what they receive is accurate.**

### **OA PUBLICATIONS**

Two new manuscripts are being presented at Conference this year for a vote.

- *Twelve Traditions Pocket Guide*
- *Twelve Step Workshop and Study Guide*

The following literature was adopted at WSBC 2015 and is available at bookstore.oa.org:

- *A Guide for Sponsors* (revised)
- *A Program of Recovery* (revised)
- *OA Handbook for Members, Groups, and Service Bodies* (revised)

A revised OA Preamble was adopted at WSBC 2015. The new Preamble is on oa.org, under Program Basics, and is part of the following meeting formats: *Suggested Meeting Format*, *Suggested Telephone Meeting Format*, *Suggested Step-Study Meeting Format*, and *Suggested Recovery-from-Relapse Meeting Format*. It is updated in OA literature as the literature is reprinted.

The following new Conference-approved resource is also available at bookstore.oa.org:

- *Overeaters Anonymous, Third Edition*, six CD set and MP3 recording

The following board-approved resources were revised or approved for publication:

- *Twelve Stepping a Problem*, new (bookstore and online)
- *Carrying the Message*, new (bookstore and online)
- *What to Remember When You See **Your** Doctor or Other Health Care Professional* pocket card, new (online)
- *Strong Abstinence Checklist and Writing Exercise* pocket card (bookstore)
- “Celebrating Sponsorship,” revised, *Sponsorship Kit* (bookstore)
- *To Parents and Concerned Adults*, revised (bookstore)
- *Suggested Recovery-from-Relapse Meeting Format*, revised (online)
- *Suggested Meeting Format*, *Suggested Telephone Meeting Format*, *Suggested Step-Study Meeting Format*, and *Suggested Recovery-from-Relapse Meeting Format*, revised to include the Responsibility Pledge (online)
- *Guidelines for Membership Retention*, revised (online)
- *Website Development Guidelines*, revised (online)
- *Translation Guidelines for OA Literature*, revised (online)
- *The Simplicity Project*, new (online)
- *Importance of Working the Steps* workshop, new (online)
- *Breaking Out of Relapse* video, new (online)

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- Public Information Poster: “Is your eating out of control?” new (online)
  - Public Information Poster: “Put an end to Yo-Yo dieting.” new (bookstore)

The following resources were also published:

- *How to Be an Effective Trusted Servant*, new (online)
- *OA Literature by Copyright Date/Revision Date*, new (online)
- 2016 *Professional Community Courier* newsletter (bookstore and online)
- *A Step Ahead*, quarterly e-newsletter (online)

E-readers are popular with OA members, however, sales in this format have declined as have sales of books in print. All of OA’s books, except the workbooks, are available for purchase as e-books from popular online retailers. In 2015, 8,388 e-reader books were sold, approximately 2,000 less than the previous year.

The reach of the monthly News Bulletin grew substantially in 2015. There are now 18,500 subscribers around the world, and the open rate is 34.2 percent. (Average open rate is 19.5 percent.) To subscribe to the e-newsletter, go to [oa.org](http://oa.org).

### **INTERNATIONAL PUBLICATIONS/TRANSLATIONS**

OA literature has been translated or is in the process of being translated into twenty-nine languages in forty-two countries.

To facilitate the translation and distribution of OA literature, the authorization process was simplified to a two-step licensing system. Now, License 1 grants the right to Translate and Distribute for Validation OA Literature, and License 2 grants the right to Publish and Distribute OA Literature. The *Translation Guidelines for OA Literature* has been updated to reflect the revised process.

Included in the License 2 agreement that groups and service bodies sign is a requirement that they send 10 percent royalties of their net income from the sale of the licensed work. OA received \$1,834.44 in royalties from seven countries in 2015. If your group or service body translates and sells OA literature, remember to send royalties annually.

The International Publications and Translations Committee (IP/T) dispersed \$8,657.44 in translations funds to applicants in 2015. The following applications were approved:

- OA Korea: *OA Twelve and Twelve* \$1,000
- Juncab NSB: (Portuguese) *Lifeline Sampler* \$2,000
- Estonian OA Group of Tallinn: *OA Twelve and Twelve* \$475
- Chinese Language Service Council: various pamphlets (15 titles) \$1,500
- Region Nine: *OA Handbook* (Russian) \$3,682.44

The following translation was completed as an initiative identified by the IP/T and at the request of OA members in the Netherlands:

- *Suggested Meeting Format*, including *Tools of Recovery* (abridged) and *Our Invitation to You* (Dutch) \$595.46

The following resources were published on the Spanish and French OA websites:

- OA Preamble on the About OA page and in the *Meeting Formats* (revised)
- *Twelve Stepping a Problem* (new)
- “Perplexed About Abstinence?” and “Gains and Losses” from *Abstinence, Second Edition*, on the Newcomers page (new)
- *Guidelines for Addressing Disruptive Behavior* (new, Spanish only)

- *Carrying the Message* (new, French only)
- *How to Be an Effective Trusted Servant* (new, French only)
- 2013 and 2015 *Professional Community Courier* newsletter (new, Spanish only)

### **PUBLIC AWARENESS**

Our 2015 public awareness efforts included research and identification of national/local health care and wellness providers to create a contact list; a full year of Google ad buy, including some international markets; and distribution of the remaining stock of our television PSAs.

### **PROFESSIONAL EXHIBITS FUND**

The following service bodies were funded in 2015 to assist with attendance at local area trade shows.

<b>Service Body</b>	<b>Conference Dates</b>	<b>Funded</b>
<i>Nevada Psychiatric Conference</i>	February 11-15	\$1,702.52
<i>London Eating Disorders Conference</i>	March 18-20	\$842.31
<i>Obesity Summit 2015</i>	April 28 – May 2	\$1,830.05
<i>Weight Matters Convention</i>	August 13-15	\$1,527.56
<i>Melbourne General Practitioner Conference</i>	November 13-15	\$3,264.03

Contributions are encouraged to help support this important fund, and the application for use of fund money is available on [oa.org](http://oa.org).

I appreciate the opportunity to now serve as managing director for Overeaters Anonymous. The Fellowship and staff are mutually supportive and it is a pleasure to carry the message—together.

With gratitude,  
 Sarah Armstrong  
 Managing Director  
 March 2016

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## MAY 2016

### *Bylaws Committee Report*

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The twenty-five members of the 2016 WSBC Bylaws Committee were willing and eager to tackle some issues that they believed should be addressed. Prior to the subcommittee groups meeting at the afternoon session, elections for secretary, delegate cochair, and vice chair were held. Arthur de L., Region Four, was selected to be committee secretary. Alice W., Region One, was elected to serve as delegate cochair, and Dora C., Region Eight, was elected to serve as vice chair. Their terms will expire at the end of WSBC 2017.

The committee divided into four subcommittees to work on the following:

- Anonymity issues involving social media and looking at the need for additional policies or guidelines associated with the use of all forms of digital communication;
- Continued work toward developing guidance on bylaws and policy and procedures manuals;
- Creation of a complete glossary of terms for inclusion in OA, Inc. Bylaws, Subpart B; and
- Review of OA, Inc. Bylaws, Subpart B for all articles that include reference to representation at WSBC to determine the current practice and make recommendations, if needed, to clarify same.

The subcommittees will be working throughout the coming year to present possible new business motions and/or bylaw proposals for WSBC 2017.

The Reference Subcommittee was composed of seventeen WSBC delegates from nine regions and a virtual service board, plus trustee cochair and delegate cochair. Cyndy L., trustee cochair, explained the purpose of the Reference Subcommittee and the procedural aspects of how the subcommittee would operate.

The Reference Subcommittee discussed the following:

- Changing the date of Unity Day from February to June;
- Amending the proposed motion of WSBC Policy 2011a, Statement on Public Media, to clarify the section on personal anonymity; and
- Limiting the Region Chairs Committee's meeting location.

The information provided by the delegates and others in attendance offered insights and suggestions for each of the items discussed prior to the Reference Subcommittee going into session and making a recommendation for each item. The Reference Subcommittee was at all times concerned with the ramifications to the OA, Inc. Bylaws, Subpart B and continuing effects motions. The recommendations taken to the Conference floor were accepted for each of the items discussed. Many of the delegates stated the Reference Subcommittee work is invaluable because issues are hammered out in the subcommittee that could possibly consume a great deal of time on the Conference floor.

Cyndy L. was again selected trustee cochair of the Bylaws Committee for 2017. The committee looks forward to a very productive year of work for Overeaters Anonymous.

Respectfully submitted,  
Mike K., Delegate Cochair  
Cyndy L., Trustee Cochair  
May 2016

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## MAY 2016

### *Conference-Approved Literature Committee Report*

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Jill M., delegate cochair; Linda J., trustee cochair; thirty delegate members; DeDe DeMoss, publications manager; and other members of the OA staff were present at the meeting.

- Delegates were welcomed; introductions were made.
- Statement of purpose was read and the agenda was reviewed and revised.
- Activities of the 2015-2016 CLC were reviewed.
- Delegates were advised of their year-long commitment and that they were expected to participate in their subcommittees as well as review and vote on other pieces of literature.
- DeDe DeMoss, publications manager, reviewed the literature development process.
- The committee considered five new literature proposals and asked Linda, as the continuing trustee cochair, to present motions to the Board of Trustees to approve the development of two pieces of literature.
- Elections were held for 2016-2017 positions.
  - Delegate Cochair: Judy H.
  - Vice Chair: Terri B.
  - Secretary: vacant
- The chair explained the process that takes place with the two pieces of literature going to the delegates for a vote, the Literature Question & Answer session, and what happens if a motion were to fail.
- Subcommittees for 2016-2017 were explained.
  - *Small Meetings, Small Towns* (work currently in progress)
  - *Body Image, Sexuality, and Relationships* (stories collected last year)
  - *To the Teen* (existing pamphlet in need of revision)
  - New Literature Proposal One (in the event of approval by the BOT)
  - New Literature Proposal Two (in the event of approval by the BOT)
- Possible post-Conference subcommittees for 2016-2017 were explained.
  - *The Promises/Gifts/Affirmations of the Twelve Steps and Twelve Traditions of OA* (reworked and currently in the hands of the publications department in route to the BOT for preview)
  - *Maintaining a Healthy Weight* (revised and currently in the hands of the publications department in route to the BOT for preview)
  - *Welcome Back* (existing pamphlet in need of review/revision if members become available)
  - *To the Family* (existing pamphlet in need of review/revision if members become available)
- Subcommittees were formed, subcommittee chairs selected, and goals and times established.

Respectfully submitted,  
Jill M., Delegate Cochair  
Linda J., Trustee Cochair  
May 2016



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## MAY 2016

### *Finance Committee Report*

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Donna M., delegate cochair, and Tina C., trustee cochair, presided over the meeting held May 4, 2016. Nine other delegates from seven regions participated in the day's event and planned for the 2016-2017 year.

#### **REVIEW OF THE STATEMENT OF PURPOSE**

Sarah Armstrong, managing director, and Jim Clymer, controller, reviewed and answered questions about the approved 2017 budget. During their discussion, it was noted that OA had a successful 2015 audit, ending the specific year with a surplus and a prudent reserve comparable to other not-for-profit organizations. Other items discussed with the WSO staff were:

- Seventh Tradition: OA is not truly self-supporting through its own contributions.
- Literature sales: Although sales are down, they still remain the major source of income.
- Sales of OA literature electronically: OA receives a portion of the profits (lower percentage than the sale of paperback books).
- Purchase of used OA print literature from outside vendors: OA does not receive any income.
- ARC (Automatic Recurring Contributions): The staff will look into the ARC program being available through bank accounts.

#### **REVIEW OF 2015-2016 COMMITTEE WORK**

One project focused on revising the *Seventh Tradition* pamphlet. This encountered technical problems with the editing format and will be completed by the upcoming committee. The other major project was to develop table tent cards for meetings to help increase Seventh Tradition collections. These were nearly completed but required some adjustment with the graphics. This project will also be continued by the committee.

Other 2015-2016 projects regarding increasing Seventh Tradition contributions will be worked into new business and this year's committee work.

After discussing the statement of purpose, the committee had an open discussion to bring out items the committee members believed we needed to discuss and work on in the coming year. Completion of the *Seventh Tradition* pamphlet and tent cards were the first items discussed. In addition, a FAQ for the ARC to be available on website was suggested. Other items to increase Seventh Tradition contributions were brought forth. The committee feels the Fellowship needs to be able to see where their contributions go. Another FAQ was suggested to make this information available. Other issues were the cultural differences in the way members see donations being sent to an organization; need for increased contributions in general, particularly virtual meetings; alternate ways of contributing; and self-supporting management for meetings and service bodies.

#### **2016-2017 GOALS**

Subcommittees and specific participants were determined.

- The first subcommittee will complete the *Seventh Tradition* pamphlet and tent card. They will then work on creating a document to be used as a FAQ for the use of ARC and contact the webmaster about implementation.
- The second subcommittee was tasked with issues to increase Seventh Tradition contributions.
  - FAQ on where the money goes; addressing cultural differences in increasing Seventh Tradition contributions; increasing Seventh Tradition contributions from the virtual world; exploring

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alternate ways for contributing; and working on self-supporting management for service bodies.

Subcommittees established their goals and deadlines, and communications dates were set up in the subcommittees and with the committee as a whole.

**ELECTIONS**

- Delegate Cochair: Donna M., Region Three
- Vice Chair: Louise M., Region Two
- Secretary: vacant
- Trustee Cochair: Tina C., general service trustee and BOT treasurer

We closed with the OA Promise.

Respectfully submitted,  
Donna M., Delegate Cochair  
Tina C., Trustee Cochair  
May 2016

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## MAY 2016

### *Professional Outreach Committee Report*

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Eighteen members of the Professional Outreach Committee met at WSBC 2016. Following a round of introductions, the purpose of the committee was reviewed.

- To assist service bodies in apprising professionals of the OA Twelve Step program.
- To promote the use of the *Professional Outreach Manual*.
- To solicit articles for the *Courier*.

Initially committee members shared their experiences from their local service bodies. Then a brief review of the previous 2015-2016 committee's work and achievements was presented.

- 2016 *Courier*
- An interview schedule for getting articles from one's health professional
- Workshop and tips for carrying the message to your health professional
- Testimonial quotes were collated from prior *Couriers*. These were provided by the WSO for use in the 2016 *Courier*.

Issues identified during a discussion period that followed included:

- How to get a foot in the door with the medical profession, including doctors, other practitioners, medical/nursing schools, etc.
- Members' lack of confidence to carry the message to all their treatment providers
- Members' misunderstanding about anonymity
- Lack of awareness about the wealth of PO resources available
- Need for more resources to know how to share with health professionals
- Confusion over attraction not promotion

Decisions made for the 2016-2017 committee to address included:

- To increase the visibility and awareness of PO resources so intergroups/service boards and members can get the OA message to health professionals by creating six "What's New PO" email blasts to go into the WSO email bulletin.
- To provide four to five articles for the *Courier* from nonmember treatment professionals regarding how OA complements their professional practice.
- To review the new OA website to ensure health professionals and OA members can easily access professional outreach information and resources.
- To increase member confidence to share the OA message with health professionals by providing PO resources that empower members to carry the OA message.

#### **ELECTIONS**

- Trustee Cochair: Gloria L. (resigned July 2016)
- Delegate Cochair: Alaina G.
- Vice Chair: Tammy P.
- Secretary: Agnes A.

Respectfully submitted,  
Pat O'C., Delegate Cochair  
Faith M., Trustee Cochair  
May 2016

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## MAY 2016

### *Public Information Committee Report*

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The trustee cochair, Vicki W., asked Ron P., Region Six, to serve as acting delegate cochair. Ron P. conducted the meeting, which opened with the Serenity Prayer, the Twelve Steps, the Twelve Traditions, the Twelve Concepts, and the statement of purpose.

The committee was reminded that their commitment was for an entire year and did not end with the end of Conference. Jane H., Region Six, volunteered to serve as secretary.

The Public Information Committee's goals and achievements for 2015-2016 were discussed. Members of the 2015-2016 committee who were present at the 2016-2017 committee meeting discussed the work their subcommittees did and made recommendations for the future.

The committee brainstormed possible goals for 2016-2017 and established five goals.

- Establish and maintain a PI network across all regions to exchange PI ideas and encourage the use of the *Public Information Service Manual*
- Create a resource band of PI materials, including print materials (posters, etc.), digital ads for social media, and video materials
- Collaborate responsibly between PI, Web/Technology, and Virtual Services for public information
- Develop guidelines on the responsible use of social media so that members can maintain their own personal anonymity while respecting the anonymity of other OA members
- Develop and recommend criteria for use of the OA logo appropriate to the Internet environment and in keeping with current WSO guidelines

The meeting ended with each subcommittee reporting to the entire committee what their short- and long-term goals were.

Elections were held for delegate cochair and secretary for 2016-2017.

- Delegate Cochair: Ron P., Region Six
- Secretary: Jane H., Region Six

The trustee cochair greatly respects the members of the Public Information Committee and admires their commitment and service.

In recovery,  
Vicki W., Trustee Cochair (2015-2016)  
Steve M., Trustee Cochair (2016-2017)  
May 2016

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## MAY 2016

### *Region Chairs Committee Report*

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Beverly M., Region One; Nancy J., Region Two; Elaine L. (on behalf of Roni B.), Region Three treasurer; Meg M., delegate cochair, Region Four; Denise O., Region Five; Debbie H., Region Six; Amy L., vice chair, Region Seven; Viviana G., Region Eight; Francene A., Region Nine; Letitia McL., Region Ten; and Karin H., Region Six trustee and trustee cochair were in attendance.

In addition to the meeting at the WSBC, the Region Chairs Committee (RCC) met with the Board of Trustees in August 2015 to participate in the strategic planning process. We also met in Brisbane, Australia at the Region Ten Assembly and Convention in October 2015.

#### **STATEMENT OF PURPOSE**

Among other things, the purpose of the RCC is to provide channels of information and communication among regions and between the regions and the Board of Trustees and to network among the regions for the purpose of sharing resources and solutions.

#### **2015-2016 ACCOMPLISHMENTS/ONGOING ACTIVITIES**

We met most of our goals for this past year.

- **Create the Service Body Building Guide:** We began the process of creating an anthology to be used by the service bodies. This online resource will provide eleven areas of reference for easy access to existing OA documents, definitions, and examples used to maintain and strengthen service bodies. The plan is to provide this first part (Anthology) in a series of deliverables to the Board of Trustees for review and then for approval as board-approved literature. We have worked and will continue to work with fellow members in the creation of future implementations, such as “Training the Trainer” with presentations and actual examples of how to fortify and clarify inquiries. Our initial goal was to submit the guide to the BOT by July 1. The date has been moved to August 1 for an initial review to then be resubmitted by October 1 for formal review at the November 2016 BOT meeting.
- **Share region resources:** The RCC has a mentoring system in place for the new and incoming new chairs. This is a pivotal time because there are four new chairs in 2016, and there will be five new chairs in 2017. We continue to share ideas through emails, phone calls, convention/conference meetings, Skype meetings, and Dropbox.
- **Facilitate 2016 WSBC Forum:** “A Carry-On Message” was the theme. The forum was designed to provide live role-playing to show how to carry the message in everyday life. This, too, was a complement to the overall theme of OA’s three-year Strategic Plan and WSBC 2016’s theme, “Responsibility—To Carry the Message.” The purpose of the forum was to show examples to use when carrying the message on a plane, at a store, and with family, coworkers, and health care professionals.
- **Conduct quarterly conference calls by Skype:** To increase our efficiency and camaraderie, we decided to have quarterly conference calls by Skype. We used Skype to hold a conference call each quarter of the past year. We met in June 2015, December 2015, and February 2016.
- **Strengthen mentorship among chairs:** We facilitate successful leadership and team building among new chairs and soon-to-be outgoing chairs.
  - **Continue WSBC Mentor Program:** We again successfully continued the WSBC Mentor Program by matching all new WSBC delegates with experienced mentors. We welcome suggestions and ideas for mentorship. We discussed the impact of having a later Conference registration due date.

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- Virtual service workshops participation: We participated in the virtual service workshops organized by our VST, Stephanie D., once a month in 2015 and continued to do so in 2016. Recorded versions can be found under Podcasts on oa.org.
  - Assist BOT with strategic planning: A wonderful strategic planning session was held with the BOT at WSBC this year, and further planning will be done at the joint RCC/BOT August meeting. All of the region chairs will be working on disseminating information from year 2016 of the SOP to our service bodies. The RCC and the BOT are working together on virtual workshops, an OA Quick Step Study (this was put on hold to avoid competition with the Conference-approved *Twelve Step Workshop and Study Guide* will fare to avoid competition), and articles for *Lifeline* focusing on the Responsibility Pledge.

### **UPCOMING MEETINGS**

- RCC/BOT meeting in Boston, MA in August 2016
- The RCC will attend the Region Seven Assembly in Baltimore, MD in October 2016.

### **2016-2017 OFFICERS**

- Delegate Cochair: Beverly M., Region One
- Trustee Cochair: Karin H., Region Six Trustee
- Vice Chair: Francene A., Region Nine
- Secretary: Roni B., Region Three

### **GOALS/ONGOING ACTIVITIES FOR 2016-2017**

In addition to the tasks assigned to the region chairs from the Strategic Plan, the RCC will focus on:

- Continuing scheduled quarterly conference calls;
- Creating the 2017 forum for WSBC, upon invitation; and
- Continuing to share our ideas for effective region infrastructures.

Respectfully submitted by,  
Meg M., Delegate Cochair  
Karin H., Trustee Cochair  
May 2016

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## MAY 2016

### *Twelfth Step Within Committee Report*

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#### STATEMENT OF PURPOSE

- To carry the same message of recovery to those who still suffer WITHIN the OA Fellowship
- To deal with relapse and issues of membership retention offering the message of hope
- To encourage OA members to maintain recovery and prevent relapse

In 2015, the TSW Committee chose four subcommittees to work on projects throughout the year.

