

OA Glossary

Extract from the Guidelines for translation of OA literature: - **'Translate a glossary of OA's special program words.** A license is not needed to translate that list. We've found it helpful to start by compiling a list of program terms in the local language, for example: Higher Power, abstinence, plan of eating, food plan, sponsor, surrender, one day at a time, relapse, program. These terms appear often in OA literature and need to be translated the same each time they appear. If possible, compile this list with group members so your translator or translation service can begin with a consensus. If you are planning to use a professional translator, we suggest that you translate these terms yourselves and give a copy of the resulting glossary to the translator before he or she starts. Also, it can be useful to prepare notes on difficult words and perhaps create a list of idiomatic English phrases. Explain that it is important to translate every word in its proper context'. This list has been developed to assist the compilation of a translated glossary but is by no means exhaustive. It will be reviewed periodically. If you have suggestions for additions, please contact the OA International Publications & Translations Committee.

Last Reviewed 21 September 2016

ENGLISH TERMS	TRANSLATION
A	
AA Alcoholics Anonymous	
Abstinence	
** In Overeaters Anonymous, 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 with the Twelve-Step Program of Overeaters Anonymous.	
Abstinent, Practicing Abstinence	
** abstinent member	
Accept	
** God, grant me the serenity to accept the things I cannot change...	
Acceptance	
Act on our feelings (to)	
Action	
Action plan	
** One of the Tools. The process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery.	
Adhoc Committee	
Admit	
** I finally had to admit that I was scared	
Adversely affect (to)	
Affect other groups (to)	
Affected (the good of OA as a whole may be affected by)	
Affiliated	
**Some of the OA groups are affiliated with an intergroups and/or a N/LSB and a Region.	
Agenda	
Alternate	
Amendment	
Anger	
Angry	
Anniversary	
**The OA anniversary one of the four OA international celebrations.	
Anonymity	
Anorexia	
Archives	
Ask-It-Basket	
** Presentation or Lifeline article by the Board of Trustees answering questions about OA.	
Assembly	
** In most regions it takes place once or twice a year, over 2 days and covers the 'business' part of carrying the message within that region. Representatives from Service Bodies within that region are asked to attend on their Service Bodies' behalf. Some National / Language Service Bodies have an assembly, normally taking place once a year.	
A Step Ahead	
** Quarterly newsletter of the World Service Office sent to all OA groups.	
Attendees	
Attitude	
B	
Baffling	
Been admitted	
** have been admitted to hospital	
Beyond our wildest dreams	
** The OA history, written by a cofounder, Rozanne.	
Big Book	
** The book Alcoholics Anonymous	
Binge	
** to binge	
Birthday	
Blessings	
Board	
** Board member	
** Service board	
** NSB National Service Board	
** LSB Language Service Board	
Board-approved literature	
** OA literature that has originated from a Board or Conference committee and is not intended for the Fellowship as a whole, or literature that has been compiled from existing Conference approved literature or Lifeline magazine.	
Board Committees	
** Permanent or special (ad hoc) committees of the board at the world service level formed for a special purpose or project.	
Board meeting	
** Regular meeting of the 17-member Board of Trustees. The BOT meets four times per year, usually in Albuquerque, New Mexico. The 17 members are compiled of 6 General Service Trustees (GSTs), 10 Region Trustees (RTs) and one Virtual Service Trustee (VST). The GSTs meet monthly. Some meetings are held virtually.	
Board of Trustees, BOT	
BOT, Abbreviation for the Board of Trustees	
Bulimia	
Bound to	

