

OA Region 9 – Returning Member Resources: a list of resources available to members in the fellowship who still suffer and addressing relapse and recovery of our members

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 suggest you use this list alongside the resources translated into your own language

General

There is a lot of information available to help you. Below are some suggestion. Please use the links below to find out the latest information

- Breaking out of Relapse
<https://vimeo.com/391023802>
- From Slip or Relapse to Recovery
<https://oa.org/app/uploads/2019/12/From-Slip-or-Relapse-to-Recovery.pdf>
- Been Slipping and Sliding
<https://oa.org/app/uploads/2019/12/Been-Slipping-and-Sliding.pdf>
- OA Our Invitation to You
https://oa.org/app/uploads/2019/12/our_invitation_to_you.pdf
- Tools of Recovery
<https://oa.org/working-the-program/tools-of-recovery/>
- Relapse Prevention
<https://oa.org/working-the-program/relapse-prevention/>
- Strong Abstinence Checklist
<https://oa.org/app/uploads/2019/12/strongabstinencechecklist.pdf>
- Twelve Stepping a Problem
https://oa.org/app/uploads/2019/12/twelve_stepping_a_problem.pdf
- Definition of Abstinence

“WSBC 2021 accepts the following:

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.”

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.

OA Region 9 and a list of Newcomer Resources that you may find useful.
Please refer to that document for the links.

OA approved literature you may find useful: -

- A Plan of Eating Questions and Answers
- The Tools of Recovery
- Just For Today wallet card.
- “Dignity of Choice” pamphlet.

Literature & resources you can be download in ebook form:

[-Anonymous/e/B01N4IQ8P8/ref=dp_byline_cont_ebooks_1](#)

“A Lifetime of Abstinence”

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

Other downloadable resources: -

To help you get started - “Temporary Sponsors: Newcomers’ First Twelve Days”

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

“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

Working the Overeaters Anonymous Twelve Steps

- [OA Bookstore](https://bookstore.oa.org)
<https://bookstore.oa.org>
- [OA 12 + 12](https://bookstore.oa.org/books/the-twelve-steps-and-twelve-traditions-of-overeaters-anonymous-second-edition-990-2.asp)
<https://bookstore.oa.org/books/the-twelve-steps-and-twelve-traditions-of-overeaters-anonymous-second-edition-990-2.asp>
- [OA 12 Steps Workbook](https://bookstore.oa.org/books/the-twelve-step-workbook-of-overeaters-anonymous-second-edition-992.asp)
<https://bookstore.oa.org/books/the-twelve-step-workbook-of-overeaters-anonymous-second-edition-992.asp>
- [OA 12 Steps Workbook and Study Guide](https://bookstore.oa.org/books/-twelve-step-workshop-and-study-guide-second-edition-960-2.asp)
<https://bookstore.oa.org/books/-twelve-step-workshop-and-study-guide-second-edition-960-2.asp>
- [AA Big Book](#)

<https://bookstore.oa.org/books/alcoholics-anonymous-fourth-edition-1000.asp>

- [Importance of Working All 12 Steps](#)
https://oa.org/app/uploads/2019/12/working_the_steps_workshop.pdf
- [Sponsorship](#)
<http://www.oaregion9.org/service/12th-step-within-committee/#looking-for-a-sponsor-in-r9>
- [A New Beginning – Stories of Recovery from Relapse –](#)
[https://www.amazon.com/gp/product/B008I7KR0K/ref=dbs_a_def_rwt_hsch_vapi_tkin_p1_i10`](https://www.amazon.com/gp/product/B008I7KR0K/ref=dbs_a_def_rwt_hsch_vapi_tkin_p1_i10)

Websites you may find useful

www.oaregion9.org

www.OA.org

Remember to check with your Intergroup or National / Language Service Board for any additional resources for example a list of meetings