- Speakers list: The members updated the speakers list. The members contacted the region chairs and asked if they could share their speaker lists with the WSO. The trustee cochair has asked the WSO if it's possible to automate the renewal process for the speakers list. It was noted that most regions have speakers lists. Bonnie highlighted availability of the speakers list application in the delegate packet. Bonnie was asked how many requests for the list have been filed by the WSO, and it was discovered that approximately ten requests are made each year for the speakers list.
- Twelfth Step Within Handbook: Review and revise Appendix A—Recovery from Relapse meeting format. This task was completed.
- Appendix D—Been Slipping and Sliding: A Reading and Writing Tool: Revise this section to include readings from OA3. This project is nearly complete.
- Breaking Out of Relapse: The relapse intervention video is completed, on the website, and translated into several other languages.
- Additional project From Slips or Relapse to Recovery: This action plan is about 80 to 90 percent complete. The purpose is to provide a tool for finding a way out of relapse and maintaining recovery.

The members of the committee brainstormed ideas and decided to work on the following projects for the upcoming year.

- Been Slipping and Sliding: A Reading and Writing Tool, Appendix D: Revise to include readings from OA3. This project is ongoing and nearly complete.
- Ideas That Work, From Slips or Relapse to Recovery: This project is about 80 to 90 percent complete and would ideally be approved as a pamphlet to be used as an action plan for finding a way out of relapse and to maintain recovery.
- Communications and Awareness Within: The committee members felt that perhaps some of the Fellowship may be unaware of resources available for groups to use. They will seek to answer the questions: “What is TSW?” “What’s in it for you?” They also plan to work on discovering the inventory of available resources and then identify what is and is not working.
- Beyond Our Wildest Dreams: Focus on our third statement of purpose (to encourage OA members to maintain recovery and prevent relapse) and have fun doing it. The goals are to develop links on the OA website for a) fun and fellowship (retention ideas), b) good for your soul (enrichment ideas), and c) a day for yourself (self-care).

Thea F., Region Ten, accepted the position of delegate cochair for 2016-2017. The subcommittees were advised that committee reports and updates of progress toward their goals would be needed by July 10 and October 9, 2016, and January 3 and March 13, 2017 so that reports can be completed for the Board of Trustees meetings.

CJ M., Delegate Cochair  
Bonnie L., Trustee Cochair

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## MAY 2016

### *Web/Technology Committee Report*

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#### **STATEMENT OF PURPOSE**

To assess technology and make general recommendations available to service bodies about efficient and effective uses of technology to carry the message in accordance with the Twelve Steps and Twelve Traditions of OA. To serve as the hub for the exchange of technology information within OA.

#### **OFFICERS**

- Trustee Cochair: Hanna S., Region Two Trustee
- Delegate Cochair: Mike P., Region Eight
- Secretary: Amber M., Region Five

#### **STRUCTURE/GOALS AND ACTIONS**

There are three subcommittees composed of several committee members each.

- Outreach to WSBC Committees and Regions
  - Contact Twelfth Step Within Committee and continue contact with Young Persons' Committee
  - Gather information about what's working in various regions
  - Gather information about what is needed
- How to Setup a Service Body Website
  - Write how to set up WordPress website and test it
  - Write how to set up Weebly website and test it
  - Supplement both Weebly and WordPress how to's with other resources
  - Post ideas on WebTech website and get the word out
- Social Media (working with PI Committee)
  - Prepare a list of suggested guidelines for protecting personal anonymity
  - Create three to five two-minute instructional videos that show people how to protect their anonymity.

Respectfully submitted,  
Mike P., Delegate Cochair  
Hanna S., Trustee Cochair  
May 2016



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## MAY 2016

### *Young Persons' Committee Report*

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#### **ISSUES DISCUSSED**

- Our committee's scope, roughly defined as 30 and under (and perhaps families and caretakers of minors within the scope), is very broad, diverse, and often conflicting in needs.
- Over the last four years, YPC has undergone a maturation and shift in understanding within the Fellowship, in that 18- to 30-year-olds' unmet needs have been given a voice. Our goal at this point is to keep carrying the torch, taking action within the awareness that has been cultivated.
- We want to both provide resources and recovery fellowship to young people and empower fellows of other, more represented demographics with the tools and venues to find competence and confidence in carrying the message to young people and keeping meeting and service spaces welcoming to our demographic.

#### **DECISIONS MADE**

- We chose to continue working within the broad scope of demographics in our statement of purpose by moving forward with a resource for parents/families of children with possible compulsive eating behaviors and continuing to expand our services to the young adult demographic identified as robustly underserved that has been the focus over the last four years.
- We sorted the projects and goals of the committee into two subcommittees themed around either resources for service bodies or recovery fellowship development for the demographic we serve.

#### **2016-2017 GOALS/ACTIONS**

- Empower individuals and service bodies to respond to family/adult requests for support services for children who may suffer from compulsive eating behaviors with robust clarity and minimal "reinventing the wheel" efforts
- Give young persons a voice in OA's written media to both share young persons' experience, strength, and hope with fellows of other demographics and increase readership and sense of belonging for fellows under 30
- Make board-approved literature more approachable for young persons and expand young persons-related literature for those 18 between 30
- Explore, research, and document the status of family/friend support programs like O-Anon and develop prospectus on how/if we can/should support them (in a Tradition-honoring way)
- Expand the visibility and accessibility of young persons as sponsors and speakers throughout the Fellowship
- Create and provide a resource for young persons to find fellowship and recovery support on a worldwide level
- Promote young persons' recovery fellowship through existing OA channels by obtaining an ad in *A Step Ahead* and the WSO Bulletin calling for young persons-identified fellows to join the young persons' outreach list
- Create a young persons' panel at the special focus sector of the WSC in Boston this year
- Create a young persons' recovery fellowship page on Facebook and hold a phone conference to discuss the Facebook page
- Be able to provide resources for service bodies to provide outreach to meetings ("in reach") for young persons' fellows within their service bodies and affiliated meetings
- Create and distribute resources/materials throughout OA for young persons' fellows and newcomers

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- Create materials to give to service bodies to provide clarity for and empower fellows outside the young persons' demographic to be able to sponsor and have fellowship with young persons' fellows and newcomers alleviating concerns about how "different" young persons' needs are, focusing on our primary purpose, and fostering empathy, insight, and dignity between generations to increase young persons' continuity, presence, and recovery in OA
  - Create and execute a YP Recovery Fellowship-Focused Convention
  - Evaluate and create an action plan to build a young persons' fellowship on social media platforms

Matt S., Delegate Cochair  
Stephanie D., Trustee Cochair  
May 2016

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## MAY 2016

### *All About Conference Workshop Summary*

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#### **LEADERS**

- Karen B., Center Microphone Monitor
- Cyndy L., Bylaws Committee Trustee Cochair
- Sima M., Conference Support Committee Chair
- Janice S., Conference Planning Committee Chair

This was a two-hour workshop covering details delegates need to know about Conference and parliamentary procedure. It was held on Tuesday, May 3 at 7:15 p.m. Janice S. opened the workshop and welcomed all the new delegates and returning delegates. The purpose of this workshop was to cover general information to help prepare green dots (new delegates) and returning delegates for the best experience possible at this year's 2016 World Service Business Conference.

Our theme of this year's WSBC was "Responsibility—To Carry the Message."

We gave a brief overview of what to expect during the week. We shared the importance of why we were at Conference.

- Concept Two: "The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus, the World Service Business Conference is the voice, authority, and effective conscience of OA as a whole." Concept Two reminds all of us why we were here and that we represent the Fellowship as a whole.
- Concept Three: "The right of decision, based on trust, makes effective leadership possible." The Third Concept gives OA groups the right to bestow upon a trusted individual the authority to make decisions on behalf of the groups when needed.

We were at WSBC not only to vote on motions, but also to give direction to our Fellowship in the coming year. Members, groups, and service bodies commit their resources to send delegates to WSBC. Delegates are expected and have a responsibility to fulfill various delegate duties.

- The binder was available online a month before Conference. We reviewed it with them.
- Delegates attend all business meetings, committee meetings, and undertake a one-year committee commitment.
- Elect new trustees.
- The delegates were encouraged to complete the online evaluation because a delegate's input is invaluable.
- The delegates were encouraged to take back to their service body as a responsibility of carrying the message and to write a delegate report on WSBC to inform their service body of the results of what happened. They were reminded that there was a "Carrying the Message Back Home" document to help them with their report.

Karen B., center microphone monitor, shared about her role with regard to conducting business in Conference meetings, along with general information about the binder and the use of business meeting procedures. She encouraged the delegates to ask questions whenever they were unsure or needed more information.

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Bylaws Committee Trustee Cochair Cyndy L. gave a presentation on how we conduct the business of Conference both in and outside of the business meetings. She gave an overview of parliamentary procedures, along with sharing more information from the binder and encouraged the delegates to familiarize themselves with it.

Sima M., Conference Support Committee chair, talked about the many ways the Conference Support Committee (CSC) helps delegates, how the business meeting room setup is handled, the importance of wearing badges to all Conference meetings, and how to clarify announcements during the business meetings.

We encouraged delegates to stay abstinent, keep hydrated, take time to get out and enjoy the area, pace themselves, get lots of rest, take advantage of the many OA meetings, enjoy the forum on Wednesday morning, make use of their mentor, and enjoy the process.

May we each know we are not alone and that we are all here for each other as we work together to continue to weave the Twelve Steps, the Twelve Traditions, and the Twelve Concepts of OA Service into our worldwide Fellowship and into our own lives.

Thank you Cyndy, Karen, and Sima for helping to make this workshop so productive. Thanks to all the delegates that were so attentive and the questions that were asked. Remember our “Responsibility—To Carry the Message.”

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**MAY 2016**  
***Forum: A Carry-On Message***  
***Workshop Summary***

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**LEADERS**

- Francene A., Region Nine
- Viviana G., Region Eight
- Debbie H., Region Six
- Nancy J., Region Two
- Elaine L., Region Three
- Amy L., Region Seven
- Letitia McL., Region Ten
- Meg M., Region Four
- Beverly M., Region One
- Denise O., Region Five

**SUMMARY**

The Region Chairs Committee presented the 2016 forum titled “A Carry-On Message.” The forum theme corresponded with the focus of OA’s 2016 Strategic Plan, our responsibility to carry the message. The forum approach involved giving each table situations (scenarios) where the recovery message of OA could be shared. The delegates at the table were asked to respond to a series of questions designed to help them develop the message. They were also asked to devise a role-play to “share” the message. The delegates at each table then shared their role-play with another table, capturing feedback to help them improve the message or approach. The pair of tables was asked to select one of the scenarios to be “performed” for all delegates.

Feedback was captured on the response sheet. A summary of the response sheets for specific scenarios is provided below. Two responses were not identifiable (no scenario number provided); this is an improvement we can make for future instructions.

The region chairs provided each delegate with a new pocket card, *Carrying the Message*, for their use after WSBC.

**SUMMARY OF RESPONSES**

**Scenario: Health Care Professional – You are visiting your family doctor. They look at your history and notice an 80 lb (36 kg) weight loss in the last two years. Do you tell your doctor about OA and your experience? What can you offer the doctor?**

Is this a situation where you choose to carry the message? If not, why not? Yes.

Briefly, what is the OA message you want to share in this scenario? Twelve Step program, like AA, fellowship, no cost, no diet.

What Steps/Traditions/Concepts and/or Principles of each do you need to consider in your message? Step Two, Tradition Three, courage, willingness, honesty.

What OA materials could you use to develop your message? Big Book, OA *Twelve and Twelve*, *Lifeline*, groups.

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What OA materials could you share with the other person? *Lifeline*, *Courier*, *Professional Presentation Folder*, website, Fifteen Questions

What should you pay special attention to in this scenario? (ex., anonymity, attract rather than promote, etc.)  
How do you address these challenges effectively? Anonymity, not a lot of time, clear and concise message; don't invest in an outcome, it's not personal.

After sharing this scenario with another table, identify any improvements you can make to your message. Patient needs to be clear and concise, need to say OA has no dues or fees, most doctors would not prompt with so many questions.

**Scenario: Health Care Professional – Your doctor's medical assistant weighs you for your visit. They note that you have really lost weight since your last visit. They ask you "What did you do?" How do you respond?**

Is this a situation where you choose to carry the message? If not, why not? Yes/No. Fear of rejection, shame about being in OA.

Briefly, what is the OA message you want to share in this scenario? It works, there is a solution, not just another diet club, not religious but spiritual, this addresses not only what I'm eating but why I'm eating.

What Steps/Traditions/Concepts and/or Principles of each do you need to consider in your message? Responsibility, unity, service, courage.

What OA materials could you use to develop your message? *Courier*, Fifteen Questions, *Introducing OA to the Health Care Professional*, show my pictures, PI poster for office, *Lifeline*.

What OA materials could you share with the other person? Same.

What should you pay special attention to in this scenario? (ex., anonymity, attract rather than promote, etc.)  
How do you address these challenges effectively? Anonymity, attraction.

After sharing this scenario with another table, identify any improvements you can make to your message. We thought the message was right on target.

**Scenario: Health Care Professional – You visit a dietitian or nutritionist for help with a food plan. You explain what you can/can't eat. They suggest a food plan that includes foods you currently abstain from. How do you let them know about OA? What information do you share with them?**

Is this a situation where you choose to carry the message? If not, why not? Yes.

Briefly, what is the OA message you want to share in this scenario? There are certain foods that we can't stop eating if we eat them at all because we are compulsive eaters. Obesity and overeating are in the diagnosis manual now. Give them material like the Fifteen Questions. Compare to alcoholism. Describe our personal experience with our trigger foods. Give them clear parameters, stand firm, take care of yourself.

What Steps/Traditions/Concepts and/or Principles of each do you need to consider in your message? Honesty, courage, no opinion on outside issues, OA is nonprofessional.

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What OA materials could you use to develop your message? Do's and Don'ts for talking with medical professionals, *Professional Presentation Folder*, Fifteen Questions.

What OA materials could you share with the other person? Fifteen Questions, *Professional Presentation Folder*, *Courier*, your own history.

What should you pay special attention to in this scenario? (ex., anonymity, attract rather than promote, etc.) How do you address these challenges effectively? Respect for medical professional and yourself, Tradition Eleven (attraction rather than promotion), share your story, experience, strength, and hope.

After sharing this scenario with another table, identify any improvements you can make to your message. Good to respect each other, watch our time, have patient bring up the support, not the dietician.

**Scenario: Health Fair – You have an information stand in the health fair. You are showing a newcomer video that repeats every ten minutes. What information do you provide? How do you approach those who stop to view the video?**

Is this a situation where you choose to carry the message? If not, why not? Yes, but the message is more of a “soft sell” for people to recommend OA to their clients, friends, or family members.

Briefly, what is the OA message you want to share in this scenario? OA is here to assist people with all manifestations of compulsive eating, including overeating, anorexia, bulimia, excessive exercise, or diuretics. Since joining OA, I don't have to use food to cope with life.

What Steps/Traditions/Concepts and/or Principles of each do you need to consider in your message? Step Twelve, Tradition One, Tradition Three, Tradition Eleven.

What OA materials could you use to develop your message? Fifteen Questions, “before” picture pin, video for newcomers, *OA Members Come in All Sizes*.

What OA materials could you share with the other person? Fifteen Questions, local outreach flyer, *Courier*, *Professional Presentation Folder*.

What should you pay special attention to in this scenario? (ex., anonymity, attract rather than promote, etc.) How do you address these challenges effectively? Avoid making assumptions about the person, attract rather than promote, avoid fanaticism, include all manifestations of the disease (inclusive message).

After sharing this scenario with another table, identify any improvements you can make to your message. Copy of *Courier* with local outreach information, *Professional Presentation Folder*, asking “Would you be willing to put this info in your office?”

**Scenario: Health Fair – Your service body has a booth at a health fair. Someone who stops by to ask for information keeps telling you “their friend” needs OA information. You suspect it's really for themselves. What do you say to them? What information do you give them?**

Is this a situation where you choose to carry the message? If not, why not? Yes.

Briefly, what is the OA message you want to share in this scenario? Go over the newcomer packet, welcome the friend, share the Fifteen Questions. Talk about own story so know it works. Put self in shoes. Don't say too much. Talk the benefit of meetings. Offer to go with them to meeting.

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What Steps/Traditions/Concepts and/or Principles of each do you need to consider in your message? Step Two, hope, anonymity, say that what you hear, who you see, what they say stays in the meeting, OA is a safe place.

What OA materials could you use to develop your message? *Carrying the Message*.

What OA materials could you share with the other person? Fifteen Questions, *Bulletin Board Attraction* sticky notes, have a card and local meeting list.

What should you pay special attention to in this scenario? (ex., anonymity, attract rather than promote, etc.) How do you address these challenges effectively? Talking about self, “I” rather than “you,” pay attention that the original request for the “friend.”

After sharing this scenario with another table, identify any improvements you can make to your message. Need before and after pictures. Why do you keep coming back? Did the OA member speak too much without listening? What does “problem with food” mean?

**Scenario: In the Elevator – You are in an elevator and someone sees your “WSBC” badge and ask what it stands for. (There are other OAers in the elevator with you.) How do you respond?**

Is this a situation where you choose to carry the message? If not, why not? This may only be a request for information not help/curiosity. May break the anonymity of others. At this level of service this may not be an issue we would answer. This is a one-time scenario. If a concern, remove your badge.

Briefly, what is the OA message you want to share in this scenario? That we exist and are available for all types of eating disorders.

What Steps/Traditions/Concepts and/or Principles of each do you need to consider in your message? Anonymity, Tradition Five, purpose to carry the message, Step One, honesty. Is it simply curiosity or a real request for knowledge?

What OA materials could you use to develop your message? What OA materials could you share with the other person? Mention oa.org, Fifteen Questions, *New Prospect Card*, phone book.

What should you pay special attention to in this scenario? (ex., anonymity, attract rather than promote, etc.) How do you address these challenges effectively? Anonymity. They may only be curious. Focus on “I” messages.

After sharing this scenario with another table, identify any improvements you can make to your message.

**Scenario: Family Member – Your mom/dad tried OA; it doesn’t work. Mom/dad still needs OA. Do you mention it again?**

Is this a situation where you choose to carry the message? If not, why not? Yes. Be the message. It’s not for those who need it, it’s for those who want it.

Briefly, what is the OA message you want to share in this scenario? You know what I do, you see what I do. OA is for those who are desperate.



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What Steps/Traditions/Concepts and/or Principles of each do you need to consider in your message? Principles, desire to stop (Tradition Three), love, neutrality, not being emotionally involved, Tradition Seven, bring my support.

What OA materials could you use to develop your message? OA isn't the only way. It's the way that works for me.

What OA materials could you share with the other person? Leave around the Fifteen Questions, oa.org, *Before You Take That First Compulsive Bite* pamphlet, Our Invitation to You, *For Today* reflections, *Plan of Eating*.

What should you pay special attention to in this scenario? (ex., anonymity, attract rather than promote, etc.) How do you address these challenges effectively? Be the message. Talk with them regarding what didn't work. When I changed, she wanted to know how/why I changed (emotional sobriety), working the Twelve Steps.

After sharing this scenario with another table, identify any improvements you can make to your message.

**Scenario: Family Member – You continually see your siblings struggle with the food and the many diets they try and discard for the next fad. They know you are in the program and they say that it works for you, but they aren't into all of that God stuff, or they are fine with being fat, or they just aren't that interested. They don't want to have to eat all of that expensive "health" food. They don't have the time to shop for food either. They get irritated with you because when you go to a restaurant, it takes a long time for you to order that "healthy stuff." To them it seems like too much a hassle. What do you say or do?**

Is this a situation where you choose to carry the message? If not, why not? Yes

Briefly, what is the OA message you want to share in this scenario? We are the message. Now abstinent easiest way to live. Attraction rather than promotion. You can't save them. If it works for you as is, great it didn't work for me. Attraction to be the example, especially with siblings. OA only thing that keeps it off. It works, changed my life. Offer and then shut up.

What Steps/Traditions/Concepts and/or Principles of each do you need to consider in your message? Take what you want and leave the rest. God of my understanding, Step Two. Powerless, Step One. Food and life. Don't endorse. Tradition Three, only desire to stop eating compulsively. No dues or fees. Tradition Eleven, attraction rather than promotion.

What OA materials could you use to develop your message? Our Invitation to You, don't endorse any particular diet, *Dignity of Choice*.

What OA materials could you share with the other person? Fifteen Questions, OA cards with name/website/phone number, leave materials that I read out.

What should you pay special attention to in this scenario? (ex., anonymity, attract rather than promote, etc.) How do you address these challenges effectively? Don't defend OA, speak program Principles. Don't preach, share.

After sharing this scenario with another table, identify any improvements you can make to your message. When you want to talk to someone, I'll be there. Use what works for me.

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**Scenario: Family Member – Your brother-in-law is obese. Based on your experience of his eating habits, you think he may be a compulsive overeater. What can you do?**

Is this a situation where you choose to carry the message? If not, why not? Yes, be able to relate to the brother-in-law.

Briefly, what is the OA message you want to share in this scenario? I have found a new way of dealing with food and I'd like to share it with you.

What Steps/Traditions/Concepts and/or Principles of each do you need to consider in your message? Step Twelve, anonymity, Step Nine, principle love for others, Step Two, principle hope.

What OA materials could you use to develop your message? *Newcomer Packet*, oa.org website, *Is Food a Problem for You?* pamphlet.

What OA materials could you share with the other person? *Newcomer Packet* the next day, OA pamphlet now, *For Today*.

What should you pay special attention to in this scenario? (ex., anonymity, attract rather than promote, etc.) How do you address these challenges effectively? Anonymity, relate personal story.

After sharing this scenario with another table, identify any improvements you can make to your message. Mention anonymity and other men at meetings, call tomorrow and ask to come to meeting, bring home a newcomer packet.

