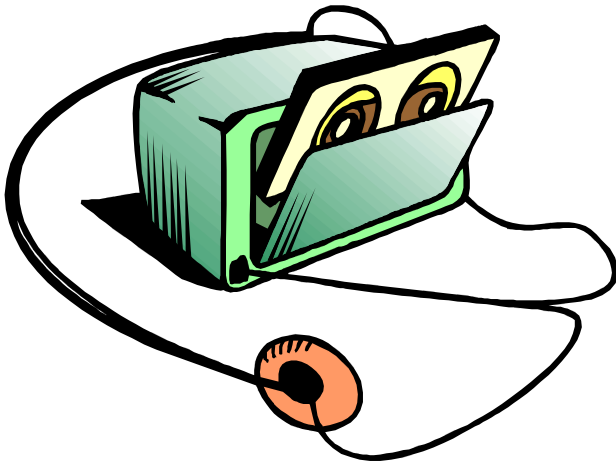


# Region V Tape/CD Library



## Recovery To Go 2010

**WSBC 88**

- 201 ASSEMBLY OPEN MEETING \*\*
- 202 STALLED ON THE LAUNCH PAD
- 203 EVERYTHING YOU WANTED TO KNOW ABOUT CONFERENCE
- 204 TRUSTING OUR TRUSTED SERVANTS
- 205 TRADITION 1 THE HEART OF OA IS UNITY
- 206 TRADITION 2 A SECOND TRADITION TRANGLE
- 207 TRADITION 3 MEMBERS ONLY
- 208 TRADITION 4 IS OUR WAY REALLY THE WAY
- 209 TRADITION 5 WHAT'S THE MESSAGE
- 210 TRADITION 6 MAINTAINING OUR INDEPENDENCE
- 211 TRADITION 7 MONEY MATTERS
- 212 TRADITION 8 EXPERIENCE, STRENGTH & HOPE, NOT PROFESSIONALISM
- 213 TRADITION 9 CONFERENCE SURVIVAL GUILD
- 214 TRADITION 10 WHAT IS AN OUTSIDE ISSUE
- 215 TRADITION 11 OA IS THE STAR ATTRACTION
- 216 TRADITION 12 HUMILITY OUR GREATEST SAFEGUARD
- 217 PRESENTATION/DISCUSSION ON ABSTINENCE

**218 REGION V 89 ASSEMBLY (1/89)**

**MICHIANA IG WORKSHOPS 88**

- 219 STEPS 1-4
- 220 STEP 12

**WSBC 89**

- 222 TRADITION 1 UNITY
- 223 TRADITION 12 HUMILITY
- 224 EVERYTHING YOU WANTED TO KNOW ABOUT CONFERENCE
- 225 THE RELATIONSHIPS OF CONFERENCE TO OA AS A WHOLE
- 226 THE RELATIONSHIP OF CONFERENCE TO THE BOARD OF TRUSTEES
- 227 THE RELATIONSHIPS OF CONFERENCE TO IG AND REGION
- 228 THE RELATIONSHIPS OF CONFERENCE TO THE MEMBERS
- 229 EXPLORING THE PURPOSE OF CONFERENCE PART 1

- 230 EXPLORING THE PURPOSE OF CONFERENCE PART 2
- 231 OUR CONFERENCE IN ACTION

**GREATER DETROIT IG SPRING INTO RECOVERY**

- 233 WORKSHOP #1
- 234 WORKSHOP #2
- 235 WORKSHOP #3

**ST. CLAIR COLLEGE WORKSHOPS 6/81**

- 236 WORKSHOP #1
- 237 WORKSHOP #2

**RV 89 SAILING INTO RECOVERY**

- 238 CONVENTION GRAND OPENING
- 239 STEP 1
- 240 STEP 2
- 241 STEP 3
- 242 STEP 5
- 243 STEP 6
- 244 STEP 7
- 245 STEP 8
- 246 STEP 9
- 247 STEP 10
- 248 STEP 11
- 249 STEP 12
- 250 TRADITION 1
- 251 TRADITION 2
- 252 TRADITION 3
- 253 TRADITION 4
- 254 TRADITION 5
- 255 TRADITION 6
- 256 TRADITION 7
- 257 TRADITION 8
- 258 TRADITION 9
- 259 TRADITION 10
- 260 TRADITION 11
- 261 TRADITION 12
- 262 NAME IT, CLAIM IT, DUMP IT
- 263 PROMISES
- 264 EXPECTATIONS
- 265 WILLINGNESS
- 266 ACCEPTANCE
- 267 MEDITATION
- 268 HUMILITY
- 269 HAPPY, JOYOUS, FREE
- 270 DENIAL
- 271 IDENTIFYING CHARACTER DEFECTS
- 272 ABSTINENCE
- 273 WORKING OA IN A MARRIAGE
- 274 4<sup>TH</sup> STEP WORKSHOP PART 1
- 275 4<sup>TH</sup> STEP WORKSHOP PART 2

276 BANQUET SPEAKER  
 277 MEETINGS  
 278 SERVICE  
 279 NOTHING CHANGES IS NOTHING  
 CHANGES  
 280 ANGER  
 281 RESENTMENT  
 282 SELF PITY  
 283 ANONYMITY  
 285 TELEPHONE  
 286 SUNDAY CLOSING

**287 GREATER CLEVELAND IG HOW  
 RECOVERY BROUGHT LOVE  
 INTO MY LIFE**

**GCIG 3/90 "SPRING INTO ACTION"**

288 SEXUALITY  
 289 OUT OF DEFEAT STRENGTH  
 300 BIG BOOK PROMISES  
 301 RELATIONSHIPS  
 302 FAITH WITHOUT WORKS IS DEAD  
 303 INTO ACTION  
 304 NANCY J/HER STORY

**CENTRAL OH OA SPRING RETREAT  
 "RECOVERY THROUGH  
 SPIRITUALITY"**

3050 STEP STUDY TAPE 1  
 3061 STEP STUDY TAPE 2  
 3072 STEP STUDY TAPE 3  
 3083 STEP STUDY TAPE 4

**LAKE ERIE IG "PASS IT ON 1993"**

3094 HAVE BEEN UNFAIR TO  
 PARTNERS  
 3103 STEPS 1-3  
 3114 STEPS 1-3 (CONT)  
 3125 STEPS 4-7  
 3136 STEPS 4-7 (CONT)  
 3147 STEPS 8-9  
 3158 STEPS 10-12  
 3169 STEPS 10-12 (CONT)  
 3170 RICHIE TELLS HIS STORY  
 3181 RICHIE TELLS HIS STORY (CONT)

**REGION V 90 THE HEART OF IT ALL**

319 OPENING SPEAKER  
 320 STEPS 1,2,3  
 321 SPONSORSHIP  
 322 STEPS 10,11,12  
 323 4<sup>TH</sup> STEP WORKSHOP #1  
 324 STEPS 4, 5  
 325 RELATIONSHIP  
 326 STEPS 8, 9  
 327 STEPS 6, 7  
 328 TELEPHONE

329 BULIMIA  
 330 4<sup>TH</sup> STEP WORKSHOP #1  
 331 STEPS 8,9  
 332 STEPS ABSTINENCE  
 333 STEPS 1,2,3  
 334 4<sup>TH</sup> STEP WORKSHOP #1  
 335 STEPS 10,11,12  
 336 TRADITIONS  
 337 STEPS 6,7  
 338 SEXUALITY (M)  
 339 ANONYMITY  
 340 STEPS 8,9  
 341 4<sup>TH</sup> STEP WORKSHOP #1  
 342 SEXUALITY (F)  
 343 LITERATURE \*\*  
 344 SPIRITUAL RECOVERY \*\*  
 345 WRITING \*\*  
 346 SERVICE \*\*  
 347 EMOTIONAL RECOVERY \*\*  
 348 4<sup>TH</sup> STEP WORKSHOP #1 \*\*  
 349 RELATIONSHIPS \*\*  
 350 MEETINGS \*\*  
 351 PHYSICAL RECOVERY \*\*  
 352 ABSTINENCE \*\*  
 353 SPONSORSHIP \*\*  
 354 TRADITIONS \*\*  
 355 4<sup>TH</sup> STEP WORKSHOP \*\*  
 356 STEPS 4,5 \*\*  
 357 PRAYER & MEDITATION \*\*  
 358 STEPS 1,2,3 \*\*  
 359 STEPS 6,7 \*\*  
 360 STEPS 10,11,12 \*\*  
 361 BIG BOOK \*\*  
 362 4<sup>TH</sup> STEP WORKSHOP #1 \*\*  
 363 BANQUET SPEAKER \*\*  
 364 SUNDAY MORNING SPEAKER (A) \*\*  
 365 SUNDAY MORNING SPEAKER (B) \*\*  
 366 SHARING & CLOSING \*\*

**WSC BREEZE INTO RECOVERY**

GO WSC 91 GRAND OPENING  
 GSI WSC 91 KEEP COMING BACK  
 GENERAL SESSION  
 1 WSC 91 HALT  
 2 WSC 91 ABSTINENCE IS PERSONAL  
 3 WSC91 ANONYMITY  
 4 WSC 91 RIGOROUS HONESTY  
 5 WSC 91 WHO'S IN CONTROL  
 6 WSC 91 SEXUALITY /INNER CORE  
 7 WSC 91 RESENTMENTS #1 KILLER  
 8 WSC 91 SLOW PHYSICAL RECOVERY  
 9 WSC 91 STEP 1  
 10 WSC 91 STEP 2  
 11 WSC 91 STEP 3  
 12 WSC 91 STEP 4  
 13 WSC 91 STEP 5  
 14 WSC 91 STEP 6