Business	
** Business Meetings sometimes known as group conscience	
Bylaws	
** Subpart A The governing document of the corporate organization for Overeaters Anonymous, Inc.	
** Subpart B The governing document setting out the identity, rights and privileges of members of Overeaters Anonymous with respect to the corporation.	
C	
Came to understand	
Call in my food	
Care for (to)	
Carry out the wishes (to)	
Chair	
Chairman	
Chairperson	
Challenges	
Change	
Charge	
Charge (God is in)	
Co-founder	
Collective Conscience	
Commit	
Commitment	
Committee	
Committee chairperson	
Common Solution	
Compassion	
Compulsion	
Compulsive eater	
** (eg. My name is ... and I am a compulsive eater)	
** OA members introduce themselves as compulsive eaters or compulsive overeaters. Sometimes they add I am anorexic or bulimic, or a vomiter.	
Compulsive eating	
Compulsive overeater	
** My name is ... and I am a compulsive overeater. OA members introduce themselves as compulsive eaters or compulsive overeaters. Sometimes they add I am anorexic or bulimic, or a vomiter.	
Concepts - A393Twelve Concepts of OA Service	
** The concepts guiding all OA members in their service to the organization.	
Condition (medical)	
Conference	
** The Assembly of the World Service Business Conference.	
Conference-approved literature	
** OA literature that has been approved by Conference and granted the literature Conference Seal.	
Conference Committees	
** Standing or special committees of the Conference at the world service level formed for a specific purpose or project. Conference committees are made up of Conference delegates and are cochaired by a delegate cochair and a trustee cochair.	
Conference Policy Manual A	
** List of ongoing policies adopted at Conferences. Also known as the summary of continuing effect motions.	
Conference Support Committee	
** Experienced OA members who assist with logistics at Conference. Also known as CSC.	
Confidence	
Conscience	
Convention	
** World Service Convention The event held to promote recovery and fellowship for OA members around the world.	
Cope with	
Courage	
** God, grant me the courage to change things I can...	
Courier	
** Annual publication with OA news and information for the professional community. Publishing stories of recovery written by health professionals.	
Crave	
Craving	
Cure	
Cultivate willingness and open-mindedness (to)	
Cunning	
D	
Debatable motion	
Delegate	
** The person elected at the intergroup or service body level to represent that Intergroup or National/Language Service Board at World Service Business Conference. Regional chairs and trustees also serve as Conference delegates.	
Delusion	
Denial	
Designated downloader	
** Person assigned to print documents that appear on the website.	
Dictate (the type of event will)	
Difference (It has made a)	
Directions (to follow)	
Divine intervention	
Dignity of Choice	
** OA pamphlet, with samples of eating plans & discussion on food / behaviour	
Disease	
** Compulsive eating is a three-fold disease: physical, emotional, spiritual.	
Diversity	
Diversity and Recovery	
** OA Pamphlet.	
Dump at meetings (to)	
** Complain or talk negatively	
Dump problems (to)	

E

Easy does it

Eating Disorder

Eating patterns

Eating plan

EC

** Executive Committee

Emotion

Emotional

** Emotional healing/ recovery

Events

Excellence

Exciting

Executive Committee

** A subset of the Board of Trustees with the duty of overseeing the World Service Office. The Executive Committee meets in person, or by conference call each month.

Experience (to)

F

Faced by (to be)

Faith

Fear

Feature

Feedback

Feeling

** Feeling bad about myself

** Feeling good about myself

Fellow

** The member of Overeaters Anonymous worldwide

Fellowship

** The membership of Overeaters Anonymous worldwide.

Figure out

Final Conference Report

**Report of the actions taken at the annual World Service Business Conference (WSBC or Conference). This report contains minutes of the business meetings, summaries of the workshop presentations, reports of the Conference committees, the revised Conference Policy Manual and addresses of the delegates, region chairs and trustees. (The personal data of the delegates are not included in the website version of the Report).

Find fault (to)

"First things first"

** Give priority to the most important things.

Fiscal year

** The current fiscal year for Overeaters Anonymous, Inc., is January 1–December 31.

Fix me (to)

Focus on Anorexia – Bulimia

Fold

** Three fold disease

Follow-through

Food plan

Foot

** A foot (pl. feet; abbreviation: ft) is a unit of length.

** 1 foot = 0.3048 meters

Footwork

** Detailed Actions

Forget

Forgive

Forgiveness

For Today

** OA book with 365 (one for each day of the year) texts on recovery written by members.

Forum (to provide a forum for sharing)

Foundation

Founder

** The Founder of Overeaters Anonymous, Rozanne S.

Functions

G

Gave up on me (they)

Get off track

** Get off the subject

Gifts

Grip

God

** God is in charge

Gratitude

Gratitude list

Group

** Also known as a meeting or meeting group. These points define an OA group

1) As a Group, they meet to practice the Twelve Steps and Twelve Traditions of OA 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 OA.

