

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

#### Pamphlets and other materials

<i>A Commitment to Abstinence</i>	<i>Person to Person</i>
<i>A Guide for Sponsors</i>	<i>Pocket Reference for OA Members</i>
<i>A Guide to the Twelve Steps for You and Your Sponsor</i>	<i>Questions and Answers</i>
<i>A Plan of Eating</i>	<i>Recovery Checklist</i>
<i>A Program of Recovery</i>	<i>The Tools of Recovery</i>
<i>Before You Take That First Compulsive Bite, Remember . . .</i>	<i>The Twelve Concepts of OA Service</i>
<i>Black OA Members Share Their Experience, Strength and Hope</i>	<i>The Twelve Traditions of Overeaters Anonymous</i>
<i>Dignity of Choice: Sample Plans of Eating</i>	<i>Think First</i>
<i>If God Spoke to OA</i>	<i>To Parents and Concerned Adults</i>
<i>Just for Today</i>	<i>To the Family of the Compulsive Overeater</i>
<i>Maintaining a Healthy Weight: A Lifetime Commitment, One Day At a Time</i>	<i>To the Man Who Wants to Stop Compulsive Overeating, Welcome</i>
<i>Many Symptoms, One Solution</i>	<i>To the Newcomer</i>
<i>Members in Relapse</i>	<i>To the Teen (pamphlet)</i>
<i>OA Handbook for Members, Groups and Intergroups: Recovery Opportunities</i>	<i>Treatment and Beyond</i>
<i>OA Members Come in All Sizes: Welcome, Whatever Your Problem with Food</i>	<i>Welcome Back</i>
	<i>What If I Don't Believe in "God"?</i>

## ■ OA Board-approved literature and material

This literature emanates from a board or Conference committee and has received Board of Trustees approval.

**Books:** *Abstinence, A New Beginning, Lifeline Sampler, The Twelve-Step Workbook of Overeaters Anonymous, Seeking the Spiritual Path*

### Pamphlets and other materials

*Anonymity* (reprints from *Lifeline*)

*Archives*

*Focus on Anorexia and Bulimia Packet*

*Fourth-Step Inventory Guide*

*I Put My Hand in Yours* book (archival interest only)

*I Put My Hand in Yours* pocket card

*Is Food a Problem for You?*

*Meeting Formats*

*Milestone Recovery Coins*

*Newcomers Meeting Leader's Kit*

*New Group Starter Kit*

*Young People's Meeting Kit*

*OA Guidelines*

*"One Day at a Time"* (wallet card)

*Our Invitation to You* (condensed reprint)

*Sample Intergroup Bylaws*

*Service, Traditions and Concepts Manual*

*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)

*Introducing OA to Health Care Professionals*

*Introducing OA to the Clergy*

*"It's Not What You're Eating. . ."* (TV/radio PSA)

*Membership Survey Report*

*New-Prospect Card*

*Professional Outreach Manual*

*Professional Presentation Folder*

*Public Information Service Manual*

*Public Information Poster Kit*

*Recovery from Relapse Packet*

*Seventh Tradition of OA*

*To the Teen* (flyer)

### Periodicals

*Lifeline* (subscription magazine)

*A Step Ahead* (quarterly newsletter)

*Courier* (annual newsletter)

### Audiovisual

*"And Now a Word from Our Cofounder . . ."*

*Hearing Is Believing: OA Members Speak . . .*

*OA—It Works*

*OA Recovery Brochures* (selected pamphlets)

*The Twelve Steps and Twelve Traditions of*

*Overeaters Anonymous*

*When to Say When*

(FOR A COMPLETE LIST OF ALL OA-APPROVED ITEMS, SEE THE ONLINE CATALOG AT [www.oa.org](http://www.oa.org)  
OR CALL THE WSO TO RECEIVE A PRINTED CATALOG.)

## ■ 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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