DIGITAL FILES IN TRANSLATION

For information on receiving copies of these translations, please contact either the service body that translated the literature or the Publications Department at the World Service Office.

Note: Under the "Discontinued Literature" headings, you will find translations of materials that are not OA-approved literature anymore. Please use them <u>only</u> until a new translation of the current/replacement OA-approved literature is completed in your language.

OA's World Service Office has digital copies of the following translated materials:

Afrikaans (AFRI)

106 Many Symptoms, One Solution 160 Tools of Recovery 270 To the Newcomer 705 Where Do I Start? OA Glossary

Discontinued Literature

170 Questions and Answers 140 Dignity of Choice 145 A Plan of Eating

Arabic (ARAB)

705 Where Do I Start?*

990 The Twelve Steps and Twelve Traditions of Overeaters Anonymous, First Edition Strong Abstinence Checklist*

Suggested Meeting Format, including Tools of Recovery and Our Invitation to You Unity With Diversity Checklist*

Bahasa Indonesia (BAHA)

705 Where Do I Start?*

Chinese (CHIN)

705 Where Do I Start?*

990 The Twelve Steps and Twelve Traditions of Overeaters Anonymous, First Edition

Danish (DANI)

802 Seventh Tradition of OA

Strong Abstinence Checklist*

PI Poster: STOP

Dutch (DUTC)

106 Many Symptoms, One Solution

160 Tools of Recovery

270 To the Newcomer

710K Newcomer Packet

990 The Twelve Steps and Twelve Traditions of OA, First Edition

PI Posters: Fork, Pizza, Scale Strong Abstinence Checklist*

Suggested Meeting Format (including Our Invitation to You)

Discontinued Literature

141 A Commitment to Abstinence

150 Before You Take That First Bite, Remember

170 Questions and Answers

140 Dignity of Choice

145 A Plan of Eating

Finnish (FINN)

705 Where Do I Start?*

992 The Twelve Step Workbook of OA, Second Edition

Flemish (FLEM)

PI Posters: Fork, Pizza, Scale

French (FREN)

007 Temporary Sponsors: Newcomers' First Twelve Days

144 A New Plan of Eating

155 A Lifetime of Abstinence

420 Twelve Stepping a Problem wallet card

425 Carrying the Message wallet card

445 Twelve Traditions Pocket Guide

447 Twelve Freedoms wallet card

705 Where Do I Start?

802 Seventh Tradition of OA

950 Body Image, Relationships, and Sexuality

970 Taste of Lifeline

978 Seeking the Spiritual Path

990-2 The Twelve Steps and Twelve Traditions of OA, Second Edition

992 The Twelve Step Workbook of Overeaters Anonymous, First Edition

992 The Twelve Step Workbook of Overeaters Anonymous, Second Edition

994 Abstinence, Second Edition

Abstinence and Recovery Policy (Business Conference Policy 1988b [amended 2019])

Abstinence Presentation

Amazing Recovery - Passport to Unity Workshop

Breaking Out of Relapse PowerPoint

Breaking Out of Relapse Script

Glossary

Google advertisements

Group Conscience Guidelines

Guidelines for Anonymity in the Digital World

How OA Changed My Life (Newcomer's Stories)

How to Be an Effective Trusted Servant

Lifeline articles from April 2020 issue

OA Preamble

Our Invitation to You

PI Posters: Fork, Pizza, Refrigerator, Scale

Recovery Roadmap Workshop & Map

Simplicity Project (Twelfth Step Within)

Statement on Public and Social Media Policy (Business Conference Policy 2011a

[amended 2019])

Step-Study Meeting Format

Strong Abstinence Checklist*

Strong Meeting Checklist*

Strong Meeting Checklist

Suggested Meeting Format

To Atheists and Agnostics

Twelve Stepping a Problem

Unity With Diversity Checklist*

Website Development Guidelines

German (GERM)