- 15 WSC 91 STEP 7
  - 16 WSC 91 STEP 8
  - 17 WSC 91 RELATIONSHIPS
  - 18 WSC 91 CHARACTER DEFECTS / CHARACTER ASSESTS
  - 22 WSC 91 9.2% MEN IN PROGRAM
  - 23 WSC 91 YOUNG PEOPLE'S CHALLENGES
  - 25 WSC 91 MY UNDERSTANDING OF H.P.
  - 26 WSC 91 A VISION FOR YOU & OA
  - 27 WSC 91 THE GLUE THAT BINDS US TOGETHER
  - 28 WSC 91 THE DISCOVERING STEPS 1, 2, 3
  - 29 WSC 91 THE UNCOVERING STEPS 4 THUR 9
  - 30 WSC 91 HONESTY
  - 31 WSC 91 STEP 9
  - 32 WSC 91 STEP 10
  - 33 WSC 91 STEP 11
  - 34 WSC 90 STEP 12
  - 35 WSC 91 A HISTORY OF OA
  - 36 WSC 91 A LONG WAY DOWN THE SCALE
  - 37 WSC 91 UNITY & TRADITION ONE
  - 38 WSC 91 ABSTINENCE
  - 39 WSC 91 GUILT, SHAME, COMPULSIVE OVEREATING
  - 40 WSC 91 SPONSORSHIP
  - 41 WSC 91 SHARING NOT ISOLATING
  - 42 WSC 91 FILLING THE VOID
  - 43 WSC 91 PROGRESS, NOT PERFECTION
  - 44 WSC 91 HOW I WORK MY PROGRAM
  - 45 WSC 91 LEARNING TO HAVE FUN
  - 46 WSC 91 MEN CAN RECOVER TOO
  - 47 WSC 91 Y.P.& THE 12 STEP TUNE
  - 48 WSC 91 FRENCH-SPEAKING MEETING
  - 49 WSC 91 SPANISH- SPEAKING MEETING
  - 50 WSC 91 JOURNAL OUR FEELINGS
  - 51 WSC 91 IT TAKES TWO
  - 52 WSC 91 JOY OF LIVING
  - 53 WSC 91 SPIRITUALITY & SEXUALITY
  - 54 WSC 91 MATURE RECOVERY
  - 55 WSC 91 PRACTICE THESE PRINCIPLES
  - 56 WSC 91 THE PROMISES
  - 57 WSC 91 RELAPSE/RECOVERY
  - 58 WSC 91 STAYING IN RECOVERY THRU PAIN
  - 59 WSC 91 FEELINGS WON'T KILL ME
  - 19 WSC 91 OA/WSO STRUCTURE, STAFF, SERVICE
  - 20 WSC 91 PROMISES COME TRUE FOR MEN TOO
  - 21 WSC 91 GROWING UP IN OA
  - 60 WSC 91 BODY, MIND, HEART, SPIRIT
  - 61 WSC 91 PRAYER & MEDITATION
  - 62 WSC 91 WHAT IS EMOTIONAL RECOVERY? THE RECOVERY STEPS 10, 11, 12
  - 63 WSC 91 THE PROMISES
  - GC WSC 91 CLOSING CEREMONY
- RV 91 ASSEMBLY IN THANKSGIVING**
- 1 RV 91 GRAND OPENING & SPEAKER HOW IT WORKS
  - 2 RV 91 WHY DON'T YOU CHOOSE YOUR OWN CONCEPTION OF GOD
  - 3 RV 91 A WAY TO LIVE WITHOUT WANTING TO COMPUSIVELY OVEREAT
  - 5 RV 91 WE CEASED FIGHTING ANYTHING OR ANYONE EVEN FOOD
  - 6 RV 91 YOU WILL BE FREE
  - 7 RV 91 MEDITATION
  - 8 RV 91 WE HAD TO FULLY CONCEDE TO OUR INNERMOST SELVES THAT WE WERE COMPULSIVE EATERS
  - 9 RV 91 KEEP IN FIT SPIRITUAL CONDITION
  - 10 RV 91 THE ONE DAY AT A TIME
  - 11 RV 91 THE ONLY RELIEF WE HAVE TO SUGGEST IS ENTIRE ABSTINENCE
  - 12 RV 91 EXPERIENCE HAS TAUGHT US
  - 13 RV 91 RESTLESSNESS, ANXIETY, FEAR & INSECURITY
  - 14 RV 91 SURRENDER TO WIN, GIVE AWAY TO KEEP, SUFFER TO GET WELL, & DIE TO LIVE
  - 15 RV 91 IN ORDER TO SAVE HIMSELF HE MUST CARRY THE MESSAGE TO ANOTHER
  - 16 RV 91 OA OFFERS US A WAY TO STAY ABSTINENCE
  - 17 RV 91 NOW ABOUT SEX
  - 18 RV 91 ACCEPTANCE IS THE ANSWER
  - 19 RV 91 KEYS TO THE KINGDOM
  - 20 RV 91 WE DON'T HAVE TO LIVE LIKE THAT ANYMORE
  - 21 RV 91 KEEP GOING TO MEETINGS

- 22 RV 91 GOD HAD DONE FOR HIM  
WHAT HE COULD NOT DO FOR  
HIMSELF
- 23 RV 91 HALF MEASURES AVAIL US  
NOTHING
- 22 RV 91 GRAB ONTO SERenity
- 23 RV 91 CLOSING-ARE THESE  
EXTRAVAGANT PROMISES
- 24 RV 91 O-NON SESSIONS WHAT IS  
O-NON
- 29 RV 91 O-NON MEETING

**WSBC 92 WORKSHOPS**

- W1 WSBC 92 EVERYTHING ABOUT  
CONFERENCE PART 1
- W2 WSBC 92 SPONSORSHIP
- W3 WSBC 92 PURPOSE OF  
CONFERENCE  
COMMITTEES
- W4 WSBC 92 SERVICE & TRADITIONS
- W5 WSBC 92 STUDY OF OA  
HANDBOOK
- W6 WSBC 92 EVERYTHING ABOUT  
CONFERENCE PART 2
- W7 WSBC 92 WAYS & MEANS
- W8 WSBC 92 SPEACIAL EVENTS
- W9 WSBC 92 WHAT WORKS - WHAT  
MAKES GROUPS & IG'S STRONG
- W10 WSBC 92 NEWSLETTERS-HOW TO
- W11A WSBC 92 HOW TO TAKE  
CONFERENCE HOME
- W11B WSBC 92 HOW TO TAKE  
CONFERENCE HOME
- W12 WSBC 92 WHAT IS GROUP  
CONSCIENCE
- W13A WSBC 92 OA SPOKEN HERE
- W13B WSBC 92 OA SPOKEN HERE
- W15 WSBC 92 OLD TIMERS

**WSBC 92 BUSINESS SESSIONS**

- B1 WSBC 92 DELEGATE BRIEFING,  
RULES REPORTS
- B2 WSBC 92 REPORTS,  
PRESENTATION, DISCUSSION  
"MANY ROADS, ONE RECOVERY (2  
TAPES)
- B3 WSBC 92 WSO STAFF INTRO,  
FOUNDERS PRESENTATION (2  
TAPES)
- B4 WSBC 92 ASK IT BASKET, NEW  
BUSINESS, BYLAWS
- B5 WSBC 92 BYLAW AMENDMENTS,  
NEW BUSINESS MOTIONS / BYLAW  
AMENDMENTS (2 TAPES)
- B6 WSBC 92 ELECTIONS (5 TAPES)
- B7 WSBC 92 BUSINESS SESSIONS

**RV 92 LIVING IN THE SOLUTON**

- 1 RV 92 OPEN OA MEETING
- 2 RV 92 GRAND OPENING &  
SPEAKER "LOOKING FOR A NEW  
SOLUTION"
- 3 RV 92 HERE WE MEET GUILT HEAD  
ON
- 4 RV 92 THE RISK OF PHYICAL  
INTIMACY
- 5 RV 92 WE ARE FREE TO CHANGE &  
LEARN
- 6 RV 92 SOMETIMES WE UNCOVER  
OLD TRAUMAS
- 7 RV 92 GOD'S DIRECT LINE INTO  
OUR MINDS
- 8 RV 92 SPOT-CHECK INVENTORIES
- 9 RV 92 MEDITATIONS (DISCUSSION)
- 10 RV 92 GENERAL SESSION &  
SPEAKER
- 11 RV 92 THE OA HONEYMOON WAS  
OVER
- 12 RV 92 ARE WE OVERLY  
DEPENDENT ON OTHERS
- 13 RV 92 OUR PRIMARY PURPOSE IS  
TO ABSTAIN
- 14 RV 92 SEEK TO BECOME AWARE  
OF OUR TRU E MOTIIVES
- 15 RV 92 WE ARE THE MESSAGE
- 16 RV 92 ATHEISTS & AGNOSTICS ARE  
WELCOME
- 17 RV 92 DEVOTE A PARAGRAPH
- 18 RV 92 THE DESTRUCTIVE THINGS  
WE HAVE DONE TO AVOID  
OBESITY
- 19 RV 92 WE'VE CLEANED UP THE  
WRECKAGE OF THE PAST
- 20 RV 92 ATTEMPTING TO MANAGE  
EVERY DETAIL OF OUR LIFE
- 21 RV 92 CONSULT W/A SPIRITUAL  
GUILD
- 22 RV 92 PRACTICE PRAYER
- 23 RV 92 BECAME READY FOR THIS  
MIRACLE
- 24 RV 92 BANQUET SPEAKER-  
TRANFORMED BY THIS SIMPLE  
PROGRAM
- 25 RV 92 HUMILITY IS SIMPLE &  
AWARENESS OF WHO WE ARE
- 26 RV 92 GRATITUDE MEDITATION  
OUR H.P.IS ALWAYS AVAILABLE  
TO US
- 27 RV 92 CLOSING - PERSEVERANCE  
BRING US THE REWARD OF  
CONTINUING PERMANENT  
RECOVERY (2)

29 RV 92 O-NON MEETING  
31 RV 92 OA OPEN MEETING  
33 RV 92 OA OPEN MEETING  
SATURDAY 11 PM

**1992 WSC OA A SAFE HARBOR**

1 OA A SAFE HARBOR  
2 OA I THINK I'LL STAY  
3 GOD'S WILL NOT MINE  
4 UNMANAGEABILITY  
5 A HUNGER FOR LIFE  
6 DEALING WITH STRONG  
EMOTIONS  
7 HP THE BEACON TO SANITY  
8 RECOVERY ON ALL THREE LEVELS  
9 SPONSORS BEACONS IN THE  
HARBOR  
10 HOW TO TURN IT OVER  
11 RELAPSE REPLACE SHAME WITH  
HOPE  
12 TAKING RESPONSIBILITY FOR MY  
ACTIONS  
13 FACE IT, TRACE IT, ERASE IT  
14 I CAN MAKE A MISTAKE, I'M NOT A  
MISTAKE  
16 AS SICK AS OUR SECRETS  
17 OPEN HEART HEALING  
18 CHANGE BEGINS WITH HONESTY  
20 HUMOR THE LIGHT SIDE OF  
RECOVERY  
21 DOES REMOVING DEFECTS MEAN  
WE BECAME UNRAVELED?  
22 THE SCALE IS NOT A HIGHER  
POWER  
23 LIFE CAN BEGIN AT 60  
24 THE MIRACLE OF CHANGE  
25 HUMILITY IS NOT HUMILIATION  
26 GETTING IN TOUCH WITH  
FEELINGS  
27 ATHEISTS AND AGNOSTICS IN OA  
28 LIVING LIFE ON LIFE 'S TERM  
29 RELAPSE STAY WITH US, WE  
LOOVE YOU  
30 GOD GRANT ME PATIENCE NOW  
31 WE HAVE A CHOICE  
32 SMALLER WEIGHT LOSS  
NEEDED/STILL BELONG  
33 LONGTIMERS MEETING  
34 ACCEPTING MY SEXUALITY  
35 TAKE WHAT YOU NEED AND  
LEAVE THE REST  
36 SEXUALITY/INNER CORE  
37 EACH DAY A NEW BEGINNING  
38 ACTING AS IF  
39 DO I HAVE A PROBLEM  
40 MEN AT WORK WORKING THE  
STEPS

