## ENGLISH TERMS

### 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**

**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**

**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

**I have been admitted to hospital**

**Beyond our wildest dreams**

**Big Book**

The book Alcoholics Anonymous

**Big Shop**

The book Alcoholics Anonymous

**Birthday**

**Blessings**

**Board**

**Board member**

**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 materials.

**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 composed 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

- **OA Pamphlet.**
- **OA pamphlet, with samples of eating plans & discussion on food / behaviour**
- **OA pamphlet, with samples of eating plans & discussion on food / behaviour**
- **OA members introduce themselves as compulsive eaters or compulsive overeaters. Sometimes they add I am anorexic or bulimic, or a vomiter.**

### Conference

**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.**

Craying

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)
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)
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
Gave up on me (they)
Get off (to)
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 (e.g. 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

** OA member in a place without meetings.
Loneliness
Long-time member
Long timer
Loop
<table>
<thead>
<tr>
<th>M</th>
<th>Make a difference</th>
</tr>
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<tbody>
<tr>
<td>Make sure (to)</td>
<td>Managing Director</td>
</tr>
<tr>
<td>** 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.</td>
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<thead>
<tr>
<th>Meeting(s)</th>
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<tr>
<td>** 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:</td>
</tr>
<tr>
<td>1) As a Group, they meet to practice the Twelve Steps and Twelve Traditions of OA guided by the Twelve Concepts of OA Service.</td>
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<td>2) All who have the desire to stop eating compulsively are welcome in the group.</td>
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<tr>
<td>3) No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting).</td>
</tr>
<tr>
<td>4) As a Group they have no affiliation other than OA.</td>
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<thead>
<tr>
<th>Meeting list</th>
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<tr>
<td>** Meetings types</td>
</tr>
<tr>
<td>** Meeting format</td>
</tr>
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<table>
<thead>
<tr>
<th>N</th>
<th>Newcomer</th>
</tr>
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<tbody>
<tr>
<td>No matter what</td>
<td></td>
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<table>
<thead>
<tr>
<th>O</th>
<th>OA as a whole</th>
</tr>
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<tbody>
<tr>
<td>OA worldwide</td>
<td></td>
</tr>
<tr>
<td>Office</td>
<td></td>
</tr>
<tr>
<td>** WSO (World Service Office)</td>
<td></td>
</tr>
<tr>
<td>Officer(s)</td>
<td></td>
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<tr>
<td>** Volunteer(s) elected or designated for giving service in OA service bodies.</td>
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<thead>
<tr>
<th>Obsession</th>
</tr>
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<tbody>
<tr>
<td>Ok (It’s ok to)</td>
</tr>
<tr>
<td>One day at a time</td>
</tr>
<tr>
<td>One-on-one</td>
</tr>
<tr>
<td>Our obsession is lifted</td>
</tr>
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<tr>
<th>Overwhelm</th>
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<tbody>
<tr>
<td>Overeaters Anonymous Inc.</td>
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<tr>
<td>** The formal structure of the corporate organization subject to the laws of the state of New Mexico.</td>
</tr>
<tr>
<td>**OA, Inc. is made up of the BOT; the WSO; and, for the week that it is in session, Conference.</td>
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<tr>
<th>P</th>
<th>Patterns</th>
</tr>
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<tbody>
<tr>
<td>Peace of mind</td>
<td></td>
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<tr>
<td>Perseverance</td>
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<thead>
<tr>
<th>Physical recovery</th>
</tr>
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<tbody>
<tr>
<td>PI (Public Information)</td>
</tr>
<tr>
<td>** Abbreviation for a Conference Committee called Public Information Committee. Its purpose is to coordinate efforts to provide information about OA to the public.</td>
</tr>
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<tr>
<th>Pitch</th>
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<tr>
<td>** 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.</td>
</tr>
</tbody>
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<tr>
<th>Plan of Eating</th>
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<tbody>
<tr>
<td>** As a tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, 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.</td>
</tr>
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<thead>
<tr>
<th>Policy</th>
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<tbody>
<tr>
<td>** pound(s)</td>
</tr>
<tr>
<td>** The pound or pound-mass (abbreviations: lb, lbm) is a unit of mass / weight</td>
</tr>
<tr>
<td>** 1 pound = 0.45359237 kilograms</td>
</tr>
<tr>
<td>Power</td>
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<tr>
<td>-------</td>
</tr>
<tr>
<td>Primary purpose</td>
</tr>
<tr>
<td>Pride</td>
</tr>
<tr>
<td>Purge (to)</td>
</tr>
<tr>
<td><em>Vomiting or over-exercising</em></td>
</tr>
<tr>
<td>Put down the fork</td>
</tr>
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**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 (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**

**Refain (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**

**Slipped**

**Solitary**

**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
**Successfully (to live)**
Surrender
**Surrender the food**

**T**
Teachable (to become)
Thankfulness
Therapy
Therapist

Three-fold disease
Times of stress
Tools of recovery

**New tools to use in order to work the steps and live in recovery: Action plan, Plan of eating, Sponsor & sponsees, Meetings, Phone calls and mail, 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

Twelfth-step Within Day
**A Conference committee whose purpose is to support the recovery of OA members**

Twelfth-step Within Day
**Celebrated on 12/12.**

Twelfth-Step Work
**Receives training the tenth step or, more specifically, carrying the OA message in 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
**A 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

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<th>W</th>
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<tbody>
<tr>
<td>Weather</td>
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<tr>
<td>Weight</td>
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<tr>
<td>White-knuckle-abstinence</td>
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<tr>
<td>Abstinence that we fight to keep instead of relaxing.</td>
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<tr>
<td>Will</td>
</tr>
<tr>
<td>Willing</td>
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<tr>
<td>Willing to give (being)</td>
</tr>
<tr>
<td>Willing to go to any length in order to recover</td>
</tr>
<tr>
<td>Willing to recover (I have been)</td>
</tr>
<tr>
<td>Willingness</td>
</tr>
<tr>
<td>Willingness to give up food</td>
</tr>
<tr>
<td>Willingness to surrender (I asked the willingness.)</td>
</tr>
<tr>
<td>Wisdom</td>
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<tr>
<td>Withdrawal</td>
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<tr>
<td>Work at the steps (to)</td>
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<tr>
<td>Workshop</td>
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<td>Worthless</td>
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<td>Worthlessness</td>
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** 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.**

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<tr>
<td>Yearning</td>
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