5) It has affiliated as an OA group by registering with the WSO.

** Composition of a group

A group may be formed, as set forth in Article V, Section 1, by two or more persons meeting together, either

(i) in the same physical location (face-to-face);

(ii) through some form of electronic device (virtually); or

(iii) both

** Virtual / virtually Groups. See letter V

GST Abbreviation for general service trustee.	
** GSTs are elected at-large from the OA membership. The six GSTs serve as the Executive Committee and are part of the BOT.	
Guidance	
Guidelines	
Gut level	
** To have an opinion not necessarily based on facts.	
Gut-level understanding	
H	
HALT (Hungry, Angry, Lonely, Tired)	
Hang-ups (old)	
Hard (to work hard)	
Handbook	
Heal	
Healing (the)	
Healing power	
Healthy Body Weight	
Hold on	
Hope	
Higher Power (HP)	
Honesty	
HOW (Honesty, Openness, Willingness)	
** Abbreviation for Honesty, Openness and Willingness. This is the acronym for a number of OA groups who have a slightly more structured method of practicing the OA program.	
Human strengths	
Humble	
Humility	
I	
IDEA day	
** Abbreviation for International Day Experiencing Abstinence. It takes place on the third Saturday of November. One of the four OA annual international days.	
IG	
** Abbreviation for intergroup	
Illogical	
Illusion	
Impulsive	
Inappropriate	
** E.G. with regard to eating or food behaviours	
Incident	
Insanity	
Inside job	
Instinct	
Integrity	
Intergroup, IG	
** The service body that supports local area groups. The intergroup is made up of representatives from each group it serves and is managed by a board of officers. Intergroups generally provide published local meeting lists, answer service calls from newcomers, and can at times develop OA locally produced literature (eg for PI purposes).	
Intergroup representative IR	
** A group member who is selected to represent a group at intergroup meetings	
Intuition	
Inventory	
Isolation	
J	
Job (my job is to)	
Judgments	
Junk food	
** Foods that are generally considered unhealthy	
"just for today"	
K	
Keep an open mind (to)	
Keep it (to keep it, you have to give it away)	
Keep it simple	
L	
Lead a meeting	
Leader	
Let go	
** Let go and let God	
Lifeline	
** Magazine of Overeaters Anonymous, publishing stories of recovery written and submitted by OA members. (Published for each of ten months every year).	
Licked	
** Defeated	
Lifeline weekly (the magazine)	
Lifted (our obsession is lifted)	
Lifted	
Lip-service	
** Insincere	
Lone	
Loner	
** OA member in a place without meetings.	
Loneliness	
Long-time member	
Long timer	
Loop	