41 LIFE IS FRAGILE, HANDLE WITH  
PRAYER  
42 GRIEVING LOSSES  
43 THE LIST- JUST MAKE IT  
44 INSANITY, DOING THE SAME  
THING/EXCEPTING CHANGE  
45 THE RECOVERY WOMEN  
46 HAPPINESS IS AN INSIDE JOB  
47 AMENDS, QUIET THE STORM  
48 SEVEN DAYS WITHOUT PRAYER  
MAKES ONE WEAK  
49 12 CONCEPTS WORKSHOP  
50 RELAPSE IS NOT CONTAGIOUS  
51 IF YOU SLIP GET UP  
52 FIT SPIRITUAL CONDITION BRINGS  
SERENITY  
53 KEEP COMING BACK  
54 YOUNG PEOPLE GROWING UP IN  
OA  
55 A LITTLE HOPE GOES A LONG WAY  
56 JUST FOR TODAY  
57 STAY 12 STEPS AHEAD OF A BINGE  
58 UNUSED TOOLS GET RUSTY  
59 SEXUALITY AND FEAR, MANY  
MASKS- GAY EMPHAIS  
60 ATHEISTS AND AGNOSTICS IN OA  
61 SOLITUDE, ALONE BUT NOT  
LONELY  
62 WALK THE WALK, ACTIONS SPEAK  
LOUDER THAN WORDS  
63 ABSTINENCE  
64 OA HISTORY  
65 DUST OFF YOUR LITERTURE AND  
CLEAN UP YOUR ACT  
66 UNITY IN DIVERSITY, A  
BALANCING ACT  
67 SMALLER WEIGHT LOSS  
NEEDED/STILL BELONGS  
68 OVER 100 LBS, I LOST A PERSON  
AND FOUND MYSELF  
70 FREEDOM FROM FEAR  
71 ABSTINENCE, A TOOL AND A  
RESULT  
72 CAME FOR VANITY, STAYED FOR  
SANITY  
73 NEVER TOO OLD TO CLIMB THE  
STEPS  
74 YOUNG PEOPLE, DANCING THE 12  
STEP STEPS  
75 ANONYMITY, BOTH FREEDOM  
AND RESPONSIBILY  
76 THE PROMISES OF THE PROGRAM  
77 LONGTIMERS MEETING  
78 TURNING DEFECTS INTO ASSETS

- 79 SPIRITUALITY, THE LESS TRAVELED ROAD
- 80 BACK TO BASICS
- 81 THE ELEVATOR'S BROKEN/TAKE THE STEPS
- 82 KEEPING THE FOCUS ON OURSELVES
- 83 RELAPSE AND RECOVERY
- 84 BODY/MIND/HEART/ SPIRIT
- 85 AN ATTITUDE OF GRATITUDE
- 86 LEARNING TO HAVE FUN
- 87 MEN CAN RECOVER TOO
- 88 SURVIVING CHANGE
- 89 PROGRESS NOT PERFECTION
- 90 SEX IS NOT A FOUR LETTER WORD
- 91 SHARING NOT ISOLATING
- 92 I CAN'T GOD CAN, I'LL LET HIM
- 93 HONESTY, PEELING THE ONION
- 94 SPIRITUAL RECOVERY, LET GO-LET GOD
- 95 THE PROMISES OF THE PROGRAM
- 96 EMOTIONAL RECOVERY
- 97 ABSTINENCE, A WAY OF LIFE
- 98 SATURDAY NIGHT'S SPEAKER
- 99 SUNDAY CLOSING SPEAKER

**O-ANON WORKSHOPS**

- A DON'T YOU HEAR ME?
- B WISDOM TO KNOW THE DIFFERENCE
- C NEED THE HONEYMOON BE OVER?

**1993 REGION - RECOVERY!  
RECOVERY! RECOVERY!**

- 9301 OUR SOLUTION IS A PROGRAM OF RECOVERY
- 9302 GIVE YOURSELF A CHANCE FOR RECOVERY
- 9303 RECOVERY BY ADMITTING THAT WE'RE POWERLESS
- 9304 DAILY TREATMENT WHICH BRINGS ABOUT OUR RECOVERY
- 9305 SUCCESS IN RECOVERY
- 9306 MOVE AHEAD WITH OUR PROGRAM OF RECOVERY
- 9307 TAKE THE THIRD STEP, WE CANNOT FAIL TO RECOVER
- 9308 WE MUST CHANGE IF WE ARE TO RECOVER
- 9309 MAKE IT POSSIBLE FOR US TO CHANGE AND RECOVER
- 9310 ACTIVELY REACHING FOR RECOVERY
- 9311 CONTINUED ABSTINENCE AND RECOVERY
- 5 RELATIONSHIPS, TAKE THE RISKS& ACT ON IT

- 9312 WILLING TO GO TO ANY LENGTH FOR RECOVERY
- 9313 READY TO MOVE AHEAD IN OUR PROGRAM OF RECOVERY
- 9314 ATHEISTS AND AGNOSTICS ARE WELCOME IN OA AND HAVE FOUND RECOVERY
- 9315 OUR JOURNEY TO RECOVERY
- 9316 AS WE BEGIN TO RECOVER
- 9317 IN ORDER TO RECOVER FROM COMPULSIVE OVEREATING
- 9318 IF THIS IS RECOVERY
- 9319 NOW THAT WE'RE RECOVERING
- 9320 MIRACLES OF RECOVERY
- 9321 MOVING TOWARD RECOVERY
- 9322 A WAY TO RECOVER FROM THE DISEASE
- 9323 CARRYING THE MESSAGE OF RECOVERY
- 9324 OUR OWN EXPERIENCE OF RECOVERY
- 9325 HUMILITY IS A GIFT AS SURELY AS IN OUR RECOVERY
- 9326 KEY ASPECT OF OUR RECOVERY
- 9327 WE HAD TO CHANGE IF WE WERE TO RECOVER
- 9328 REALITY FOR THOUSANDS OF COMPULSIVE OVEREATERS
- 9329 RECOVERY WOULD NOT EXIST
- 9330 IF WE ARE TO EXPERIENCE PERMANENT RECOVERY
- 9331 EVEN AFTER YEARS OF RECOVERY
- 9332 THE GREATEST JOY OF RECOVERY
- 9333 LIFE CHANGING DECISION WHICH WILL LEAD US TO RECOVERY
- 9334 POWERFUL FACTOR IN OUR RECOVERY
- 9335 KEY FACTOR IN OUR RECOVERY
- 9336 WORKING THE STEPS TO RECOVERY

**THE 12 STEPS OF OA**

- 1 THE 12 STEPS OF OA (TAPE 1)
- 2 THE 12 STEPS OF OA (TAPE 2)

**1993 WSC BRIDGES TO RECOVERY**

- 1 RELAPSE & RECOVERY:I GO TO ANY LENGTH
- 2 STAYING IN THE REAL WORLD
- 3 STOP CHASING THE SOLUTION
- 4 JUST WHAT I NEED TO HEAR
- 6 SHOUT YES TO LIFE
- 7 INFERIORITY

- 8 THE TIME OF MY LIFE IS NOW
  - 9 SPIRITUALITY, MY RESOURCES ARE WITHIN
  - 10 ANOREXICS, FREEDOM THAT COMES WITH RELINQUISHING CONTROL
  - 11 STEP FOUR, TRUTH
  - 12 ROZANNE'S STORY
  - 13 NEWCOMERS I HAD TO BE WILLING, WILLINGNESS IS THE KEY
  - 14 DO THE FOOTWORK
  - 15 100 IBS EMPHASIS, COMPULSIVE OVEREATING IS A KILLING DISEASE
  - 16 OLD-TIMERS SHARE EXPERIENCE, STRENGTH & HOPE
  - 17 I DON'T TRY TO ESCAPE
  - 18 MAINTANCE, GOD IS DOING FOR ME WHAT I COULD NOT DO FOR MYSELF
  - 19 WHEN I GAVE UP MY WILL, THE GIFT OF ABSTINENCE BECAME MIND
  - 20 GRAND OPENING
  - 21 THIS IS A SPIRITUAL PROGRAM NOT AN ACADEMIC ONE
  - 22 STEPS, CUTTING A WAY OLD GROWTH TO MAKE ROOM FOR THE NEW
  - 23 RELAPSE & RECOVERY, IS MY WAY REALLY EASIER?
  - 24 SOLITUDE- FACE TO FACE WITH MYSELF
  - 25 BULIMICS, ITS AN INSIDE JOB
  - 26 HAVING MY HIGHER POWER TAKE ME OFF MY HANDS
  - 27 RECOVERY REQUIRES A CHANGE OF WAYS
  - 28 GROWTH IS THE OPPOSITE OF CONTROL
  - 29 MEN'S FOCUS, HOW DO I SHOW LOVE?
  - 30 WOMEN'S FOCUS, HOW DO I SHOW LOVE?
  - 31 MAINTANCE, RECOVERY IS AN UNENDING PROCESS
  - 32 ATHEIST & AGNOSTIC, PRAYER IS LOGICAL
  - 33 WHEREVER I GO I TAKE MYSELF WITH ME
  - 34 OVER 50: TOMORROW IS TOO LATE
- A OA WEDNDAY MEETING
  - B OA THURDAY MEETING
  - C OA FRIDAY MEETING

- 35 YOUNG PEOPLE:PATIENCE TO WAIT FOR RESULTS
- 36 OA HISTORY
- 37 STEP SEVEN:HUMILITY- THE STATE OF BEING TEACHABLE
- 38 GAY & LESBIANS: FEAR WEARS MANY MASKS
- 39 I ACCEPT PEOPLE AS THEY ARE
- 40 NOT AFRAID TO EXPRESS MY EXUBERANCE
- 41 SEXUALITY: I DO NOT COMPARE MYSELF WITH ANYONE
- 42 ABSTINENCE: COME NOW,ONE BITE CAN'T HURT YOU
- 43 STEP THREE: THE MORE TOTAL OUR SURRENDER
- 44 STEP TWO: I CANNOT DO IT ALONE
- 45 I REFUSE TO SACRIFICE TODAY FOR TOMORROW THAT NEVER COMES
- 46 DINNER/SPEAKER
- 47 MEN'S FOCUS:MY DISEASE IS ONE OF ISOLATION & CLOSENESS,IS THE RISK MOST FEARED
- 48 WOMEN'S FOCUS; I SEEK MY OWN APPROVAL 1<sup>ST</sup> THEN THE APPROVAL OF OTHERS
- 49 DIGNITY
- 50 FREEDOM FROM FOOD OBSESSION
- 51 STEP TWELVE; I CAN'T KEEP WHAT I HAVE UNLESS I GIVE IT AWAY
- 52 CULTIVATING LOVING RELATIONSHIPS
- 53 THE DIRECTION GOD GIVES ME IS FORWARD
- 54 LIVING LIFE TO ITS FULLEST
- 55 NOW IS THE TIME TO BEGIN
- 56 MY SPIRIT IS SEIZED WITH AN UNTAMED JOY
- 57 CLOSING