110 & 725 OA Members Come in All Sizes AND Anorexia and Bulimia

120 OA Handbook

160 Tools of Recovery

230 Twelve Traditions

240 To the Family

270 To the Newcomer

330 Twelve Concepts of OA Service (1-4 only)

390 Anonymity

445 Twelve Traditions Pocket Guide

485 Twelfth-Step-Within Handbook

740 Newcomer Meeting Leader's Kit

751 About OA

770 When Should I Refer Someone to Overeaters Anonymous? (modified)

773 (fragment) Service, Traditions, and Concepts Workshop Manual

802 Seventh Tradition

970 Taste of Lifeline

974 For Today Workbook

976 A New Beginning

978 Seeking the Spiritual Path

980 Overeaters Anonymous, Third Edition (Brown Book)

984 For Today

986 Voices of Recovery

990 The Twelve Steps and Twelve Traditions of Overeaters Anonymous, First Edition

990-2 The Twelve Steps and Twelve Traditions of OA, Second Edition

992 The Twelve Step Workbook of Overeaters Anonymous, First Edition

994 Abstinence

996 Voices of Recovery Workbook

140, 145, 310, 400, AND 220 — A Compilation **(140, 145, 310 and 400**

DISCONTINUED)

Been Slipping and Sliding? A Reading and Writing Tool

ESH from IG Chairs (Shares for Service Support) source: oaregion9.org

For Atheists and Agnostics

Glossary

How Miracles Happen (8 Q&A)

PI Poster: Many Cakes

Public Information pamphlet

Recovery Checklist

Regions Map

Strong Abstinence Checklist*

Twelve Concepts - An Introduction

Workshop Suggestions

Website Development Guidelines

Discontinued Literature:

100 Together We Can

130 A Program of Recovery

150 Before You Take That First Compulsive Bite

170 Questions and Answers

190 Welcome Back

195 What If I Don't Believe in God?

260 OA Cares

265 A Common Solution: Diversity and Recovery

320 Compulsive Overeating - Inside View

491 Fourth-Step Inventory

762 Public Information Service Manual

Greek (GREE)

102 *2017 Member Survey*

105 Recovery Checklist

109 Think First wallet card

155 A Lifetime of Abstinence

160 The Tools of Recovery

330 Twelve Concepts of OA Service

390 Anonymity

410 Just For Today wallet card

415 Strong Abstinence Checklist wallet card

420 Twelve Stepping a Problem wallet card

425 Carrying the Message wallet card

430 One Day at A Time wallet card

435 Pocket Reference for OA Members

445 Twelve Traditions Pocket Guide

802 Seventh Tradition of OA

950 Body Image, Relationships, and Sexuality

974 For Today Workbook

978 Seeking the Spiritual Path

980 Overeaters Anonymous, Third Edition

986 Voices of Recovery

990-2 The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition

992 The Twelve Step Workbook of Overeaters Anonymous, Second Edition

994 Abstinence, Second Edition

998 Beyond Our Wildest Dreams

OA Glossary PI Poster: Pizza

Strong Abstinence Checklist*

Twelve Stepping a Problem

Discontinued Literature

108 Person to Person

141 A Commitment to Abstinence

140 Dignity of Choice

145 A Plan of Eating

150 Before You Take That First Compulsive Bite

265 A Common Solution: Diversity and Recovery

310 Maintaining a Healthy Body Weight

437 I Put My Hand in Yours wallet card

753 Introducing OA to Health Care Professionals

Hebrew (HEBR)

200 A Guide for Sponsors

705 Where Do I Start?

952 The Twelve Traditions Workbook of OA

990-2 The Twelve Steps and Twelve Traditions of OA, Second Edition

992 The Twelve Step Workbook of Overeaters Anonymous, First Edition

OA Glossary

PI Posters: Fork, Pizza

Strong Abstinence Checklist*

Hungarian (HUNG)