Love for others	
** Ninth step principle.	
LSB, Language Service Board	
** A service body that provides services to the intergroups and/or groups with a common language, in an area outside the US and Canada.	
M	
Make a difference	
Make sure (to)	
Managing Director	
** Chief operating officer of the OA organization. The Managing Director manages day-to-day operations of the World Service Office, assists the Board of Trustees and serves as the corporate secretary of Overeaters Anonymous, Inc.	
Manual	
Malady	
Meditation	
Meeting(s)	
** Two or more people who have the desire to stop eating compulsively and who meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous. Also known as a group or meeting group. These points define an OA group:	
1) As a Group, they meet to practice the Twelve Steps and Twelve Traditions of OA 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 OA.	
Meeting list	
Meetings types	
Meeting format	
Mental disease, illness	
Mental health	
Mental age	
Miles	
Minutes	
Miracle	
** Miracles never cease	
** Don't quit before the miracle happens	
Mistake	
** I make a mistake	
** Something is wrong	
** I am wrong	
Moody	
Morbid obesity	
** Life threatening obesity	
N	
NSB National Service Board	
** The Service Body that provides services to the intergroups and/or groups within a country area outside the US and Canada.	
Newcomer	
No matter what	
Nibbling	
O	
OA as a whole	
OA worldwide	
Office	
** WSO (World Service Office)	
Officer(s)	
** Volunteer(s) elected or designated for giving service in OA service bodies.	
Obsession	
Ok (It's ok to)	
One day at a time	
One-on-one	
Our obsession is lifted	
Outburst	
Overeaters Anonymous Inc	
** The formal structure of the corporate organization subject to the laws of the state of New Mexico.	
** OA, Inc. is made up of the BOT; the WSO; and, for the week that it is in session, Conference.	
Overcome	
Overwhelm	
P	
Patterns	
Peace of mind	
Perseverance	
Physical recovery	
PI (Public Information)	
** Abbreviation for a Conference Committee called Public Information Committee. Its purpose is to coordinate efforts to provide information about OA to the public.	
Pitch	
** A brief talk in which members may qualify and describe what they were like before OA, what happened and what they are like now as well as how long they have been in OA. Pitches may also address a specific topic chosen by a group's leader.	
Plan of Eating	
** As a tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where and why we eat. Personal directions for an OA member, Plan of Eating as a tool is part of the Action Plan and is more than a Food Plan which OA does not endorse.	
Policy	
Pound(s)	
** The pound or pound-mass (abbreviations: lb, lbm) is a unit of mass / weight	
** 1 pound = 0.45359237 kilograms	

Power	
Powerful	
Pre-registrations	
Primary purpose	
** is to abstain from compulsive eating and compulsive food behaviours and to carry the message of recovery through the Twelve Steps of OA to those who still suffer	
Pride	
Principles	
Psychotherapy	
Purge (to)	
Purging	
** Vomiting or over - exercising	
Purpose	
Put down the fork	
Put the food down	
Q	
Qualify	
** The act of telling a group the length of time the speaker is recovering in the Fellowship and of the inner and outer changes experienced as a result of abstaining and working the Twelve-Step program of recovery.	
R	
Rationalization	
Reach out for	
** Reach out for help	
** Reach(ing) out to others	
Reading (as a tool)	
Realize (to)	
Recovery	
** Spiritual, emotional and physical recovery is the result of living the Twelve-Step Program of Overeaters Anonymous.	
** Become well	
** Regain control of	
Refrain (to)	
Regions	
** Ten areas of the physical world + the virtual world, as defined in the OA Bylaws.	
Region Assembly	
** The business meeting of each region. Intergroups or Service Boards send representatives to regional assemblies to enact business, elect Region officers and nominate candidates for Region Trustee.	
Region Chairs Committee	
Region	
Region Representative, RR	
** An intergroup representative who represents the intergroup at regional assemblies.	
Region Trustee	
** Ten members of the BOT who serve as liaisons between their regions and World Service Office.	
Registrations-at-the-door	
Relapse	
Representative	
** OA member designated for representing a service body in their region.	
Resentment	
Restore (us to)	
Retreat	
Rewarding	
Right	
Rotation	
Rotation in service positions	
Rozanne	
** The OA Founder	
S	
Sane	
Sanity	
Schedules	
Selfish	
See to it that	
Self-awareness	
Self-consciousness	
Self control	
Self-denial	
Self indulgence	
Self-righteous	
Self will	
Serenity Prayer	
Service	
Service Body(ies)	
Seventh Tradition	
** Contribution to OA, in either money or service.	
Share (to)	
Sharing	
Sick	
Sickness	
Slide	
Slip	
** I slipped	
** Slip and slide	
Solidarity	
Spread(ing) the message, the word	
Spiritual	
** Spiritual and sane life	
** Spiritual awakening	

** Spiritual recovery	
** Spiritual sustenance	
Spiritually fit	
Sponsee	
Sponsor	
Sponsorship	
Staff members	
** Staff members at the World Service Office	
Stand up and be counted	
Standard	
Steering committee	
Steps	
** The Twelve Steps of recovery from compulsive overeating, adapted (with permission) from the Twelve Steps of Alcoholics Anonymous.	
Stick to the 12+12 (to)	
** the 12 + 12 is the book Twelve Steps & Twelve Traditions of OA	
Still, small voice	
** Thought in a members head that may have come from their HP	
Strength	
Success	
** Successful	
** Successfully (to live)	
Surrender	
** Surrender the food	
** Surrender (daily)	