#### **O-ANON TOPICS**

- 58 WHAT IS O-ANON
- 59 DO I BELONG IN O-ANON
- 60 FORMING &OPERATING AN O-ANON MEETING (THIS IS AN ORGANIZATIONAL MEETING-NOT A RECOVERY MEETING)
- 61 THE TOOLS OF A-NON
- 63 EXPERIENCE,STRENGHT,& HOPE

#### **WSBC MEETINGS**

- 1994 OA WORLD SERVICE BC  
WSBC BUSINESS SESSIONS**
- B1 BUSINESS SESSION I (3 TAPES)
  - B2 BUSINESS SESSION II (2 TAPES)
  - B3 BUSINESS SESSION III (3 TAPES)

- B4 BUSINESS SESSION IV (3 TAPES)
- B5 BUSINESS SESSION V (2 TAPES)
- B6 BUSINESS SESSION VI (2 TAPES)

**WSBC COMMITTEE PRESENTATIONS**

- C1 H.I.P. (2 TAPES)
- C2 YOUNG PEOPLES

**WSBC WORKSHOPS**

- W1 EVERYTHING ABOUT CONFERENCE (2 TAPES)
- W2 SPONSORSHIP (2 TAPES)
- W3 WHAT MAKES IG & REGION STRONG ( 2 TAPES)
- W4 WHAT MAKES A GROUP STRONG (2 TAPES)
- W5 SPECIAL EVENT ( 2 TAPES)
- W6 SERVICE/ TRADITIONS ( 1 TAPE)
- W7 HOW TO BE A VISABLE TRUSTED SERVANT AND A STRUGGLING OA MEMBER
- W8 HOW TO DO AN IG INVENTORY

**RV 94 CONVENTION CINCINNATI, OHIO**

- 9401 HOW IT WORKS GRAND OPENING
- 9402 THERE IS RECOVERY AFTER RELAPSE
- 9403 ANONYMITY & SPONSORSHIP
- 9404 MEETINGS & TELEPHONES
- 9405 STEPS 4&5 COURAGE/INTEGRITY
- 9406 LOVE & TOLERANCE
- 9407 TAKE/FEEL/TRUST
- 9408 STEPS 2 &3 HOPE/FAITH
- 9409 LET GO & LET GOD
- 9410 KEEP IT SIMPLE
- 9411 IN ORDER TO SAVE HIMSELF HE MUST CARRY THE MESSAGE
- 9412 YOU WILL BE FREE
- 9413 BANQUET/A WAY TO LIVE WITHOUT WANTING TO COMPULSIVELY OVEREAT
- 9414 LIFE AFTER GOAL WEIGHT
- 9415 LITERATURE THE TOOLS READING/WRITING
- 9416 ONE DAY AT A TIME
- 9417 KEEP IN FIT SPIRITUAL CONDITION
- 9418 EXPERIENCE HAD TAUGHT US
- 9419 STEP 1 HONESTY
- 9420 STEPS 6&7 WILLINGNESS/HUMILITY
- 21 INTERGROUP / REGION 3<sup>RD</sup> SESSION

- 9421 STEPS 8 & 9 SELF-DISCIPLINE/LOVE
- 9422 STEPS 10 & 11
- 9423 STEPS 12 SERVICE
- 9424 CLOSING - THOSE EXTRAVAGANT PROMISES
- 22 A 5<sup>TH</sup> BUSINESS SESSION
- 22 B 5<sup>TH</sup> BUSINESS SESSION
- 23 A 6<sup>TH</sup> BUSINESS SESSION
- 23 B 6<sup>TH</sup> BUSINESS SESSION
- 23 C 6<sup>TH</sup> BUSINESS SESSION

**1995 WSBC**

- 1 EVERYTHING ABOUT CONFERENCE
- 2 MINING THE GOLD-RECRUITING TRUSTED SERVANTS
- 3A WHAT IS AUTONOMY HOW DOES IT WORK
- 3B WHAT IS AUTONOMY HOW DOES IT WORK
- 4 INTERGROUP/REGION
- 6 STRATEGIC/PLANNING
- 7 A BUSINESS SESSION
- 7 B BUSINESS SESSION
- 8 A INTERGROUP / STRATEGIC PLANNING
- 8 B INTERGROUP/STRATEGIC PLANNING
- 9 A OUTSIDE ISSUES KEEPING THE FOCUS
- 9 B OUTSIDE ISSUES KEEPING THE FOCUS
- 10 COLLECTIVE GROUP RECOVERY FROM ME TO WE
- 11 TWELTH STEP WITHIN
- 12 FINANCE
- 13 INTERGROUP / REGION 2<sup>ND</sup> SESSION
- 14A 2<sup>ND</sup> BUSINESS SESSION
- 14B 2<sup>ND</sup> BUSINESS SESSION
- 15A 3<sup>RD</sup> BUSINESS SESSION
- 15B 3<sup>RD</sup> BUSINESS SESSION
- 16A 4<sup>TH</sup> BUSINESS SESSION
- 16B 4<sup>TH</sup> BUSINESS SESSION
- 16C 4<sup>TH</sup> BUSINESS SESSION
- 17 MEMBERSHIP RETENTION/SPONSORSHIP
- 18 HOW TO BE SELF-SUPPORTING
- 19 PUBLIC INFORMATION
- 20 YOUNG PEOPLES

**1995 WSC MINNEAPOLIS, MINNESOTA**

- 1 OVERCOMING THE DIET MENTALITY
- 3 TRUSTING YOUR HIGHER POWER STRENGTH NOT WEAKNESS

5 STEP 1 HONESTY IS THE FOUNDATION  
 6 NEWCOMERS: DISEASE CONCEPT  
 7 NEWCOMERS 12 STEPS- SUGGESTED PROGRAM OF RECOVERY  
 8 ABSTINENCE FROM NEGATIVE THINKING  
 9 STEPS 5 INTEGRITY IN OUR CHOICES  
 10 TOOLS OF RECOVERY  
 11 100 IBS WINNER  
 12 STEP 11 SPIRITUAL AWARENESS IN DAILY LIFE  
 13 NEWCOMERS THE SLOGANS  
 14 STEP 4 COURAGE TO MOVE ON  
 15 LOSING INTEREST IN SELFISH THINGS  
 16 NEWCOMERS; KEEP COMING BACK  
 17 MY EXPERIENCE CAN HELP OTHERS  
 18 NEWCOMERS THE TWELTH TRADITIONS  
 19 SPONSORSHIP/A GUILDING LIGHT  
 20 I AM MORE THAN HOW MUCH I WEIGH  
 21 OUT OF ISOLATION; INTO RELATIONSHIPS  
 22 BEING INTERESTED IN OTHERS  
 23 STEP 7: HUMILITY AND TRUST  
 24 THIS TOO SHALL PASS  
 25 FEAR OF PEOPLE AND ECONOMIC USELESSNESS AND SELF-PITY ARE GONE  
 27 GRAND OPENING (2 TAPES)  
 28 LETTING GO OF OLD IDEAS  
 29 MAKING AMENDS  
 30 SELF-SEEKING IS GONE  
 31 A WHOLE NEW ATTITUDE AND OUTLOOK ON LIFE  
 32 H.A.L.T. LOOKING FOR MODERATION  
 33 FEELINGS: FACE IT,TRACE IT,ERASE IT  
 34 LIVING HAPPY,JOYOUS AND FREE  
 35 ROZANNE:HISTORY OF OA  
 36 EMOTIONAL MATURITY  
 37 STEP 11:SPIRITUAL AWARENESS IN DAILY LIFE  
 38 CARRYING THE MESSAGE

9510 PANEL: WE PRACTICE ABSTINENCE  
 9511 ASK IT BASKET  
 9512 MY STORY

39 LONG-TIMERS SHARING  
 40 RULE 62 DON'T TAKE YOURSELF TOO SERIOUSLY:HAVE FUN  
 41 STEP 4 COURAGE TO MOVE ON  
 42 GOD IS DOING FOR ME WHAT I CANNOT DO FOR MYSELF  
 43 100 IBS WINNERS 11  
 44 SERenity AND PEACE  
 45 STEP 10 PERSEVERANCE AND RECOVERY  
 46 LONG-TIMERS SHARE  
 47 LIVING IN THE SOLUTION, NOT THE PROBLEM  
 48 DINNER SPEAKER  
 49 I'M A MIRACLE IN PROGRESS  
 50 STEP 8 SELF-DISCIPLE  
 52 STEP 9 LOVE OF OTHERS AND OURSELVES  
 53 STEP 10 PERSEVERANCE AND RECOVERY  
 54 KNOWING HOW TO HANDLE SITUATIONS THAT USED TO BAFFLE US  
 55 CLOSING SESSION

**O-ANON TOPICS**

57 O-ANON WORKSHOP, DO I BELONG IN A-ANON  
 58 O-ANON WORKSHOP RECOVERY IN A-NON

**95 REGION V CONVENTION MICHIGAN, IN.**

9501 GRAND OPENING: WELCOME BACK  
 9502 MY STORY  
 9503 HONESTLY FACE THE TRUTH  
 9504 MY STORY  
 9505 TALK AND LISTEN TO OTHER COMPULSIVE OVEREATERS  
 9506 MY STORY  
 9507 READ OUR LITERTURE WITH AN OPEN MIND  
 9508 OPENING: COMPULSIVE OVEREATING HAS MANY SYMPTONS  
 9509 BASIS OF THE PROGRAM IS SPIRITUAL  
 9510 MY STORY  
 9511 MY STORY  
 9512 MY STORY  
 9513 MY STORY  
 9514 MY STORY  
 9515 MY STORY  
 9520 BANQUET: WE DO NOT ENDORSE ANY PARTICULAR PLAN OF EATING

- 9521 MY STORY
- 9522 WE ARE NOT A FAILURE
- 9523 MY STORY
- 9524 THE AMAZING SECRET
- 9526 UNCONDITIONAL LOVE AND ACCEPTANCE
- 9527 MEDITATION
- 9528 CLOSING : KEEP COMING BACK (1<sup>ST</sup> HOUR)
- 9529 CLOSING: KEEP COMING BACK (2<sup>ND</sup> HOUR)
- 9530 JOY OF LIVING- THREE RIVERS INTERGROUP SHAREATHON (2 TAPES)