160 The Tools of Recovery

200 A Guide for Sponsors

270 To the Newcomer

330 Twelve Concepts of OA Service

445 Twelve Traditions Pocket Guide

750 Is Food A Problem For You?

978 Seeking the Spiritual Path

980 Overeaters Anonymous, Third Edition

990-2 The Twelve Steps and Twelve Traditions of OA, Second Edition

994 Abstinence, Second Edition

OA Information Cards

PI Poster: Pizza

Public Service Announcement captions

Strong Abstinence Checklist

Discontinued Literature

141 A Commitment to Abstinence

140 Dignity of Choice

145 A Plan of Eating

150 Before You Take That First Compulsive Bite, Remember

190 Welcome Back

170 Questions and Answers

320 Compulsive Eating—An Inside View

753 Introducing OA to Health Care Professionals

780 Introducing OA to the Clergy

Icelandic (ICEL)

Strong Abstinence Checklist*

Unity With Diversity Checklist*

160 Tools of Recovery (circa 1990)

435 Pocket Reference for OA Members

705 Where Do I Start?

986 Voices of Recovery

 $990\ The\ Twelve\ Steps\ and\ Twelve\ Traditions\ of\ Overeaters\ Anonymous,\ First\ Edition$

OA Glossary

Discontinued Literature:

130 A Program of Recovery

140 Dignity of Choice

141 A Commitment to Abstinence

150 Before You Take That First Compulsive Bite, Remember

170 Questions and Answers

Italian (ITAL)

007 Temporary Sponsors: Newcomers' First Twelve Days

705 Where Do I Start?

725 Anorexia and Bulimia Packet

802 Seventh Tradition of OA

960-2 Twelve Step Workshop and Study Guide, Second Edition

965 Participant Guide for Twelve Step Workshop and Study Guide, Second Edition

974 For Today Workbook

986 Voices of Recovery revised

982 Lifeline Sampler

990 The Twelve Steps and Twelve Traditions of Overeaters Anonymous, First Edition

990-2 The Twelve Steps and Twelve Traditions of OA, Second Edition

994 Abstinence, Second Edition

998 Beyond Our Wildest Dreams

Business Glossary

Guidelines for Addressing Disruptive Behavior

Guidelines for Locally Produced Literature

Guidelines for OA Events

OA Promise

OA Glossary

OA-Approved Literature List

PI Posters: Scale, Step One

Serenity Prayer

Strong Abstinence Checklist*

Translations Workshop

Unity with Diversity Checklist

Unity with Diversity Presentation

Discontinued Literature

491 Fourth Step Inventory Guide

772 Professional Outreach Manual

<u>Japanese</u> (JAPA)

445 Twelve Traditions Pocket Guide

705 Where Do I Start?*

740 Newcomer Meeting Leader's Kit

960 Twelve Step Workshop and Study Guide

990 The Twelve Steps and Twelve Traditions of OA, First Edition

Embracing Our Differences letter from the Board of Trustees OA Glossary

Strong Abstinence Checklist*
Strong Meeting Checklist*
Suggested Meeting Format (including Tools of Recovery and Our Invitation to You)
Unity With Diversity Checklist*

Korean (KORE)

003 Responsibility Pledge 705 *Where Do I Start?** PI Posters: Fork, Scale OA Promise

Discontinued Literature

753 Introducing OA to Health Care Professionals

Latvian (LATV)

705 Where Do I Start? 974 & 985 For Today and For Today Workbook **(one document)** 990-2 The Twelve Steps and Twelve Traditions of OA, Second Edition 992 The Twelve Step Workbook of Overeaters Anonymous, First Edition

<u>Lithuanian</u> (LITH)

750 Is Food a Problem for You?751 About OA755 Fifteen Questions

Discontinued Literature

141 A Commitment to Abstinence 140 Dignity of Choice 145 A Plan of Eating

Mongolian (MONG)

705 Where Do I Start?*

Norwegian (NORW)

705 Where Do I Start?*

990 The Twelve Steps and Twelve Traditions of Overeaters Anonymous, First Edition (pp. 109–207)

992 The Twelve Step Workbook of Overeaters Anonymous, First Edition PI Posters: Refrigerator, Scale

Persian (formerly Farsi) (PERS)

