

OA GUIDELINES



OA-Approved Literature List

■ Policy statement on OA-/AA-approved literature adopted by Conference 1982

“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 you submit it to the World Service Office for its 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.”

Adopted by the delegates at the 1976 World Service Conference and reaffirmed as amended by Conference 1982 as guidelines only and not mandatory for groups (1982b)

■ Policy statement on literature that is not OA-approved adopted by Conference 1993

“It is the group conscience of the 1993 World Service Business Conference that the sale or display of literature other than OA-approved literature as described in WSBC Policy 1982b is an implied endorsement of outside enterprises, and therefore is in violation with Tradition Six.”

■ OA Conference-approved literature and material

This literature has been reviewed according to the procedures for granting the Conference Seal of Approval, and the Conference has agreed that the material has broad application to the Fellowship as a whole.

Books: *For Today; Overeaters Anonymous, Second Edition; The Twelve Steps and Twelve Traditions of Overeaters Anonymous; Beyond Our Wildest Dreams; Voices of Recovery*

Pamphlets and other materials

A Commitment to Abstinence
A Guide for Sponsors
A Guide to the Twelve Steps for You and Your Sponsor
A Plan of Eating
A Program of Recovery
Before You Take That First Compulsive Bite,
Remember . . .
Dignity of Choice: Sample Plans of Eating
If God Spoke to OA
Just for Today
Maintaining a Healthy Weight: A Lifetime
Commitment, One Day At a Time
Many Symptoms, One Solution
Members in Relapse
OA Cares (flyer)
OA Handbook for Members, Groups and
Intergroups—Recovery Opportunities
OA Is Not a Diet Club
OA Members Come in All Sizes: Welcome,
Whatever Your Problem with Food
Person to Person

Pocket Reference for OA Members
Questions and Answers
Recovery Checklist
Responsibility Pledge
The Tools of Recovery
The Twelve Steps and Twelve Traditions of Overeaters
Anonymous: A Kid’s View
The Twelve Traditions of Overeaters Anonymous
Think First
Together We Can—Keep Coming Back: Membership
Retention
To Parents and Concerned Adults
To the Compulsive Overeater in the Military
To the Family of the Compulsive Overeater
To the Man Who Wants to Stop Compulsive
Overeating, Welcome
To the Newcomer
To the Teen (pamphlet)
Treatment and Beyond
Welcome Back
What If I Don’t Believe in “God”?

■ OA Board-approved literature and material

This literature emanates from a board or Conference committee and has received the approval of the board of trustees.

Books: *Lifeline Sampler, The Twelve-Step Workbook of Overeaters Anonymous, Journal to Recovery, Abstinence, A New Beginning*

Pamphlets and other materials

Anonymity (reprints from *Lifeline*)

Archives

“*Conference-Approved Literature Seal*” (tent card)

Fourth-Step Inventory Guide

Group Record Book

I Put My Hand in Yours... (archival interest only)

Meeting Formats

Milestone Recovery Coins

Newcomers Meeting Leader’s Kit

New Group Starter Kit

Young People’s Meeting Kit

OA Guidelines

“*OA Spoken Here*” (tent card)

“*One Day at a Time*” (wallet card)

Our Invitation to You (condensed reprint)

Sample Intergroup Bylaws

Service & Traditions Manual

Service By Mail

Through Our Own Contributions, OA Is Self-Supporting at all Levels

Twelfth-Step-Within Handbook

Public Information Materials

About OA (flyer)

Bulletin Board Attraction Card

Compulsive Overeating—An Inside View

Fifteen Questions (flyer)

Hospitals, Institutions, and Professionals & Military (HIPM) Service Manual

Introducing OA to Health Care Professionals

Introducing OA to the Clergy

Introducing OA to the Military

“*It’s Not What Your Eating. . .*” (TV/radio PSA)

Membership Survey Report

New-Prospect Card

Public Information Service Manual

Public Information Poster Kit

To the Teen (flyer)

Periodicals

Lifeline (monthly subscription magazine)

A Step Ahead (quarterly newsletter)

Audio

“*And Now a Word from Our Cofounder . . .*”

Hearing Is Believing: OA Members Speak . . .

OA Recovery Brochures (selected pamphlets)

The Twelve Steps and Twelve Traditions of Overeaters

Anonymous

When to Say When

(ALL ITEMS LISTED IN THE CURRENT OA LITERATURE CATALOG ARE ACCEPTABLE.)

■ AA Conference-approved literature

Some books and booklets are listed here. A list of other AA Conference-approved material is available from the General Service Office of Alcoholics Anonymous.

AA Comes of Age

Alcoholics Anonymous (Big Book)

As Bill Sees It

Came to Believe

Daily Reflections

Dr. Bob and the Good Oldtimers

Living Sober

Pass It On

The AA Service Manual/Twelve Concepts for World Service

Twelve Steps and Twelve Traditions

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OA Board-Approved.

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