**Scenario: Newcomer – A newcomer comes to a meeting and asks about the diet. That's what he/she really wants. What do you say to them?**

Is this a situation where you choose to carry the message? If not, why not? Yes, this is my/our responsibility. They may not come back if we do not. Focus on the thinking about food not the weight. Variety, could connect with the solution whatever their weight. Qualify, "still working on it."

Briefly, what is the OA message you want to share in this scenario? There is a solution; it is a journey. Not a diet and calories club. It is a lifestyle change; progress. Share definition of abstinence, healthy. You don't have to be drawn to food anymore. We think about food differently than normies, craziness. Our food plan should fit our lifestyle. May I call you?

What Steps/Traditions/Concepts and/or Principles of each do you need to consider in your message? Honesty, hope, faith, humility (approach them gently), Tradition Three, the only requirement for OA membership is a desire to stop eating compulsively.

What OA materials could you use to develop your message? "Before" button, share our pics, *Newcomer Packet* with phone numbers, meeting lists with contact names and addresses.

What OA materials could you share with the other person? *Before You Take That First Compulsive Bite*, *Newcomer Packet* (take it out and talk about it), copy of *Overeaters Anonymous, Third Edition* if there is a spare especially the first four appendices, meeting list, phone numbers of people to call (who is available at specific times).

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What should you pay special attention to in this scenario? (ex., anonymity, attract rather than promote, etc.) How do you address these challenges effectively? Do you have questions for me? Listen to the newcomer. Keep coming back, six different meetings.

After sharing this scenario with another table, identify any improvements you can make to your message. Newcomer is an anorexic, longtimer “dos” I thought about food all the time, I am working toward a healthy body weight for me. Longtimer “don’ts” do it anyway, I know what will work for you, I have a diet for you, yes you need to believe in God, etc.

**Scenario: Struggling Sponsee – You have a sponsee who wants to try another Twelve step program instead of OA. What do you say to the sponsee?**

Is this a situation where you choose to carry the message? If not, why not? Yes.

Briefly, what is the OA message you want to share in this scenario? Ask why. What’s going on? Do you have something that is missing? What do you hope to find in that program instead of OA? Do you feel you have worked this program?

What Steps/Traditions/Concepts and/or Principles of each do you need to consider in your message? Willingness, what are you willing to do? Honesty, perseverance, spiritual awareness/not just a diet, hope faith. Tradition Three, do you still have the desire?

What OA materials could you use to develop your message? OA *Twelve and Twelve*, preamble is easier/softer way, *Tools of Recovery* pamphlet, what are you doing/willingness/plan of eating, Our Invitation to You.

What OA materials could you share with the other person? Same.

What should you pay special attention to in this scenario? (ex., anonymity, attract rather than promote, etc.) How do you address these challenges effectively? Active listening, do not try to fix, avoid judgement, don’t give medical advice. What is telling you HP/addict.

After sharing this scenario with another table, identify any improvements you can make to your message:

**Scenario: Struggling Sponsee – You are on the phone with your sponsee. For the last month, they mentioned that they’ve screwed up again and again. They just can’t seem to get it right. They do everything you ask and then some. What guidance can you offer?**

Is this a situation where you choose to carry the message? If not, why not? Yes. We do carry the message but we do that in different ways. We share our experience, strength, and hope, what we do and what works for us. What they do with that information is up to them and their HP. Ask them if they are ready for recovery. We carry the message not the sponsee.

Briefly, what is the OA message you want to share in this scenario? We must abstain from the foods and eating behaviors that cause us problems and work the Twelve Steps in order to recover. If I can’t moderate, I can’t eliminate.

What Steps/Traditions/Concepts and/or Principles of each do you need to consider in your message? Honesty, open-mindedness, willingness, need to work all Twelve Steps in order. Hope is critical. It begins with honesty.

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What OA materials could you use to develop your message? OA *Twelve and Twelve*, Big Book, “Been Slipping & Sliding” questions.

What OA materials could you share with the other person? Same.

What should you pay special attention to in this scenario? (ex., anonymity, attract rather than promote, etc.) How do you address these challenges effectively? Ask them what actions you can take that would be helpful? Show them love, tolerance, patience, and understanding.

After sharing this scenario with another table, identify any improvements you can make to your message. A program of action not thinking. Maybe I’m not the sponsor for you. This is a program of action, what can you do today? Hope. What Step do you think would be most helpful? You’re not alone.

**Scenario: Significant Other – Your partner met you when you were heavy. They fell in love with you and have been with you for years. Now that you are losing weight more people notice you. You’re concerned your partner feels threatened. In fact, they have been unhappy with the amount of time you spend in OA. How do you talk to them about this?**

Is this a situation where you choose to carry the message? If not, why not? Yes, we are going to carry the message because we are the message and are always carrying the message.

Briefly, what is the OA message you want to share in this scenario? The OA program works because it brings us physical/emotional/spiritual recovery and serenity. We become happy, joyous, and free. We learn to take responsibility and communicate effectively.

What Steps/Traditions/Concepts and/or Principles of each do you need to consider in your message? Tradition Eleven, attraction rather than promotion, anonymity. Tradition One and Concept One, unity. Concept Eleven, humility. Concept Seven, balance. Concept Five, consideration.

What OA materials could you use to develop your message? *To the Family*, OA 12&12, newcomer packet, *OA Members Come in All Sizes*.

What OA materials could you share with the other person? Same. Leave them out so the partner will see them.

What should you pay special attention to in this scenario? (ex., anonymity, attract rather than promote, etc.) How do you address these challenges effectively? Love and tolerance, live and let live, let go and let God, attraction rather than promotion.

After sharing this scenario with another table, identify any improvements you can make to your message. Spend more time on the solution rather than the problem. Acknowledge the spouse’s concerns kindly but don’t engage in argument.

**Scenario: OA members who aren’t enthused about giving service – Your sponsees don’t have time; they go to work, they have family and friends. Why bother giving service? What do you say?**

Is this a situation where you choose to carry the message? If not, why not? Yes.

Briefly, what is the OA message you want to share in this scenario? If you value your recovery, never say no when asked to give service. It’s a Tool, a Step, a Principle, a Tradition. What are you afraid of? You are good enough. Go to any lengths. Start small. Keep OA alive.

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What Steps/Traditions/Concepts and/or Principles of each do you need to consider in your message? Steps Two, Three, Twelve; Traditions Five, Seven; Concept Six but really all, responsibility, courage, willingness, ability, humility (really all of them).

What OA materials could you use to develop your message? *New Prospect Card, A Guide for Sponsors, Sponsoring Through the Twelve Steps.*

What OA materials could you share with the other person? OA 12&12, stories in our literature that emphasize service.

What should you pay special attention to in this scenario? (ex., anonymity, attract rather than promote, etc.) How do you address these challenges effectively? Invite them to an event with you. "I just don't have time." Do service at a meeting you already go to or do service electronically, write for *Lifeline* or your newsletter.

After sharing this scenario with another table, identify any improvements you can make to your message. Make context clear at start otherwise feedback was all favorable.

**Scenario: OA members who aren't enthused about giving service – One of your OA friends tells you he/she loves doing service but won't come to intergroup or serve on a committee because he/she just hates working with others, especially some of those in OA who are "so hard to get along with." What do you tell him/her?**

Is this a situation where you choose to carry the message? If not, why not? Yes, by empathizing and sharing my own experience, strength, hope, and encouragement.

Briefly, what is the OA message you want to share in this scenario? Tell our own stories, empathizing and sharing my own experience, strength, hope, and encouragement.

What Steps/Traditions/Concepts and/or Principles of each do you need to consider in your message? Carry the message, principles above personalities, humility, acceptance, compassion, service, attraction rather than promotion.

What OA materials could you use to develop your message? *Carrying the Message* card, *The Twelve Traditions of OA* pamphlet, *OA Twelve and Twelve*, Big Book chapter "Working with Others."

What OA materials could you share with the other person? Same.

What should you pay special attention to in this scenario? (ex., anonymity, attract rather than promote, etc.) How do you address these challenges effectively? Anonymity, opportunity for gossip, compassion, invitation, no preaching, this form of service is not for everyone, it's your decision.

After sharing this scenario with another table, identify any improvements you can make to your message.

**Scenario: Friend – You are at a local sporting event and a friend you haven't seen in quite a while notices your changed appearance. "How did you do it?" they ask. What do you reply?**

Is this a situation where you choose to carry the message? If not, why not? Yes.

Briefly, what is the OA message you want to share in this scenario? Focus on how to live, joined a Twelve-Step program for food called OA, not a diet.

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What Steps/Traditions/Concepts and/or Principles of each do you need to consider in your message? Hope, Step Two; courage, willingness, anonymity, Tradition Twelve; Tradition Five; honesty, Step One.

What OA materials could you use to develop your message? *Carrying the Message* card, OA prospect card.

What OA materials could you share with the other person? Fifteen Questions, *Newcomer Packet*, oa.org website (podcasts), *New Prospect Card* with phone number.

What should you pay special attention to in this scenario? (ex., anonymity, attract rather than promote, etc.) How do you address these challenges effectively? I can take her to a meeting.

After sharing this scenario with another table, identify any improvements you can make to your message.

**Scenario: As a volunteer in the community – Other volunteers you serve with notice that you are changing, losing weight, happier, more engaged. Finally, one brave member of the group asks “What are you doing?” How do you reply?**

Is this a situation where you choose to carry the message? If not, why not? Yes, I would love to share. Can we find a time to talk about it? (To protect my anonymity, I arrange a private time. I am proud to break my anonymity and share my program.)

Briefly, what is the OA message you want to share in this scenario? My success story, I “used” food like alcohol. But now I have peace of mind. It’s a spiritual program (it’s a God thing). I belong to an organization that has really helped me recover from my food problem.

What Steps/Traditions/Concepts and/or Principles of each do you need to consider in your message? Step One and Tradition Twelve.

What OA materials could you use to develop your message? *Carrying the Message* card, OA *New Prospect Card*, *Just for Today*.

What OA materials could you share with the other person? Business card from intergroup with intergroup phone number and our phone number, *Lifeline*.

What should you pay special attention to in this scenario? (ex., anonymity, attract rather than promote, etc.) How do you address these challenges effectively? Attract by telling my story.

After sharing this scenario with another table, identify any improvements you can make to your message. Get to the point quicker, don’t mention outside weightloss programs.

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**MAY 2016**  
***The Real Deal: Sharing Experience, Strength, and Hope (Young Persons)***  
***Workshop Summary***

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**LEADERS**

- Dawn K., Region Eight
- Matt S., Region Two

**PURPOSE**

To discuss and brainstorm how OA is carrying the message to those under 30 and what can be done to strengthen our message.

**DISCUSSION QUESTIONS**

- Recovery is not contingent on age, but on one's willingness to work the program honestly and to the best of their ability. Do we share our experience as it was carried to us or do we water down the message to suit personalities?
- In the spirit of Tradition Five, is the Fellowship open-minded in how we carry the message? Do we make an effort to grow and utilize new technology, ways of communication, and be accepting of cultural differences?
- How do we react as individuals and as a Fellowship to discussions of body image, sexuality, and relationships in meetings?

Dawn K. spoke on her discovering a passion for finding "New Pathways for Carrying the Message" not only to young people but to all who live and work in the age of technology.

Speaking the language of today's culture:

- Research into OA's digital footprint on social media (Facebook and YouTube)
- There is a great conversation going on. This conversation is virtual and it is vital. We must be part of this dialog.
- We must develop willingness and the pathways to enter into this conversation, and social media is the place of first contact.

Digital recovery, paper is not magic.

- Books have been replaced by tablets and paper is a rare commodity in schools.
- Today's young people have never known a world without computers and the Internet.
- The next generation have teethered on iPhones.

Our challenge is to provide access to recovery tools to a generation of digital natives who have never known a world without immediate connection to resources and information via technology. We must speak the language of the next generation, and we must speak it into their world. Questions were also asked of the audience regarding the use of social media and the effects it is having at the meeting level and at the level of service. Attendees had questions regarding anonymity. It was reiterated that each person is responsible for guarding their anonymity and respecting other people's anonymity.

Yes, there is a great conversation going on today, and we for the most part have been mute. This conversation is virtual, and it is vital, and we of Overeaters Anonymous must have a voice. We must be part of this dialog.

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Matt S. spoke on his experience of coming in as a young person and the difficulty of having the message watered down to young newcomers. There was a brief review of the current resources the Young Persons' Committee has created, which include:

- *Young Persons' Packet*;
- *Suggested Young Persons' Meeting Format*; and
- An outlined letter that was put in *A Step Ahead* several years ago regarding young people and the Traditions.

Matt also spoke on his experience as a young man in the program and the strong feminine presence that created a “motherly” feel to the program, which may not be beneficial to all newcomers. The floor was then opened to individual shares.



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**MAY 2016**  
***Responsibility: Of Abstinence***  
***Workshop Summary***

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**LEADERS**

- Jeri A., Region Two
- Kara M., Region Six

**PURPOSE**

To discuss abstinence and how achieving and maintaining abstinence allows us to carry the message

**DISCUSSION QUESTIONS**

- How does abstinence allow us to carry the message?
- What is the relationship between a healthy body weight and carrying the message?
- Why is a certain length of abstinence required for some service positions?

**KEY POINTS**

- Abstinence is a priority because it helps us in our relationship with God, ourselves, and others.
- Our greatest service is abstinence; if it's not put first, we will lose it.
- Without God, we won't have abstinence, and without abstinence, we won't have God.
- Abstinence is our link to life. Without it nobody wants what we have. It gives us purpose.
- Ebby T. was sober and able to carry the message to Bill W. In turn, Bill carried the message to Dr. Bob. Then Rozanne took the Twelve Steps and applied it to food.
- As long as there are people suffering from compulsive eating, it is our responsibility to carry the message of hope and freedom.
- Abstinence and abstinent actions take care of all three aspects of the disease so that peaceful, long-term recovery is possible.
- While I am not responsible for my disease, I am responsible for my recovery.
- Abstinence is crucial to carrying the message, and carrying the message is crucial to recovery.
- We must carry the message. It is part of OA's primary purpose.
- The definition of abstinence, refraining from compulsive eating behaviors, is the same for all members, but the details of the plan of eating may differ for each member.
- Our abstinence is not just limited to food choices and food behaviors. We strive to abstain from gossip, a life of dishonesty, negative self-talk, self-loathing, delusions of grandeur, or an inflated ego.
- We passed out copies of the *Strong Abstinence Checklist*, which includes twelve questions that remind us of the actions we can take to get and keep our abstinence.
- We must be accountable to recovery and remain abstinent because it is a progressive disease.
- It's important to carry the message to those who have found this program and to those not in recovery.
- We asked attendees to put their name, phone number, and email on a piece of paper, which were then put in a bag located at the back of the room. At the conclusion of the workshop, we asked each member to take one of those pieces of paper and reach out to another OA member.

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**MAY 2016**  
***Responsibility Pledge: To Extend the Hand and Heart of OA***  
***Workshop Summary***

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**LEADERS**

- Thea F., Region Ten
- Faith M., Region Ten
- CJ M., Region Five

**PURPOSE**

To discuss how OA members have a responsibility to support and/or participate in compassionate outreach to still-suffering compulsive overeaters no matter what they are or where they may live

**DISCUSSION QUESTIONS**

- What responsibility can we take to reach out to compulsive overeaters who do not know OA exists?
- Am I able to reach out to the struggling compulsive overeater already in the rooms (new or not) with compassion and without judgment?
- What is my responsibility to reach out to compulsive overeaters unlike me?

**WORKSHOP INSIGHTS**

The speakers shared briefly on their personal stories and then focused on the workshop theme. The evening started with an amazing reflection on three characters: Angel, Grace, and the first speaker. We suggest you purchase the recording to hear that story and the other wisdoms shared by many of the seventy in attendance.

**QUOTES THAT RESONATED**

- If you believe you belong in OA, you do.
- Sponsorship to me is carrying the message. If you want help, I'll do what I can.
- Hope was generated by the member who responded to a newcomer with "I have no doubt that you can become abstinent."
- I make sure I reach out to those I'm uncomfortable with.
- Talk to people in relapse.
- Skype is a great way to carry the message to distant or homebound members.
- We never know when we get to plant the seed.
- When I am the message, I'm just standing there; God carries the message.
- If I'm not reaching out, I'm not working the Twelfth Step or Fifth Tradition.
- It's a responsibility and obligation. I want OA to thrive.
- I'm either working or I'm not. If I'm not reaching out, I'm not!
- I didn't lose my weight. I'm not looking for it!
- There are an amazing variety of ways to share about OA. Starting with the people we sit next to on the plane and the immigration staff as we enter the USA.
- I need to take a "brave pill" and ask my sponsee to do service. It is not enough just being in OA and working on recovery.
- Whatever I share needs to be done with love and caring. "Please, God, give me the right words."
- Our responsibility is to give or pass on what has been given to us.

In gratitude for the opportunity to lead this workshop.

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**MAY 2016**  
***Strategic Planning: Carry the Message Back Home***  
***Workshop Summary***

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**LEADERS**

- Meg H., Region Two Trustee and First Vice Chair
- Sarah Armstrong, WSO Managing Director

**PURPOSE**

To update the Fellowship on the strategic planning process

**DISCUSSION QUESTION**

- How can groups and service bodies participate in the strategic planning process?

There were over eighty attendees. We reviewed the 2014-2016 Strategic Plan, noting all the great resources created. We gave an update of the 2016 subcommittee tasks. We broke up into eight groups to brainstorm how to bring home to members, groups, intergroups, and service boards the importance of the individual's responsibility to carry the message (the goal for 2016).

Some of the ideas shared were:

- Do roleplaying (like what was done at the forum) with intergroup, sponsees, and/or as part of a workshop
- Have sponsorship workshops
- Encourage all meetings to add the Responsibility Pledge to the meeting format
- Buy *Carrying the Message* wallet cards (and/or copy from oa.org) and pass them out to all meetings
- Inform the Fellowship about all the resources on oa.org

The full list of ideas is posted at <https://oa.org/files/pdf/WSBC-2016-SP-SESSION.pdf>.

We also updated the attendees about the next three-year Strategic Plan for 2017-2019, "Keeping OA Strong Worldwide" with one focus for each year.

- 2017: Growing Unity
- 2018: Growing Recovery
- 2019: Growing Membership

We closed the workshop with the Responsibility Pledge.

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**MAY 2016**  
***Virtual Services: Responsibility of Carrying the OA Message***  
***Workshop Summary***

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**LEADERS**

- Stephanie D., Virtual Services Trustee
- Vicki W., Region Three Trustee

**PURPOSE**

To discuss and brainstorm how the OA message is being carried via virtual services and what we can do to improve it.

**DISCUSSION QUESTIONS**

- Recovery is not contingent on how the message is carried but on one's willingness to work the program honestly and to the best of one's ability. Do we share our experience, strength, and hope in virtual meetings in the same way as in face-to-face meetings?
- How can we encourage members to attend face-to-face meetings and treat virtual meetings the same (do it or die) way we often see in face-to-face meetings? How can we encourage members in virtual meetings to honor the Seventh Tradition by contributing time (service) and treasure (financial support)?
- What virtual services does OA offer members? What are some fears about technology, and how can we address them? What are some of the positives to recovery through virtual services and modern technology?

Vicki W. shared on the impact that virtual media has had on her recovery. Since coming into OA, she has lived in relatively isolated areas with few or no face-to-face meetings. Virtual meetings have been an important aspect in her staying abstinent and in recovery. She also shared comments from members of the telephone meeting she attends on how telephone meetings have carried the message to them and have given them a venue to carry the message to others.

Comments from the phone meeting members:

- I live in a small, spread out city where we have a face-to-face meeting daily. Due to the low number of members in OA recovery, I find that I am very guarded when I share situations involving my family or when I am having struggles because I strive to give positive pitches. Phone meetings afford me anonymity. I have found a new sponsor, which I have been praying for, in the phone meeting. I wake up each day to a phone meeting for over a year now, and it kicks the wakeup negativity to the curb and kicks in positivity.
- Telephone meetings are a vital lifeline for me. For the past five years I have lived in places with either extremely small meetings or no meetings at all. I would like to think that I could have stayed abstinent without telephone meetings, but I'm glad that I didn't have to find out! With telephone meetings, I can tap into recovery support no matter where I am in the world. I'm so grateful to those who set them up, run them, maintain the OA meetings list, etc. for keeping me abstinent!
- Although I attend two to three face-to-face meetings a week, I love my phone meetings as well. I have met many wonderful people on the phone meetings, and we now make outreach calls to each other. I have met several friends from the phone meetings face-to-face. In fact, I am rooming at this Conference with someone I first met on the OA phone line. I'm so thankful the virtual meetings are available worldwide.

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- Our local meetings are not at very convenient times for me. Because of the phone meetings, I am able to attend five meetings per week. I have arthritis in my neck, so being at home is much more comfortable, as lots of driving aggravates my neck.
  - Through the phone meetings, I have found a sponsor and a lot of friends that I would never have found at the local meeting.
  - The phone meetings are my lifeline to OA. Without them, I would probably not be a member.

Stephanie D. shared her experience that while there were multiple face-to-face meetings available in her area, she was not able to get stable abstinence until she was directed by her sponsor to phone meetings that emphasized a structured format that met her needs. The history of virtual groups was also discussed. She mentioned that 40 to 45 percent of members find their way to OA via the Internet and that at least one in four members attend virtual meetings at least occasionally.

About seventy-five delegates attended and participation was good. Overwhelmingly members were in favor of supporting virtual meetings, saying things like:

- Virtual meetings end the isolation some members feel because of their size and at some point elderly OA members may need virtual meetings to get a dose of recovery.
- Because there is no transportation cost when I attend virtual meetings. I contribute \$5 per meeting instead of the usual \$3.
- Podcasts help me hear what I've missed.
- We take a "loop conscience."
- One person shared she lost ninety-seven pounds while attending virtual meetings. She said she doesn't go to see the people; she goes to hear the shares. The virtual meetings are saving my life every day. These are friends in my disease. It doesn't matter if I can't see their faces.
- Several members mentioned they started with phone meetings and now attend primarily face-to-face meetings.

