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 OA, 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 OA, 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
990-2 The Twelve Steps and Twelve Traditions of OA, Second 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
160 The Tools of Recovery
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 OA, First Edition
992 The Twelve Step Workbook of OA, Second Edition
994 Abstinence, Second Edition
Abstinence and Recovery Policy (Business Conference Policy 1988b [amended 2019])
Abstinence Presentation
Amazing Recovery – Passport to Unity Workshop
Balanced Sponsor/Sponsee Relationship, The
Breaking Out of Relapse PowerPoints
Breaking Out of Relapse Script
Embracing Our Differences
Glossary
Google advertisements
Group Conscience Guidelines
Guidelines for Addressing Disruptive Behavior
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-Approved Literature List
OA Preamble
OA Promise
Our Invitation to You
PI Posters: Fork, Pizza, Refrigerator, Scale
Recovery Roadmap Workshop & Map
Responsibility Pledge
Sharing OA-Copyright Material Electronically
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*
Suggested Meeting Format
To Atheists and Agnostics
Tools of Recovery (abridged)
Twelve Concepts of OA Service
Twelve Stepping a Problem
Unity With Diversity Checklist*
Website Development Guidelines
Welcome Home (abridged)

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
751 About OA
770 When Should I Refer Someone to Overeaters Anonymous? (modified)
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 OA, 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

Updated after WSBC 2024 and before WSBC 2025
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
740 Newcomer Meeting Leader’s Kit
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 OA, 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
Before You Take That First Compulsive Bite  
A Common Solution: Diversity and Recovery  
Maintaining a Healthy Body Weight  
I Put My Hand in Yours wallet card  
Introducing OA to Health Care Professionals  

Hebrew (HEBR)  

A Guide for Sponsors  
Where Do I Start?  
The Twelve Traditions Workbook of Overeaters Anonymous  
The Twelve Steps and Twelve Traditions of OA, Second Edition  
The Twelve Step Workbook of Overeaters Anonymous, First Edition  
OA Glossary  
PI Posters: Fork, Pizza  
Strong Abstinence Checklist*  

Hungarian (HUNG)  

The Tools of Recovery  
A Guide for Sponsors  
To the Newcomer  
Twelve Concepts of OA Service  
Twelve Traditions Pocket Guide  
Is Food A Problem For You?  
Seeking the Spiritual Path  
Overeaters Anonymous, Third Edition  
The Twelve Steps and Twelve Traditions of OA, Second Edition  
Abstinence, Second Edition  
OA Information Cards  
PI Poster: Pizza  
Public Service Announcement captions  
Strong Abstinence Checklist  

Discontinued Literature  
A Commitment to Abstinence  
Dignity of Choice  
A Plan of Eating  
Before You Take That First Compulsive Bite, Remember  
Welcome Back  
Questions and Answers  
Compulsive Eating—An Inside View  
Introducing OA to Health Care Professionals  
Introducing OA to the Clergy  

Icelandic (ICEL)  

Updated after WSBC 2024 and before WSBC 2025
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 OA, 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
759 STOP Public Information Poster
802 Seventh Tradition of OA
974 For Today Workbook
982 Lifeline Sampler
986 Voices of Recovery revised
990 The Twelve Steps and Twelve Traditions of OA, 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?*
960 Twelve Step Workshop and Study Guide
990 The Twelve Steps and Twelve Traditions of OA, First Edition
A Tribute to OA’s Founder, Rozanne S.
Embracing Our Differences letter from the Board of Trustees
OA Glossary
Our Invitation to You
Strong Abstinence Checklist*
Strong Meeting Checklist*
Suggested Meeting Format (including Tools of Recovery and Our Invitation to You)
Unity With Diversity Checklist*

Discontinued Literature
740 Newcomer Meeting Leader’s Kit

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 OA, 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
106 Many Symptoms, One Solution
110 OA Members Come in All Sizes
120 OA Handbook for Members, Groups, and Service Bodies
144 A New Plan of Eating
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?
725 Selected Stories from Anorexia/Bulimia Packet
751 About OA
752 The Professional Community Courier
756 To the Teen Questionnaire
802 Seventh Tradition of OA
952 The Twelve Traditions Workbook of Overeaters Anonymous
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 OA, First Edition
992 The Twelve Step Workbook of Overeaters Anonymous, First Edition

* Updated after WSBC 2024 and before WSBC 2025
994 Abstinence, Second Edition
996 Voices of Recovery Workbook
998 Beyond Our Wildest Dreams
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

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 OA, 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
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 OA, 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 OA, First Edition
990-2 The Twelve Steps and Twelve Traditions of OA, Second Edition
992 The Twelve Step Workbook of OA, Second Edition
994 Abstinence, Second Edition
OA Glossary
Strong Abstinence Checklist*
Strong Meeting Checklist*
Suggested Meeting Format
Twelve Steps and Twelve Traditions of OA (single document)
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
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
960-2 Twelve Step Workshop and Study Guide, Second Ed. – Colombia
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 OA, 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

*Updated after WSBC 2024 and before WSBC 2025*
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
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.