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Submitted for consideration at the Region Six Assembly in the ☒ Fall ☐ Spring of 2022.
I am applying for a position on the Region Six Board of Overeaters Anonymous as:

VICE-CHAIR

Full name: Kimberly [REDACTED]

Address: [REDACTED]

[REDACTED]

Phone: [REDACTED] E-mail: [REDACTED]

Years in OA: 36 24 Years of service above group:

Date continuous abstinence began: 9/6/1986

*I certify that I have read the qualifications and duties of the office of
Vice-Chair and understand the responsibilities of such position.*

Kimberly [REDACTED]

Signature of Candidate

July 17, 2022

Date

IMPORTANT

This form, when completed, must be sent to the Region Six Coordinator.

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Send to the Region Six Coordinator

By e-mail: coordinator@oaregion6.org. For more info call 519-886-9975. This application must be **postmarked** or **electronically time-stamped** 60 days prior to the date of the Region Assembly. It is each applicant's responsibility to verify receipt of application. Additional copies of this form may be obtained from the Region Six Coordinator or downloaded from the Region Six website.

Summary of my OA Responsibilities - current:

Region 6 Vice Chair: since elected almost two years ago, I have worked closely with other Board members to conduct the “business” of our Region. A summary of the work I’ve done includes:

- Going to Albany to visit hotels to determine in-person options for Assembly;
- Negotiating hotel contracts for Region 6 Assemblies, with a special focus on cancellation provisions due to the pandemic. We had to cancel both hotel contracts this year due to the pandemic, and benefitted from favorable cancellation language.
- Working closely with the Board to hold our Assemblies on Zoom;
- Meeting with the R6 Treasurer to review our financial accounts and documents;
- Co-leading an ad-hoc committee to investigate hybrid Assembly options;
- Working with the R6 Chair to pair WSBC green-dots with mentors, created a virtual welcome meeting for WSBC delegates, and managed communications to R6 Delegates at WSBC;
- Helping with R6 Board activities, communications, Intergroup Forum meetings, etc.;
- Serving as Board mentor to the 12th Step Within committee.

Intergroup Chair: I was elected Chair of Connecticut IG for 2022. We have updated our IG Bylaws and Policies and Procedures, launched a great new website, doubled our successful PIPO activity (with the support from the Region 6 Blitz Fund), had three new in-person meetings start, revived our Facebook page and continued to build on the strength of the last few years.

World Service Business Conference: I have been a WSBC Delegate for the past two years, serving on the Reference and Bylaws committees. In 2021, the Chair of the OA Board asked me to serve with four Trustees on an Ad Hoc Interpretation Committee; our work resulted in interpretation being offered at the 2022 Business Conference. This year, I was asked to speak in the “We Can Do Together in Our Service Bodies What We Could Never Do Alone” workshop.

Summary of OA Responsibilities – previous/ongoing:

Meeting level: I started doing service as a newcomer because I was very uncomfortable before and after meetings; setting up chairs or putting away the literature helped me. Over the years, I’ve held most meeting service positions at some point. I’m currently the secretary for my home meeting.

Intergroup level: I have been an IG rep in five different IG’s (thanks to five moves), serving as Corresponding Secretary, Recording Secretary, Vice-Chair, Events Chair, 12th Step Within Chair, Region rep, WSBC delegate and have worked on IG renewal, PI and Missing Faces campaigns and newcomer retention activities. I have also been a retreat leader or speaker for six IG retreats.

Region level: My early Regional service was general helping out at Assemblies and being a speaker at Region conventions. I became an alternate Region 7 Rep in 2008 (when I lived in PA), have been a Region Rep in both R6 and R7 and have served on multiple committees. I’ve done service on four Region 6 Conventions: Convention co-chair in 2020 and 2021, Program co-chair in 2005 and 2022 and in bringing workshops with French interpretation to our conventions. Additionally, I was Interpretation co-chair for the Virtual Region Conventions. I have assisted in every IGOR workshop presented by Region 6 (and several in Region 7). I was honored and grateful to be voted into the R6 Vice Chair position in 2020; my Board work is summarized above.

World Service Business Conference, 2011 – present: I am privileged to have served as a WSBC Delegate in 2011, 2019, 2021 and 2022 and to have returned as a volunteer several times in between (serving as page, timer, microphone helper and service desk volunteer). I spoke at WSBC workshops in 2011 and 2022, and have been active in Conference committee work (12th Step Within, Reference and Bylaws committees).