Thank you for the opportunity to discuss how virtual meetings help carry the OA message.

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**OVEREATERS ANONYMOUS, INC.**  
*World Service Attending Delegates*  
*For Use Within OA ONLY*

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*\*To preserve privacy and anonymity, this section is not included in the online report.*

<b>Region</b>	<b># of Delegates</b>
<b>1</b>	17
<b>2</b>	25
<b>3</b>	26
<b>4</b>	15
<b>5</b>	17
<b>6</b>	33
<b>7</b>	16
<b>8</b>	26
<b>9</b>	16
<b>10</b>	4
<b>VSBs</b>	3
<b>TOTAL</b>	198

*The total number includes the Board of Trustees, region chairs, and delegates.*

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**OVEREATERS ANONYMOUS, INC.**  
*Business Conference Policy Manual*

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**A Summary of Continuing Effect Motions**

**1962-2016**

*Adopted by the World Service Business Conference of Overeaters Anonymous, Inc.*  
(Index begins on page 80)

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## **BUSINESS CONFERENCE POLICY MANUAL**

### *A Summary of Continuing Effect Motions*

#### **1962-2016**

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#### **INTRODUCTION**

It is noted that all motions appearing in this summary were adopted by the group conscience of the World Service Business Conference of Overeaters Anonymous. Furthermore, until changed, these motions set self-imposed limits on the Fellowship. According to the Bylaws of Overeaters Anonymous, Inc., Subpart B, Article X, Section 1a) which states:

“ . . .The Conference shall serve as the collective conscience of the  
Fellowship of Overeaters Anonymous as a whole...”

#### **CONTINUING EFFECT MOTIONS**

**1962** Rescinded 2014.

**1977a** Rescinded 2001.

**1977b** It was adopted to:

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

**1978** It was adopted that:

Showing just cause, literature groups of OA from countries other than the United States may obtain permission to reprint OA literature from the OA Board of Trustees. Reprinted literature should conform to existing Conference-approved literature.

**1979a** Rescinded 1989. Superseded by 1982b.

**1979b** Rescinded 1989. Superseded by 1980c and 1984e.

**1979c** Amended 1989. It was adopted that:

The treasurer's report be prepared and sent out to delegates prior to the Business Conference to allow each person time to study, assimilate, and prepare any questions they might have for the Board of Trustees.

**1979d** Rescinded 2015.

**1979e** Amended 1989, 2001, 2012, and 2016. It was adopted:

To ensure personal anonymity be maintained, the online version of the Final World Service Business Conference Report will only include first names and last initials in minutes and reports. The contact section of the report, which includes names, addresses, phone numbers, and email addresses of delegates will be emailed to all service bodies and delegates following Conference. “For Use Within OA Only” will appear at the top of the list.

**1980a** Rescinded 2016.

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- 1980b** Amended 2013. An anonymity statement was adopted:  
Anonymity is the spiritual foundation of our program, always ensuring principles before personalities. This means that OA itself is not anonymous, but its members are. There are no exceptions. While OA may be publicized, we do not break our individual anonymity at the level of press, radio, films, television, and all public media of communication; and the recognizable facial exposure of persons identifying as OA members at the level of press, films, television, and all public media of communication is a violation of our tradition of anonymity, even though the first name only is given or the entire name is withheld.
- 1980c** Amended 2002 and 2013. It was adopted that:  
All OA events sponsored by registered OA groups and service bodies referenced in Bylaws, Subpart B, provided they uphold the Twelve Traditions, be placed in the WSO calendar upon request of the sponsoring body.
- 1980d** It was adopted that:  
A Conference committee member can petition the Board of Trustees to consider by a two-thirds vote of the Board of Trustees to remove a nonfunctioning chairman of a specific Conference committee. The vice chairman will then assume the chairmanship.
- 1982a** Rescinded 1999.
- 1982b** Rescinded 2010.
- 1982c** Amended 1989. A definition of open and closed groups was adopted:  
Open group is a group which is open to anyone. Closed group is a group that is open to anyone with the desire to stop eating compulsively, or anyone who thinks they may have a problem with compulsive overeating.
- 1982d** Rescinded 2001.
- 1982e** It was adopted that:  
Through announcements in *Lifeline* and *A Step Ahead*, the Fellowship be invited to attend and observe the Board of Trustees' meetings held prior to the annual Business Conference and Convention. The board is to make available sufficient facilities to accommodate all who choose to attend.
- 1982f** Rescinded 2012.
- 1983** Amended 1989. After a presentation/discussion on requirements other than the Twelve Steps, the following statement was adopted:  
Overeaters Anonymous respects the autonomy of each OA group. We do suggest, however, that any group which imposes a special purpose, task, or guideline should inform its members that this special purpose, task, or guideline does not represent OA as a whole. The only requirement for membership is the desire to stop eating compulsively. Anyone who says they are a member is a member. We of Overeaters Anonymous welcome all members with open arms.

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**1984a** Amended 1990, 2013, and 2015. Upon the recommendation of the Literature Committee, a preamble for Overeaters Anonymous was adopted to read:

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

**1984b** Amended 1993 and 2001. It was adopted that:

The World Service Convention will be held at a time and place to be determined by the Board of Trustees.

**1984c** It was adopted that:

Business Conference committees not raise or maintain funds.

**1984d** Amended 2013 and 2014. The following procedure for Business Conference presentations/discussions was adopted:

- 1) Items for presentations/discussions at the annual Business Conference are selected by the board from those recommended by the Conference Planning Committee. Selections for topics are made from recurring problems, topics of major interest, and topics requested by the Fellowship.
- 2) Service bodies who propose presentation/discussion topics will be sent a letter stating how topics are chosen and that their recommendation has been referred to the Conference Planning Committee for consideration.

**1984e** Amended 2014. After a presentation/discussion, a statement on the sale of merchandise was adopted:

It is the will of the Business Conference that sale of merchandise, per se, is not prohibited by the Traditions. With regard to sale of merchandise, "Each group should be autonomous except in matters affecting other groups or OA as a whole." If you choose to sell merchandise, the following guidelines are suggested:

- 1) All sales be made by and for OA service bodies.
- 2) Each sale item be approved by group conscience.
- 3) Sales at OA events and functions should be conducted in such a manner so as not to divert or distract from our primary purpose to carry the message to the compulsive overeater who still suffers.

In accordance with our Traditions, each group and OA service body may choose to sell or not sell merchandise as they determine. Overeaters Anonymous must be ever mindful of our Traditions, which warn against endorsement of outside enterprise.

**1985** Amended 1993. Upon the recommendation of the Literature Committee, the following revised procedure for granting the Conference Seal of Approval was adopted:

The Conference-approved seal that appears on the back of our literature means that the material has broad application to the Fellowship as a whole and is intended primarily to distinguish OA literature, not to censor other literature.

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**1985 (continued)**

The Board of Trustees oversees the production of literature at the world service level. The Conference Seal of Approval shall be granted to OA literature upon receiving a two-thirds vote from the delegates present and voting at the annual World Service Business Conference.

All refining will be processed by the Conference-Approved Literature Committee (CLC), Board-Approved Literature Committee (BLC), and the Board of Trustees (BOT), according to their procedures prior to recommending any literature for approval of the delegates.

Prior to the Business Conference, pamphlets that are recommended for the Conference Seal of Approval will be mailed to all registered Conference delegates in press proof form. Recommended books will be mailed in manuscript form. At the Business Conference, delegates will vote either to approve or reject, rather than to edit or refine the material.

(Note: Originally adopted by 1976; revised 1980, 1985, and 1993.)

**1986a** Amended 1996 and 1998. It was adopted that:

Overeaters Anonymous celebrate an annual worldwide Unity Day on the last Saturday in February at 11:30 a.m. pacific standard time.

To designate the third Saturday of January as the annual celebration of the January 19, 1960 founding of Overeaters Anonymous.

**1986b** It was adopted that:

The annual World Service Business Conference delegate binders include a copy of the current fiscal year budget as adopted by the Board of Trustees.

**1987a** Rescinded 2000. Superseded 2000a.**1987b** It was adopted that:

One leave of absence for up to sixty days from all Board of Trustees activities and responsibilities may be claimed by any member of the Board of Trustees during each of her/his elected terms of office for any reason.

**1987c** It was adopted that:

All policies adopted by the Business Conference shall be placed in a document entitled Business Conference Policy Manual which shall be distributed to the world service delegates as part of pre-Conference delegate materials and also updated and included in all final World Service Business Conference reports.

**1987d** Superseded by 2005c.**1988a** Amended 1989, 1992, 1996, 1998, 2001, 2002, 2010, and 2014. It was adopted that:

These matters should be considered but are not binding upon service bodies:

1) Functioning

Service bodies may join together in order to help carry the message, providing they adhere to the Traditions and do not alter, print, or electronically transmit any OA-approved literature unless approved in writing by the World Service Office.

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**1988a (continued)**

2) Business Conference Delegates

- a) In addition to the requirements set out in Article X, Section 3c) of the Bylaws, Subpart B, it is suggested the delegates should be selected for judgment, experience, stability, willingness, and for faithful adherence to the living within the concepts of the Twelve Steps, Twelve Traditions, and Twelve Concepts of Overeaters Anonymous. It is further suggested a World Service delegate be a current or past regional representative.
- b) As participants, delegates shall not be bound by the wishes of their service bodies, but should not vote against these wishes unless situations arise at the Business Conference that make it necessary for the best interests of Overeaters Anonymous as a whole.

**1988b** Amended 2002, 2009, and 2011. The following policy statement was adopted:

**Statement on Abstinence and Recovery**

Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

Spiritual, emotional, and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.

**1988c** Superseded by 2005c.

**1989a** It was adopted that:

In order to reaffirm the special relationship between OA and O-Anon and in keeping with the spirit of Tradition Ten—cooperation without affiliation—the following be adopted:

Overeaters Anonymous, Inc. recognizes the special relationship we enjoy with O-Anon groups, a separate but similar fellowship. OA wishes to recognize the contribution O-Anon has made and is making to friends and families of compulsive overeaters.

It is the desire of the Conference to affirm the relationship between OA and O-Anon, and it is also the desire of the Conference to acknowledge OA's appreciation for O-Anon groups.

**1989b** Rescinded 2003.

**1990** Amended 2011 and 2014. It was adopted that:

The World Service Business Conference of Overeaters Anonymous suggests that individual groups and service bodies refrain from publishing the names or non-OA titles of speakers/leaders at OA functions in any informational materials (flyers, newsletters, etc.). OA service titles (but not names) may be used when a speaker/leader is performing the service responsibility of his or her OA office.

**1991a** Amended 2003, 2013, and 2015. It was adopted that:

The following Conference and board committees be restructured as follows, to begin with the 1992 WSBC:

- 1) The Conference committees listed in Subpart B, Article XI of the Overeaters Anonymous, Inc. Bylaws should confer with the corresponding board committees.
- 2) Committee membership will be limited to a delegate cochairman, a trustee cochairman, and two or more delegates from each region, up to thirty members at WSBC. Additionally, a combination of up to six former trustees, current trustees, and nondelegate members may be appointed to participate in the work of the committee during the year.

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**1991a (continued)**

- 3) Cochairmen consisting of a Conference delegate (elected by committee members at WSBC) and a trustee (appointed by the chairman of the BOT) will coordinate the efforts of the committee. The Conference delegate cochairman will preside over the committee meetings at WSBC. The trustee cochairman will act as liaison between the committee and the BOT and will report to the Board of Trustees regarding committee activities. The cochairmen will select the committee members from the delegates that have indicated interest on the committee preference form with input from the appropriate regional trustee based on involvement and experience in same/similar committee at local, regional, and past world service levels.
- 4) Committee members not responding to two consecutive mailings of the committee which require answers will not receive future mailings unless the member has notified one of the cochairmen of a reason for a temporary absence from committee work.
- 5) The committee meetings at WSBC will be open; however, only committee members will have a voice and vote. The BOT may plan other Conference-related activities during the committee meetings at WSBC for delegates not serving on committees.
- 6) Delegates should be registered by March 1 and have submitted their committee preference form by April 1. Delegates will be notified at or prior to WSBC to which committee they have been assigned. Service on a committee is expected and the commitment is maintained until the following WSBC.

**1991b** Superseded by 2005c.

**1991c** It was adopted that:

The terms “compulsive overeater, compulsive eater,” and “compulsive eating, compulsive overeating” be used interchangeably in OA literature, as determined to be appropriate by the Literature Committee during the regular literature writing, editing, and approval process.

**1992a** Amended 2013. The following policy statement was adopted:

**“Unity with Diversity” Policy**

THE FELLOWSHIP encourages and promotes acceptance and inclusivity. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait. We welcome all who share our compulsion.

THE FELLOWSHIP of Overeaters Anonymous recognizes the existence of individual approaches and different structured concepts to working our Twelve-Step program of recovery; that the Fellowship is united by our disease and our common purpose; and that individual differences in approach to recovery within our Fellowship need not divide us.

THE FELLOWSHIP respects the rights of individuals, groups, and service bodies to follow a particular concept of recovery within Overeaters Anonymous and encourages each member, group, and service body to also respect those rights as they extend the embracing hand of Fellowship to those who still suffer.

THE FELLOWSHIP encourages each duly registered group and service body to affirm and maintain the Twelve Traditions of Overeaters Anonymous by allowing any member to share his or her experience, strength, and hope in meetings regardless of the individual approach or specific concept that member may follow. Duly registered is defined as being in full compliance with Bylaws, Subpart B, Article V.

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- 1992b** It was adopted that:  
The World Service Business Conference establish an International Day Experiencing Abstinence (IDEA) to be held annually on the third Saturday in November.
- 1992c** Amended 2002 and 2016. It was adopted that:  
AA literature sold by the OA World Service Office shall be available for purchase at all World Service Conventions.
- 1992d** Rescinded 1998.
- 1992e** It was adopted that:  
The World Service Board of Trustees incorporates the job description of the general service trustee on the trustee application form.
- 1993a** It was adopted that:  
We, the 1993 Business Conference of Overeaters Anonymous, suggest that OA meetings and events be closed with one of the following: the Serenity Prayer, the Seventh-Step Prayer, the Third-Step Prayer, or the OA Promise *I Put My Hand in Yours*.
- 1993b** Amended 2010. It was adopted that:  
It is the group conscience of the 1993 World Service Business Conference that the sale or display of literature other than OA-approved literature and AA conference-approved literature (as described in WSBC Policy 2010a) is an implied endorsement of outside enterprises, and therefore in violation with Tradition Six.
- 1993c** Amended 1994, 2001, 2002, 2012, and 2014. It was adopted that:  
World Service Business Conference 2012 adopt a policy that the World Service Office shall mail an annual letter to all service bodies requesting contributions to help fund delegates to attend World Service Business Conferences. Delegates selected to receive this fund will be those from intergroups and service boards demonstrating need. Priority will be given to those intergroups and service boards that have not previously sent delegates to Conference.
- 1993d** Rescinded 2001.
- 1993e** Rescinded 1998.
- 1994a** (Updated 2013 due to amended 1984a.) The following policy statement was adopted:  
Our primary purpose in Overeaters Anonymous is to abstain from compulsive eating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer. Other addictions and problems may have contributed to the intensity of our disease; however, OA is not directly concerned with recovery from these issues. They should be shared in OA meetings only as they relate to compulsive eating. It is in our best interest to concentrate on our primary purpose and not be distracted by focusing on issues such as alcoholism, codependency, abuse, or the treatment thereof. These and similar outside issues should be addressed in other programs or with professionals.
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- 1994b** Amended 2008. It was adopted that:  
The Fellowship of Overeaters Anonymous recognizes the existence of special focus meetings, (i.e., gay and lesbian meetings, women’s meetings, men’s meetings, 100-pounders, maintainers, old timers, and people of various cultural backgrounds, etc.) which have been formed of persons who can more readily identify with fellow OAers with similar attributes. According to the Traditions, bylaws, and policies of OA, the only requirement for membership is the desire to stop eating compulsively. We ask each person attending a meeting to respect and consider the group conscience. All registered meetings shall welcome and give a voice to any person who has the desire to stop eating compulsively.
- 1994c** Rescinded 1998.
- 1995a** Rescinded 2014.
- 1995b** Rescinded 2014.
- 1996a** Amended 1999 and 2014. It was adopted that:  
The 2014 WSBC of OA suggests OA’s Twelve Steps and Twelve Traditions be read at every meeting. In addition, we suggest all service bodies and the WSBC read the Twelve Concepts of OA Service.
- 1996b** Rescinded 2008. Superseded by 2008a.
- 1997** Rescinded 2001.
- 1998** Rescinded 2008. Superseded by 2008a.
- 1999** Rescinded 2016.
- 2000a** Amended 2005. It was adopted that:  
No OA members shall be prevented from attending, sharing, leading, and/or serving as a speaker at an OA meeting due to choice of food plan. Groups sharing food plan information must adhere to OA’s policies on outside literature, as well as copyright law.
- 2000b** It was adopted that:  
Terms used in the bylaws and policies that refer to communications, including report(s), response(s), document(s), and notice(s), shall be understood to include suitable electronic transmissions. The term “postmark” includes appropriate electronic date/time stamping.
- 2001** It was adopted that:  
There will continue to be a delegate registration fee (\$65 for WSBC 2000) adjusted as deemed necessary by the BOT. A portion of this fee is nonrefundable based on cost.
- 2002a** Rescinded 2005.
- 2002b** Rescinded 2005.
- 2003** Amended 2014. It was adopted that:  
To ensure the personal anonymity of members, an encryption program will be maintained to allow for secure transmission of all meeting information submitted via the OA website.
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**2004a** It was adopted that:

The WSO have proposal forms available on the OA website with detailed online instructions for submitting the proposals. The forms are to include an email address for the maker of the proposal.

**2004b** Amended 2009 and 2014. It was adopted that:

Appeals process for service bodies denied credentials at WSBC because they do not meet the requirements of OA, Inc. Bylaws, Subpart B, Article X, Section 3c – Qualifications/Selection.

- 1) The World Service Office shall notify the service body of any challenges to delegate credentials within seven days of receipt of delegate information by the World Service Office.
- 2) Each region will provide, at the time they submit their delegate information, a list of up to five individuals willing to serve on an Appeals Committee.
- 3) The Appeals Review Committee shall be composed of two members of the Board of Trustees, two region chairs, and two representatives of the region bringing the appeal.
- 4) Service body notifies the World Service Office if it wishes to appeal denial of delegate credentials.
- 5) The Appeals Review Committee, via electronic and/or written communications, will consider relevant information and collectively decide the final disposition of each appeal with a deadline of one month prior to the first session of the upcoming WSBC.
- 6) At the expense of the service body, a telephone conference call may be scheduled to review the findings of the committee within two weeks of notification of the Appeals Review Committee's disposition.

**2005a** Amended 2016. It was adopted that:

Business Conference policies that have been completed or the purpose of which have been served and are no longer required shall be presented by the Bylaws trustee cochair to the Board of Trustees for consideration of removal at the next Business Conference.

**2005b** Rescinded 2011.

**2005c** It was adopted to:

Combine WSBC Policies 1987d, 1988c, and 1999b to read: The World Service Business Conference (WSBC) adopts as policy the following procedures for the submission and consideration of all a) new business motions, b) policy motions, and c) bylaw amendments to Subpart B of the Overeaters Anonymous, Inc. Bylaws.

- 1) All submissions of proposed new business motions, policy motions, and/or amendments to Subpart B of the Overeaters Anonymous, Inc. Bylaws shall include a) a statement of intent; b) a statement of the procedures necessary for the implementation of the proposal (if necessary); c) a statement of estimated cost associated with the proposal; d) a history of related new business items or bylaw amendments that were voted upon by the WSBC in the past five years and the results of those votes; and e) up to one page of arguments in favor of each new business item or bylaw amendment submitted by the maker of the motion at the time of submission.
- 2) The Conference agenda questionnaire include all proposed new business, policy motions, and bylaw amendments that have been submitted within the announced postmarked deadline, including those deemed out of order with the exception of those motions and bylaw amendments that, based upon opinions from legal counsel, are deemed to be defamatory.

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**2005c (continued)**

Proposals included in the agenda questionnaire that are deemed out of order must include within the WSBC Motions Review Committee Comments an explanation of this determination, and at the end of the Proposed Wording the parenthetical comment “Deemed Out of Order: See WSBC Motions Review Committee Comments below.”

Additionally, the WSBC Motions Review Committee must also include an explanation of the general nature of the motion or bylaw amendment that resulted in it being deemed defamatory by legal counsel and therefore not printed in the Conference agenda questionnaire.

**2006** Rescinded 2014.

**2007** Rescinded 2009.

**2008a** It was adopted that:

The Executive Committee of the Board of Trustees may discontinue printing Conference-approved literature for low-demand reasons when it is no longer cost effective to reprint and maintain in the OA literature inventory. Every August, an annual report of sales of Conference-approved literature will be provided to the Executive Committee. Discontinuation of printing does not remove the Conference Seal of Approval. Conference-approved literature which is no longer printed will be made available for downloading from the OA website.

WSBC delegates may remove the Conference Seal of Approval by a two-thirds vote. If the motion is approved by the Conference, the designated literature will not be reprinted. If the literature is discontinued for nonobservance of Traditions, sales of that literature will cease immediately; it will be removed from inventory and will not be distributed for any reason. Sales of literature that is discontinued for any reason other than noncompliance with Traditions will cease after the depletion of remaining inventory.

Notification to the Fellowship shall be through appropriate WSO publications, such as *Lifeline* and *A Step Ahead*.

A copy marked “discontinued” with the date the piece was discontinued will be maintained in literature archives for duplication by the WSO in case of special requests. An appropriate amount will be charged for the time and cost of duplicating, mailing, etc.

**2008b** It was adopted to:

Create an Overeaters Anonymous media policy.