**1996 LAND BETWEEN THE LAKES CONVENTION "HAPPY, JOYOUS& FREE"**

- 1 KEYNOTE SPEAKER (FRIDAY)
- 2 PEELING OFF THE LAYERS
- 3 AM I TOO SMART TO WORK THE PROGRAM
- 4 EXPECTATIONS: PREMEDITATED RESENTMENTS
- 5 LIVING LIFE AS A GIFT TO MYSELF AND OTHERS
- 6 WEIGHTING TO EXHALE
- 7 HOPE AND WILLINGNESS: SPRINGBOARDS TO RECOVERY
- 8 FEAR: FACE EVERYTHING AND RECOVER
- 9 THE THREE C'S OF RECOVERY
- 10 ABSTINENCE FROM FOOD AND NEGITIVE THINKING
- 11 EXCHANGING "YES BUT " FOR :WHY NOT"
- 12 ISOLATION: THE DARK ROOM IN WHICH I DEVELOPE MY NEGATIVES
- 13 MAKING A ZIP
- 14 KEYNOTE SPEAKER (SATURDAY)
- 15 BONDING TO MY SELF IMAGE
- 16 INTIMACY: INTO ME SEE

- 9603 MY STORY
- 9604 MY STORY
- 9605 OPENING: OUR PRIMARY PURPOSE
- 9606 HOW IT WORKS, A STRONG FOUNDATION
- 9607 MY STORY
- 9608 JUMP START YOUR RECOVERY
- 9609 MY STORY
- 9610 STAYING ABSTINECE THRU THE NIGHT
- 9611 ABSTINENCE & A PLAN OF EATING
- 9612 MY STORY
- 9613 LIVING IN THE PROMISES
- 9614 MY STORY
- 9615 WHERE SPIRITUAL AND MATERIAL MEET
- 9616 MY STORY
- 9617 MY STORY
- 9618 MY STORY
- 9619 HUMOR AND PLAY IN RECOVERY
- 9620 MY STORY
- 9621 MY STORY
- 9622 BODY IMAGE: SEXUALITY & RECOVERY
- 9623 MY STORY
- 9624 MY STORY
- 9625 MY STORY
- 9626 MY STORY
- 9627 MY STORY
- 9628 CLOSING: LEAD & PITCHES (1<sup>ST</sup> HOUR)
- 9629 CLOSING: LEAD & PITCHES (2<sup>ND</sup> HOUR)
- 9630 TALENT SHOW

**1996 REGION V CONVENTION ABSTINENCE "THE ROCK OF RECOVERY"**

- 9601 MY STORY
- 9602 MY STORY

**1997 REGION V CONVENTION  
(CIRCLE OF RECOVERY)**

- 9701 WILLING TO CHANGE FROM  
INSIDE (FRIDAY 8:00PM)
- 9702 OUT OF ISOLATION INTO  
RECOVERY (FRIDAY 10:00 AM)
- 9703 ABSTINENCE 1<sup>ST</sup> THINGS 1<sup>ST</sup>  
(SATURDAY 9:00 AM)
- 9704 CAME TO BELIEVE STEP 2  
(SATURDAY 10:00 AM)
- 9705 CHOICES: I CAN'T OR I CAN  
(SATURDAY 10:00 AM)
- 9703 BACK TO BASIC (SATURDAY  
10:00 AM)
- 9704 FELLOWSHIP : WHAT'S IT IS ALL  
ABOUT (SATURDAY 11:00 AM)
- 9705 REACHING BACK FROM  
RELAPSE (SATURDAY 11:00 AM)
- 9706 LET GO & LET GOD STEP 3  
(SATURDAY 11:00 AM)
- 9707 GETTING THROUGH THE  
HOLIDAYS (SATURDAY 12:00 PM)
- 9708 READY AND WILLING STEPS 6  
&7 (SATURDAY 12:00 PM)
- 9709 TOGETHER WE CAN STEP 12  
(SATURDAY 12:00 1:00 PM)
- 9710 HEALING POWER OF  
FORGIVENESS (SATURDAY 1:00  
PM)
- 9711 STEP BY STEP, DAY BY DAY  
(SATURDAY 2:00 PM)
- 9712 LONG TERM MAINTANCE  
(SATURDAY 2:00 PM)
- 9713 RELEASING RESENTMENTS  
(SATURDAY 2:00 PM)
- 9714 OA SPELLS RELIEF (SATURDAY  
3:00 PM)
- 9715 RECOVERY: EMOTIONAL &  
MAINTANCE (SATURDAY 3:00 PM)
- 9716 100 LBS WEIGHT LOSS &  
MAINTANCE (SATURDAY 3:00  
PM)
- 9717 GRATITUDE (SATURDAY 4:00  
PM)
- 9718 SEXUALITY & SELF (SATURDAY  
4:00 PM)
- 9719 ACCEPTANCE: WORK IN  
PROGRESS (SATURDAY 4:00 PM)
- 9720 UNITY & RECOVERY  
(SATURDAY 5:00 PM)
- 9721 KEEP COMING BACK TIL THE  
MIRACLE (SATURDAY 5:00 PM)
- 9722 SPONSORSHIP (SATURDAY 5:00  
PM)
- 9723 HAPPINESS & HUMOR IN  
RECOVERY (SATURDAY 7:30PM)

- 9724 LET IT BEGIN WITH ME  
(SATURDAY 9:00 PM)
- 9725 IN ALL OUR AFFAIRS  
(SATURDAY 10:00 PM)
- 9726 TOOLS & SLOGANS (SATURDAY  
11:00 PM)
- 9727 GUIDED MEDITATIONS  
(SUNDAY 8:00 AM)
- 9728 SPIRITUALITY HAPPINESS FROM  
WITHIN (SUNDAY 9:00 AM)
- 9729 CLOSING RECOVERY A WAY OF  
LIFE (SUNDAY 10:00 AM)

**1997 WSC CELEBRATE RECOVERY**

- 1 INTIMACY
- 2 I JUST HAVE AN EATING PROBLEM
- 3 DISEASE OF ISOLATION
- 4 CHANGE BEGINS WITH HONESTY
- 5 ABSTINENCE REFRAINING FROM  
COMPULSIVE OVEREATING
- 8 OCCASIONAALLY THE OBSESSION  
RETURNS
- 9 SPIRITUALITY AND OA
- 13 HUMILITY MAKES US TEACHABLE
- 15 PERSONAL GROWTH/SERVICE
- 18 WELCOME TO OA/WELCOME  
HOME
- 20 NONE OS US CAN--PERFECTLY
- 24 WHAT WORKS FOR ME
- 26 A NEW WAY OF LIFE
- 27 WHEN TRADITIONS ARE BROKEN
- 30 ACTED AS IF
- 31 PERSONAL VS. PUBLIC  
ANONYMOUS
- 33 THERE IS A SOLUTION (BIG BOOK)
- 35 FREEDOM: PHYSICAL, EMOTIONAL  
AND SPIRITUAL
- 36 REMOVING THE STUMBLING  
BLOCKS
- 40 LET GO OF CONTROL
- 41 LISTENING WITH OPEN MINDS
- 42 WEIGHT LOSS IS NOT OUR ONLY  
GOAL
- 45 CULIVAATE THE WILLINGNESS
- 46 WE'RE DOING IT FOR OURSELVES
- 50 CLEANING UP THE PAST
- 52 INTO ACTION (BIG BOOK)
- 64 OURS IS A SPIRITUAL PROGRAM
- 67 OUR REWARDS ARE GREAT
- 69 WILLING TO MAKE AMENDS
- 71 HOW DO WE LIVE WITHOUT  
PERFECTION
- 79 STRIVING FOR PROGRESS, NOT  
PERFECTIONS
- 81 FOCUS  
GROUP:ANOREXIA/BULIMIA

**1998 WORLD SERVICE BUSINESS  
CONFERENCE**

- 1 EVERYTHING ABOUT  
CONFERENCE
- 2 CREATING CREATIVE  
NEWSLETTERS
- 3 GATEWAY TO RECOVERY
- 82 EFFECTIVE WSBC COMMITTEES
- 83 HOW TO PLAN CONVENTIONS  
AND RETREATS
- 84 PLAN OF EATING
- 8 OA ONLINE: A TOOL FOR A NEW  
CENTURY
- 9 PUBLIC INFORMATION  
WORKSHOP
- 10 HIPM WORKSHOP
- 11 12<sup>TH</sup> STEP WITHIN WORKSHOP
- 12 MOCK INTERGROUP MEETING  
SERVICE AT WORK
- 13 CO-FOUNDER PRESENTATION FOR  
ST-LOUIS BI-STATE
- 14 WHAT IS INFORMED GROUP  
CONSCIENCE
- 15 UNITED WE STAND 1<sup>ST</sup> TRADITION
- 171 BUSINESS SESSION1
- 17B BUSINESS SESSION 1
- 182 BUSINESS SESSION 11
- 18B BUSINESS SESSION11
- 18C BUSINESS SESSION 11
- 19A IGAR FORUM
- 19B IGAR FORUM
- 20A BUSINESS SESSION 111
- 20B BUSINESS SESSION111
- 21A BUSINESS SESSION 1V
- 21B BUSINESS SESSION 1V
- 22A BUSINESS SESSION V
- 22B BUSINESS SESSION V
- 23A BUSINESS SESSION VI
- 23B BUSINESS SESSION IV
- 241 BUSINESS SESSION 11A
- 24B BUSINESS SESSION 11B

**CROSSROADS OF HOPE 1998**

- 1 SPIRITUAL RECOVERY/A SPECIAL  
MESSAGE CROSSROADS OF HOPE  
APRIL 1998
- 2 PHYSICAL RECOVERY  
CROSSROADS OF HOPE APRIL 1998
- 3 MIKE' M'S LEAD/SVOA 11  
ANNIVERSITY MARCH 4, 1997

