

STEPS, TRADITIONS & CONCEPTS OF OA SERVICE, & THEIR PRINCIPLES

THE TWELVE STEPS OF OVEREATERS ANONYMOUS

1. We admitted we were powerless over food — that our lives had become unmanageable. **HONESTY**
2. Came to believe that a Power greater than ourselves could restore us to sanity. **HOPE**
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*. **FAITH**
4. Made a searching and fearless moral inventory of ourselves. **COURAGE**
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs. **INTEGRITY**
6. Were entirely ready to have God remove all these defects of character. **WILLINGNESS**
7. Humbly asked Him to remove our shortcomings. **HUMILITY**
8. Made a list of all persons we had harmed and became willing to make amends to them all. **SELF-DISCIPLINE**
9. Made direct amends to such people wherever possible, except when to do so would injure them or others. **LOVE FOR OTHERS**
10. Continued to take personal inventory and when we were wrong, promptly admitted it. **PERSEVERANCE**
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out. **SPIRITUAL AWARENESS**
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs. **SERVICE**

THE TWELVE TRADITIONS OF OVEREATERS ANONYMOUS

1. Our common welfare should come first; personal recovery depends upon OA unity. **UNITY**
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern. **TRUST**
3. The only requirement for OA membership is a desire to stop eating compulsively. **IDENTITY**
4. Each group should be autonomous except in matters affecting other groups or OA as a whole. **AUTONOMY**
5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers. **PURPOSE**
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose. **SOLIDARITY**
7. Every OA group ought to be fully self-supporting, declining outside contributions. **RESPONSIBILITY**
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers. **FELLOWSHIP**
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. **STRUCTURE**
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy. **NEUTRALITY**
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication. **ANONYMITY**
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities. **SPIRITUALITY**

THE TWELVE CONCEPTS OF OA SERVICE

1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship. **UNITY**
2. The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus, the World Service Business Conference is the voice, authority and effective conscience of OA as a whole. **CONSCIENCE**
3. The right of decision, based on trust, makes effective leadership possible. **TRUST**
4. The right of participation ensures equality of opportunity for all in the decision-making process. **EQUALITY**
5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered. **CONSIDERATION**
6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous. **RESPONSIBILITY**
7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B. **BALANCE**
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office. **DELEGATION**
9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels. **ABILITY**
10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided. **CLARITY**
11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants. **HUMILITY**
12. The spiritual foundation for OA service ensures that:
 - (a) No OA committee or service body shall ever become the seat of perilous wealth or power; **SELFLESSNESS**
 - (b) Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle; **REALISM**
 - (c) No OA member shall ever be placed in a position of unqualified authority; **REPRESENTATION**
 - (d) All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity; **DIALOGUE**
 - (e) No service action shall ever be personally punitive or an incitement to public controversy; **COMPASSION** and
 - (f) No OA service committee or service board shall ever perform acts of government, and each shall always remain democratic in thought and action. **RESPECT**