**How Can We Grow**

**Overeaters Anonymous with Diversity?**



Help OA be more inclusive (and grow our fellowship)! Explore new ways to carry the message of recovery to more compulsive eaters. Check out these resources:

1. **Put OA Traditions 3 and 5 Into Action**

Tradition 3: *The only requirement for OA membership is a desire to stop eating compulsively.*

Tradition 5: *Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.*

* Consider using the Diversity Statement as a part of your meeting format. (This is # 3 on the linked meeting format.) <https://oa.org/files/pdf/Suggested-Meeting-Format_817.pdf>
* Encourage your group at a business meeting to become familiar with the Policy Related to Unity with Diversity Policy Statements. <http://www.oa.org/pdfs/unity_diversity_policy.pdf> (from the OA Business Conference Policy Manual)

The above guidelines help us work our program and conduct our fellowship.

**2. Encourage your meeting, intergroup, service body or committee to use the Unity With Diversity Checklist.** These twelve questions ask us to think about and discuss what we can do to make OA more inclusive and inviting to all. <https://www.oa.org/pdfs/UnityWithDiversityChecklist.pdf>

If your intergroup or service body would like to seek support or guidance around implementing any of these suggestions, please contact info@oar2.org and ask to be put in touch with the Unity with Diversity Committee.

Consider printing a copy of this flyer for your group’s resource binder.