**1997 OA WSB**

- 7A FIND'EM, KEEP'EM, GET'EM BACK
- 7B FIND'EM, KEEP'EM GET'EM BACK

**1998 REGION V CONVENTION (EXTENDS  
THE HAND OF RECOVERY)**

- 1 OPENING SPEAKER (DONNA W.  
CHICAGO, ILLINOIS)
- 2 STEP 1, I AM POWERLESS
- 3 ACCEPTANCE IS THE ANSWER
- 4 STEP 2, CAME TO BELIEVE
- 5 WE ARE ONLY HOPELESS IF WE  
BELIEVE WE ARE HOPELESS
- 6 THIS TOO SHALL PASS
- 7 STEP 3, TURNED OUR LIVES OVER
- 8 DEVELOPING RELATIONSHIP:THE  
FELLOWSHIP OF OA
- 9 LETTING GO OF OLD IDEALS
- 10 SEXUALITY & RECOVERY
- 13 A MIRACLE IN PROGRESS
- 14 THE PROMISES
- 15 12 PM -LONG TIMERS SHARE
- 16 SPONSORSHIP -WHAT IT IS &  
WHEN AM I READY
- 17 CHANGES IN ATTITUDES
- 18 RELAPSE- HOW DID IT HAPPEN?
- 19 LIVING IN THE SOLUTION
- 20 SERenity & PEACE
- 21 AN ATTITUDE OF GRATITUDE
- 23 KEEP IT SIMPLE
- 24 FAITH (THAT THINGS WILL WORK  
OUT)
- 25 STEP 6 -WE'RE ENTIRELY READY
- 26 REACHING OUT -SPONSORSHIP
- 27 WORKING THE PROGRAM MORE  
THAN JUST A WALTZ
- 28 STRENGTH NOT WEAKNESS
- 29 PERFECTIONISM
- 30 STEP 7- HUMBLY ASKED GOD
- 31 LIVING HAPPY,JOYOUS & FREE  
32 (SATURDAY) FAITH WITHOUT  
WORK IS FEAR
- 33 WE MAY BE THE ONLY BOOK  
ANYONE SEES-CARRYING THE  
MESSAGE
- 34 I AM MORE THAN MY SIZE &  
WEIGHT
- 35 REACHING OUT OF THE DARKNESS
- 36 ABSTINENCE FROM NEGATIVE  
THINKING
- 37 I WANT TO HOLD YOUR HAND
- 38 H.A.L.T. HUNGRY,ANGRY,LONELY  
& TIRED
- 39 STEP 12- HAVING HAD A  
SPIRITUAL AWAKEENING
- 40 LOSING INTEREST IN SELFISH  
THINGS
- 41 HANDS ON EXPERIENCE
- 42 (SUNDAY) FAITH WITHOUT WORK  
IS FEAR

- 43 OUR PRIMARY PURPOSE
- 44 CLOSING SPEAKER MAGI W. MILWAUKEE, WIS.

**1999 WORLD SERVICE BUSINESS CONFERENCE**

- 1 EVERYTHING ABOUT CONFERENCE
- 2 TWELTH-STEP WITHIN REACHING OUT TO THOSE IN OUR MIDST
- 4 MEMBERS RETENTION FORUM-SESSION11
- 5 CO-FOUNDERS PRESENTATION AT IG MEETING
- 6 THE VALUE OF SERVICE IN OUR PERSONAL RECOVERY
- 7 LIFELINE AND YOUR GROUP
- 8 HIPM/PUBLIC INFORMATION-CARRYING THE MESSAGE
- 9A BUSINESS SESSION 1
- 9B BUSINESS SESSION 1
- 10A BUSINESS SESSION 11
- 10B BUSINESS SESSION 11
- 10C BUSINESS SESSION 11
- 11A BUSINESS SESSION 111
- 11B BUSINESS SESSION 111
- 12A BUSINESS SESSION 1V
- 12B BUSINESS SESSION 1V
- 13A BUSINESS SESSION V
- 13B BUSINESS SESSION V
- 13C BUSINESS SESSION V
- 14A BUSINESS SESSION VI
- 14B BUSINESS SESSION VI
- 14C BUSINESS SESSION VI
- 15A BUSINESS SESSION V
- 15B BUSINESS SESSION V

**1999 REGION V CONVENTION (GETTING INTO THE SPIRIT OF RECOVERY) OCT. 29-31**

- 1 GET INTO THE SPIRIT OF RECOVERY
- 2 BODY IMAGE
- 3 FAILED TO ENLARGE HIS SPIRITUAL LIFE
- 4 STEP 1 HONESTY
- 5 WHY TRADITIONS MAKE IT WORK FOR ONE AND ALL
- 6 PHYSICAL ALLEGRY-MENTAL OBSESSION
- 7 ABSTINENCE
- 8 STEP 2- HOPE STEP 3 - FAITH
- 9 INTRODUCTION TO OA
- 10 HOW THE TRADITIONS KEEP IT SIMPLE

- 11 EVERYTHING YOU EVER WANTED TO KNOW ABOUT SPONSORSHIP PART 1
- 12 EVERYTHING YOU EVER WANTED TO KNOW ABOUT SPONSORSHIP PART 2
- 13 STEPS 4&5 COURAGE AND INTEGRITY
- 14 PHENOMENOM OF CRAVING
- 15 FOREVER FAITHFUL TO THE TRADITIONS
- 16 STEPS 6&7 WILLINGNESS AND HUMILITY
- 17 WE CANNOT LIVE WITH ANGER
- 18 TRADITIONALLY WALKING THE WALK
- 19 STEPS 8&9 SELF DISCIPLINE AND LOVE FOR OTHERS
- 20 STEP 10 PERSERVERANCE
- 21 STEP 11 SPIRITUAL AWARENESS
- 22 DON'T EVEN NOTICE I AM LYING (DENIAL)
- 23 SATURDAY NIGHT FEVER
- 24 STEP 12 SERVICE
- 25 THE TRICK IS TO STAY STOPPED
- 26 HOW TO START A NEWCOMER MEETING
- 27 GET INTO THE SPIRIT OF RECOVERY AND RETURNING HOME
- 28 LIVING IN THE SOLUTION

**2000 WORLD SERVICE BUSINESS CONFERENCE**

- 1B EVERYTHING ABOUT CONFERENCE
- 2B PHYSICAL RECOVERY- MEMBER'S RESPONSIBILITY
- 3A FORUM- OUR PRIMARY PURPOSE
- 3B FORUM- OUR PRIMARY PURPOSE
- 4 SPONSORSHIP-TOGETHER WE RECOVER
- 5 PRINCIPLES BEFORE PERSONALITIES
- 6a BUSINESS MEETING 1
- 6b BUSINESS MEETING 1
- 7a BUSINESS MEETING 11
- 7b BUSINESS MEETING 11
- 7c BUSINESS MEETING 11
- 8a BUSINESS MEETING 111
- 8b BUSINESS MEETING 111
- 9a BUSINESS MEETING IV
- 9b BUSINESS MEETING 1V
- 10a BUSINESS MEETING V
- 10b BUSINESS MEETING V
- 10c BUSINESS MEETING V
- 2 GIVING SERVICE- MESSAGE AND MESSENGER
- 3 STEP STUDY WORKSHOP

- 13a BUSINESS MEETING VI
- 13b BUSINESS MEETING VI
- 14a BUSINESS MEETING VII
- 14b BUSINESS MEETING VII
- 2. 12/22/98 ACCEPTING ME
- 3. 12/29/98 BUT I'M DIFFERENT
- 4. 1/12/99 BARRIERS TO RECOVERY
- 5. 1/19/99 SURRENDER
- 6. 3/23/99 FAITH
- 7. 4/13/99 POWERLESS
- 8. 4/20/99 CAME TO BELIEVE
- 9. 5/4/99 DISEASE OF PERCEPTION
- 10. 8/10/99 KEEP COMING BACK
- 11. 1/18/00 SPONSORSHIP
- 12. 5/16/00 THE PROMISES

**OA WORLD SERVICE CONVENTION 2000  
BIG D DALLAS TEXAS**

- 11 GENERAL SESSION GRAND OPENING  
(INCLUDING SKIT)
- 1B GENERAL SESSION GRAND OPENING
  - 2 GENERAL SESSION OA 40<sup>TH</sup> BIRTHDAY PARTY
  - 3 GENERAL SESSION GRAND OPENING
  - 4 SPEECH AT BANQUET
  - 5 DON'T BE SKEERED (FEAR OF BEING THIN)
  - 6 NO LOAFIN (WILLINGNESS)
  - 7 LIVIN IN HIGH COTTON (NUTURING OURSELVES)
  - 8 NO JUDGIN (OPEN MINDENESS)
  - 9 SCOUT REPORTS(TRADITIONS)
  - 10 AIN'T LIFE FUN (HAPPY,JOYOUS,FREE)
  - 11 PHONE PARDNERS (TELEPHONE)
  - 12 WRITIN'IN RECOVERY WRITING)
  - 13 PUTTIN BACK (SERVICE)
  - 14 SPECIAL PARDNERSHIPS (SPONSORING)
  - 15 READIN THEM BOOKS (LITERATURE)
  - 16 WATCHA EATIN (PLAN OF EATING)
  - 17 YA ALL COME BACK NOW (MEMBERSHIP RETENTION)
  - 18 PUTTIN DOWN THE FORK (PHICAL RECOVERY)
  - 19 NO STRUTTIN (HUMILITY)
  - 20 PARDNERS WORKSHOP (RELATIONSHIPS)
  - 21 OLE COWHANDS (LONGTIMERS)
  - 22 PRIVATE PARDNERS (ANONYMITY)
  - 23 ON THE ROOAD AGAIN (RECOVERY FROM RELAPSE)
  - 24 HAULIN A LIGHTER LOAD (100LBS WEIGHT LOSE)
  - 25 ME AND THE BOSS BIG BOSS (SPIRITUAL RECOVERY)
  - 26 FEELINS AIN'T FATAL (EMOTIONAL RECOVERY)

**BURBANK IL OA NEWCOMERS TAPES**

- 1. 12/15/98 NOT A DIET CLUB
- 27 MP SKEERDY CATS (FEAR)
- 28 FARMIN THEM FIELDS (WORKING MY PROGRAM)
- 29 SORRY DARLIN (AMENDS)
- 30 FEELIN FRISKY (SEX)
- 31 HOME ON THE RANGE (THE FAMILY AFTER)
- 32 STEP 1 WORKSHOP
- 33 STEP 2 WORKSHOP
- 34 STEP 3 WORKSHOP
- 35 STEP 4 WORKSHOP
- 36 STEP 5 WORKSHOP
- 37 STEP 6 WORKSHOP
- 38 STEP 7 WORKSHOP
- 39 STEP 8 WORKSHOP
- 40 STEP 9 WORKSHOP
- 41 STEP 10 WORKSHOP
- 42 STEP 11 WORKSHOP
- 43 STEP 12 WORKSHOP
- 44 SPANISH LANGUAGE SESSION 1
- 45 SPANISH LANGUAGE SESSION 11
- 46 SPANISH LANGUAGE SESSION 111
- 47 SPANISH LANGUAGE SESSION IV