To raise public awareness, Overeaters Anonymous and associated service bodies may send press releases to or make use of special events/promotions in newspapers, magazines, television, radio, websites, billboards, and other means of public media, providing personal anonymity is maintained for members of Overeaters Anonymous. Contact names on media communication can include any special worker associated with public awareness as well as the first names of individual Overeaters Anonymous members.

**2008c** It was adopted to:

Create an Overeaters Anonymous public relations policy.

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**2008c (continued)**

If Overeaters Anonymous is to continue to exist, it must continue to grow in order to fulfill its primary purpose of carrying its message to the compulsive eater who still suffers and to reach those who are not yet aware of the existence of our Fellowship.

We fulfill this primary purpose most effectively by attraction and cooperation, not promotion or affiliation. For the guidance of our Fellowship, here are definitions of those terms.

To Attract: To draw by other than physical influence; to invite; to draw to; to encourage approach

To Promote: To push forward; to further advance, as in a business venture (implies “hard sell,” advancement for profit)

Cooperation: Joint operation or action (implies coming together of two or more people to work together for a common goal or benefit or on a common problem)

Affiliation: Association or close connection; a uniting (implies lending one’s name, endorsement, legal, or financial partnership)

Overeaters Anonymous is attracting when it tells people why we are, what we are, what we do, and how; we let them know that we are available if and when help is needed. We state the facts, which are communicated via the press, radio, TV, Internet, and films, always stressing personal anonymity at the public level.

Overeaters Anonymous is cooperating when it works with others\*, rather than alone. Working with others broadens our scope and contacts and we reach more of those in need.

Hiring outside contractors or service companies is not considered an affiliation.

*\*Examples could include, but are not limited to, hospitals, doctors, nurses, clergymen, treatment centers, educators, dieticians, nutritionists, employee assistance programs, and health spas.*

**2008d** It was adopted to:

Create an Overeaters Anonymous public service announcements policy.

To raise public awareness, Overeaters Anonymous and associated service bodies may make use of public service announcements in appropriate newspapers, magazines, television, radio, websites, billboards, and other means of public media.

**2008e** It was adopted to:

Create an Overeaters Anonymous paid ads policy.

To raise public awareness, Overeaters Anonymous and associated service bodies may purchase ads in appropriate newspapers, magazines, television, radio, websites, billboards, and other public media.

**2008f** It was adopted that:

The Overeaters Anonymous World Service Office (WSO) sell recovery chips marked with years from 1 to 20, 25, 30, 35, 40.

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- 2009a** It was adopted that:  
The World Service Office provides website templates for optional use by OA service bodies and groups in creating or revising their websites.
- 2009b** It was adopted that:  
December 12 (12/12) each year be designated as OA's International Twelfth Step Within Day, the purpose of which will be to encourage OA service boards, meetings, and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors.
- 2009c** Rescinded 2012.
- 2009d** It was adopted to:  
Create a Web/Technology Conference Committee starting at WSBC 2010.
- 2010a** Amended 2012. The following policy statement was adopted:

**Statement on Approved Literature**

In accordance with our Traditions, we suggest that OA groups maintain unity and honor our Traditions by using, selling, and displaying only approved books and pamphlets at their meetings. This includes OA Conference- and board-approved literature; AA conference-approved books, booklets, and all future editions thereof, with original edition copyright 2010 or earlier; and locally produced OA literature. Locally produced literature must be developed according to the *OA Guidelines for Locally Produced Literature*, and should be used with the greatest discretion. Local literature should be considered temporary and discontinued when OA literature approved for general use is available to cover the topic.

- 2010b** Rescinded 2014.
- 2010c** Amended 2015. It was adopted that:  
The WSBC Final Conference Report be made available electronically.
- 2010d** Amended 2014. It was adopted to:  
Establish an OA Young Persons' Conference Committee.
- 2010e** Amended 2014. It was adopted to:  
Require all groups and service bodies wishing to register electronically with the WSO to provide at least one email address and name when submitting their registration request. The required email address is for use within the OA organization and will not be published.
- 2011a** Amended 2016. The following policy statement was adopted:

**Statement on Public Media**

While Overeaters Anonymous has no opinion on outside issues, including social media, the delegates of the 2016 World Service Business Conference recommend any OA member, group, or service body using social media for OA public information and public awareness maintain the personal anonymity of OA members.

Members of Overeaters Anonymous are anonymous. The Fellowship is not. Members of Overeaters Anonymous using social media are responsible for maintaining their own personal anonymity and respecting the anonymity of other OA members.

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- 2011b** It was adopted to:  
Include the Tools of recovery of OA in the Conference Policy Manual.

The following are the Tools of recovery of OA: A Plan of Eating, Sponsorship, Meetings, Telephone, Writing, Literature, Anonymity, Service, and Action Plan.

- 2011c** It was adopted that:  
Overeaters Anonymous Fellowship bestow the title of founder to Rozanne S.

- 2012a** The following policy statement was adopted:

**Statement on Creating Service Centers**

Service bodies may form service centers to assist them in communicating with the groups and to help carry the message, providing that they adhere to the Traditions, as guided by the Twelve Concepts of OA Service, and do not alter or print any OA board- or Conference-approved literature unless approved by the World Service Office.

- 2012b** The following policy statement was adopted:

**Statement on Group Where Access is Restricted**

A group which, for compelling reasons over which it has no control, where access is restricted (i.e., national security, military security, ships, military bases, or institutional setting), cannot welcome all who have the desire to stop eating compulsively will be considered to be in compliance with the points defined in Bylaws, Subpart B, Article V, Section 1, if:

- a) It has provided the Board of Trustees, in writing, the specific compelling reason.
- b) The Board of Trustees specifically approves the exception.

- 2012c** The following policy statement was adopted:

**Statement on Group Liability Insurance**

As per OA, Inc. Bylaws, Subpart A, Article III – Members, the legal structure of OA, Inc. does not allow for the provision of liability insurance for OA groups or service bodies.

- 2012d** Amended 2014. It was adopted that:

The terms of WSBC delegates from service bodies shall be limited. After completing four consecutive years, service shall not exceed an additional two years. A one-year rotation out of service shall then be observed. Request for a waiver of this limitation shall be submitted to the Board of Trustees.

- 2013** The following policy statement was adopted:

**Statement on Individual Member Donations to the OA World Service Office**

- 1) A member may contribute up to \$5,000 per year to the general fund, up to \$5,000 per year to any special fund, and up to \$5,000 per year to honor the memory of a deceased member.
- 2) OA, Inc. may accept a bequest from the will of a deceased member in cash or cash equivalent. There is no limit on the amount of such a bequest.

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**2014a** It was adopted that:

Overeaters Anonymous email groups, commonly called loops (groups that do not meet in real time), may list their group on [www.oa.org](http://www.oa.org) as a courtesy with the following criteria:

- 1) Email groups must comply with the definition of an Overeaters Anonymous group as per OA, Inc. Bylaws, Subpart B, Article V – Overeaters Anonymous Groups, Section 1 – Definition a) 1-4.
- 2) The topics and/or focus of the email group are consistent with those listed on [oa.org](http://oa.org) for Overeaters Anonymous face-to-face and virtual groups.
- 3) New members must be informed of the loop’s policies, norms, and practices.
- 4) Archives are to be deleted at least once a month unless the loop’s policies dictate otherwise.
- 5) Email groups are moderated to stay on topic.
- 6) The format of the email groups is structured similarly to a registered OA group. Postings to email groups are limited to the topic, the Twelve Steps, the Twelve Traditions, or the Twelve Concepts of OA Service. Feedback, crosstalk, and advice-giving are discouraged.
- 7) Each email group will have a coordinator who registers the loop with an email service provider and a secretary who will liaise with the OA World Service Office.

**2014b** It was adopted that:

**Meetings of Delegates**

Annual Business Conference

- 1) Oral committee and workshop reports shall be made on the final day of the Business Conference when time allows. Written reports are due in the World Service Office two weeks following the close of the Business Conference.
- 2) Special meetings of delegates or committees of delegates during the Business Conference for any purpose or purposes may be called at any time by the chair or by a majority of the trustees and/or delegates.
- 3) Communications concerning the Business Conference from the trustees and the World Service Office shall be through the registered delegates and service bodies.

**2015a** It was adopted that:

World Service display the name “Overeaters Anonymous” on all displays, banners, and other signage at its events. This does not apply to badges.

**2016** It was adopted to:

Establish an OA Virtual Services Conference Committee. The committee would focus on virtual groups and would assist in forming new virtual service boards, presenting virtual workshops, and other projects that support the virtual groups and virtual service boards (VSBs). This will help build infrastructure and support for the VSBs and virtual groups.

**\*\*END\*\***

**Note:** The World Service Office shall oversee that the Business Conference minutes are researched annually in order to update this summary with any Business Conference motions which have a continuing effect. This includes new, revised, or rescinded motions adopted by the World Service Business Conference.

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## BUSINESS CONFERENCE POLICY MANUAL

### *Appendix A - Rescissions*

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- 1962** At OA's first business Conference, then called the National Conference, it was adopted that: We endorse as our only basic creed the only thing that OA in general subscribes to (from headquarters), the Twelve Steps and the Twelve Traditions. That this is the only basic program that OA (headquarters) believes as its creed. We acknowledge that these two things are the only creed that OA subscribes to, basically. *(Rescinded 2014)*
- 1977a** It was adopted that:  
The price be put back on the literature. *(Rescinded 2001)*
- 1979a** It was adopted that:  
AA-approved literature to be sold at the WS Convention, with list to be submitted from the Literature Committee to the board for approval. *(Rescinded 1989)*
- 1979b** It was adopted that:  
Any activity (i.e., marathons, conventions, and retreats) not sponsored by a registered group, an intergroup, region, or OA as a whole be considered an outside enterprise not to be endorsed or promoted by OA and as such not appear in a world service publication. Any marathon, convention, or retreat that offers for sale any items that are not Conference-approved, be considered an outside enterprise and also not be publicized in OA publications. *(Rescinded 1989)*
- 1979d** It was adopted to:  
Pay founder Rozanne S.'s expenses to all future Conventions. *(Rescinded 2015)*
- 1980a** Amended 1989. It was adopted:  
The purpose of each proposed amendment to the World Service bylaws be clearly verbalized by the proposing body. *(Rescinded 2016)*
- 1982a** After a presentation/discussion on whether OA should produce literature on anorexia nervosa or other eating disorders, the following statement was adopted:  
Overeaters Anonymous does not have any literature for specific eating disorders other than compulsive overeating. We welcome in love and fellowship all who have the desire to stop eating compulsively. *(Rescinded 1999)*
- 1982b** After a presentation/discussion on using an OA/AA-approved literature list which includes the 1976 Business Conference Statement on OA/AA-approved literature, the following was adopted that:  
The current World Service Business Conference policy on literature be a list (to be updated as necessary) which includes the amended 1976 Statement on OA/AA-approved literature: "In accordance with our Traditions, we suggest OA groups maintain unity and protect our Traditions by selling only program books and pamphlets at their meetings. This would include AA conference-approved literature and OA Conference- and board-approved literature. Intergroup or group prepared local literature should be used with the greatest discretion. Even then, we suggest that you submit it to the World Service Office for their information. This type of local literature should be considered temporary and discontinued when OA literature approved for general use is available to cover the topic." (The complete list which includes this statement, literature, and explanations is available from the World Service Office.) *(Rescinded 2010)*

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- 1982d** It was adopted that:  
The Board of Trustees presents a written Business Conference report of all Board of Trustees' policies, to be updated for each Business Conference beginning May 1983. (*Rescinded 2001*)
- 1982f** It was adopted that:  
Future Business Conferences begin proposed bylaw amendments directly following the last completely debated article of the previous year.
- (Note: The intent is to apply this recommendation only in a year following a Business Conference that was unable to debate and vote on all proposed bylaw amendments due to a lack of time.) (*Rescinded 2012*)
- 1987a** Amended 1997. A policy statement on food plans was adopted:  
The OA 1997 World Service Business Conference, after careful consideration, believes that although many individual OA members choose to follow a plan of eating for their personal plan of recovery, offering food plans at OA meetings is a violation of Tradition Ten. While each OA member is free to choose a personal plan of eating to achieve abstinence, OA as a whole cannot print, endorse, or distribute food plan information to members.
- Nutrition is a most controversial outside issue; the hiring of professionals to produce food plans for use at meetings also violates the Eighth Tradition, as we need always remain nonprofessional. Groups endorsing any food plans by distributing them at their meetings affect OA as a whole. We ask all groups, intergroups, and regions of OA to adhere to the above policy statement and discontinue the use of food plan information at meetings. We ought best concern ourselves with our suggested program of recovery—the Twelve Steps. (*Rescinded 2000*)
- 1988a** Regions:  
Regional Assemblies  
Regions may meet more often for the conduct of business as necessary. (*Rescinded 2005*)
- 1989b** Changes and deletions in the Business Conference Policy Manual were adopted. See sections marked Revised 1989 or Deleted 1989. (*Rescinded 2003*)
- 1992d** The following policy statement adopted that:  
The World Service Business Conference resolves to welcome anorexics and bulimics in the OA Fellowship as full and equal members. (*Rescinded 1998*)
- 1993d** It was adopted that:  
Beginning 1994 the World Service Office will charge a twenty-dollar (\$20) nonrefundable fee to register a World Service Business Conference delegate. (*Rescinded 2001*)
- 1993e** It was adopted that:  
Until such time as the World Service Business Conference adopts concepts for OA, that all OA service bodies study and utilize AA's Twelve Concepts as guidelines for their service. (*Rescinded 1998*)
- 1994c** The World Service Business Conference 1994 adopted:  
1) The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
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**1994c (continued)**

- 2) The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority, and effective conscience of OA as a whole.
- 3) The right of decision, based on trust, makes effective leadership possible.
- 4) The right of participation ensures equality of opportunity for all in the decision-making process.
- 5) Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
- 6) The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
- 7) The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by the OA Bylaws, Subpart B.
- 8) The Board of Trustees has delegated to its Executive Committee the responsibility to administer the World Service Office.
- 9) Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
- 10) Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.
- 11) Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs, and consultants.
- 12) The spiritual foundation for OA service ensures that:
  - a) no OA committee or service body shall ever become the seat of perilous wealth or power;
  - b) sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
  - c) no OA member shall ever be placed in a position of unqualified authority;
  - d) all important decisions shall be reached by discussion, vote, and whenever possible, by substantial unanimity;
  - e) no service action shall ever be personally punitive or an incitement to public controversy; and
  - f) no OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action. (*Adopted into OA Bylaws, Subpart B 1998*)

**1995a** It was adopted that:

Overeaters Anonymous designate January as "Media Awareness Month." (*Rescinded 2014*)

**1995b** (Updated 2013 due to amended 1984a) It was adopted to:

Remove abstinence as a Tool and replace it with a plan of eating, leaving abstinence as our primary purpose as outlined in the OA Preamble: "Our primary purpose is to abstain from compulsive eating and carry the message of recovery through the Twelve Steps of OA to those who still suffer." (*Rescinded 2014*)

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**1996b** It was adopted that:

The Board of Trustees may discontinue reprinting low-demand pamphlets that are no longer cost-effective to reprint and maintain in the OA literature inventory.

Discontinuance of a pamphlet:

Conference-approved pamphlets that have broad application to the Fellowship and which fall within the lowest 20 percent of ranked total pamphlet unit sales shall be considered for discontinuance.

The World Service Office publications department will provide a quarterly report indicating the unit demand volume on each Conference-approved pamphlet for review by the Executive Committee.

Those pamphlets that consistently fall below the designated 20 percent of total unit demand for four consecutive quarters may be chosen by the Executive Committee for recommendation to discontinue reprinting.

The Executive Committee will submit a motion to the Board of Trustees for approval to discontinue reprinting those pamphlets.

If the Executive Committee motion is approved by the Board of Trustees, the designated pamphlets will not be reprinted and will be removed from the OA literature catalog when the remaining inventory is depleted.

Notification to the Fellowship shall be through appropriate WSO publications, such as *Lifeline* and *A Step Ahead*.

A copy marked “discontinued” with the date the piece was discontinued will be maintained in the literature archives for duplication by the World Service Office for special requests. An appropriate amount will be charged for the time and cost of duplicating, mailing, etc. Unauthorized duplication of the World Service Business Conference.

For withdrawal of any Conference-approved pamphlet that is no longer printed; that is the pamphlet shall no longer be available for distribution to the Fellowship in any language, will require approval of the World Service Business Conference. (*Rescinded 2008*)

**1997** It was adopted:

Effective with the World Service Business Conference 1998, there be established an additional per-delegate registration fee of forty-five dollars (\$45) (adjusted annually for inflation as deemed necessary by the BOT). (*Rescinded 2001*)

**1998** The following policy statement was adopted to:

Discontinue Conference-approved literature for reasons other than low sales, a two-thirds vote from the delegates present and voting at the annual World Service Business Conference is needed. (*Rescinded 2008*)

**1999** Amended 2004 and 2005. It was adopted that:

An online or telephone group will be registered with world service as long as the listed group meets the following criteria:

- 1) Takes place in “real-time;”
- 2) Is fully interactive; and

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**1999 (continued)**

- 3) Fulfills the definition of an OA group as contained in Subpart B, Article V, Section 1 of Overeaters Anonymous, Inc. Bylaws. (*Rescinded 2016*)

**2002a** It was adopted that:

There will be a special Conference committee consisting of four members of the Board of Trustees, four region chairmen, and up to ten delegates to develop a plan of action to either strengthen the current OA worldwide service structure or restructure it. The result will be presented to WSBC no later than 2004. The chairman of the board will choose committee members. (*Rescinded 2005*)

**2002b** It was adopted that:

The Board of Trustees will investigate the feasibility of establishing a toll free line for the purpose of public information and publish its reports to all service bodies by October 1, 2002. (*Rescinded 2005*)

**2005b** It was adopted that:

WSBC 2005 directs the Board of Trustees (BOT) to implement a matching grant program whereby service bodies may apply for and receive funds from OA, Inc. for projects enhancing unity and the ability to carry the message both within and outside OA. Total yearly funding for grants shall not exceed 1 percent of total donations to the World Service Office (WSO) for the prior year. (*Rescinded 2011*)

**2006** It was adopted to:

Change the name of the HIPM (Hospitals, Institutions, Professionals, and the Military) Committee to Professional Outreach Committee. (*Rescinded 2014*)

**2007** It was adopted that:

Overeaters Anonymous, Inc. conduct a Public Awareness Campaign using the services of an outside agency. Expenses connected to this campaign will be supported by member contributions to a special public awareness campaign fund established by the Board of Trustees. The BOT may use up to \$20,000 of current reserves for seed money to initiate the campaign. Such funds are to be reimbursed from the special fund established for this purpose. (*Rescinded 2009*)

**2009c** It was adopted to:

Establish a special fund to assist in the translating of OA literature, forms, correspondence, website, and other materials to languages other than English. Money in this fund is in addition to the translation committee's budget. The BOT will establish guidelines to allocate the funds. (*Rescinded 2012*)

**2010b** It was adopted to:

Add a ninth Tool: "Action Plan." (*Rescinded 2014*)

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**Note: Policies in italics are located in Appendix A – Rescissions.**

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**Note: Policies in italics are located in Appendix A – Rescissions.**

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**Note: Policies in italics are located in Appendix A – Rescissions.**

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**Note: Policies in italics are located in Appendix A – Rescissions.**

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**OVEREATERS ANONYMOUS, INC. BYLAWS**  
*Subpart A – Corporation Organization*

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## **OVEREATERS ANONYMOUS, INC. BYLAWS**

### ***Subpart A – Corporation Organization***

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#### **ARTICLE I – NAME AND PLACE OF BUSINESS**

The name of this Corporation is Overeaters Anonymous, Inc. (the “Corporation”). The principal office for the transaction of the business of the Corporation shall be located at such place or places within the County of Sandoval, State of New Mexico, as the Board of Trustees shall from time to time determine. Such principal place of business shall also constitute the location of the World Service Office of Overeaters Anonymous. The Corporation may have such other offices, either within or without the State of New Mexico, as the business of the Corporation may require from time to time.

#### **ARTICLE II – PURPOSE**

The Corporation is organized and incorporated under the laws of the State of New Mexico to operate as an exempt organization within the meaning of Section 501(c)(3) of the Internal Revenue Code of 1986, as amended (or similar provision of any future revenue law) (the “Code”) without profit to any officer or director. The specific and primary purpose of the Corporation is to aid those with the problem of compulsive overeating to overcome that problem through a Twelve-Step program of recovery. The general purpose and power is to promote the public health, and to work with and furnish charitable and cultural assistance to those with problems of obesity; and to conduct such other activities as are appropriate to these objectives. Subject to the foregoing, the Corporation may also engage in all other activities which are permissible by law. The Corporation is the guardian of the world services and the Twelve Steps and Twelve Traditions of Overeaters Anonymous and shall preserve the exclusive right to use the name Overeaters Anonymous. The Corporation shall maintain a World Service Office to serve Overeaters Anonymous.

#### **ARTICLE III – MEMBERS**

The Corporation shall have no members as such. Any action which would otherwise require approval by the members shall require only the approval of the Board of Trustees and all rights which would otherwise vest in the members shall vest in the trustees, except as otherwise expressly provided herein.

#### **ARTICLE IV – PROHIBITIONS**

No part of the net earnings of the Corporation shall inure to the benefit of, or be distributable to, the Corporation’s directors, members, officers, or other private personas, except that the Corporation shall be authorized and empowered to pay reasonable compensation for services rendered and to make payments and distributions necessary to carry out the purposes set forth in Article Two. No substantial part of the activities of the Corporation shall be the carrying on of propaganda, or otherwise attempting to influence legislation. The Corporation shall not participate in or intervene in (including the publishing or distribution of statements) any political campaign on behalf of any candidate for public office. Notwithstanding any other provision of these Articles of Incorporation, the Corporation shall not carry on any activities not permitted to be carried on (a) by a corporation exempt from Federal taxation under Section 501(c)(3) of the Internal Revenue Code of 1986, as amended; or (b) by a corporation to which contributions are deductible under Section 170(c)(2) of the Internal Revenue Code of 1986, as amended.

