

## Welcome to Overeaters Anonymous

**Dear Friend,**

Welcome to our web page. We hope this site, especially the link "About OA", answers your questions about our program and gives you a general idea of how O.A. works. The About OA link is intended to be an electronic newcomer packet for individuals who wish to learn more about our program. Of course, the best way to learn about OA is to attend a meeting. We have face-to-face, online and telephone meetings and we cannot emphasize enough that the only requirement to attend an OA meeting is a desire to stop eating compulsively. We suggest to all newcomers that they attend at least six different OA meetings before determining if the program is a good fit for them. Each meeting has its own format and personality.

The basic text of Overeaters Anonymous is the book Alcoholics Anonymous, which is available for purchase from [www.oa.org](http://www.oa.org). It can also be downloaded from this web site under the "Big Book" link. Alcoholics Anonymous, on which Overeaters Anonymous is based, contains the instructions for our recovery. Some of us call ourselves compulsive overeaters; others refer to what we do as food addiction. Our problem may be expressed outwardly by excess weight, bulimia or anorexia, but the bottom line is that we have an unnatural relationship with food. We are not normal eaters. Some of us were born this way and some of us developed these problems along the way. We are powerless over food and eating, and, at some point, our lives had become unmanageable. We have found that the only way to get help is from other overeaters who understand what it means to be obsessed with food, to not be able to stop eating once they start, and to spend almost all our waking hours thinking about food, eating and our weight.

Overeaters Anonymous is a program where you can change your life 180 degrees if you are willing to do the work. It is a program that is working for men and women throughout the world, and in all walks of life. The experience of O.A. members is that compulsive overeating/ food addiction is a progressive illness that cannot be cured, but which, like some other illnesses, can be arrested—by staying away from excess food or certain habit-forming foods, one day at a time.

This site is basically a web page of intergroups and service bodies in Region 5, and we invite you to visit those links that interest you. We encourage you to visit [www.oa.org](http://www.oa.org) for further information on Overeaters Anonymous, and to find O.A. meetings near you.

Best wishes,

Region 5 Web Headquarters