



# Deity-free OA Literature for Meetings

Registered OA meetings (ones that are listed on the [oa.org](http://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 “deity-free” pieces and was compiled by several secular volunteers. All of these resources can be found on [oa.org](http://oa.org).

---

## Pamphlets:

### What If I Don't Believe in God

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

### To the Family of the Compulsive Eater

This pamphlet is available from the OA Bookstore (<https://bookstore.oa.org>, \$1.25)

---

## 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
- Working an OA Program Without God

---

## 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.