I can bring the following business, professional or other experience and skill to the Region:

I have 33 years of management experience in corporate America in the insurance industry. While my insurance knowledge has only helped me do service in OA once – when we had the flooding at the Friar Tuck Convention – the people and managerial skills I've learned are important as I serve as Vice Chair.

I have organized countless corporate meetings, which has involved finding and arranging for meeting space, securing lodging, organizing logistics, setting agendas, communicating with participants, problem solving, etc. I have also negotiated meeting space contracts for OA events, with churches, community centers and hotels.

I am skilled at moderating meetings, facilitating discussions, problem solving, hearing common interests and concerns when people are having difficult conversations and in building consensus.

I have a lot of experience in public speaking, training, meeting facilitation and coaching people. I have spoken in front of hundreds of corporate meetings from 15 to 200 people, and once was the emcee and co-facilitator of my company's annual meeting in Las Vegas where I spoke in front of a group of 1200 people throughout the week.

I was a French major and lived in France for 6+ years, so I speak, understand and read French. I have been a speaker in French-speaking meetings in both Canada and France during the pandemic and served as an interpreter for a Virtual Region Convention workshop.

I have worked extensively in Word, Excel and PowerPoint for years, am proficient in Pages and getting better and better with google docs! I am comfortable using Zoom (including hosting/co-hosting).

I would like to be a Region 6 Officer for the following reason(s):

It's all about the 12th Step and gratitude...

Someone once told me that service is not optional, it's the Twelfth Step. If I want to hold onto recovery and the spiritual awakening OA has given me, I have to try to carry the message to compulsive overeaters – and what better way to do that than by serving OA as a Region 6 Officer! I am so grateful to those who carried the message to me personally and to those who did service by organizing and publicizing meetings, holding workshops, hosting recovery events and taking care of the administrative needs of our Region over the years.

At an OA Convention in 2007, I heard a speaker talk about getting out of our comfort zone in doing service - and submitting my application to run for Vice Chair in 2020 was definitely out of my comfort zone! I enjoy serving our fellowship at this level because everyone on the Board has a passion for service and for our Fifth Tradition. I feel like I have made a positive contribution since I've been in the Vice Chair position and that I still have a lot to offer Region 6. I would be honored to continue to serve.

Brief account of my OA story (Physical, Emotional and Spiritual)

I came to OA on May 14, 1986 – at the Wednesday night Big Book meeting in Paris, France. My life before that had been defined by weight, dieting and despair. I was fat as far back as I can remember, was one of a very few fat kids in grade school and the fattest girl in a high school of over 2000 students. I tried MANY diets over the years, finally lost 50 pounds my senior year of high school and left for college in a new size 14 wardrobe. By October, I had gained all the weight back. I never lost significant weight again - 10 or 15 pounds down led to 20 or more up. I HATED being fat and wanted desperately to lose weight. I was ashamed of how I looked and didn't understand why I couldn't stick to a diet. When I came to OA in 1986, I was fatter than I'd ever been and literally could not find clothes big enough to fit me.

At my first OA meetings, I was amazed to find other people who ate like I did. I couldn't believe there were other people who hid and sneaked food, who ate when they felt fat or bored, who binged when no one was looking only to stick to a diet when they were in front of other people. I couldn't believe there were people who had been fat – obese – like me, yet amazingly were now thin! Though they clearly had the same experiences with food and being overweight that I did, they were no longer fat! It gave me incredible hope to talk to these people who had been fat, who had been sneak-eaters and food-grazers like me but were now at a normal body weight!

So, I did what they told me to do. A food sponsor helped me with my plan of eating. A step sponsor led me through the Big Book, AA 12 & 12 and For Today. (We didn't have much OA literature in the 80's!) I didn't believe everything they said, but they were thin and "not crazy" when it came to food. I wanted what they had, so I did what they did. I was able to stop fighting food and began to lose weight. I developed a relationship with an undefined higher power, and turned my will and life over to OA's 12 steps. I faced the guilt and shame of things I'd done in the past by working Steps 4 – 9. I began sponsoring and doing service and worked the last three steps with my sponsor. Over the years, I've taken the steps with sponsors several times. I continue to sponsor and have taken many women through the steps (using OA and AA literature). Doing increasing levels of service has been a lifesaver – and trying to live in Steps 10, 11 and 12 is the foundation of my daily recovery,

Physical recovery: I'm at a healthy body weight! I've been abstinent since 9/6/1986 and am maintaining a 65-70 pound weight loss. I recognize that that sugar and other substances are poison to me, and it has been a very long time since I've thought eating poison was a good idea. I no longer fight food or cravings and am comfortable that some foods and eating behaviors are no longer for me.

