



Diety-free OA Literature for Meetings

Registered OA meetings (ones that are listed on the <https://oa.org> and OA Intergroup websites) can only use OA “conference-approved” literature. This means official OA books and pamphlets with a few AA books (like the Big Book) thrown in. Secular meetings are often not comfortable with these readings as they lean heavily on God or an HP. This handout is a list of OA “diety-free” pieces and was compiled by several secular volunteers. All of these resources can be found on <https://oa.org>.

Pamphlet: What If I Don’t Believe in God

This pamphlet is a free download from the OA website (<https://oa.org>).

Newsletter: Lifeline Stories

Lifeline is a defunct OA magazine that featured stories by members, and a few were secular-focused. Look up the titles below on this Lifeline link: <http://www.oalifeline.org/tag/magazine/> [The search bar is hard to find; hover over the third little square near the “21 New Articles” link.] (This list was vetted by Maria S.)

- [Clear Intentions](#)
- [Drifting to my Higher Power](#)
- [Feeling Supported](#)
- [Living Instead](#)
- [Making OA More Accessible](#)
- [The Power is OA](#)

- [Realigned by a few Tenths](#)
- [Translation for the Newcomer](#)

Book: Abstinence

Seven out of 176 stories are secular (vetted by Jenne M).

- 1962—Abstinence Enters OA (p. 2)
- Travel Insurance (p. 34)
- No Matter What (p. 75)
- Right Now (p. 112, mentions getting on one’s knees though)
- An OA Lexicon (p. 127)
- New Day, New Life (p. 143)
- Progress Report (p. 157)

Book: Body Image, Relationships, and Sexuality

Nine out of 81 stories are secular (vetted by Laurie M).

- Beauty Is an Inside Job (p. 8)
- At Ease with my Body (p. 23)
- Body Talk (p. 25)
- Sabotaged by Fear (p. 28)
- Peace in My Own Skin (p. 36)
- The Third Voice (p. 37)
- From the Depths of Relapse to Becoming a Loving Partner (p. 49)
- Negotiating Relationships without Reaching for Food (p. 87)
- An Authentic Me (p. 121)

Book: Seeking the Spiritual Path

Two out of 72 stories are secular (vetted by Jenne M).

- A Nonbeliever (p. 110)
- Even for the Faithless (p. 111)

Daily Reader: For Today

Mostly secular readings (vetted by Sherri R).

January 6: Acceptance that resolution of each problem has its own timetable.

January 12: Acceptance of the reality of what is.

January 15: Art of living requires acceptance of what I am.

January 19: Accepting myself as the beginning of change.

February 6: Dress becomingly as sign of self-acceptance [compulsive spenders avoid this one].

February 10: Growth begins with acceptance of myself as I am.

February 13: Accept and love people as they are to be free of self-absorption.

February 14: Finding acceptance in OA.

February 26: Life comes as it comes, on its own terms.

March 24: Self-acceptance as antidote to expecting perfection in myself or others.

April 6: Self-acceptance.

April 9: Acceptance of people and situations beyond my control to deal with anger.

April 19: Refusal to look at defects blocks self-acceptance.

April 20: Triumph of accepting, liking and feeling at peace with myself.

May 9: Unconditional acceptance and respect of OA members [don't confuse the person with the disease].

May 23: Accepting the truth instead of suffering from compulsive overeater's thinking.

June 6: Growing self-acceptance and tolerance of others.

June 20: Accepting mistakes, taking responsibility for them and getting on with life.

June 28: Courage can be an acceptance.

July 10: When abstinent and self-accepting, my mind lets go of urge to change people.

July 25: When practicing acceptance of life's discords, I receive harmony.

August 8: No finer way to treat people than to accept them as they are.

August 20: Courtesy of the heart.

August 26: Chronic complaining destroys self-acceptance.

September 10: Accept who I am and what I have [HP reference].

September 13: Acceptance of making mistakes.

October 5: Hatred the result of not accepting world and its people as they are.

October 15: Accepting everything about life is a form of prayer.

October 16: Accept imperfections.

November 7: Accepting with gratitude whatever progress I am making, however small.

December 26: OAers are accepting about the nature of our disease.

Daily Reader: Voices of Recovery

Mostly secular readings (vetted by Sherri R).

March 18: Acceptance of weakness [HP reference].

April 2: Acceptance that recovery is permanent through repetition.

April 4: Accepting people exactly as they are.

April 21: Imperfections in OA.

May 1: Acceptance of ourselves makes change possible.

May 9: Spiritual principals, including acceptance.

May 19: Acceptance that indecision is a part of human nature.

May 29: Acceptance of Step 1.

May 30: Acceptance in Step 5.

June 6: Accepting others as they are [HP reference].

August 7: Acceptance of cravings.

August 19: Acceptance of myself as imperfect but progressing [HP reference].

August 22: Hating others.

September 5: Acceptance as a key to deal with other people.

September 12: Accept that I need help event after years of abstinence.

September 16: Denial, lies and despair have been replaced by acceptance, truth and joy.

October 11: Accept that we may repeated having cravings.

October 18: Accept that to pick up is insanity.

October 22: Accepting events as they are, not as I might want them to be [HP reference].

November 19: Acceptance that we need help to change [HP reference].

December 10: Positive thinking breeds acceptance.

Do You Have Something to Add?

Let us know of other OA “conference-approved” readings that registered OA meetings might use at meetings. Contact us at:

secularovereaters@gmail.com