
The OA Pledge of Responsibility: “Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible.”

From the GPIOA Outreach Committee-- Bill W. states that when first presented with the hope of recovery his friend emphasized that he needed to practice the 12 principles in all his affairs. “Particularly was it imperative to work with others as he had worked with me.”

Later in the Big Book, the chapter “Working With Others” begins with these words “Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can!”

This is as true for those who suffer from eating disorders as for the alcoholic and we are called to help them.

- In the United States 10,200 deaths each year are the direct result of an eating disorder – that’s one death every 52 minutes.
- The economic cost of eating disorders is \$6.7 billion every year.
- Nine percent of the U.S. population, or 28.8 million Americans, will have an eating disorder

in their lifetime.

- Nearly one in four Americans are living with diabetes which is profoundly affected by excess weight.

There are many, many people who need to hear the message of hope that we have to offer. But let’s face it, most of us don’t feel equipped to share it.



I have good news for you: OA World Service, Region #7 and GPIOA have tools to help us share OA with those who suffer from compulsive eating disorders and the professionals who may encounter us.

- “Carrying the Message” at <https://oa.org/app/uploads/2021/08/carrying-the-message-guide.pdf> has suggestions for do’s and don’ts when sharing about OA.
- “Fifteen Questions” at <https://oa.org/app/uploads/2021/08/fifteen-questions.pdf> can help someone determine if they have a problem with food.
- “Compulsive Eating: An Inside View” at <https://oa.org/app/uploads/2021/10/compulsive-overeating-an-inside-view-the-various-manifestations-of-compulsive-overeating-320.pdf> describes some of the various manifestations of compulsive eating.
- For a one stop website for your doctor, counselor, or any other professional, see <https://oa.org/professionals/>.
- Complete lists of free resources from OA World Service are available at <https://oa.org/document-library/> (select Carrying the Message, Outreach to Professionals, or Public Information from the Categories drop down box). The OA Bookstore at <https://bookstore.oa.org/> has all literature currently available for sale.
- A complete list of free resources from Region 7 is available at <https://oaregion7.org/resources/> (select Outreach Resources).

The Outreach Committee of GPIOA also has materials that we are willing to send you free of charge, contact Jessica F. at 412-334-3955 for details on available literature.

You can reach out to the Outreach Committee at outreach@gpioa.org with your questions or suggestions or even better join us as we look for ways to better share our hope and strength in OA to other suffering compulsive eaters. We meet on ZOOM the 2nd Monday of the month at 2:30 p.m.

The most important thing to remember is to SHARE YOUR STORY with those who still suffer. It is the key to keeping our abstinence.