

OA Region 9 – Newcomer Resources: - a list of resources available to find out more about OA

This list has been compiled in English, with resources available as such.

Region 9 has OA meetings in many countries and languages and OA approved literature and resources have been translated at different intervals in those languages.

The OA Region 9 Twelve Step Within Committee suggests you use this list alongside the resources translated into your own language.

The OA Quiz

You may find it useful to take this ... <https://oa.org/quiz/>

Read about Newcomers in OA, what to expect at an OA meeting, what it means to 'work' the OA program and access a list of all the OA meetings

Follow the links below:

<https://oa.org/and-your-journey-begins/>

https://oa.org/app/uploads/2019/12/our_invitation_to_you.pdf

<https://oa.org/working-the-program/tools-of-recovery/>

Whatever problem you may have with food, you are welcome at OA meetings, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute

Different Types of OA Meetings etc.

There are many different types of meetings, topics within those meetings, methods of sponsorship and methods of working the OA 12 Step program. All of which are available to support your recovery from compulsive eating. OA encourages you to attend different meetings to find what works for you.

Many people have questions about:

1. How the OA 12 Step program works.
2. How to develop a food plan.
3. How to get a sponsor.

The first step to understanding these and any other questions you have, is to go to OA meetings. Some meetings....

- Have an open session after the meeting closes for newcomers to ask questions.
- Have specific newcomer meetings.
- Change their main meeting format to share their stories of recovery from compulsive eating and explain about OA to newcomers.

As you attend the different meetings, use these facilities to ask questions that come up for you about the program, how it works, and if ready, how to get a sponsor.

There are also workshops which you may see flyers being circulated with details of how to join these.

OA approved literature you may find useful: -

OA has a world service office in the USA. However, we are a worldwide fellowship and many countries have an OA Literature Shop / Service that sells physical OA books and pamphlets.

The OA 12 Step Program is patterned after the AA 12 Steps. We use AA conference approved literature which includes the book "Alcoholics Anonymous" (the "Big Book") as well as specific OA literature. <https://www.alcoholics-anonymous.org.uk/product.do?48953>

Literature useful for newcomers to OA:

- A) "*Where Do I start? Everything a Newcomer Needs to Know*" pamphlet
- B) A Plan of Eating Questions and Answers
- C) The Tools of Recovery
- D) To the Newcomer; Many Symptoms, One Solution;
- E) 15 Questions;
- F) Just For Today wallet card.
- G) "Dignity of Choice" pamphlet.

Literature & resources you can download in ebook form which may be useful: -.

[Anonymous/e/B01N4IQ8P8/ref=dp_byline_cont_ebooks_1](https://www.alcoholics-anonymous.org.uk/product.do?48953)

A) "*Where Do I start? Everything a Newcomer Needs to Know*" pamphlet

https://www.amazon.co.uk/s?k=overeaters+anonymous+where+do+i+start%3F&ref=nb_sb__noss

B) "*A Lifetime of Abstinence*"

https://www.amazon.com/gp/product/B08SGD7WKK/ref=dbs_a_def_rwt_hsch_vapi_tkin_p1_i7

C) "*To the Young Person*"

https://www.amazon.com/gp/product/B08PG521RF/ref=dbs_a_def_rwt_hsch_vapi_tkin_p2_i0

D) "*In OA, Recovery is Possible*"

https://www.amazon.com/gp/product/B08SGBFN57/ref=dbs_a_def_rwt_hsch_vapi_taft_p1_i9

Other downloadable resources: -

1) "*Temporary Sponsors: Newcomers' First Twelve Days*"

<https://oa.org/group-resources-list/temporary-sponsors-newcomers-first-twelve-days/>

2) "*OA Abstinence Book Forewords and Appendices*".

The OA book "*Abstinence*" contains stories of OA member's recovery. The forewords and appendices of this book are available free as a downloadable document.

Included are Articles from healthcare professionals regarding food as an addiction, The Role of a Plan of Eating from Compulsive Eating, A Disease of the Mind, A Disease of the Body, A Disease of the Spirit, How to find OA and a list of various OA publications.

https://oa.org/app/uploads/2019/12/Overeaters-Anonymous-Third-Edition_Forewords-and-Appendices.pdf

Websites you may find useful

www.oaregion9.org

www.OA.org

Check with your Intergroup or National Service Board for any additional resources for example a list of virtual meetings

Information provided as suggestions by the Overeaters Anonymous R9 Twelve Step Within Committee Jun 2021