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PO Box 2243
East Greenwich, RI 02818
Phone 401.264.0606

Hi Fellow OA members,

My name is Ms. Robin McAllister and I am a fellow OA member from Region 6. I came into Overeaters Anonymous in Connecticut in 1980 as a sick and suffering compulsive overeater who could not stop binging. Today I live a life beyond my wildest dreams. I am maintaining a 155 lb. weight loss and am active in my OA community in Southern Rhode Island. I am a new Delegate and just attended the OA World Service Conference for the first time.

At the Conference, I was assigned to a committee called the Twelfth Step Within Committee. During this meeting, I voiced my concerns about the future of OA due to fewer members and what I think is mediocre membership retention.

While I know relapse is complex and has a number of causes, I spoke up specifically about my concern that some of our membership does not understand the phenomenon of craving and disease progression as detailed in The Doctor's Opinion of the Big Book of Alcoholics Anonymous. This was true for me; I had to eliminate all "alcoholic foods" for my food plan in order to recover.

Our new committee specifically deals with helping those OA members in relapse and, as a result, increase member retention in OA. Our goal is to put together a First Aid Kit for relapse prevention, and to facilitate a workshop or to address relapse prevention.

I would appreciate any feedback or ideas you might have that might help our new committee in understanding how to best help reduce relapse among our members and increase member retention.

Please note I have blind copied all of you to protect your anonymity.

Thanks in advance for your help. Please feel free to email or call me with your thoughts.

Regards,

Ms. Robin McAllister

Chair of "The Idea, the Solution" Committee, sub-committee of
Twelfth Step Within Committee of Overeaters Anonymous

robinmcallister@verizon.net

401-741-2938 EST