Emotional recovery: I no longer turn my will and life over to other people. I've learned to set healthier boundaries and to turn to God for emotional stability, to rely on infinite Him rather than my finite self. I have a loving relationship with my husband based on partnership. I have faced calamity with the steps, tools, traditions and slogans, and know what to do in times of fear and anxiety.

Spiritual recovery: All of the above is possible because I have a relationship with a HP who loves me unconditionally. I feel for God's love in meditation and turn to Him (sometimes slowly, sometimes quickly) in times of fear, uncertainty, anxiety and in times of change. When I pray, pause and listen, I often hear the inner voice or feel the inner nudge. I am grateful in hard times and good times.



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Submitted for consideration at the Region Six Assembly in the ☒ Fall 2022 ☐ Spring of 2023.
I am applying for a position on the Region Six Board of Overeaters Anonymous as:

Secretary

Full name: Blair [REDACTED]

Address: [REDACTED]

Phone: [REDACTED]

E-mail: [REDACTED]

Years in OA: 7 years

Year's of service above group: 5

years Date continuous abstinence began: 4/02/2015

I certify that I have read the qualifications and duties of the office of and understand the responsibilities of such position.

Blair

[REDACTED]

[REDACTED]

[REDACTED]

-0400

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Summary of my OA responsibilities:

Group Level:

2015-present: Variety of roles, see below for list.

Meeting host, leader, treasurer, secretary, literature person, speaker bookie, archivist, speaker, intergroup rep, set up / clean up, responsible for building key, meeting space liaison

Intergroup Level (all service performed with MetroWest Intergroup (MWI IG)):

2016-present*

* unless otherwise noted, intergroup roles span the full calendar year (January-December)

2016: Intergroup Representative (Rep)

2017: Vice Chair (starting in February), member, ad-hoc subcommittee (budget)

2018: Vice Chair, R6 Rep, member, ad-hoc subcommittees (budget & 2018 MWI Retreat)

2019: Chair, World Service Business Conference (WSBC) Delegate, R6 Rep, member, ad-hoc subcommittees (budget & 2019 MWI Retreat)

2020: Chair, WSBC Delegate, member, ad-hoc subcommittee (budget)

2021: Recording Secretary, WSBC Delegate, member, ad-hoc subcommittee (budget)

2022-present: Intergroup Rep, R6 Rep, WSBC Delegate, member, ad-hoc subcommittees (budget & Diversity & Inclusion)

Region Level:

2018-2019: Secretary, Public Information / Professional Outreach (PIPO) Committee (R6)

2020: Speaker, Virtual Convention 2020 (Virtual Region) and Speaker, R6 Convention 2020 (R6)

2022-present: Secretary, PIPO Committee (R6)

World Service Level:

2019: Member, PIPO Committee

2020-present: Delegate co-chair, PIPO Committee

I can bring the following business, professional or other experience and skill to the Region:

I can bring to the Region:

- writing
- organization
- personnel management
- budget management
- conflict resolution
- regulatory oversight
- leadership

continued (con't) on the next page

I can bring the following business, professional or other experience and skill to the Region (con't):

In my professional career, I have 22 years' experience as a clinical researcher at two major academic medical centers. For the last 20 years (ongoing), I have managed a team of employees who support clinical research (average team size is 15). In addition, for the last 16 years (ongoing), I have also been responsible for regulatory oversight, business development, and budget management and forecasting. I serve as a subject matter expert (SME) for clinical research and I have presented locally, regionally, and nationally.

For 15 years (from 2003-2017), I was a board member and planning committee member for a non-profit organization that sponsored an annual meeting for a regional group of clinical researchers. During that time, I helped run the conferences. The skills used in these roles included administration, organization, and budget management. In 2017, the board decided to disband and fold into our larger, national parent organization - a group that is responsible for education, research, and annual meetings aimed at clinical researchers in our field. In 2017 and 2018, I was the treasurer responsible for submitting our dissolution documents and submitting our final tax documents. For 8 years (from 2001-2008), I was a board member of an artistic / singing group that supported the LGBTQIA+ community through concerts and events.