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## **ARTICLE V – DIRECTORS/MANAGEMENT**

### **Section 1 – Powers**

Subject to the limitations of the Articles of Incorporation, these bylaws, and the laws of the State of New Mexico, all corporate powers shall be exercised by or under the authority of the Board of Directors, which shall be known as the Board of Trustees and shall control the business and affairs of this Corporation. The term “trustees” as used in the Articles of Incorporation and these bylaws shall mean “directors” as that term is used in the New Mexico Nonprofit Corporation Act and other laws. The use of the term “trustees” is historic only and is not intended to vary the duties of the trustees of this Corporation from that imposed on directors, or to establish a trust relationship.

### **Section 2 – Number of Trustees and Qualifications**

The authorized number of trustees of the Corporation shall be seventeen until changed by amendment to the Articles of Incorporation or by the amendment of this Section 2, Article V, Subpart A adopted by the delegates, as provided in Article IX, Subpart B of these bylaws. The exact number of trustees shall be fixed from time to time by resolution of the board, subject to the right of delegates as provided in Subpart B. No paid employee at the local or national level may be a member of the Board of Trustees.

### **Section 3 – Compensation**

The board shall consist of all “regional trustees,” “general service trustees,” and a “virtual services trustee” elected in accordance with the procedures set forth in Subpart B of these bylaws.

### **Section 4 – Election and Terms of Office**

Trustees shall be elected by the delegates at the annual World Service Business Conference of Overeaters Anonymous in accordance with Subpart B of these bylaws and shall hold office until the conclusion of the next such meeting at which their successors are elected and qualified.

### **Section 5 – Composition**

Trustees shall serve without compensation. Notwithstanding the foregoing, the Corporation may reimburse the trustees for reasonable out-of-pocket expenses for travel, lodgings, meals, and miscellaneous expenses in connection with attendance at board meetings and other official business.

### **Section 6 – Meetings**

- a) Immediately following each annual World Service Business Conference meeting held pursuant to Article X of Subpart B of these bylaws, the board shall hold a regular meeting to elect officers and transact other business. The Board of Trustees shall meet at least quarterly, at such place and time as it may designate from time to time by resolution of the board. In the absence of a resolution, regular meetings shall be held at the principal office of the Corporation. Special meetings may be called by the chair of the board or any three trustees, and such meetings shall be held at the time, place, and hour designated by the person or persons calling this meeting.
- b) Notice of the time and place of meetings shall be delivered to each trustee personally or sent by first-class mail, at least seven days prior to any such meeting, provided, however, that notice of regular meetings, the time of which has been designated by resolution of the board, is hereby dispensed with.
- c) More than half of the trustees shall constitute a quorum for the transaction of business.
- d) In the absence of a quorum, the board shall transact no business, except as otherwise expressly provided in these bylaws, in the Articles of Incorporation, or by law, and the only motion the board shall entertain is a motion to adjourn.
- e) Meetings of trustees shall be governed by the latest edition of *Robert’s Rules of Order, Newly Revised* or such successor publication as may from time to time be published, insofar as such rules are not inconsistent with or in conflict with these bylaws, with the Articles of Incorporation, with law, or with special resolutions the board may adopt.



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## **Section 7 – Resignation and Removal of Trustees**

- a) Any trustee may resign effective upon giving written notice to the chair of the board, the secretary to the board, or the Board of Trustees of the Corporation. Unless the notice specifies otherwise, its acceptance by the Corporation shall not be necessary to make it effective.

Any trustee who advises the Board of Trustees that she/he has returned to compulsive eating will be deemed to have resigned as of the time of receipt of such notice by the Board of Trustees.

The Board of Trustees may declare vacant the office of a trustee who has been declared of unsound mind by a final order of court or convicted of a felony, or been found by a final order or judgement of any court to have breached any duty under Section 53-8-25.1 or any other relevant provision of the New Mexico Nonprofit Corporation Act.

- b) Any trustee may be removed by a three-fourths vote of the Conference delegates present and voting at the annual World Service Business Conference.
- c) A vacancy shall be presumed and the office shall be declared vacant by a three-fourths vote of all trustees under the following circumstances:
  - 1) Any trustee who is absent from two Board of Trustees meetings during his/her term of office without prior notice to the chair of the board or the secretary of the board and good cause as determined by the Board of Trustees.
  - 2) Any trustee who is absent from two Board of Trustees meetings in a twelve-month period, or any general service trustee who is absent from three Executive Committee meetings in a twelve-month period, beginning with the first such meeting following the adjournment (sine die) of the annual World Service Business Conference. Absences during a one-year term could be excused only by impassable weather, serious illness of a trustee, death, or serious illness of a trustee's immediate family member, war, or national strike. Any member of the Board of Trustees may present a motion that an absence from a meeting of the Board of Trustees, a meeting of the Executive Committee, and/or an Executive Committee teleconference be approved for good cause. The motion may be presented at a Board of Trustees meeting prior or the meeting subsequent to the meeting from which the trustee wishes to be excused. The motion to excuse an absence shall be treated as any other business motion, and requires a three-fourths vote of the Board of Trustees. The vote to excuse the absence will be taken by written ballot.
- d) To be considered in attendance at a meeting, a trustee must attend 75 percent of the business meeting's schedule on the agenda for that meeting. This stipulation may be waived due to an emergency or other good cause that occurs during the business meeting if approved by a three-fourths vote of the trustees present.
- e) One leave of absence for up to sixty days from all Board of Trustees activities and responsibilities may be claimed by a member of the Board of Trustees during each of his/her elected terms of office for any reason. The provisions in Section 7c) above do not apply to any absences of any trustee while on a leave of absence.
- f) The Board of Trustees may remove any trustee for cause by an affirmative three-fourths vote of the trustees. The failure to perform the duties and responsibilities of a trustee, as enumerated in the OA Bylaws, Subpart B, Article IX, Section 2 may constitute cause for removal.
- g) No reduction in the authorized number of trustees shall have the effect of removing any trustee before his/her term of office expires.

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## **Section 8 – Vacancies**

Vacancies on the Board of Trustees may be filled by a majority vote of the trustees then in office in accordance with Article IX, Section 7 of Subpart B of these bylaws, whether or not less than a quorum, or by a sole remaining trustee, and each trustee elected in this manner shall hold office until the conclusion of the next annual Conference or until his/her earlier resignation or removal or his office has been declared vacant in the manner provided by these bylaws. A vacancy or vacancies on the Board of Trustees shall exist on the death, resignation, or removal of any trustee, or if the board declares vacant the office of a trustee if he/she is declared of unsound mind by an order of court or is convicted of a felony, or if the authorized number of trustees is increased, or if the delegates fail to elect the full authorized number of trustees to be voted for at any delegates meeting at which an election of trustees is held. If the resignation of a trustee states that it is to be effective at a future time, a successor may be elected to take office when the resignation becomes effective.

## **Section 9 – Waiver of Notice or Consent**

The transactions of any meeting of the Board of Trustees however called and noticed or wherever held, shall be as valid as though it had at a meeting duly held after regular call and notice, if a quorum is present and if, either before or after the meeting, each of the trustees not present or who, through present, has prior to the meeting or at its commencement, protested the lack of proper notice to him/her, signs a written waiver of notice, or a consent to holding the meeting, or an approval of the minutes of the meeting. All such waivers, consents, and approvals shall be filed with the corporate records or made a part of the minutes of the meetings. A notice or waiver of notice need not specify the purpose of any regular or special meeting of the Board of Trustees.

Notice of a meeting need not be given any trustee who signs a waiver of notice, whether before or after the meeting, or who attends the meeting without protesting, prior to or at its commencement, the lack of notice of such trustee.

## **Section 10 – Adjournment**

A majority of the trustees present, whether or not a quorum is present may adjourn any meeting to another time and place. If the meeting is adjourned for more than twenty-four hours, notice of the adjournment to another time or place shall be given prior to the time of the adjourned meeting to the trustees who were not present at the time of the adjournment.

## **Section 11 – Meetings by Conference Telephone**

Members of the Board of Trustees may participate in a meeting through use of conference telephone or similar communications equipment, so long as all members participating in such meeting can hear one another. Participation by trustees in a meeting in the manner provided in this Section constitutes presence in person at such meeting.

## **Section 12 – Action Without a Meeting**

Any actions required or permitted to be taken by the Board of Trustees may be taken without a meeting. A two-thirds vote of the board shall be required for approval. Such action shall be filed with the minutes of the proceedings of the board.

## **Section 13 – Chair of the Board**

The Board of Trustees shall elect a chair of the board to preside over meetings of the board, and shall elect a first and second vice chair to serve in his/her absence.

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#### **Section 14 – Executive Committee**

There shall be an Executive Committee of the board, whose members shall consist of the general service trustees. If a regional or virtual services trustee is elected to the position of chair of the Board of Trustees or to treasurer, these officers shall serve as ex-officio members of the Executive Committee with full rights. The Executive Committee shall meet at least monthly at such time and place as they designate by resolution from time to time. The chair of the board shall preside at all such meetings. In the event the chair of the board shall be unable to attend any meeting of the Executive Committee, the next highest-ranking officer in attendance shall serve as chair for that meeting.

The ranking of the officer shall be as follows:

- a) First vice chair
- b) Second vice chair
- c) Treasurer
- d) Secretary

The secretary shall not be included in the progression since the managing director holds that office. In the event that no officer serves on the Executive Committee, the Executive Committee shall elect an interim chair.

Notice of the regular monthly meetings of the Executive Committee need not be given if the time and place of such meetings have been set forth in the resolution of the committee. Otherwise, and in the case of special meetings, notice shall be given in the manner prescribed for meetings of the board in Article V, Section 6, Subpart B of these bylaws. All proceedings of the Executive Committee shall be conducted as prescribed in these bylaws for the Board of Trustees. The Executive Committee, to the extent provided in the resolution of the board or in these bylaws, shall have all the authority of the board, except with respect to:

- a) The approval of any action of which law or these bylaws also require approval of the Board of Trustees or delegates or approval of the majority of the Board of Trustees or delegates.
- b) The filling of vacancies on the board or in any committee which has the authority of the board.
- c) The fixing of compensation of the trustees for serving on the board or on any committee.
- d) The amendment or repeal of bylaws or adoption of new bylaws.
- e) The amendment or repeal of any resolution of the board, which by its express terms is not so amendable or eligible for repeal.
- f) The appointment of committees of the board or members thereof.
- g) The expenditure of corporate funds to support a nominee for trustee after there are more people nominated for trustee than can be elected.
- h) The approval of any self-dealing transaction.

#### **Section 15 – Other Committees**

The board may, by resolution adopted by a majority of the trustees then in office, provided that a quorum is present, create one or more committees, each of which shall be chaired by a trustee or designated officer of the Corporation, to serve at the pleasure of the board. The chair of the board shall appoint chairs of such committees. The chair shall serve as ex-officio member, without vote, on all committees. Such committees shall not exercise the authority of the board. Any committee exercising authority of the board must conform to the New Mexico Nonprofit Corporation Act.

#### **Section 16 – Managing Director**

There shall be a managing director who shall act as the chief operations officer of the corporation. The managing director shall be responsible for providing advice and assistance to members of the Board of Trustees, and shall be responsible for administering the total operations of Overeaters Anonymous, Inc. and the World Service Office. The managing director shall also serve as an officer of the Corporation as its secretary.

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## **ARTICLE VI – OFFICERS**

### **Section 1 – General**

The Corporation shall have a chair of the board, first and second vice chair of the board, a secretary, and a treasurer, and such other officers as the board may elect.

### **Section 2 – Qualification, Election, and Vacancies**

- a) The chair of the board, first and second vice chairs of the board, and the treasurer of the Corporation shall be elected from the trustees by the board at its first regular meeting following the annual Conference. Each nominated trustee will be allowed to speak (for up to five minutes) on what he/she hopes to bring to the position to which he/she is nominated. If a tie vote occurs on two ballots, election shall then be decided by lot.
- b) No trustee shall serve in any one office for more than two consecutive one-year terms.
- c) Vacancies may be filled by the board.
- d) The board may elect such other officers, with such qualifications and duties as it may deem fit, to serve at the pleasure of the board.
- e) The secretary need not be a trustee.

### **Section 3 – Duties of Chair of the Board**

The chair of the board shall be the chief executive officer of the Corporation and shall, subject to the control of the board, supervise, and control the affairs of the Corporation. He/she shall perform all duties incident to his/her office and such other duties as are provided in these bylaws or as may be prescribed from time to time by the Board of Trustees. The chair shall serve as ex-officio member, without vote, on all committees.

The chair of the BOT shall appoint all members of such committees. The chair of the BOT may appoint former trustees to serve on such committees.

### **Section 4 – Duties of Vice Chair of the Board**

The first vice chair of the board shall perform all duties and exercise all powers of the chair of the board when the chair of the board is absent, or is otherwise unable to act and when the first vice chair is absent or otherwise unable to act, the second vice chair shall perform such duties and exercise such powers. The first and second vice chairs of the board shall perform such other duties as may be prescribed from time to time by the Board of Trustees.

### **Section 5 – Duties of Secretary**

The secretary shall keep minutes of all meetings of the Board of Trustees, general service trustees, and World Service Business Conference delegates; shall be the custodian of the corporate records; shall give all notices as are required by law or by these bylaws; and generally shall perform all duties incident to the office of secretary and such other duties as may be required by law, by the Articles of Incorporation, or by these bylaws, or which may be assigned to him from time to time by the Board of Trustees or general service trustees.

### **Section 6 – Duties of Treasurer**

The treasurer shall have charge and oversight of all funds of the Corporation; shall oversee WSO staff to deposit such funds as required by the Board of Trustees or general service trustees, keep and maintain adequate and correct amounts of the Corporation's properties and business transactions, and render reports and accounting to the trustees as required by the Board of Trustees or general service trustees; and shall in general perform all duties incident to the office of treasurer and such other duties as may be required by law, by the Articles of Incorporation, or by these bylaws, or which may be assigned to him/her from time to time by the Board of Trustees or general service trustees.

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## **Section 7 – Compensation**

Officers who are trustees of the Corporation shall serve without compensation.

### **ARTICLE VII – INDEMNIFICATION OF DIRECTORS, OFFICERS, EMPLOYEES, AND OTHER AGENTS**

To the maximum extent permitted by the New Mexico Nonprofit Corporation Act, the Corporation shall, as to its past and present trustees, and may, in other cases, indemnify each of its agents against expenses, judgments, fines, settlements, and other amounts actually and reasonably incurred in connection with any proceeding arising by reason of the fact that any such person is or was an agent of the Corporation, and shall advance to each such agent expenses incurred in defending any such proceedings to the maximum extent permitted by that law. For purposes of this Article, an “agent” of the Corporation includes any person who is or was a trustee, officer, employee, or other agent of the Corporation, or is or was serving at the request of the Corporation as a trustee, officer, employee, or agent of a corporation, partnership, joint venture, trust, or other enterprise, or was a director, officer, employee, or agent of a corporation which was a predecessor corporation of the corporation or of another enterprise serving at the request of such predecessor corporation. Notwithstanding anything to the contrary in this Article VII, the Corporation shall not be required to indemnify any past or present trustee to the extent that the matter to be indemnified against is covered by insurance purchased by the Corporation.

In the event that the Corporation makes any payment or assumes any obligations under this Article VII, it shall to the extent of such payment or obligation be subrogated to all rights of the indemnified agent, including under policies of insurance and in any cause of action and judgment in favor of such agent arising out of or related to the indemnified matter.

### **ARTICLE VIII – INSURANCE**

The Corporation may maintain insurance, at its expense, to protect itself and any director, officer, partner, trustee, employee, or agent of the Corporation or another corporation, partnership, joint venture, trust, or other incorporated or unincorporated enterprise against any such expense, liability, or loss, whether or not the Corporation would have the power to indemnify such person against such expense, liability, or loss under the New Mexico Nonprofit Corporation Act.

### **ARTICLE IX – MISCELLANEOUS PROVISIONS**

#### **Section 1 – Fiscal Year**

The fiscal year of the Corporation shall be January 1 to December 31.

#### **Section 2 – Corporate Seal**

The Corporation may have a seal, which shall set forth, the name of the Corporation, the state, and date of incorporation. The seal may be affixed to any corporate instrument, but failure to affix it shall not affect the validity of any such instrument.

#### **Section 3 – Execution of Checks, Notes, Contracts**

- a) Contracts. The Executive Committee may authorize any officer or officers, agents or agents, to enter into any contract or executive and deliver any instrument in the name of and on behalf of the Corporation, and such authority may be general or confined to specific instances.
- b) Loans. No loans up to \$150,000 shall be contracted on behalf of the Corporation and no evidences of indebtedness shall be issued in its name unless authorized by a resolution of the Executive Committee. Loans above this amount require authorization of the full Board of Trustees. Such authority may be general or confined to specific instances.
- c) Checks, Drafts, and Other Financial Instruments. Except as otherwise provided by law, checks, drafts, promissory notes, orders for payment of money, and other evidences of indebtedness of the Corporation shall be signed by:

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### **Section 3 – Execution of Checks, Notes, Contracts (continued)**

- 1) The treasurer or other designated officer and countersigned by the chair of the board or by other specified officer.
- 2) Except that payment for any or all operating obligations may be signed by a designated employee of the World Service Office up to the amount of their respective bond.

### **Section 4 – Annual Report**

- a) The board shall cause an annual report to be sent to the trustees not later than one hundred twenty days after close of the Corporation's fiscal year. Such report shall contain in appropriate detail the following:
  - 1) The assets and liability, including the trust funds, of the Corporation as of the end of the fiscal year.
  - 2) The principal changes in assets and liabilities, including trust funds, during the fiscal year.
  - 3) The revenue or receipts of the Corporation both unrestricted and restricted to particular purposes, for the fiscal year.
  - 4) The expenses or disbursements of the Corporation, for both general and restricted purposes, during the fiscal year.
  - 5) A statement of any transaction or indemnification in which the Corporation, a parent, or subsidiary was party, and in which either of the following had a direct or indirect material financial interest:
    - i) A trustee or officer of the Corporation, or its parent, or subsidiary.
    - ii) Any holder of more than 10 percent of the voting power of the Corporation, its parent, or subsidiary.

For the purpose of this subparagraph (5), an "interested" person is any person described in subparagraph (i) or (ii) above of this subparagraph (5).

For the purpose of this subparagraph (5), a mere common directorship is not a material financial interest.

The statement required by this subparagraph (5) shall describe briefly:

- i) Any covered transaction during the previous fiscal year involving more than forty thousand dollars, or which was one of a number of covered transactions in which the same interested person had a direct or indirect material financial interest, and which transactions in the aggregate involved more than forty thousand dollars.
- ii) The names of the interested persons involved in such transactions, stating such person's relationship to the Corporation, the nature of such person's interest in the transaction and, where practicable, the amount of such interest; provided, that in the case of a transaction with a partnership of which such person is a partner, only the interest of the partnership need be stated.

The statement required by this subparagraph (5) shall describe briefly the amount and circumstances of any indemnifications or advances aggregating more than ten thousand dollars paid during the fiscal year to any officer or trustee of the Corporation.

The report required by this Section 4 shall be accompanied by any report thereon of independent accountants, or, if there is no such report, the certificate of an authorized officer of the Corporation that such statements were prepared without audit from the books and records of the Corporation.

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### **Section 5 – Inspection**

Every trustee shall have the absolute right at any reasonable time to inspect and copy all books, records, and documents of every kind and to inspect the physical properties of the Corporation.

### **Section 6 – Choice of Law**

These bylaws shall be interpreted under the laws of the State of New Mexico, and any action brought to enforce its provisions shall be brought in a court in New Mexico.

### **ARTICLE X – DISSOLUTION**

Upon the dissolution of the Corporation, the Board of Trustees shall, after paying or making provision for the payment of all the liabilities of the Corporation, dispose of all of the assets of the Corporation to an organization or organizations organized and operated exclusively for charitable, education, religious, or scientific purposes as shall at the time qualify as an exempt organization or organizations under Section 501(c)(3) of the Code, as the Board of Trustees shall determine. Any of such assets not so disposed of shall be disposed of by the District Court of the county in which the principal office of the Corporation is then located, exclusively for such purposes or to such organization or organizations, as said Court shall determine, which are organized and operated exclusively for such purposes.

### **ARTICLE XI – AMENDMENTS**

#### **Section 1 – Board of Trustees**

Except as expressly stated in Subpart A, and provided there is no conflict in Subpart B, the bylaws of Subpart A may be amended by the Board of Trustees as follows:

- a) Two-thirds vote of the board provided the amendment has been given in writing to the board administrator twenty-five days prior to the next board meeting.
- b) Seven-eighths vote of the board provided the amendment has been given in writing to the chair of the board at least one hour prior to the vote.

#### **Section 2 – Record of Amendments**

Whenever an amendment or new bylaw is adopted, it shall be copied and inserted into the minute book adjacent to the original bylaws or in an appropriate section of the bylaws.

If any bylaw is repealed, the fact of repeal and the date of the meeting at which the repeal was enacted or written consent was filed, must be noted in the minutes and adjacent to the original bylaw.

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**OVEREATERS ANONYMOUS, INC. BYLAWS**  
*Subpart B*

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### **ARTICLE I – TWELVE STEPS**

The Twelve Steps suggested for recovery in the Fellowship of Overeaters Anonymous are as follows:

- 1) We admitted we were powerless over food—that our lives had become unmanageable.
- 2) Came to believe that a Power greater than ourselves could restore us to sanity.
- 3) Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
- 4) Made a searching and fearless moral inventory of ourselves.
- 5) Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
- 6) Were entirely ready to have God remove all these defects of character.
- 7) Humbly asked Him to remove our shortcomings.
- 8) Made a list of all persons we had harmed, and became willing to make amends to them all.
- 9) Made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10) Continued to take personal inventory and when we were wrong, promptly admitted it.
- 11) Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
- 12) Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

### **ARTICLE II – TWELVE TRADITIONS**

The Twelve Traditions of Overeaters Anonymous are:

- 1) Our common welfare should come first; personal recovery depends upon OA unity.
- 2) For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
- 3) The only requirement for OA membership is a desire to stop eating compulsively.
- 4) Each group should be autonomous except in matters affecting other groups or OA as a whole.
- 5) Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.
- 6) An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
- 7) Every OA group ought to be fully self-supporting, declining outside contributions.
- 8) Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
- 9) OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
- 10) Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never be drawn into public controversy.
- 11) Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.
- 12) Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

### **ARTICLE III – TWELVE CONCEPTS**

The Twelve Concepts of OA Service are:

- 1) The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
- 2) The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as whole.
- 3) The right of decision, based on trust, makes effective leadership possible.

