

As the DC Metro Intergroup's delegate to the recent OA **World Service Business Conference**, here are a few highlights. I will be writing a report as well.

Meanwhile some of you may wish to share the following with your groups/meetings.

1. There was an addition to **the definition of abstinence**.

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.

2. The **new tool** voted in last year was retained and also retained its original name of Action Plan, rather than being switched to Plan of Action. The **text for Action Plan that will be put in the brochure Tools of Recovery** when it is reprinted (placement before Anonymity and Service) - and that will be added as an addendum to current copies - is as follows: (sorry, had to copy it underlined with line numbering from the conference binder)

Action Plan

117 An action plan is the process of identifying and implementing attainable actions,
118 both daily and long-term, that are necessary to support our individual abstinence and
119 emotional, spiritual and physical recovery. While the plan is ours, tailored to our own
120 recovery process, most of us find it important to work with a sponsor, fellow OA
member

121 and/or appropriate professional to help us create it. This tool, like our plan of eating,
may

122 vary widely among members and may need to be adjusted as we progress in our
recovery.

123 For example, a newcomer's action plan might focus on planning, shopping for
124 and preparing food. Some members may need a regular fitness routine to improve
125 strength and health, while others may need to set exercise limits in order to attain
more

126 balance. Some of us may need an action plan that includes time for meditation and
127 relaxation or provides strategies for balancing work, personal interactions with
family

128 and friends, and our program. Others may need help to organize their homes; deal
with

129 their finances; and address medical, dental or mental health issues.
130 Along with working the Steps on a daily basis, an action plan may incorporate use
131 of the other OA tools to bring structure, balance and manageability into our lives. As
we
132 use this tool, we find that we develop a feeling of serenity and continue to grow
133 emotionally and spiritually while we make measurable progress one day at a time.

3. The pamphlet called **Recovery Checklist was revised**, mostly by changing the word "you" to the word "I" - which I found really personalizes the list.

Here's a url where you can see the changes:

<http://www.oa.org/pdfs/Recovery%20Checklist%2011.pdf>

4. The delegate body **voted not to eliminate an early brochure called "If God Spoke to OA"**. While the language is somewhat archaic and certainly religious, many felt that it still speaks to enough of us to be valuable. It's also worthwhile to look at another OA pamphlet, "Person to Person" - which some feels is a good replacement: Person to Person speaks of the value of service. Currently the sales of both of these are low. You might want to order copies from the World Service Office to share at your meetings.

Here's a link to a pdf of "If God Spoke to OA":

<http://www.oa.org/pdfs/If%20God%20Spoke%2011.pdf>

5. The delegate body voted **NOT to provide videocasting/webcasting of the 2012 WSBC meeting**, with the major reasons for opposition being that there is no way to assure anonymity and security 100%. Some delegates who work in the information technology field spoke about this.

6. Inspired by a wish expressed by Rozanne S., the delegates voted to change her title from cofounder to **founder of OA**.

7. **A new brochure - A Common Solution: Diversity and Recovery** - was approved.

Here's a link to a pdf of the text: <http://www.oa.org/pdfs/A%20Common%20Solution.pdf>

8. There was also a lot of discussion about **whether or not to retain an OA approval**

label for a lot of AA literature that some meetings like to use in their formats; **the decision was to continue to allow** this rather than narrowing down just to the OA Big Book and the Twelve Steps and Twelve Traditions.