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 only 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*_

*Updated after WSBC 2023 and before WSBC 2024*
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 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])
Aesthesia 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

Updated after WSBC 2023 and before WSBC 2024
When Should I Refer Someone to Overeaters Anonymous? (modified)


Seventh Tradition
Taste of Lifeline
For Today Workbook
A New Beginning
Seeking the Spiritual Path
Overeaters Anonymous, Third Edition (Brown Book)
For Today
Voices of Recovery
The Twelve Steps and Twelve Traditions of Overeaters Anonymous, First Edition
The Twelve Steps and Twelve Traditions of OA, Second Edition
The Twelve Step Workbook of Overeaters Anonymous, First Edition
Abstinence
Voices of Recovery Workbook
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
Strong Abstinence Checklist*
Twelve Concepts - An Introduction
Workshop Suggestions
Website Development Guidelines

Discontinued Literature:
Together We Can
A Program of Recovery
Before You Take That First Compulsive Bite
Questions and Answers
Welcome Back
What If I Don’t Believe in God?
OA Cares
A Common Solution: Diversity and Recovery
Compulsive Overeating - Inside View
Fourth-Step Inventory
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

Updated after WSBC 2023 and before WSBC 2024
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:**

*Updated after WSBC 2023 and before WSBC 2024*
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
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

Japanese (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

Updated after WSBC 2023 and before WSBC 2024
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

Lithuanian (LITH)

750 Is Food a Problem for You?
751 About OA
755 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
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
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/](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*

*Updated after WSBC 2023 and before WSBC 2024*
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 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

*Updated after WSBC 2023 and before WSBC 2024*
290 To the Man Who Wants to Stop Eating Compulsively, Welcome
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

Updated after WSBC 2023 and before WSBC 2024
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

Spanish Language Virtual Service Board (JSVHP) translations (JVHP)

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

Updated after WSBC 2023 and before WSBC 2024
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
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.