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### **ARTICLE III – TWELVE CONCEPTS (CONTINUED)**

- 4) The right of participation ensures equality of opportunity for all in the decision-making process.
- 5) Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
- 6) The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
- 7) The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.
- 8) The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.
- 9) Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
- 10) Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.
- 11) Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.
- 12) The spiritual foundation for OA service ensures that:
  - a) no OA committee or service body shall ever become the seat of perilous wealth or power;
  - b) sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
  - c) no OA member shall ever be placed in a position of unqualified authority;
  - d) all important decisions shall be reached by discussion, vote and whenever possible by substantial unanimity;
  - e) no service action shall be personally punitive or an incitement to public controversy; and
  - f) no OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

### **ARTICLE IV – MEMBERS**

#### **Section 1 – Legal Status**

The corporation may have associated with it persons who are not members of the corporation within the meaning of Section 53-8-11 of the New Mexico Nonprofit Corporation Act, but who may be referred to as “members of Overeaters Anonymous” or “members” in this Subpart B. The identity, rights and privileges of such “members” with respect to the corporation shall be as set forth in these bylaws. Reference in this Subpart B to members shall refer to such persons.

#### **Section 2 – Qualifications**

Any person may become a member of Overeaters Anonymous who has a desire to stop eating compulsively.

### **ARTICLE V – OVEREATERS ANONYMOUS GROUPS**

#### **Section 1 – Definition**

These points shall define an Overeaters Anonymous group:

- 1) As a group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of Service.
- 2) All who have the desire to stop eating compulsively are welcome in the group.
- 3) No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting).
- 4) As a group they have no affiliation other than Overeaters Anonymous.
- 5) It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.

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## **Section 2 – Composition**

- a) A group may be formed, as set forth in Article V, Section 1, by two or more persons meeting together, either
  - 1) in the same physical location (face-to-face);
  - 2) through some form of electronic device (virtually); or
  - 3) both.
- b) Groups compose the intergroups and service boards set forth in Article VI and VIII hereof.

## **ARTICLE VI – INTERGROUPS**

### **Section 1 – Definition**

An intergroup shall be a duly registered service body. For the purpose of this document a service body is defined as a service entity that provides services beyond the group level.

### **Section 2 – Composition**

- a) Two or more groups may form an intergroup for the purpose of servicing and representing the groups of which they are composed and acting as the guardian of the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service. Each intergroup should be composed of groups within its region, or groups within its geographical proximity, except that virtual groups may affiliate with intergroups without regard to geographic proximity.
- b) Each state/province may have at least one intergroup. In a state/province having only one group, that group may function as an intergroup.

### **Section 3 – Registration**

- a) Each intergroup shall be duly registered with the World Service Office of Overeaters Anonymous by submitting:
  - 1) a completed intergroup registration form;
  - 2) bylaws and/or a summary of its purpose and operating procedures, neither of which shall be in conflict with OA, Inc. Bylaws. At a minimum, such bylaws or summary of purpose shall include a statement indicating that its primary purpose is to aid those with the problems of compulsive eating through the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service, and to serve and represent the OA groups from which it is formed; and
  - 3) complete registration information on each of its affiliated groups.
- b) Each intergroup shall submit a copy of its bylaws and/or summary of purpose to the WSO whenever either is updated for revised.
- c) Each intergroup shall evaluate its bylaws upon receipt of notification from the World Service Office of amendments to OA, Inc. Bylaws adopted at the World Service Business Conference to ensure that the intergroup bylaws do not conflict with OA, Inc. Bylaws. Notices shall be deemed to have been given if sent by mail and/or electronic transmission to the registered contact for each intergroup. Any updates shall be submitted to the World Service Office pursuant to OA, Inc. Bylaws, Subpart B, Article VI, Section 3a) 2) above.

### **Section 4 – Functioning**

- a) Intergroups may conduct the business of their groups by any method they choose.
- b) With prior notice to all member groups, intergroups shall convene at least once per year for election of officers and selection, when necessary, of delegate(s) to the World Service Business Conference of Overeaters Anonymous.
- c) An intergroup must be formally registered, along with its delegate information, thirty days prior to Conference opening to send delegates to the current Conference. (See Article X, Section 3c for qualifications and selection of delegates.)

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#### **Section 4 – Functioning (continued)**

- d) In order to deregister, an intergroup must submit a written request to the World Service Office, region chair, and region trustee.

#### **ARTICLE VII – REGIONS**

##### **Section 1- Definition**

A region shall be a duly registered service body. For the purpose of this document a service body is defined as a service entity that provides services beyond the group level.

##### **Section 2 – Composition**

- a) There shall be ten regions composed of intergroups, groups within each region, and service boards that fall within regional boundaries. Subject to BOT approval, language service boards that span more than one region may choose to affiliate with one of the regions that it spans. Virtual service boards are not included in the regional structure.
- b) The regions shall be as follows:
  - 1) Region No. 1 shall be the Pacific Northwest region composed of Alaska, Idaho, Montana, Oregon, Washington, Wyoming, Alberta, British Columbia, Northwest Territories, Saskatchewan, and Yukon.
  - 2) Region No. 2 shall be the Pacific Southwest region composed of California, Hawaii, Reno/Tahoe area of Nevada, and Mexico.
  - 3) Region No. 3 shall be the Southwest region composed of Arizona, Colorado, Nevada, New Mexico, Oklahoma, Texas, and Utah.
  - 4) Region No. 4 shall be the West Central region composed of Illinois (except the Greater Chicago area and Central Illinois Intergroup), Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, South Dakota, Manitoba, Northwestern Ontario, and the territory of Nunavut.
  - 5) Region No. 5 shall be the Central region composed of the Greater Chicago area and Central Illinois Intergroup, Indiana, Kentucky, Michigan, Ohio, Wisconsin, and Southwestern Ontario.
  - 6) Region No. 6 shall be the Northeast region composed of Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, Vermont, New Brunswick, Newfoundland and Labrador, Nova Scotia, Ontario, Prince Edward Island, Quebec, and Bermuda.
  - 7) Region No. 7 shall be the Eastern region composed of Delaware, District of Columbia, Maryland, New Jersey, Pennsylvania, Virginia, and West Virginia.
  - 8) Region No. 8 shall be the Southeast region composed of Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, Puerto Rico, South Carolina, Tennessee, the Virgin Islands, Central America, and South America.
  - 9) Region No. 9 shall be composed of countries and territories in Africa, Europe, the Middle East, and Western Asia.
  - 10) Region No. 10 shall be composed of countries and territories in Australia, the Far East, New Zealand, South East Asia, and the Western Pacific Basin.
- c) Should states/provinces/countries/territories within a region, or intergroups/national/language service boards within a state/province/country/territory wish to transfer to a region that is geographically more convenient, the body notifies their current region, the region they would like to join, and the Board of Trustees of their desire to transfer. The BOT then submits a motion to WSBC to amend Subpart B, Article VII, Section 1 of the bylaws.

##### **Section 3 – Regional Assemblies**

Regional assemblies whose members shall be called “regional representatives” or “RRs” shall convene at least once a year, after prior notice has been given to all intergroups, national/language service boards and unaffiliated registered groups, for the election of officers and/or the selection of nominees for regional trustee for that region.

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## **Section 4 – Registration**

- a) Each region shall be duly registered with the World Service Office of Overeaters Anonymous by submitting bylaws and/or a summary of its purpose and operating procedures, neither of which shall be in conflict with OA, Inc. Bylaws. At a minimum, such bylaws or summary of purpose shall include a statement indicating that its primary purpose is to aid those with the problems of compulsive eating through the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service, and to serve and represent the OA groups from which it is formed.
- b) Each region shall submit a copy of its bylaws and/or summary of purpose to the WSO whenever either is updated or revised.
- c) Each region shall evaluate its bylaws upon receipt of notification from the World Service Office of amendments to OA, Inc. Bylaws adopted at the World Service Business Conference to ensure that the region bylaws do not conflict with OA, Inc. Bylaws. Notices shall be deemed to have been given if sent by mail and/or electronic transmission to the chair and/or secretary/coordinator representing each region. Any updates shall be submitted to the World Service Office pursuant to OA, Inc. Bylaws, Subpart B, Article VII, Section 4a) above.

## **Section 5 – Functioning**

- a) Regions may conduct the business of their organization by any method they choose.
- b) A region must be duly registered, along with its delegate information, thirty days prior to Conference opening to send delegates specified in Article X, Section 3a) 5) to the current Conference. (See Article X, Section 3c for qualifications and selection of delegates).

## **ARTICLE VIII – SERVICE BOARDS**

### **Section 1 – Definition**

For the purpose of this document, a service body is defined as a service entity that provides services beyond the group level. A service board shall be a duly registered service body. The purpose of a service board is to deal with issues that require a combination of membership and financial resources of intergroups and groups not otherwise served within the existing service structure. The service board shall serve and be responsible and accountable to these groups and intergroups. These service boards may be known as national service boards, language service boards, or virtual service boards.

### **Section 2 – Composition**

- a) National service boards may be registered in countries outside the US and Canada in which the intergroup serves the entire country or the groups/intergroups within a country have formed a service board to serve the entire country. In cases in which there are common needs that exceed the boundaries of one country, the national service board may serve more than one country.
- b) Language service boards may be registered to serve common needs of a language group, regardless of geographic proximity.
- c) Virtual service boards may be registered to serve the needs of virtual groups.

### **Section 3 – Registration**

- a) Each service board shall be duly registered with the World Service Office of Overeaters Anonymous by submitting:
  - 1) a completed registration form;
  - 2) bylaws and/or a summary of its purpose and operating procedures, neither of which shall be in conflict with OA, Inc. Bylaws. At a minimum, such bylaws or summary of purpose shall include a statement indicating that its primary purpose is to aid those with the problems of compulsive eating through the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service, and to serve and represent the OA groups from which it is formed; and

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### **Section 3 – Registration (continued)**

- 3) complete registration information on each of its affiliated groups and intergroups.
- b) Each service board shall submit a copy of its bylaws and/or summary of purpose to the WSO whenever either is updated or revised.
- c) The intergroups shall register separately with the World Service Office as defined in Article VI – Intergroups.
- d) Each service board shall evaluate its bylaws upon receipt of notification from the World Service Office of amendments to OA, Inc. Bylaws adopted at the World Service Business Conference to ensure that the service board bylaws do not conflict with OA, Inc. Bylaws. Notices shall be deemed to have been given if sent by mail and/or electronic transmission to the registered contact for each service board. Any updates shall be submitted to the World Service Office pursuant to OA, Inc. Bylaws, Subpart B, Article VIII, Section 3a) 2) above.

### **Section 4 – Functioning**

- a) Service boards shall conduct business under the bylaws and policies established by their intergroups and groups.
- b) With prior notice to all member groups and intergroups, service boards shall convene at least once a year for election of officers and selection, when necessary, of delegate(s) to the World Service Business Conference of Overeaters Anonymous.
- c) A service board must be formally registered, along with its delegate information, thirty days prior to Conference opening to send delegates to the current Conference. (See Article X, Section 3c for qualifications and selection of delegates.
- d) In order to deregister, a service board must submit a written notice to the World Service Office and either the region chair and region trustee or the virtual services trustee, as applicable.

## **ARTICLE IX – BOARD OF TRUSTEES**

### **Section 1 – Composition**

The Board of Trustees shall consist of ten “regional trustees,” each representing one of the ten regions, six “general service trustees,” and one virtual services trustee.

### **Section 2 – Duties and Responsibilities**

- a) Each trustee shall serve and represent Overeaters Anonymous as a whole. The members of the board, subject to the laws of the State of New Mexico, are expected to exercise the powers vested in them by law in a manner consonant with the faith that permeates and guides the Fellowship of Overeaters Anonymous, inspired by the Twelve Steps of Overeaters Anonymous, in accordance with the Twelve Traditions and Twelve Concepts of OA Service, and in accordance with the bylaws.
- b) Subject to the limitations of these bylaws, and to the action of the delegates at the Conference, all powers shall be exercised by or under the authority of, and the business affairs of the corporation shall be controlled by the Board of Trustees. Without prejudice to such general powers but subject to the same limitations, it is hereby expressly declared that the trustees shall have the following powers:
  - 1) To act as guardians of the Twelve Steps and Twelve Traditions, insuring that they are not altered in any way, except as specified in Article XIV, Subpart B of these bylaws.
  - 2) To act as guardians of the Twelve Concepts of OA Service and to promote the understanding and implementation of the Twelve Concepts of OA Service at all levels of service.
  - 3) To conduct, manage, and control the affairs and business of the corporation and any charitable foundation organized in conjunction with or allied with Overeaters Anonymous as they may deem best, and to make such rules and regulations consistent with law, the Articles of Incorporation, or with these bylaws, or the action of the Conference taken through the delegates at the Conference.



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## **Section 2 – Duties and Responsibilities (continued)**

- 4) To designate a place within the United States for holding of any meeting or meetings of the delegates.
  - 5) To manage in such a manner as they deem best all funds and real or personal property received and acquired by the corporation, and to distribute, loan, or dispense with the same and the income.
  - 6) To call to the attention of any group or service body any non-adherence to the Twelve Traditions or the Twelve Concepts of OA Service which the trustee believes the group or service body has made, acting only in an advisory capacity in matters affecting Overeaters Anonymous as a whole.
  - 7) To speak on behalf of Overeaters Anonymous in all matters affecting Overeaters Anonymous as a whole.
  - 8) To provide for and supervise publications of Overeaters Anonymous.
  - 9) To furnish counsel and guidance to the members, groups, and service bodies.
  - 10) To supervise and guide education and attraction efforts of Overeaters Anonymous.
  - 11) To provide forums for the interchange of ideas and information among groups and OA service bodies and to be instrumental in carrying the OA message of recovery to compulsive overeaters.
  - 12) To perform such other duties as may be directed by the delegates at the Conference.
  - 13) To prepare and present an annual report to the delegates at the Conference.
- c) Specific Duties
- 1) The trustees shall attend Board of Trustees meetings and Executive Committee meetings, if applicable, and the annual World Service Business Conference.
  - 2) The regional trustees shall be the representatives of the Board of Trustees in their respective regions and at the regional assemblies.
  - 3) The virtual services trustee (VST) will represent virtual groups and service boards at the Board of Trustees, and will support virtual services in a manner similar to regional trustees' support of the OA regions.
  - 4) The general service trustees shall have general authority with respect to the routine conduct of the business affairs of the corporation, including the following specific duties:
    - i) To maintain a World Service Office and to receive and disburse all funds contributed to the World Service Office for the benefit of Overeaters Anonymous as a whole, so that the Fellowship of Overeaters Anonymous need never be organized in any legal or official manner.
    - ii) To receive, manage, control, use, and disburse in such manner as the board may deem advantageous to Overeaters Anonymous, all gifts and contributions, monies, and properties of every kind received by the Board of Trustees for Overeaters Anonymous.

The board must decline all outside contributions in accordance with Tradition Seven.

- iii) To have the books of the corporation and any and all affiliated bodies, foundations, and nonprofit corporations audited and to furnish an accounting of all financial transactions at the regular annual meeting of the Conference.
- iv) To submit minutes of the general service trustees meetings to the Board of Trustees.

## **Section 3 – Term of Office**

Trustees shall be elected at the annual World Service Business Conference for a period of three years. Regional and general service trustees may be elected at any annual Conference in order to fill the remaining term created by a vacancy except as specified in Section 7. When the Conference elects a virtual services trustee, whether due to the expiration of the current VST three-year term or due to a vacancy, the term of office for the newly elected virtual services trustee will be three years.

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### **Section 3 – Term of Office (continued)**

Trustees shall serve no more than eight consecutive years. A candidate may not run for election at WSBC if serving the full term of the proposed office would result in that candidate serving on the Board of Trustees for more than eight consecutive years.

Terms of office for regional trustees shall be staggered according to the following rotation:

- Regions One, Four, and Seven
- Regions Three, Six, and Nine
- Regions Two, Five, Eight, and Ten

### **Section 4 – Qualifications**

- a) Qualifications for trustee shall be:
  - 1) Seven years in the Fellowship;
  - 2) Five years of service beyond the meeting level;
  - 3) Attendance as a delegate to at least two World Service Business Conferences; and
  - 4) Five years of continuous recovery in Overeaters Anonymous as evidenced by:
    - i) five years of current continuous abstinence;
    - ii) current maintenance of a healthy body weight for at least two years; and
    - iii) emotional and spiritual growth as a result of incorporating into their lives the Twelve Steps and Twelve Traditions as a new way of living.
- b) Qualifications for trustee must be met at the time the application for trustee is submitted to the WSO. Specifically, such trustee nominees must also have:
  - 1) Worked through all Twelve Steps;
  - 2) Declared themselves as practicing the Twelve Steps to the best of their ability;
  - 3) Declared themselves as committed to the Twelve Traditions of Overeaters Anonymous; and
  - 4) Affirmed these additional qualifications on their trustee application forms.
- c) Upon election, each trustee shall make a commitment of:
  - 1) Adherence to the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service.
  - 2) Continual recovery including abstinence and maintenance of a healthy body weight throughout the entire term(s) of office. Each person shall be the judge of his or her own recovery including abstinence and maintenance of a healthy body weight.
  - 3) Compliance with all terms and provisions of the prevailing Overeaters Anonymous, Inc. Bylaws.
- d) In addition, regional trustees:
  - 1) Are to physically reside in the region represented no less than the six months immediately prior to election.
  - 2) Elected regional trustees will maintain physical residency in the regions represented for two-thirds of each year of their terms, excluding OA-related business travel.
  - 3) If a change of status of physical residency of a regional trustee occurs following election to office, said trustee will notify the Board of Trustees of the change in status immediately. The trustee will vacate the position at the next World Service Business Conference, where elections will be held to fill the incomplete term.
  - 4) Additional qualifications for regional trustee may be set by each region.

### **Section 5 – Nomination of Trustees**

- a) Regional Trustees
  - 1) At least one-hundred twenty days prior to the scheduled opening of the annual Conference of Overeaters Anonymous, all groups within a region eligible to submit trustee nominees shall be notified by the regional officers of the forthcoming Conference, with a request to all qualified members of the Fellowship of Overeaters Anonymous from the region to submit nominations to the region.

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## **Section 5 – Nomination of Trustees (continued)**

- 2) At least ninety days prior to the annual Conference of Overeaters Anonymous, the regional representatives of each region shall choose from the nominees submitted to it no more than three qualified nominees from that region. Resumes of these nominees must be sent to the Board of Trustees within one week of their selection. Copies of these resumes must be sent to all delegates at least forty-five days prior to its annual meeting. (See exception, Section 7.)
  - 3) The (no more than three) nominees for regional trustees chosen by the regional assembly or affirmed by the currently registered region representatives shall be submitted to the Conference for election.
- b) Regional Trustees for Newly Approved Regions Outside Regions One – Ten
- 1) Appointment
    - i) The board shall appoint the first regional trustee for the region.
    - ii) Each region may submit one nominee for the new regional trustee appointment in accordance with the provisions of Section 5a) and b) with the exception of the new region who may submit three nominees.
  - 2) Elections
    - i) The first election of the regional trustee shall occur at the World Service Business Conference the year following approval of the new region.
    - ii) Applicants for the first elected regional trustee who live within the new region shall submit their resume to the Board of Trustees ninety days prior to the annual Conference.
    - iii) If there are at least three qualified nominees for the new region, nominees from other regions shall not be accepted. One nominee for the elected regional trustee position may also be submitted from each other region in accordance with the provisions of Section 5a) and b) except as otherwise provided in Section 5b) 2) ii).
  - 3) Copies of all resumes must be sent to all Conference delegates at least forty-five days prior to the annual Conference.
- c) General Service Trustees
- 1) All applicants for open position(s) of general service trustee must submit their resume to the Board of Trustees ninety days prior to the annual Conference. Such resumes must be affirmed by a majority vote of the applicant's intergroup/service board or a region in which the applicant has recently served, or a majority vote of the Board of Trustees if the applicant is a sitting trustee.
  - 2) The Board of Trustees, acting as a nominating committee, shall submit a list of nominees for the open position(s), with copies of the nominee's resumes, to all Conference delegates at least forty-five days prior to the Conference.
- d) Virtual Services Trustee
- 1) All applicants for the open position of virtual services trustee must submit their resumes to the Board of Trustees ninety days prior to the annual Conference. Such resumes must be affirmed by a majority vote of the applicant's intergroup/service board or a region in which the applicant has recently served, or a majority vote of the Board of Trustees if the applicant is a sitting trustee.
  - 2) The Board of Trustees, acting as a nominating committee, shall submit a list of nominees for the open position, with copies of the nominees' resumes to all Conference delegates at least forty-five days prior to the Conference.

## **Section 6 – Election of Trustees**

- a) To be eligible for election, each nominee must appear before the delegates at the World Service Business Conference and address the assembled delegates from three to five minutes and answer questions from the floor. No new nominations will be accepted from the floor.
- b) To be elected, each trustee nominee must receive a majority vote of the delegates present and voting at the time of the election.