I've lived abroad for a cumulative total of about 10 years (in the UK, France, and in the Caribbean). I speak French, and I am used to adapting to new environments. Finally, I can type >75 words per minute (WPM) and am very experienced in using Microsoft Office and G Suite (Google).

I am always looking to improve on my skills and learn new tools for service roles.

I would like to be a Region 6 Officer for the following reason(s):

Since I walked into the OA rooms in 2015, I have always heard from my sponsors and fellows to 'do service.' I immediately jumped into service, and I haven't looked back!

I would like to be a Region 6 Officer to give back a small piece of what has been so freely given to me in this program. Serving allows me to grow in recovery, both spiritually and emotionally, through the practice of the 12 Steps, the 12 Traditions, and the 12 Concepts of OA Service.

When I heard at the Spring 2022 Assembly that there would be Region 6 Officer elections in Fall 2022, my Higher Power asked me to consider applying for a Region 6 Officer role. After discussing the service opportunity with my sponsor, fellows, wife, and several current and prior members of the Region 6 Board, I knew that submitting an application was the next right step for me.

I have a laptop computer and access to a printer, scanner, copier, and fax machine. I use email daily for work and personal reasons. I am available by cell phone, including text, WhatsApp, Discord, and Signal.

If elected, I would be so grateful for the opportunity to serve on the Region 6 Board.

Brief account of my OA story (Physical, Emotional and Spiritual):

I was born very prematurely in the late 1970s. I weighed 1lb 11 oz (765 grams). My bones didn't fully develop in my knees, leading to early-onset of Severe Osteoarthritis at age 15.

Loving the water, marine life, and ecosystem as a child growing up partially in the Caribbean, I stopped eating fish and seafood at age 6. By age 10, I was a vegetarian. As a high school student, I helped care for my mother who was an alcoholic. My father was commuting for work and my brother was at boarding school. In high school, I was assaulted by a dear friend. I plunged into a depression, stopped eating, and became anorexic. For 3 years, I struggled with body dysmorphia, thinking I was fat at 100 lbs (45 kg) on my 5'5" frame (165 cm). I recovered and in college, I began to eat compulsively. I ate when I was happy, sad, angry, frustrated, scared, annoyed, and bored. You name it, I ate over it. After college, I stole food from roommates and lied about it. I ate burned and freezer-burned food. Nothing was off-limits. I stopped weighing myself at 350 lbs (159 kg). I blamed everyone for my weight. My parents, my brother, my wife, my friends. I was never to blame. I met my wife in a chat room in 2000. We've been together since 2008 and were married in 2014.

My mother got sober and began attending 12 Step program meetings. Many members of my family are in 12 Step programs and are living a life of recovery. I thought 12 Step programs were cults and told you to believe in God (in a very certain way). I didn't want to submit to that. For several years, my brother kindly suggested he could go to an OA meeting with me. I refused. I had given up. Then, one day, in late March 2015, I said 'yes.' I attended a meeting in New York City (NYC) with my brother and I cried through the entire meeting. I returned to Boston, MA, and began attending meetings, asked someone to be my temporary sponsor, committed to a food plan, and became abstinent on 4/2/2015. I'm still in occasional touch with the first person I met at that NYC meeting. Every opportunity I had, I volunteered for service.

I began attending OA Big Book Step Study (BBSS) meetings in 2015. I found a medical dietician who gave me a food plan. After I began working the steps with a BBSS sponsor in August 2015, I quickly realized that my issue was that I had a HP-shaped hole in my body and I was trying to fill it with food. My malady was spiritual.

Since 2015, I've released over 135 pounds (61 kg). I have more weight to release, and that will be on HP's time, not on Blair's time.

Today, my life is full of service (in OA and the rest of my life), I have a loving wife and family, and I adore our 2 tuxedo cats, Bruce and Hank. My and our dear friends are family. I am sponsored and I sponsor others. I have a full-time job that I love and in December 2022, I hope to celebrate 20 years in the same department at the same academic medical center.