T

Teachable (to become)	
Thankfulness	
Therapy	
Therapist	
Three-fold disease	
Times of stress	
Tools of recovery	
** Nine tools to use in order to work the steps and live in recovery: Action plan, Plan of eating, Sponsor & sponsees, Meetings, Phone calls and mails, Literature, Writing, Anonymity & Service.	
Traditions, The Twelve Traditions.	
** The principal ideas behind the Overeaters Anonymous program of recovery, adapted (with permission) from the Twelve Traditions of Alcoholics Anonymous.	
Treatment	
** Medical treatment	
Trials (life's)	
Trigger food(s)	
Trouble (a member in)	
Trust	
Trusted servants	
Trustee	
Turn over one's will	
Twelve Steps	
** The Steps of recovery from compulsive overeating, adapted (with permission) from the Twelve Steps of Alcoholics Anonymous.	
12 & 12	
** The OA Twelve steps and Twelve Traditions book.	
Twelfth-step Within	
** A Conference committee whose purpose is to support the recovery of OA members	
Twelfth-step Within Day	
** Celebrated on 12/12.	
Twelfth-Step Work	
** This means practicing the 12th Step or, more specifically, carrying the OA message of recovery to other compulsive overeaters.	
Twelve Traditions	
** The principal ideas behind the Overeaters Anonymous program of recovery, adapted (with permission) from the Twelve Traditions of Alcoholics Anonymous.	

U

Underlying (the principles underlying the Steps)	
Understanding	
Unity	
** First Tradition principle	
Unity Day	
** One of the four OA international days. Celebrated worldwide on the fourth Saturday in February, the Unity Day was established to reaffirm the love and understanding shared by members in our Fellowship.	
Unity With Diversity	
** Committee whose purpose is to recognizing the significance that acceptance of diversity plays in our ability to effectively carry the message of recovery; the committee encourages awareness within and outside the Fellowship of the importance of unity while honoring and respecting diversity.	
Upset (to)	

V

Virtual Groups	
** (Groups which replicate face to face meetings through electronic media).	
Virtual Service Trustee	
** 1 member of the BOT who serves as liaison between the Virtual Services and World Service. VSB Abbreviation for Virtual Service Board (for online and telephone meetings).	
Voices of Recovery	
** OA book with 365 texts (one for each day of the year), written by members in recovery.	
Voices of Recovery workbook	
VSB	
** Abbreviation for Virtual Service Board (for online and telephone meetings).	
Volunteer	
Vomit	
Vomiter	

** I am a vomiter	
W	
Weather	
Weight	
White-knuckle-abstinence	
** Abstinence that we fight to keep instead of relaxing.	
Will	
Willing	
** Willing to give (being)	
** Willing to go to any length in order to recover	
** Willing to recover (I have been)	
Willingness	
** Willingness to give up food	
** Willingness to surrender (I asked the willingness.)	
Wisdom	
Withdrawal	
Work at the steps (to)	
Workshop	
Worthless	
Worthlessness	
World Service Business Conference	
** Annual business conference of Overeaters Anonymous, Inc. This weeklong meeting is held to elect Trustees, amend Bylaws, adopt new business policies and provide information to delegates through presentations and workshops.	
World Service Office, WSO	
** Administrative headquarters for Overeaters Anonymous in Rio Rancho, New Mexico. Staffed by professionals who conduct day-to-day business operations of OA, the WSO tracks OA groups worldwide, develops OA literature, produces the monthly Lifeline magazine, and sells and ships OA materials.	
WSBC	
** Abbreviation for World Service Business Conference.	
WSC	
** Abbreviation for World Service Convention, also known as Convention.	
WSO	
** Abbreviation for World Service Office.	
Writing (as a tool)	
Wrong	
Y	
Yearning	