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## **Section 6 – Election of Trustees (continued)**

- c) If more than one ballot is necessary for any position, any candidate having less than one-fifth of the total vote will be withdrawn automatically on subsequent ballots, except that the top two candidates must remain. If no candidate has less than one-fifth of the votes, the candidate with the lowest number of votes shall be dropped from the ballot.
- d) Once there are only two candidates remaining for any trustee position and neither candidate receives a majority after two additional ballots are taken, a vacancy is declared. The Board of Trustees will fill this vacancy at the second regular board meeting after Conference.
- e) The election at WSBC of the next category of trustee shall occur after the candidate(s) in the previous category have been elected or the position(s) have been declared vacant. The order of election shall be: regional trustee(s), virtual services trustee, general service trustee(s).
- f) The newly elected trustees shall take office immediately at the conclusion of the Conference.

## **Section 7 – Vacancies**

- a) Regional Trustees
  - 1) Vacancies occurring among the regional trustees shall be filled by the Board of Trustees to serve until the conclusion of the next World Service Business Conference. When possible, the trustee shall be selected from the region involved. The Board of Trustees shall solicit the names of the eligible candidates from the region involved.
  - 2) Should such vacancy occur within one hundred twenty days prior to Conference, the usual deadlines for the selection of regional trustee nominees shall be suspended. In this case only, resumes of regional trustee candidates nominated by the region shall be received by the Board of Trustees at least two weeks prior to the official opening of Conference to be considered for election at that Conference. Regions may affirm the nominations in a manner determined by the region. Copies of these resumes shall be supplied to the delegates by the opening of Conference.
  - 3) If a region is unable to provide applicant(s), then Article IX, Section 7a) 1) applies.
- b) Vacancies occurring among the general service trustees may be filled by the Board of Trustees to serve until the conclusion of the next World Service Business Conference.
- c) A vacancy occurring in the virtual services trustee position may be filled by the Board of Trustees to serve until the conclusion of the next World Service Business Conference.
- d) A vacancy created by action of the Conference delegates shall be filled for each category of trustee as stated in Section 7.

## **ARTICLE X – MEETINGS OF DELEGATES**

### **Section 1 – World Service Business Conference**

- a) Annual Meeting

The corporation shall sponsor an annual meeting of the delegates of the members, which shall be known as the World Service Business Conference (hereafter may be referred to as the “Conference”). The Conference shall serve as the collective conscience of the Fellowship of Overeaters Anonymous as a whole.
- b) Time and Location

The annual Conference shall be held during the month of May or on such dates as the Board of Trustees may determine. The Conference shall be held in the Albuquerque, New Mexico area or at such place as the Board of Trustees may designate.

### **Section 2 – Special Meetings**

Special meetings of the delegates for any purpose or purposes may be called at any time by the chair of the board or by a majority of the trustees.

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### **Section 3 – Delegates**

The delegates to the World Service Business Conference shall be as follows:

- a) Voting delegates shall consist of the following persons chosen in accordance with OA, Inc. Bylaws, Subpart B, Article IX, Section 6 or Article X, Section 3c) 1).
  - 1) Delegates from intergroups.
  - 2) Delegates from service boards chosen from groups, intergroups, and countries not otherwise represented.
  - 3) Delegates from countries not having any geographically based service board.
  - 4) Each region shall be entitled to one vote through its duly elected chair or alternate.
  - 5) A region that was represented at the last WSBC by fewer than 40 percent of its intergroups and other eligible service bodies may send up to five additional delegates from the region. Preference shall be given to delegates selected from intergroups and service bodies which would not otherwise be represented by delegates.
  - 6) Regional trustees.
  - 7) General service trustees.
  - 8) Virtual services trustee.
- b) Nondelegates who may address the World Service Business Conference shall consist of officers of the corporation or any parent or subsidiary of the corporation who are not also trustees, the Conference parliamentarian, the managing director, and/or the managerial staff of the World Service Office.
- c) Qualifications/Selection
  - 1) Qualifications for selection of World Service delegates/alternates shall be set by each intergroup, region (in the case of region delegates), or service board provided that each delegate/alternate shall have at least one year of current abstinence and at least two years of service beyond the group level. (Permission for any exception in qualifications for valid reasons, if deemed credible by the trustees, may be received by application to the World Service Office.)
  - 2) Each intergroup or service board shall be entitled to have one qualified delegate for up to the first fifteen groups it represents and one for each additional fifteen groups or any fraction thereof, as per the January Service Body Information Report from WSO, except that the service board shall not represent the same groups as intergroups represent. A group shall be recognized as registered and represented by an intergroup or service board.
  - 3) Countries without intergroups or national/language service boards which seek representation at the annual Conference shall have at least one delegate. Larger representation shall be determined by the Board of Trustees, with delegate approval in accordance with the number of groups in that country.
  - 4) Delegates and alternates should be selected at least seventy days before the annual Conference, and the names forwarded immediately upon selection to the World Service Office of Overeaters Anonymous.
  - 5) If a region, intergroup, or service board does not select its delegate(s) and alternate(s) fails to inform the World Service Office of Overeaters Anonymous before the annual meeting, such delegate(s) and alternate(s) may appear at the Conference with evidence of their due selection deemed credible by the trustees, and such delegate(s) shall be seated.

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#### **Section 4 – Notice**

Notice of the regular annual Conference and all special meetings of delegates shall be given to each registered service body, unless otherwise instructed by each individual service body, by prepaid mail and/or electronic transmission. Notices shall be deemed to have been given if sent by mail and/or electronic transmission to the delegates representing each service body. Such notice shall be sent no less than sixty days before each meeting, and shall specify the place, date, and hour of the meeting and shall state the general nature of the business to be considered at such meeting. The notice of the annual Conference shall designate it as such.

#### **Section 5 – Voting**

No delegate shall have more than one vote. Vote may be taken by notice, by show of hands, by ballot, or as called for by the presiding officer of any meeting, provided that the delegates may prescribe the method of voting desired on any question without regard to the method called for by the presiding officer.

#### **Section 6 – Presiding Officer**

All meetings of delegates shall be presided over by the chair of the Board of Trustees. In the absence of the chair, the first vice chair shall preside over the meetings of the delegates.

#### **Section 7 – Parliamentary Authority**

All meetings of the delegates shall be conducted in accordance with the latest edition of *Robert's Rules of Orders, Newly Revised*, where not in conflict with the law, Articles of Incorporation, these bylaws, or special rules that delegates may adopt.

#### **Section 8 – Business Agenda**

- a) The chair shall provide that the agenda for the annual Conference includes written reports of the treasurer, managing director, board, and the Conference committee chairs.
- b) Notwithstanding any action of the chair or mandate of Section 7 above, questions of policy shall take precedence over proposed bylaw amendments at all Conference meetings, except for such bylaw amendments as may be required to conform with or be mandated by any action of State or Federal statute, code, or law. The agenda of the Conference shall specifically provide for consideration of policy questions before consideration of bylaw amendments.
- c) New business to be placed on agenda prior to Conference shall follow the same procedure for submission as for bylaw amendments and shall be approved by 50 percent of all intergroups and service boards responding to an agenda questionnaire by sixty days prior to the Conference. Other new business of an urgent nature must receive a majority vote of the Reference Subcommittee in order to be brought to the Conference floor.

#### **ARTICLE XI – CONFERENCE COMMITTEES**

The delegates may submit their preference for Conference committees in accordance with this Article XI. Committees shall include, but not be limited to the following:

#### **Section 1 – Conference-Approved Literature Committee**

- a) The Conference-Approved Literature Committee (CLC) shall be composed of twelve or more delegates selected by the cochair of the Conference-Approved Literature Committee from among delegates at the Conference to obtain good geographic representation, strong abstinence, and a willingness to serve.
- b) The cochair may appoint outgoing delegates to serve an extra year on the committee in an advisory capacity.

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## **Section 2 – Bylaws Committee**

The Bylaws Committee shall be composed of one or two delegates from each region, selected either at regional assembly or by a method practical to the region. One or two delegates shall also be selected from the collective virtual service boards by a method practical to them. In addition, other delegates attending WSBC may choose to serve on the Bylaws Committee.

- a) The Reference Subcommittee shall be composed of the Bylaws Committee delegate chair and representative of the Board of Trustees who shall be the cochairs; and the representatives selected from each region and the virtual service boards to serve on the Bylaws Committee.
- b) The Reference Subcommittee shall meet at times designated on the Conference schedule or agenda, and other times as required by the Conference. The Reference Subcommittee will meet on the day prior to the conclusion of scheduled new business to consider emergency new business.
- c) Names of the Bylaws Committee members selected by the regions and virtual service boards shall be sent to the World Service Office forty-five days prior to the Conference.
- d) The Reference Subcommittee shall further operate according to guidelines developed by the Bylaws Committee and approved by the Board of Trustees.

## **Section 3 – Finance Committee**

- a) To review the annual budget.
- b) To develop, suggest, and implement strategies with the goal of increasing Seventh Tradition and special funds contributions to the World Service Office.
- c) To keep the Fellowship informed of financial decisions made by the BOT that affect groups and service bodies.
- d) To assist group and service body treasurers with the performance of their responsibilities.

## **Section 4 – Region Chairs Committee**

- a) The Region Chairs Committee shall provide a channel of information and communication between the members and the Board of Trustees through the regions and a network for the purpose of sharing resources and solutions.
- b) The Region Chairs Committee shall be composed of the current region chairs only. A region chair may designate an alternate, such as the region vice chair, to serve on the committee in her/his absence.
- c) Section 6 of Article XI does not apply to this committee.

## **Section 5 – Other Conference Committees as may be needed and established by the Board of Trustees or the World Service Business Conference**

## **Section 6 – Conference Committee Chair**

- a) Election. A Conference cochair and a vice chair for each Conference committee shall be elected annually by a majority of the delegates present at the annual Conference committee meetings. The Conference cochair shall be a delegate and shall not serve more than two consecutive on-year terms. The vice chair shall assume all responsibilities in the absence of the Conference cochair.
- b) Responsibilities. One year's active service with the committee member and chairing the Conference committee meetings at the next annual World Service Business Conference if re-elected as a delegate.
- c) Vacancies. If, for any reason, the Conference Committee cochair is unable to fulfill the position and there is no vice chair, the chair of the Board of Trustees, in consultation with the trustee cochair responsible for liaison between the Conference Committee and the board, shall appoint a delegate from the committee to serve as Conference cochair.
- d) A vacancy shall be presumed if the Conference Committee cochair fails to communicate with the committee for three consecutive months.

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## **ARTICLE XII – FINANCES**

### **Section 1 – Procedure**

- a) Full and complete disclosure of all World Service official financial matters is a prime guidance and objective for all accounting procedures and financial statements.
- b) Any delegate or trustee is entitled to examine the accounting records of the World Service Office, and any question concerning the finances of the World Service Office is completely proper and is to be answered promptly.
- c) Accounting procedures shall be geared to periodic reporting, and financial controls shall be established for credibility of the financial statements.
- d) Statements shall be clear and easy to understand to prevent confusion and misinterpretations.

## **ARTICLE XIII – CORPORATION ASSETS**

No delegate to the Conference or member of any local group which is a member of Overeaters Anonymous, and no trustee, officer, or employee, or member of a committee or person connected with the corporation, or any other private individual shall receive at any time any earnings or pecuniary profit from the operations of the corporation; provided that this shall not prevent payment to any such person of reasonable compensation for services rendered to or for the corporation in effecting any of its purposes as shall be fixed by the Board of Trustees; and no such person or persons shall be entitled to share in the distribution of any of the assets upon the dissolution of the corporation.

All delegates to the Conference and all members of local groups which are members of Overeaters Anonymous shall be deemed to have expressly consented and agreed that, upon such dissolution or winding up of the affairs of the corporation, whether voluntary or involuntary, the assets of the corporation then remaining in the hands of the Board of Trustees, after all debts have been paid, shall be delivered and paid over in such amounts as the Board of Trustees may determine or as may be determined by a court of competent jurisdiction upon application of the Board of Trustees, exclusively to charitable, religious, scientific, literary, or educational organizations which would then qualify under the provisions of Section 501(c)(3) of the Internal Revenue Code and its regulations as they now exist or as they may hereafter be amended.

## **ARTICLE XIV – BYLAWS AMENDMENTS**

### **Section 1 – Procedure**

Subpart B of these bylaws may be amended as follows:

- a) Amendments to Subpart B of these bylaws may be proposed by any registered service body, trustee, the Region Chairs Committee, or the Conference Bylaws Committee and shall be submitted to the chair of the Board of Trustees, postmarked or be date and time stamped through electronic transmission by December 10 before the annual meeting of the Conference. The Board of Trustees may also submit amendments to the bylaws.
- b) The chair of the board shall cause a copy of the proposed amendments to be communicated to each delegate whose name appears in the office of the secretary of the corporation and to each registered service body and trustee by January 10 prior to the annual Conference.
- c) In order for an amendment proposed to be submitted to the World Service Business Conference, these proposals will be need to be approved by 50 percent of the all intergroups and service boards responding. The agenda questionnaire must be returned to the WSO by sixty days prior to the Conference.
- d) Except as otherwise specified by these bylaws, proposed amendments to Subpart B may be adopted by a two-thirds vote of the delegates present and voting, provided a quorum is present.
- e) Amendments to Article I (Twelve Steps) and Article II (Twelve Traditions) of Subpart B of these bylaws may only be adopted if, in addition to d) above, they are ratified by three-fourths of the registered Overeaters Anonymous groups responding within six months of notification, provided at least 55 percent of the registered groups have responded.



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**Section 1 – Procedure (continued)**

- f) The parliamentarian may suggest editorial changes which do not alter the meaning of any bylaws but clarify the wording or bring the bylaws and Articles of Incorporation into conformity.
- g) Amendments to Subpart B of these bylaws shall be effective at the close of the Conference except as otherwise specified.

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**OVEREATERS ANONYMOUS, INC.**  
*FY2015 Financial Report*

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# PORCH & ASSOCIATES LLC

CERTIFIED PUBLIC ACCOUNTANTS AND CONSULTANTS

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OVEREATERS ANONYMOUS, INC.

Financial Statements  
and  
Independent Auditor's Report

December 31, 2015 and 2014

OVEREATERS ANONYMOUS, INC.

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**Independent Auditor's Report**

Board of Trustees and Management  
Overeaters Anonymous, Inc.  
Rio Rancho, New Mexico

**Report on the Financial Statements**

We have audited the accompanying financial statements of Overeaters Anonymous, Inc. (a not-for-profit corporation) which comprise the statements of financial position as of December 31, 2015 and 2014, and the related statements of activities and changes in net assets, cash flows, and functional expenses for the years then ended and the related notes to the financial statements.

**Management's Responsibility for the Financial Statements**

Management is responsible for the preparation and fair presentation of these financial statements in accordance with accounting principles generally accepted in the United States of America; this includes the design, implementation, and maintenance of internal control relevant to the preparation and fair presentation of financial statements that are free from material misstatement, whether due to fraud or error.

**Auditor's Responsibility**

Our responsibility is to express an opinion on these financial statements based on our audits. We conducted our audits in accordance with auditing standards generally accepted in the United States of America. Those standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free of material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the financial statements in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. Accordingly, we express no such opinion. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of significant accounting estimates made by management, as well as evaluating the overall presentation of the financial statements.

**Opinion**

In our opinion the financial statements referred to above present fairly, in all material respects, the financial position of Overeaters Anonymous, Inc. as of December 31, 2015 and 2014, and the results of its operations and its cash flows for the years then ended in accordance with accounting principles generally accepted in the United States of America.

*Porch & Associates, LLC*

Albuquerque, New Mexico

February 4, 2016

**OVEREATERS ANONYMOUS, INC.**  
**STATEMENTS OF FINANCIAL POSITION**  
**December 31, 2015 and 2014**

**ASSETS**

	<b>2015</b>	2014
Current Assets		
Cash and cash equivalents	\$ 216,868	229,499
Cash - restricted	30,556	43,126
Accounts receivable	5,557	240
Inventories	228,244	251,485
Prepaid expenses	34,602	39,332
<b>Total current assets</b>	<b>515,827</b>	<b>563,682</b>
Property and equipment, net	<b>738,467</b>	726,159
Other Assets		
Investments	599,389	546,797
Intangible assets, net	9,432	8,786
<b>Total current assets</b>	<b>608,821</b>	<b>555,583</b>
<b>Total assets</b>	<b>\$ 1,863,115</b>	<b>1,845,424</b>

**LIABILITIES AND NET ASSETS**

Current Liabilities		
Accounts payable	\$ 26,513	30,216
Accrued expenses and other liabilities	29,213	31,241
Unearned subscription revenue	115,833	121,353
<b>Total current liabilities</b>	<b>171,559</b>	<b>182,810</b>
Net Assets		
Unrestricted	1,661,000	1,619,488
Temporarily restricted	30,556	43,126
<b>Total net assets</b>	<b>1,691,556</b>	<b>1,662,614</b>
<b>Total liabilities and net assets</b>	<b>\$ 1,863,115</b>	<b>1,845,424</b>

*The accompanying notes are an integral part of these financial statements.*



**OVEREATERS ANONYMOUS, INC.**  
**STATEMENTS OF ACTIVITIES AND**  
**CHANGES IN NET ASSETS**  
**Years Ended December 31, 2015 and 2014**

**UNRESTRICTED NET ASSETS**

	<b>2015</b>	2014
Revenues and Other Support		
Revenues:		
Sales of literature	\$ 980,296	1,061,457
Sales of magazines	131,579	148,097
Contributions	482,747	523,388
Conference registration fees, WSBC	18,778	20,389
<b>Total revenue</b>	<b>1,613,400</b>	<b>1,753,331</b>
Other Support:		
Investment income, net	(30,579)	19,419
Interest income	95	60
Bequests	116,431	-
Other	7,240	13,669
<b>Total other support</b>	<b>93,187</b>	<b>33,148</b>
<b>Total revenue and other support</b>	<b>1,706,587</b>	<b>1,786,479</b>
Net assets released from restrictions	27,960	26,430
<b>Total revenue and other support</b> <b>after release</b>	<b>1,734,547</b>	<b>1,812,909</b>
Expenses		
Program Expenses:		
Literature production and distribution	587,600	605,865
Magazine production and distribution	191,892	199,974
Group support and referral services	460,166	466,397
<b>Total program expenses</b>	<b>1,239,658</b>	<b>1,272,236</b>
General and administrative	453,377	464,735
<b>Total expenses</b>	<b>1,693,035</b>	<b>1,736,971</b>
<b>Change in net assets</b>	<b>41,512</b>	<b>75,938</b>
Net assets at beginning of year	1,619,488	1,543,550
<b>Net assets at end of year</b>	<b>\$ 1,661,000</b>	<b>1,619,488</b>

*The accompanying notes are an integral part of these financial statements.*

**OVEREATERS ANONYMOUS, INC.**  
**STATEMENTS OF ACTIVITIES AND**  
**CHANGES IN NET ASSETS (CONTINUED)**  
**Years Ended December 31, 2015 and 2014**

**TEMPORARILY RESTRICTED NET ASSETS**

Changes in Temporarily Restricted Net Assets	<b>2015</b>	2014
Contributions	\$ <b>15,390</b>	41,197
Net assets released from restrictions	<b>(27,960)</b>	(26,430)
<b>Total changes in temporarily restricted net assets</b>	<b>(12,570)</b>	14,767
Net assets at beginning of year	<b>43,126</b>	28,359
<b>Net assets at end of year</b>	<b>\$ 30,556</b>	43,126

*The accompanying notes are an integral part of these financial statements.*

**OVEREATERS ANONYMOUS, INC.**  
**STATEMENTS OF CASH FLOWS**  
**Years Ended December 31, 2015 and 2014**

	<b>2015</b>	2014
Cash Flows From Operating Activities		
Cash received from:		
Literature and magazine sales	\$ <b>1,101,038</b>	1,209,741
Contributions	<b>498,137</b>	564,585
Conference and convention registration fees	<b>18,778</b>	20,389
Interest and dividend income	<b>30,157</b>	30,499
Bequests	<b>116,431</b>	-
Other sources	<b>7,240</b>	13,669
Cash paid to employees and suppliers	<b>(1,616,955)</b>	(1,626,037)
<b>Net cash flows provided</b>		
<b>by operating activities</b>	<b>154,826</b>	212,846
Cash Flows From Investing Activities		
Purchase of equipment	<b>(75,441)</b>	(64,663)
Reinvestment of interest and dividends	<b>(30,061)</b>	(30,439)
Investments, net of fees	<b>(72,197)</b>	8,794
Investment in trademark	<b>(2,328)</b>	-
<b>Net cash flows used by</b>		
<b>investing activities</b>	<b>(180,027)</b>	(86,308)
<b>Change in cash and cash equivalents</b>	<b>(25,201)</b>	126,538
Cash and cash equivalents, beginning of year	<b>272,625</b>	146,087
<b>Cash and cash equivalents, end of year</b>	<b>\$ 247,424</b>	272,625

*The accompanying notes are an integral part of these financial statements.*

**OVEREATERS ANONYMOUS, INC.**  
**STATEMENTS OF CASH FLOWS (CONTINUED)**  
**Years Ended December 31, 2015 and 2014**

	<u>2015</u>	<u>2014</u>
Reconciliation of the Change in Net Assets to Cash Provided by Operating Activities:		
Change in net assets:		
Unrestricted	\$ 41,512	75,938
Temporarily restricted	(12,570)	14,767
	<u>28,942</u>	<u>90,705</u>
Adjustments to reconcile the change in net assets to net cash provided by operating activities:		
Depreciation	63,133	64,729
Amortization	1,682	1,585
Realized and unrealized gain on investment	49,666	1,275
Changes in assets and liabilities		
Accounts receivable	(5,317)	7,326
Inventories	23,241	41,759
Prepaid expenses	4,730	(7,424)
Accounts payable	(3,703)	5,832
Accrued expenses and other liabilities	(2,028)	14,198
Unearned subscription revenue	(5,520)	(7,139)
<b>Net cash flows provided by operating activities</b>	<u><u>\$ 154,826</u></u>	<u><u>212,846</u></u>

*The accompanying notes are an integral part of these financial statements.*