**2000 REGION V CONVENTION  
THE ROAD TO RECOVERY**

- 1 MY STORY FRIDAY 4:30 PM
- 2 MY STORY FRIDAY 5:30 PM
- 3 MY STORY FRIDAY 6:30 PM
- 4 GRAND OPENING LONGTIMERS FRIDAY 8:00 PM
- 5 RECOVERY FROM RELAPSE FRIDAY 9:30PM
- 6 ABSTINENCE UNDER ALL CONDITIONS 9:30 PM
- 7 LATE NIGHT EATERS FRIDAY 10:30 PM
- 8 BODY IMAGE SATURDAY 8:00 AM
- 9 SERNITY PRAYER SATURDAY 8:00 AM
- 10 MEDITATION STEP 11 SATURDAY 9:00 AM
- 11 CRAVING/OBSESSION/FOOD CHOICES SATURDAY 9:00 AM
- 12 CAME TO BELIEVE SATURDAY 10:00 AM
- 13 HEALTHY ANGER SATURDAY 10:00 AM
- 14 COPING WITH CHANGE SATURDAY 11:00 AM
- 15 OVERCOMING FEARS SATURDAY 11:00
- 16 HOW TO HURT WITHOUT HURTING SELF SATURDAY 12:00 PM
- 17 HONESTLY IN MY LIFE&PROGRAM SATURDAY 12:00 PM

- 18 ACCEPTING LIFE ON LIFE TERMS  
SATURDAY 1:00 PM
- 19 PRINCIPLES BEFORE PERSONALITIES  
1:00 PM
- 20 HUMOR IN MY LIFE SATURDAY 2:00  
PM
- 21 DESIRE TO STOP EATING  
COMPULSIVELY 2:00 PM
- 22 SPONSORSHIP PANEL SATURDAY 3:00  
PM
- 23 MY SEXUALITY SATURDAY 3:00 PM
- 24 SETTING&MAINTAINING BOUNDARIES  
SATURDAY 3:00 PM
- 25 SURVIVING CHILDHOOD MEMORIES  
SATURDAY 4:30 PM
- 26 HOW TO RECOVER BELIEVING  
SOCIETY SATURDAY 5:30 PM
- 27 EMOTIONAL/MENTAL DISORDER  
RECOVERY SATURDAY 9:00 PM
- 28 HOW TO BE SOCIAL WITHOUT USING  
SATURDAY 10:00 PM
- 29 NURTURING OURSELVES SATURDAY  
11:00 PM
- 31 HIDDEN PROMISES SUNDAY 9:00 AM
- 32 A PASSION FOR LIVING SUNDAY 10:00  
AM
- 33 OPEN SHARING/CLOSING SUNDAY  
11:00 AM

**2004 REGION V CONVENTION – REAP THE  
HARVEST OF RECOVERY**

- 0401 ONE DAY AT A TIME
- 0402 BACK TO BASICS
- 0403 CHOICES
- 0404 ACCEPTACNE
- 0405 STEP 1
- 0406 PROMISES
- 0407 GUIDED MEDITATION
- 0408 MAINTENANCE “WHAT IS IT?”
- 0409 STEP 2
- 0410 THREE-FOLD DISEASE
- 0411 100 LB+ RELEASE
- 0412 SELF-DISCIPLINE / PERSERVANCE
- 0413 STEP 3
- 0414 JOURNALING – WRITING TOOL
- 0415 BODY IMAGE
- 0416 PRINCIPLES OF FAITH, HOPE, LOVE
- 0417 STEPS 4 & 5
- 0418 EVERYTHING KOW ABOUT WEB
- 0419 ABSTINENCE
- 0420 COURAGE & INTEGRITY
- 0421 STEPS 6 & 7
- 0422 THE 12 CONCEPTS
- 0423 WILLINGNESS
- 0424 RETURN FROM RELAPSE
- 0425 “HER STORY” – ONE WOMEN PLAY

- 0426 STEPS 8 & 9
- 0427 SERVICE & TRADITIONS
- 0428 EATING PLAN “DIGNITY OF CHOICE”
- 0429 FREE FROM ANGER PG. 66
- 0430 SPONSORHIP / PANEL / ASK IT BASKET
- 0431 STAY TIL THE MIRACLE HAPPENS
- 0432 HUMILITY
- 0433 ATTITUDE OF GRATITUDE
- 0434 TOOLS
- 0435 GUIDED MEDITATION
- 0436 KEEP COMING BACK
- 0437 STEP 10
- 0438 HAPPY, JOYOUS & FREE
- 0439 STEP 11
- 0440 STEP 12

**WSBC APRIL 25-30, 2005**

- 01 SINGLENESS OF PURPOSE –  
INDIVIDUAL RESPONSIBILITY  
(MONDAY SESSION)
- 02 MAINTAINING ABSTINENCE IN A  
STRESSFUL ENVIRONMENT
- 03 CARRYING THE MESSAGE TO  
PROFESSIONAL ORGANIZATIONS
- 04 CARRYING THE MESSAGE TO THE  
COMMUNITY
- 05 SINGLESNESS OF PURPOSE –  
INDIVIDUAL RESPONSIBILITY  
(TUESDAY SESSION)
- 06 ALL ABOUT CONFERENCE
- 07 CARRYING THE MESSAGE THROUGH  
INTERGROUP ACTIVITIES
- 08 CARRYING THE MESSAGE TO THE  
MEDIA
- 08 CARRYING THE MESSAGE TO THE  
MEDIA (COPY 2)
- 09 CARRYING THE MESSAGE THROUGH  
THE INTERNET
- 09B CARRYING THE MESSAGE THROUGH  
THE INTERNET
- 10 REVIEW OF PARLIAMENTARY  
PROCEDURES
- 11 CARRYING THE MESSAGE TO  
NEWCOMERS
- 12 CARRYING THE MESSAGE TO MEMBERS  
IN RELAPSE
- 13A BUSINESS MEETING I (PART 1)
- 13B BUSINESS MEETING I (PART 2)
- 14A BUSINESS MEETING II (PART 1)
- 14B BUSINESS MEETING II (PART 2)
- 14C BUSINESS MEETING II (PART 3)
- 15A BUSINESS MEETING III (PART 1)
- 15B BUSINESS MEETING III (PART 2)
- 16A BUSINESS MEETING IV (PART 1)
- 16B BUSINESS MEETING IV (PART 2)
- 17A BUSINESS MEETING V (PART 1)

17B BUSINESS MEETING V (PART 2)  
18A BUSINESS MEETING VI (PART 1)  
18B BUSINESS MEETING VI (PART 2)

**2005 REGION V CONVENTION**

0501 INTEGRITY, WALKING THE TALK  
0502 STEP 1 – POWERLESS!! COMPULSIVE  
0503 STEP 1 – POWERLESS!! BULEMIC – ANOREXIC  
0504 STEP 1 – BB FOCUS  
0505 GUIDED MEDITATION  
0506 STEP 2 – BB FOCUS  
0507 DIGNITY OF CHOICE/PLAN OF EATING  
0508 BODY IMAGE  
0509 15 QUESTIONS – DO I QUALIFY?  
0510 BILL’S STORY  
0511 STEP 3 – BB FOCUS  
0512 SURRENDER – LET GO, LET GOD  
0513 ACCEPTANCE IS THE ANSWER  
0514 SERVICE – GIVING BACK  
0515 SPONSORSHIP – ASK IT BASKET  
0516 STEP 4 – BB FOCUS  
0517 CAME TO BELIEVE  
0518 CUNNING, BAFFLING & POWERFUL  
0519 ABSTINENCE NO MATTER WHAT  
0520 STEP 5 – BB FOCUS  
0521 ATTITUDE ADJUSTMENT  
0522 HUMOR – THIS IS NOT A GLUM LOT!  
0523 THE FOUR ABSOLUTES  
0524 WALKING THROUGH FEAR  
0525 STEPS 6 & 7 – BB FOCUS  
0526 FREEDOM FROM THE OBSESSION  
0527 SEXUALITY – IT’S OK TO BE ME  
0528 STEP 8 – BB FOCUS  
0529 PHYSICAL, EMOTIONAL & SPIRITUAL  
0530 PRINCIPLES BEHIND THE STEPS  
0531 STEP 9 – BB FOCUS  
0532 THE TRADITIONS COME ALIVE (SKIT)  
0533 STEP 10 – BB FOCUS  
0534 HUMILITY – IT’S TEACHABLE  
0535 THROW AWAY THE SCALE  
0536 RELAPSE SURVIVORS  
0537 KEEP COMING BACK  
0538 12 PROMISES / HIDDEN PROMISES  
0539 LIVING THE SERENITY PRAYER  
0540 CONCIOUS CONTACT WITH MY HP  
0541 CLOSING – STEP 11  
0542 CLOSING – STEP 12

**WSBC MAY 1-6, 2006**

01 TRAVEL BUDDIES – YOU AND YOUR SPONSOR  
02 ANONYMOUS TRAVELER – THE STIGMA OF MEMBERSHIP

03 AVOIDING DETOURS – THE DISRPUTIVE MEMBER  
04 BORDER GUARDS - TRADITION 4 ISSUES  
05 MAP IT OUT – THE TOOLS  
06 PASSPORT TO FREEDOM – HEARING IS BELIEVING  
07 TRAVEL ITINERARY – ALL ABOUT CONFERENCE  
08 FORUM  
09 BORDERLESS PROGRAM – THE INTERNET  
10 BUSINESS MTG 1 (PT 1 & 2)  
11 BUSINESS MTG 2 (PT 1 & 2)  
12 CUSTOMS DECLARATION – CULTURAL & ETHNIC DIVERSITY (PT 1)  
13 INSIDE THE TERMINAL – REVIEW OF PARLIAMENTARY PROCEDURE  
15 BUSINESS MTG 1 (PT 3 & 4)  
16 BUSINESS MTG 2 (PT 3 & 4)  
17 CUSTOMS DECLARATION – CULTURAL & ETHNIC DIVERSITY (PT 2)  
18 BUSINESS MTG 3 (PT 1)  
19 BUSINESS MTG 3 (PT 2)  
20 BUSINESS MTG 3 (PT 3)  
21 BUSINESS MTG 4 (PT 1)  
22 BUSINESS MTG 5 (PT 1)  
23 BUSINESS MTG 6 (PT 2)