- 007 Temporary Sponsors: Newcomers' First Twelve Days
- 102 Membership Survey Report (2010)
- 120 OA Handbook for Members, Groups, and Service Bodies
- 240 To the Family
- 250 To Parents and Concerned Adults
- 290 To the Man Who Wants to Stop Compulsive Overeating, Welcome
- 390 Anonymity: Meanings and Applications of Traditions Eleven and Twelve
- 410 Just For Today
- 435 Pocket Reference for OA Members
- 447 Twelve Freedoms
- 705 Where Do I Start?*
- 705 Where Do I Start?
- 751 About OA
- 752 The Professional Community Courier
- 756 To the Teen Questionnaire
- 773 Service, Traditions, and Concepts Workshop Manual
- 802 Seventh Tradition of OA
- 960 Twelve Step Workshop and Study Guide
- 974 For Today Workbook
- 976 A New Beginning
- 984 For Today
- 990 The Twelve Steps and Twelve Traditions of Overeaters Anonymous, First Edition
- 992 The Twelve Step Workbook of Overeaters Anonymous, First Edition
- 994 Abstinence, Second Edition
- 996 Voices of Recovery Workbook
- **Abstinence Presentation**

Affiliation and Participation Flow Chart

Bylaws of the Virtual Region of OA, Inc. - Adopted January 20, 2019

Bylaws Basics Overview

Introduction to the Sample Service Body Bylaws

Lifeline information

Newcomer Welcome Coin Event (TSW)

OA Glossary

OA Group Inventory

OA Intergroup or Service Board Inventory

OA Region Inventory

Poster: "Is Food a Problem for You?"

Poster: "There is a Solution"

Recovery from Relapse Meeting Format

Sample Bylaws Template for Intergroup

Sample Bylaws Template for National Service Board

Sample Bylaws Template for Service Board

Sample Bylaws Template for Special-Focus or Language Service Board

Sample New Business Motion and Bylaw Amendment Instructions and Template for WSBC

Serenity Prayer

Service Pyramid

Suggested Meeting Format

Suggestions for Starting an Intergroup/Service Board

Tenth Step Daily Inventory card

Why Service? from oa.org: https://oa.org/why-service/

Discontinued Literature

108 Person to Person

140 Dignity of Choice

141 A Commitment to Abstinence

190 Welcome Back

260 OA Cares

280 To the Teen

320 Compulsive Overeating—An Inside View

400 Members in Relapse

437 I Put My Hand in Yours

491 Fourth Step Inventory Guide

753 Introducing OA to Health Care Professionals

Polish (POLI)

106 Many Symptoms, One Solution

109 Think First

110 OA Members Come in All Sizes

160 The Tools of Recovery

180 If God Spoke to OA

200 A Guide for Sponsors

220 Sponsoring Through the Twelve Steps

230 Twelve Traditions of OA Service

270 To the Newcomer

390 Anonymity

410 Just for Today wallet card

420 Twelve Stepping a Problem wallet card

445 Twelve Traditions Pocket Guide

755 Fifteen Questions

976 A New Beginning

978 Seeking the Spiritual Path

984 For Today

988 Overeaters Anonymous, Second Edition

990 The Twelve Steps and Twelve Traditions of Overeaters Anonymous, First Edition

992 The Twelve Step Workbook of Overeaters Anonymous, First Edition

994 Abstinence, Second Edition

802 Seventh Tradition of OA

Strong Abstinence Checklist*

Discontinued Literature

- 130 A Program of Recovery
- 141 A Commitment to Abstinence
- 140 Dignity of Choice
- 145 A Plan of Eating
- 150 Before You Take That First Compulsive Bite, Remember
- 170 Questions and Answers
- 190 Welcome Back
- 195 What If I Don't Believe In "God"?
- 310 Maintaining a Healthy Body Weight
- 400 Members in Relapse

Portuguese (PORT)

