

Date

Chaplain's Name
Religious Organization
Address
City, State and Zip

Dear Chaplain,

"I don't know what to do with my eating disorder. It's affecting my health and my life. I've tried everything."

Have you, or any assistant in your ministry, experienced a congregant asking for help concerning a problem with food? Perhaps an issue of overeating, under-eating, bulimia and/or poor body image? These are common disorders that plague millions of people. It can cause indescribable pain and suffering. It can prevent folks from feeling they have, or can ever have, a happy and useful life. Sadly, it may also negatively impact their daily living.

In our personal experience, Overeaters Anonymous (OA) is a lifesaving and confidential source of help. It is a 12-Step program patterned after Alcoholics Anonymous (AA) with virtual, in-person, and phone meetings worldwide, 7 days a week and in many languages. OA has no dues or fees. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine, and takes no position on outside issues.

Our members are reaching out to you today, in an effort to share the message of hope to anyone struggling with food and body image, and to let them know there is help, support, and healing freely available to them. We offer experience, strength, and hope.

If any member of your faith community is struggling in this way and yearns to be free from it, Overeaters Anonymous (OA) offers hope. Within OA, they will find a supportive community that understands their struggle, empathizes with their journey and stands side-by-side as they take steps towards a brighter future.

We warmly invite anyone to visit one of our meetings. To learn more about Overeater's Anonymous, please visit our websites at oa.org; and/or oanfig.org; and/or oaregion8.org or contact me directly at the email and number below.

Sincerely,

[Name]
Public Information Chair for [Intergroup's Name]
[Email Address]
[Phone Number]