One day at a time, I've been abstinent since 4/2/2015. I'm so very grateful for the program of action and service that has helped me recover from compulsive overeating and has literally saved my life. I am happy to serve wherever I can. Service helps me to further my own recovery and to carry the message to other compulsive overeaters / those in OA.

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Submitted for consideration at the Region Six Assembly in the ☐ Fall ☐ Spring of 20__.

I am applying for a position on the Region Six Board of Overeaters Anonymous as:

TREASURER

Full name: Debbie [REDACTED]

Address: _____

Phone: [REDACTED] E-mail: [REDACTED]

Years in OA:17 Years of service above group:11 _____

Date continuous abstinence began: 1/16/2005 _____

*I certify that I have read the qualifications and duties of the office of
TREASURER _____ and understand the responsibilities of such position.*

Debbie [REDACTED] July 18, 2022
Signature of Candidate Date

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Summary of my OA responsibilities:

I started in my home group as the anniversary person, hospital liaison, and monthly business meeting leader.

2010-2014 Nassau County Intergroup Chair, Region 6 Assembly Representative

2011-2014 Region 6 Vice Chair, World Service Delegate

2015-2019 Region 6 Chair

2017-2019 WSBC Facilitator

2019-2020 Region 6 Vice Chair (As we were preparing to elect 3 new Officers to the Region 6 Board, a board member resigned. I offered to remain and fill that position for a one year appointed position to help the new Board members transition into their new roles),

2020- 2021 Nassau County Intergroup Vice Chair. During the pandemic, Nassau Intergroup lost most of its Board members. I stepped up to do service to help them while other members were recruited to do service.

2020 Region 6 Keynote Speaker, Virtual Region workshop coordinator.

2021 Region 6 convention interprétation cochair

2022 Region 6 Assembly Representative, WSBC delegate

2022 Nassau County Intergroup Chair

2022 Virtual Region convention cochair

2022 Region 6 Convention cochair

I can bring the following business, professional or other experience and skill to the Region:

1974-2009, I worked as a New York City Physical Educator and Dean. I taught Physical education for 29 years and was a dean of Discipline for 6 years. In 1989, I won the Angela Zirpaides Award for Educational Excellence as Physical Educator of the year in District 24. I developed excellent time management skills as well as ability to work well with students, parents, teachers, colleagues, administrators, and school personnel. I was responsible for the purchase, maintenance, and storage of the school's audio-visual equipment as well as the Physical Education equipment.

As a single parent, I have learned how to prioritize, manage, and coordinate events.

As a Region 6 Officer, it was my responsibility to propose and book the Assembly dates. This job I have done from 2011-2021. I have coordinated with the hotels to book rooms, ensure banquet meals; checked on the final expenses as well as trying to provide each Representative with a positive experience.

As a Region 6 Officer I am a defender of the Traditions. I have taken an excel spreadsheet course.

I have ever-growing computer skills. During the pandemic, I learned new technology to keep me in touch with my fellows.

I have good people skills and an easy manner. I am enthusiastic and see the humor in life and understand what the job entails.

I can listen. I have a passion for service. I am teachable and willing to learn new skills.

I would like to be a Region 6 Officer for the following reason(s):

My recovery centers around service. The truth is that the more service I do, the stronger my recovery. It gives me pleasure to "give back what was so freely given to me".

I am blessed to be retired. I have found that I have a willingness, desire, and drive to give service. I view it as a labor of love and a passion which keeps me coming back.

I have learned many lessons and continue to expand my skill set. The world is changing. There are many new ways to reach members and carry the message. I would love to be part of this.

I continue to learn as I do more service. I feel my managerial, leadership and organizational skills would be an asset to Region 6.

I would like to be a Region 6 Officer because it seems like the next right direction for me.

Brief account of my OA story (Physical, Emotional and Spiritual):

I have been a compulsive overeater all my life. I was born with a broke "full button". I literally limped into the rooms of Overeaters Anonymous in 2005. I was physical, emotionally, and spiritually bankrupt.

I saw the happiness that you had found simply by following the program of recovery. I knew I had found a place of peace and solace and this program would help me, if I did what you did. I went to meetings, called a sponsor, read, wrote, worked the 12 steps, traditions, and tools to the best of my ability. I did service.

