

WSBC 2021 Policy Changes Affect OA as a Whole



Delegates to WSBC 2021 approved a number of policy changes that affect OA as a whole. Here is a summary of these changes.

Abstinence and Recovery Policy

OA's Abstinence and Recovery Policy, which defines the meaning of abstinence and the means of recovery in OA, was revised. The new policy is:

“Abstinence 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 and working the Overeaters Anonymous Twelve Step program on a daily basis.”

“Unity with Diversity” Policy

The “Unity with Diversity” Policy was revised with grammar corrections and changes in wording to more correctly reflect how it applies to the Fellowship. You can read the new policy on the [Unity with Diversity Policy Statements](#) web page.

Diverse Voices Policy

OA has adopted a Diverse Voices Policy to make our literature more inclusive of all OA members. The policy states, “When developing new and updating existing literature published by Overeaters Anonymous World Service, the Literature Committees will make a concerted effort to include stories and/or quotes from members of diverse populations that are underrepresented in OA (i.e., reflect a variety of compulsive food behaviors, belief systems, nationalities, genders, sexual orientations, indigenous peoples, and peoples of color, etc.).”

Special Focus Service Boards

OA has adopted a new category of service body, which is the *special focus service board*. Special focus service boards are composed of two or more groups or intergroups to serve the common needs of groups/intergroups with the same special focus, regardless of geographic proximity.

Among registered groups, OA recognizes the following special focuses:

- 100-pounders
- Anorexia/Bulimia
- Asian Pacific Islanders (new in 2021)
- Bariatric Surgery
- Black, Indigenous, and People of Color (new in 2021)
- Health Issues
- LGBT
- Men
- Women
- Young Persons

Hybrid Meetings

Hybrid meetings are a blend of virtual and face-to-face meetings, where some members attend in person and others attend by telephone or videoconference. As the

pandemic events of 2020 developed, many face-to-face groups that had gone virtual registered their virtual meetings as a new group. To fix the confusion this has caused, the existing hybrid meeting policy was amended to allow a face-to-face or virtual group (telephone or online) to become a hybrid group. Going forward, hybrid groups and all other groups will be registered only once with the World Service Office and will be assigned only one group number. Hybrid groups, however, will appear in both face-to-face and virtual meeting results in Find a Meeting on oa.org. This change to Find a Meeting will take effect once the World Service Office has made the necessary upgrades to Find a Meeting. Stay tuned for that announcement!

Annual Events Policy

OA's annual events policy has established four annual events: OA Birthday, Unity Day, Sponsorship Day, and International Day Experiencing Abstinence. (A fifth event, International Twelfth Step Within Day, was established under a separate policy.) To accommodate countries that customarily include Fridays in national holiday weekends, OA has revised its policy to expand the definitions of weekend events to include Fridays. This year, for example, Sponsorship Day will be celebrated the third full weekend (Friday included) in August, which is August 20–22, 2021, a Friday, Saturday, and Sunday.

Going forward, IDEA will be celebrated the third full weekend (Friday included) in November, which is November 19–21, 2021. Our OA Birthday will be observed the third full weekend (Friday included) in January, which is January 21–23, 2022.

Young People's Committee

Formerly the Young Persons' Committee, this committee's name has changed. The Young People's Committee is a WSBC committee whose purpose is to serve OA members, groups, and service bodies in carrying the message to young people ages 18–30.

About us

Overeaters Anonymous (OA) is a community of people who support each other in order to recover from compulsive eating and food behaviors. We welcome everyone who feels they have a problem with food.

[Get to know more about us](#)

Get in touch

6075 Zenith Court NE
PO Box 44727
Rio Rancho, NM 87174-4727
USA

Tel 505-891-2664

Fax 505-891-4320

[Contact us](#)

More info

[Media & Press kit](#)

[Privacy Policy](#)

[Professionals](#)

[Sitemap](#)