- 007 Temporary Sponsors: Newcomers' First Twelve Days
- 105 Recovery Checklist
- 106 Many Symptoms, One Solution
- 110 OA Members Come in All Sizes
- 120 OA Handbook for Members, Groups, and Service Bodies
- 180 If God Spoke to OA
- 200 A Guide For Sponsors (2018)
- 230 The Twelve Traditions
- 240 To the Family
- 270 To the Newcomer
- 330 Twelve Concepts of OA Service (2017)
- 485 Twelfth-Step-Within Handbook
- 705 Where Do I Start?
- 725 Anorexia/Bulimia Packet
- 802 Seventh Tradition of OA
- 960 Twelve Step Workshop and Study Guide
- 974 For Today Workbook
- 976 A New Beginning
- 982 Lifeline Sampler
- 984 For Today
- 986 Voices of Recovery
- 988 Overeaters Anonymous, Second Edition
- 990 The Twelve Steps and Twelve Traditions of Overeaters Anonymous, First Edition
- 990-2 The Twelve Steps and Twelve Traditions of OA, Second Edition
- 992 The Twelve Step Workbook of Overeaters Anonymous, Second Edition
- 994 Abstinence
- 998 Beyond Our Wildest Dreams
- Abstinence Literature Resource Guide
- Founder Recording from 1994
- Guidelines for Addressing Disruptive Behavior

Guidelines for Anonymity in the Digital World

OA Glossary

OA Group Inventory (from Virtual CCA)

OA Preamble

PI Posters: Fork, Pizza, Refrigerator, Scale

Seventh Tradition Table Card

Strong Abstinence Checklist (from Portugal AND Brazil)

Twelve Stepping a Problem

Unity With Diversity Checklist*

Unity With Diversity Statement

Videoconference Meeting Training and Security/Preventive Measures

Discontinued Literature

100 Together We Can

111 OA is Not a Diet Club

130 A Program of Recovery

141 A Commitment to Abstinence

140 Dignity of Choice

145 A Plan of Eating

150 Before You Take that First Compulsive Bite, Remember

170 Questions and Answers

190 Welcome Back

195 What If I Don't Believe in "God?"

310 Maintaining a Healthy Weight (You've Reached Goal Weight-Now What? (1996))

400 Members In Relapse

762 Public Information Service Manual

Romanian (ROMA)

705 Where Do I Start?

984 For Today

990-2 The Twelve Steps and Twelve Traditions of OA, Second Edition

Russian (RUSS)

106 Many Symptoms, One Solution

120 OA Handbook for Members, Groups, and Service Bodies

135 In OA, Recovery Is Possible

144 A New Plan of Eating

160 Tools of Recovery

270 To the Newcomer

410 Just for Today wallet card

445 Twelve Traditions Pocket Guide

759 STOP Public Information Poster

802 Seventh Tradition of OA

950 Body Image, Relationships, and Sexuality

960 Twelve Step Workshop and Study Guide

970 Taste of Lifeline

980 Overeaters Anonymous, Third Edition

984 For Today

990 The Twelve Steps and Twelve Traditions of Overeaters Anonymous, First Edition

994 Abstinence, Second Edition

OA Glossary

Strong Abstinence Checklist*

Strong Meeting Checklist*

Suggested Meeting Format

Unity With Diversity Checklist*

Discontinued Literature

140 Dignity of Choice

145 A Plan of Eating

170 Questions and Answers

Serbian (SERB)

705 Where Do I Start?*

Slovenian (SLOV)

705 Where Do I Start?

Spanish (SPAN)

007 Temporary Sponsors: Newcomers' First Twelve Days

007 Temporary Sponsors: Newcomers' First Twelve Days - Colombia

105 Recovery Checklist

109 Think First

106 Many Symptoms, One Solution

110 OA Members Come in All Sizes

120 OA Handbook for Members, Groups, and Service Bodies

135 In OA, Recovery Is Possible - Colombia

135 In OA, Recovery Is Possible - Mexico

144 A New Plan of Eating

144 A New Plan of Eating - Colombia

155 A Lifetime of Abstinence - Colombia

160 Tools of Recovery

180 If God Spoke to OA

200 A Guide for Sponsors

220 Sponsoring Through the Twelve Steps

230 Twelve Traditions of Overeaters Anonymous

240 To the Family

270 To the Newcomer

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290 To the Man Who Wants to Stop Eating Compulsively, Welcome
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330 Twelve Concepts of OA Service