**2006 REGION V CONVENTION**

0601 – KEEP IT SIMPLE: GETTING STARTED  
0602 – HALT

0603 – HONESTY, OPENMINDEDNESS & WILLINGNESS  
 0604 – GRAND OPENING: STEPS 1, 2, & 3  
 0605 – GRATITUDE: VOICES OF RECOVERY  
 0606 – JOURNALING MEDITATION  
 0607 – NO CD FROM DISTRIBUTOR  
 0608 – SERENITY PRAYER  
 0609 – FEAR  
 0610 – THREE FOLD RECOVERY  
 0611 – SPONSORSHIP  
 0612 – ABSTINENCE  
 0613 – PLAN OF EATING PANEL  
 0614 – HAPPY, JOYOUS AND FREE  
 0615 – STEP 5  
 0616 – MAINTAINING A HEALTHY BODY WEIGHT  
 0617 – TRADITIONS IN EVERYDAY LIFE  
 0618 – STEPS 6 & 7  
 0619 – OA COMES IN ALL SIZES: ANOREXIA & BULIMIA  
 0620 – 100 POUND RECOVERY  
 0621 – STEPS 8 & 9  
 0622 – LONGTIMERS SHARE  
 0623 – BODY IMAGE AND SEXUALITY  
 0624 – STEPS 10 & 11  
 0625 – RESENTMENT  
 0626 – BANQUET: THE PROMISES  
 0627 – CUNNING, BAFFLING & POWERFUL  
 0628 – PUTTING PROGRAM FIRST  
 0629 – LIFELINE MEETING  
 0630 – CANDLELIGHT MEETING: PROMISES  
 0631 – MEDITATION: DAILY READINGS  
 0632 – RELAPSE PREVENTION  
 0633 – RIGOROUS HONESTY  
 0634 – STEP 12: SPIRITUAL RECOVERY, SERVICE, PRACTICING THESE PRINCIPLES  
 0635 – RE-ENTRY

**2007 World Service Business Conference**

Session 1 – IN ALL OUR AFFAIRS & EMBODYING THE JOY OF RECOVERY (4 DISCS)  
 Session 2 – THE TWELVE STEPS: ARE THEY THE REAL TOOLS?  
 Session 3 – MAKING FOOTPRINTS: GUIDING SPONSOREES THROUGH THE STEPS, A LIFELONG JOURNEY OF SPIRITUAL GROWTH  
 Session 4 – WE HAVE CEASED FIGHTING  
 Session 5 – ALL ABOUT CONFERENCE & WE ARE THE MESSAGE: WHAT ARE YOU CARRYING (4 DISCS)  
 Session 6 – FORUM: EMBRACING DIVERSITY IN OA (2 DISCS)  
 Session 7 – PALIAMENTARY PROCEDURE

Session 8 – BUSINESS MEETING 1 (3 DISCS)  
 Session 9 – BUSINESS MEETING 2 (3 DISCS)  
 Session 10 – LIVING THE TWELFTH STEP: WHAT DOES THAT MEAN TO YOU? (2 DISCS)  
 Session 11 – BUSINESS MEETING 3 (3 DISCS)  
 Session 12 – BUSINESS MEETING 4 (3 DISCS)  
 Session 13 – BUSINESS MEETING 5 (3 DISCS)

**2007 REGION V CONVENTION**

0701 – GRAND OPENING  
 0702 – STEPS 1-3: OA RECOVERY TRIFECTA  
 0703 – GUIDED MEDITATION  
 0704 – BIG BOOK PGS 86-87: MORNING GLORY  
 0705 – SERENITY PRAYER: DEALING WITH CHANGE  
 0706 – MEN WELCOME TO OA  
 0707 – SAKES JUST AS BIG AT 30 LBS OR LESS  
 0708 – STEP ZERO: 1000 EXCUSES TO EAT, NOT ONE GOOD REASON  
 0709 – STEPS 4 & 5: GET IT ALL OUT  
 0710 – DEALING WITH FAMILY & FRIENDS  
 0711 – RECOVERY FROM RELAPSE: RENEWED PROGRAM & THINKING  
 0712 – OFF TRACK? STOP SLIPPING & SLIDING  
 0713 – RESENTMENTS: PREVENTIONS & LETTING GO  
 0714 – PANEL DISCUSSION: 3 FOLD DISEASE  
 0715 – KEEPING ABSTINENCE FIRST  
 0716 – INCLUDING LOVED ONES IN RECOVERY  
 0717 – PANEL DISCUSSION: TOOLS OF RECOVERY  
 0718 – LONG-TIMERS  
 0719 – STEPS 6 & 7  
 0720 – 100 POUND WINNERS  
 0721 – STEPS 8 & 9

**2007 REGION V CONVENTION CONT'D**

0722 – RIGOROUS HONESTY  
 0723 – WALKING THROUGH FEAR  
 0724 – PERFECTIONISM & PROCRASTINATION  
 0725 – MY OA STORY: THE PROMISES COME TRUE  
 0726 – SLOGANS  
 0727 – STEP 10: TAKING A PERSONAL DAILY INVENTORY  
 0728 – STEP 11: HARNESSING YOUR HIGHER POWER  
 0729 – STEP 12: BOLTED INTO THE 4<sup>TH</sup> DIMENSION  
 0730 – RE-ENTRY: PHOTO FINISH

**47<sup>th</sup> ANNUAL WSBC: May 5-10, 2008**

*Monday:* Session 1 – Abstinent Members:  
The Essence of Service

*Monday:* Session 2 – A Bicycle Built For  
All: Different Approaches

*Tuesday:* Session 1 – Pedaling Together:  
How Sponsorship Strengthens OA As A  
Whole

*Tuesday:* Session 2 – Recovery Through  
Literature: A Team Effort

*Tuesday:* Session 3 – The Road Home:  
Carrying The Message Back

*Tuesday:* Session 4 – All About Conference

*Tuesday:* Session 5 – A Pack With No  
Leaders: An Anonymous Program, Not A  
Secret Society

*Wednesday:* Session 1 – Forum: The Map  
To Guide Our Way: How We Live OA's  
Strategic Plan

*Wednesday:* Session 2 – Parliamentary  
Procedure

*Thursday:* Session 1 – Business Meeting 1

*Thursday:* Session 2 – Business Meeting 2

*Thursday:* Session 3 – Can We All Read The  
Map: A Forum On Language In OA

*Friday:* Session 1 – Business Meeting 3

*Friday:* Session 2 – Business Meeting 4

*Saturday:* Session 1 – Business Meeting 1

**2008 REGION V CONVENTION**

0801 – JUST FOR TODAY

0802 – NEWCOMERS MEETING

0803 – STEP ZERO

0804 – OPENING SPEAKER: STEPS 1, 2, & 3

0805 – HONEST, OPENMINDED & WILLING

0806 – STEPS 4, 5 & 6

0807 – PHYSICAL RECOVERY & DISEASE  
CONCEPT: DOCTOR'S OPINION

0808 – MEN IN OA

0809 – STEPS 6 & 7

0810 – ABSTINENCE: PANEL DISCUSSION

0811 – BLACK MEMBERS SHARE EXPERIENCE

0812 – STEPS 8 & 9

0813 – PLAN OF EATING: PANEL DISCUSSION

0814 – GAY, LESBIAN, BI & TRANSEXUAL

0815 – STEP 10

0816 – RELAPSE PREVENTION/RECOVERY  
AFTER RELAPSE

0817 – SAME DISEASE DIFFERENT SYMPTOMS  
(ANOREXIA/BULIMIA)

0818 – STEP 11

0819 – EMOTIONAL RECOVERY

0820 – BODY IMAGE & SELF CARE

0821 – STEP 12

0822 – FEAR & RESENTMENT

0823 – CONNECTING THROUGH THE  
INTERNET

0824 – 12 TRADITIONS/12 CONCEPTS

0825 – FORGIVENESS

0826 – ABSTINENT WHILE TRAVELING

0827 – SPONSORSHIP

0828 – 100 POUND WEIGHT LOSS

0829 – MAINTENANCE: DEALING WITH CRISIS  
WHILE ABSTINENT

0830 – BANQUET SPEAKER: HOPE FROM THE  
PROMISES

0831 – ACCEPTANCE

0832 – DEEPER INTO 12 STEPS/TRADITIONS

0833 - GRATITUDE

**2009 REGION V CONVENTION**

0901 – LONGTIMERS

0902 – GRAND OPENING I – SPEAKER'S  
STORY / "DOCTOR'S OPINION"

0903 – TOOLS OF RECOVERY – PART 1: PANEL

0904 – NEWCOMER'S MEETING

0905 – GRAND OPENING II "ACCEPTANCE  
WAS ALWAYS THE ANSWER"

0906 – BODY IMAGE

0907 – MEN IN RECOVERY

0908 – BIG BOOK CHAPTER 2 "THERE IS A  
SOLUTION"

0909 – HEALTHY SEXUALITY

0910 – 100+ LB. WEIGHT LOSS

0911 – BIG BOOK CHAPTER 3 "MORE ABOUT  
ALCOHOLISM"

0912 – A DISEASE OF ISOLATION

0913 – BIG BOOK CHAPTER 4 "WE  
AGNOSTICS"

0914 – STEP 5 – INTEGRITY

0915 – ABSTINENCE AND BEYOND:  
EMOTIONAL RECOVERY

0916 – BIG BOOK CHAPTER 5 "HOW IT  
WORKS"

0917- STEPS 6 & 7 – HUMILITY &  
WILLINGNESS

0918 – TOOLS OF RECOVERY – PART 2: PANEL

0919 – BIG BOOK CHAPTER 6 "INTO ACTION"

0920 – STEPS 8 & 9 – FAITH WITHOUT WORKS IS DEAD  
 0921 – BIG BOOK APPENDIX 2 “SPIRITUAL EXPERIENCE”  
 0922 – STEP 10 – DAILY REPRIEVE  
 0923 – BANQUET SPEAKER: “ONE DAY AT A TIME”  
 0924 – BIG BOOK CHAPTER 7 “WORKING WITH OTHERS”  
 0925 – STEP 11 – CONSCIOUS CONTACT

0926 – MAINTENANCE: THE MIRACLE OF IT  
 0927 – BIG BOOK CHAPTER 8 & 9 “TO WIVES” & “THE FAMILY AFTERWARD”  
 0928 – ANOREXIA & BULIMIA  
 0929 – RELAPSE  
 0930 – BIG BOOK CHAPTER 10 “TO EMPLOYERS”  
 0931 – GRATITUDE  
 0932 – CLOSING TIME “A VISION FOR YOU

### Region V Tape/CD Library Request Form

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State/Province: \_\_\_\_\_ Zip: \_\_\_\_\_

Tape Number	Tape Name
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Postage and handling is \$1.00 per tape. If you want to have the tape delivered in CD format, postage and handling is \$2.50 per CD (**1 tape is copied to 1 CD**).

You may only have five (5) tapes or CDs out at one time. Some items listed in this booklet may not be available.

I am enclosing \$ \_\_\_\_\_ ( \_\_\_\_\_ Tape(s) x \$1.00 each -OR- \_\_\_\_\_ CD(s) x \$2.50 each) in a **Check or Money Order** made payable to the **Region V Tape Library**.

Mail tape request & payment to:   Region V Tape Library  
   c/o Tony Alonso  
   3932 Matson Avenue  
   Cincinnati, OH 45236-2345



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