

## WSBC 2011 SPECIAL EDITION

## From the NSI Delegates

Hi, I'm Tina, a recovering compulsive overeater and one your delegates to the 2011 World Service Business Conference...a U.N. for OA and the largest group conscience O.A. has. Almost 200 delegates from all around the world, including Israel, Australia, New Zealand, United Kingdom, Spain, Poland and all the Canadian Providences, as well as delegates from many of the states met to discuss, review, debate, question and vote on over 30 motions; Each delegate voting for the good of OA as a whole. It was truly a privilege, responsibility, and humbling honor to represent you and OA.

The pre-business meeting works shops were absolutely incredible. Listed below are the ones that I was fortunate to attend: **Abstinence: what a Great Service**, **Sponsoring: sharing the gifts**, **Concepts: guide to all who serve**, **A Longtimers Forum: Why we keep coming back**, and **Virtual Recovery (online and phone meetings)- Upholding and Honoring Our Traditions**. All sessions are crucial topics in OA: leaders provided the delegates with many valuable ideas to bring back to our local intergroups and meetings. For a second year, I was the Delegate Co-chair for the Conference Literature Committee. It's actually a committee that is extremely busy throughout the year, as OA periodically reviews and revises current literature and creates new literature. Another wondrous and humbling experience, as delegates from each of the regions leave their personalities and personal preferences outside the meeting room, to try to mold and shape a quality product for the WSBC delegates to consider. It was exhilarating and humbling to have literature motions come before the Conference. As you see below, the wording for a ninth tool, **Action Plan** was passed, as was a brand new pamphlet **A Common Solution: Diversity and Recovery**, containing stories of strength hope and recovery from all areas of life. A highly personal and eye-opening revised **Recovery Checklist** was also

passed by the conference. (Note: for new literature to be passed or current literature revised, it must receive 2/3 affirmative votes: is this material worthy of the conference seal of approval and good enough for OA as a whole?)

We are part of an International Organization, one founded on the Twelve Steps, Twelve Traditions and Twelve concepts of Overeaters Anonymous; one which is thriving and striving to help all who want to recover from an unhealthy relationship with food. If you think you belong, you belong! I've brought back so many ideas and thoughts that I hope will help and enhance our local meetings and intergroups. I wish you all could attend the World Service Business Conference and see for yourself that you are never alone; that there is always hope. The most important piece of information I brought back: Above all else, just keep coming back- OA works!

**Yours in OA Love, Service and Gratitude,**  
Tina C.

Hi, I'm Charlene, a compulsive overeater and a relapse survivor. It was an incredible, humbling experience for me to serve as one of your delegates to the 50<sup>th</sup> WSBC in Albuquerque. There was so much love and willingness to serve evident in all the attendees that I came home with even more gratitude for the OA program!

I had the privilege of co-leading an early bird workshop called "Long timers Forum- Why we keep coming back" The room was packed and everyone seemed excited about the topic and people lined up to share before we even asked.

The pamphlets "A Commitment to Abstinence" and "Maintaining a Healthy Weight" were suggested.

We all shared on the following questions:

1. How do you keep your program fresh?
2. How does this program continue to enhance your life?
3. What encourages you to keep coming back?

The sharing was amazing!!!

I think what I'll remember most is how someone who had only been in program 4 years and wasn't sure if it was ok to speak because they were not a "long timer" said "I want to grow up to be just like all

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of you long timers". Someone else shared: Instead of saying "Don't leave before the miracle happens" they suggested "Don't leave before the **NEXT** miracle happens". What better testimony to this program? It certainly reaffirmed why I keep coming back after 30 years.

Amidst all the work there were so many opportunities to work my personal program, enjoy the fellowship and have fun!

I am committed for the next year to serve on the Twelfth Step Within committee and I hope to get NSI very involved along with me.

Details on the key issues voted on follow and a full wrap-up report is available on the oa.org website.

Thank you for putting your faith in me and allowing me to serve as one of the NSI delegates. I hope all of you will some day get the opportunity to attend this wonderful worldwide "OA Family Reunion". We are truly not alone!

Charlene V.

## Delegates Make Key Decisions

As reported by the World Service Office

More than 180 delegates from around the world gathered in Albuquerque, New Mexico USA on April 25-30 for the 2011 World Service Business Conference (WSBC). Below are a few of the major business and policy motions approved by the delegates.

**Action Plan Defined:** WSBC delegates have approved a definition of the Action Plan tool. The definition will be added to *The Tools of Recovery* pamphlet when current stock is depleted. In the meantime, OA members can find the definition on the OA Web site: [www.oa.org/new-to-oa/tools-of-recovery.php](http://www.oa.org/new-to-oa/tools-of-recovery.php)

**Statement on Abstinence Expanded:** The Statement on Abstinence and Recovery (WSBC Policy 1988b, Amended 2002, 2009 and 2011) has been revised to include the underlined words at the end of the first sentence: "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 spiritual recovery is the result of living the Overeaters Anonymous Twelve-Step program."

**PLEASE NOTE:** Both of the above changes are included in *The Tools of Recovery* pamphlet, which is part of the newcomer packet. If your group or service

body has a large stock of newcomer packets, download an addendum page that you can insert in the packets.

**New and Revised Literature:** Delegates gave the Conference seal of approval to a new pamphlet, *A Common Solution: Diversity and Recovery*. The pamphlet features OA members' stories that explore the topics of Program Diversity, Cultural Diversity, Sexuality and Gender Diversity, and Life Diversity. The pamphlet will be printed and available in 3-4 months. Delegates also approved revisions to *Recovery Checklist*, which will be reprinted when current stock is depleted.

**Group Definition Revised:** Delegates approved a motion to expand the definition of Overeaters Anonymous groups. OA Bylaws, Subpart B, Article V, Section 1 will be changed as follows:

- a) 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 OA 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.

**Rozanne S. Recognized as Founder:** WSBC delegates approved a motion for the Fellowship of Overeaters Anonymous to bestow the title of founder to Rozanne S.

**OA-Approved Literature Still Includes AA Conference-Approved Literature:** Delegates defeated a motion that would have made *Alcoholics Anonymous* (the Big Book) and *Twelve Steps and Twelve Traditions* the only AA Conference-approved literature to also be considered as OA-approved literature. That means OA members can continue to use all AA Conference-approved literature in their meetings.

**OA members can find detailed information on WSBC decisions in the Conference Wrap-Up, which will be posted on [www.oa.org](http://www.oa.org) by May 23, and the Final Conference Report to be posted on August 29.**

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