390 Anonymity

410 Just for Today wallet card

415 Strong Abstinence Checklist

420 Twelve Stepping a Problem

445 Twelve Traditions Pocket Guide

485 Twelfth-Step-Within Handbook

705 Where Do I Start?

705 Where Do I Start? - Colombia

725 Anorexia/Bulimia Stories

750 Is Food a Problem for You?

751 About OA

752 Courier 2015

755 Fifteen Questions

756 To the Teen Questionnaire

802 Seventh Tradition of OA

950 Body Image, Relationships, and Sexuality – Mexico

950 Body Image, Relationships, and Sexuality - Colombia

950 Body Image, Relationships, and Sexuality - Spain

952 The Twelve Traditions Workbook of Overeaters Anonymous

970 Taste of Lifeline - Mexico

974 For Today Workbook

976 A New Beginning

976 A New Beginning - Mexico

978 Seeking the Spiritual Path

980 Overeaters Anonymous, Third Edition

982 Lifeline Sampler

984 For Today

986 Voices of Recovery

988 Overeaters Anonymous, Second Edition

990 The Twelve Steps and Twelve Traditions of Overeaters Anonymous, First Edition

990-2 The Twelve Steps and Twelve Traditions of OA, Second Edition

992 The Twelve Step Workbook of Overeaters Anonymous, First Edition

992 The Twelve Step Workbook of Overeaters Anonymous, Second Edition

994 Abstinence, Second Edition (plus Newcomers' Stories translated as own

document)

998 Beyond Our Wildest Dreams

A Step Ahead Q2 2018

A Step Ahead Q1 2023

A Sponsor's Toolbox

Abstinence Presentation

Amazing Recovery - Passport to Unity Workshop

Convention 2017 handout (with *Voices of Recovery* excerpts)

Courier 2013

Courier Issue 2

Disruptive Behavior Guidelines

Fifteen Questions

Fundraising and Prudent Reserve Guidelines

Group Inventory

Guidelines for a Group Conscience Meeting

How to Be an Effective Trusted Servant

OA Business Glossary

OA Glossary

OA Preamble

Our Invitation to You

PI Posters: Fork, Pizza, Refrigerator, Scale, Donut

Planning a Sponsorship Workshop

Sharing OA-Copyright Material Electronically

Simplicity Project

Sponsorship Success Online Workshop

Step Study Meeting Format

Strong Abstinence Checklist

Strong Meeting Checklist

Suggested Meeting Format

To Atheists and Agnostics

Tools of Recovery, Abridged

Twelve Steps

Twelve Traditions

Twelve Stepping a Problem

Unity With Diversity Checklist*

Uniting With Diversity Trifold

Videoconference Meeting Training and Security/Preventive Measures

Website Development Guidelines

<u>Spanish Language Virtual Service Board (ISVHP) translations (IVHP)</u>

License 1 (Agreement to Translate)

License 2 (Agreement to Publish and Distribute)

Courier 2018

A Step Ahead 3Q 2018

Discontinued Literature

130 A Program of Recovery

141 A Commitment to Abstinence

140 Dignity of Choice

145 A Plan of Eating

150 Before You Take That First Compulsive Bite, Remember

170 Questions and Answers

190 Welcome Back

195 What If I Don't Believe In "God"?

265 A Common Solution

280 To the Teen

310 Maintaining a Healthy Body Weight

320 Compulsive Overeating—An Inside View

400 Members in Relapse

491 Fourth Step Inventory Guide

753 Introducing OA to Health Care Professionals

762 Public Information Service Manual (2018)

772 Professional Outreach Manual

780 Introducing OA to the Clergy

Swedish (SWED)

802 Seventh Tradition of OA 984 For Today Strong Abstinence Checklist* Strong Meeting Checklist* Unity With Diversity Checklist*

Zulu (ZULU)

705 *Where Do I Start?** OA Glossary

*Translations created by a professional translations company commissioned by OA, Inc.