DIGITAL FILES IN TRANSLATION

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
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*
P1 Poster: STOP

Dutch (DUTC)
106 Many Symptoms, One Solution
160 Tools of Recovery
270 To the Newcomer
710K Newcomer Packet
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)

Logo
PI Posters: Fork, Pizza, Scale

**French** (FREN)

007 Temporary Sponsors: Newcomers’ First Twelve Days
144 A New Plan of Eating
144 A New Plan of Eating - Canada
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 - Canada
992 The Twelve Step Workbook of Overeaters Anonymous, First Edition
992 The Twelve Step Workbook of Overeaters Anonymous, Second Edition - Canada
994 Abstinence, Second Edition
Abstinence and Recovery Policy (Business Conference Policy 1988b [amended 2019])
Abstinence Presentation

* Updated after WSBC 2023 and before WSBC 2024
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
762 Public Information Manual
770 When Should I Refer Someone to Overeaters Anonymous? (modified)
802 Seventh Tradition
970 Taste of Lifeline

Updated after WSBC 2023 and before WSBC 2024
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
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
Strong Abstinence Checklist*
Twelve Concepts - An Introduction
Workshop Suggestions
Website Development Guidelines

German Language Service Board translations (DDOA)
(Deutschsprachige Dienst OA)

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

Greek (GREE)

102 2017 Member Survey
105 Recovery Checklist
109 Think First wallet card
155 A Lifetime of Abstinence

Updated after WSBC 2023 and before WSBC 2024
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 Overeaters Anonymous, Second Edition
992 The Twelve Step Workbook of Overeaters Anonymous, First Edition
Logos

*Updated after WSBC 2023 and before WSBC 2024*
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 Overeaters Anonymous, 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
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

Updated after WSBC 2023 and before WSBC 2024
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
772 Professional Outreach Manual
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 Overeaters Anonymous, 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

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

Embracing Our Differences letter from the Board of Trustees

Updated after WSBC 2023 and before WSBC 2024
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
Bylaws of the Virtual Region of OA, Inc. - Adopted January 20, 2019
Bylaws Basics Overview
Introduction to the Sample Service Body Bylaws
Just for Today card
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
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 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
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
762 Public Information Service Manual
802 Seventh Tradition of OA
960 Twelve Step Workshop and Study Guide
974 For Today Workbook
976 A New Beginning
982 Lifeline Sampler
982 Lifeline Sampler PDF
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 Overeaters Anonymous, 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

Romanian (ROMA)

705 Where Do I Start?
984 For Today
990-2 The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition

Russian (RUSS)

106 Many Symptoms, One Solution
120 OA Handbook for Members, Groups, and Service Bodies
144 A New Plan of Eating
160 Tools of Recovery
160 Tools of Recovery (Revised 2022)
270 To the Newcomer (Revised 2022)
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

*Updated after WSBC 2023 and before WSBC 2024
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
008 Abstinence Presentation
008 Sponsor’s Toolbox – Colombia
110 OA Members Come in All Sizes
135 In OA, Recovery Is Possible – Mexico
144 A New Plan of Eating
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

*Updated after WSBC 2023 and before WSBC 2024*
420 Twelve Stepping a Problem
445 Twelve Traditions Pocket Guide
705 Where Do I Start?
705 Where Do I Start? – Colombia
725 Anorexia/Bulimia Stories
750 Is Food a Problem for You?
752 Courier 2015
755 Fifteen Questions
756 To the Teen Questionnaire
762 Public Information Manual (2018)
772 Professional Outreach Manual
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
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 2015
Courier Issue 2
Disruptive Behavior Guidelines
Fifteen Questions
Fundraising and Prudent Reserve Guidelines
Group Inventory
Guidelines for a Group Conscience Meeting

*Updated after WSBC 2023 and before WSBC 2024*
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
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

*Updated after WSBC 2023 and before WSBC 2024*
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 Apex Translations commissioned by OA, Inc.