It took me 18 months to give away 60+ pounds. I have maintained a healthy body weight since July 2006. Since joining OA, I have had one knee and both hips replaced. During a well checkup it was discovered that I had a cancerous tumor in my kidney. They kidney was removed. During Hurricane Sanding, I lost half my home. In 2015, I had a spinal tumor removed. Most recently in 2020, I had an abdominal mass removed. I haven't found a reason sufficient enough to cause me to give up my abstinence.

I have a strong Higher Power, a huge support team of fellows and a solid program of recovery. If I never leave the basics, I never have to go back, I have come through my trials with gratitude, abstinence, and grace. It was God's plan for me to go through all this.

After 35 years with the NYC Board of education was able to retire and live comfortably. In July 2014, I was blessed to watch my only son get married to the woman of his dreams. The process of letting go was learned by watching others in the room and seeing what they did. Today I have a "son and a daughter". I now have a 4 year old and 1 year old granddaughters. They are the light of my life. Ask me, I'll show you pictures. Because of Traditions 4 and 10, I have a good relationship with my son and daughter-in-law.

I have a close and very personal relationship with my Higher Power. I know he has a plan for me. It still annoys me that he doesn't run it by me first. I must wait. My recovery is the most important thing in my life. If I give it up, I may not have another one in me. Equally as important is that if I break my abstinence, I could not apply for or keep a position. I work daily on my abstinence, dignity, and grace. I work the 12 steps, traditions, concepts, and tools to the best of my ability every day.

I thank each and every one of you who has taught me how to live “like a lady”. Thank you for considering me for this position.



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I am applying for a position on the Region Six Board of Overeaters Anonymous as:

Treasurer

Full name: Susan [REDACTED] _____

Address: [REDACTED] _____

[REDACTED] _____

Phone: [REDACTED] E-mail: [REDACTED] _____

Years in OA: 12 _____ Years of service above group: 10 _____

Date continuous abstinence began: January 2014 _____

*I certify that I have read the qualifications and duties of the office of
_____ and understand the responsibilities of such position.*

Susan [REDACTED] _____ 7/18/2022 _____
Signature of Candidate Date

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Summary of my OA responsibilities:

In November 2010, I returned to OA after a relapse of 7 years and have been an active at the group level as soon as possible. Having chaired meetings, set up meetings, and putting away chairs. I became interested in Intergroup Service within 2 years of my return and served as scribe until I had the abstinence requirement to be elected secretary. Besides being secretary, I have served as Treasurer and Chair at the Intergroup Level.

Above the Intergroup Level, I have done service on the Region Level. I served on the Finance Committee, including one year as the Liaison from 2017-2018, and the PI/PO Committee.

At the World Service Level, I have attended the WSBC four times, on the finance committee in 2017, as chair of my subcommittee, and on the Virtual Services Committee in 2018. In 2021 I returned to WSBC virtually, serving on the Twelfth Step Within Committee, and in 2022 I was on the Reference Subcommittee.

In February, just after becoming abstinent in January 2014, I fractured my right ankle and could not get to face-to-face meetings. To maintain my fragile abstinence, my HP led me to Phone Meetings. I continue to participate on the phone meetings in the evenings and do service there too. I have moderated meetings, been a speaker-getter, as well as spoken, and been the coordinator for one of the meetings.

After the 2021 Fall Assembly for Region 6, there was call for service, as the former Secretary had been elected to another position on the Board. I applied for and was appointed R6 Secretary in January 2022.

I can bring the following business, professional or other experience and skill to the Region:

I have always been good with numbers, When I get anxious, I used to sit and balance my check book. Although I did not use this talent as my primary profession, in Recovery, I was able to continue my education, and in 2015, graduated with an Associates Degree in Accounting with a GPA of 3.95

After getting my degree, I took the Tax Preparation Course for a Commercial Tax Preparation Company, passed the course, and was hired as a tax professional. After preparing taxes for 2 years, I was hired to manage one of the Offices. I recently completed my 2nd year as Office Manager.

I can work with both Excel spreadsheets, and Google Sheets, as well as other Microsoft Office programs such as Microsoft Word.

I would like to be a Region 6 Officer for the following reason(s):

Service is one of the cornerstones of my recovery. OA has given me a life beyond my wildest dreams. I feel compelled to give back to OA by giving service. I can perform the duties of region 6 Treasurer and feel that my Higher Power is leading me to run for the office of Treasurer.

Brief account of my OA story (Physical, Emotional and Spiritual):

I believe I was born a compulsive OE. My mother used to joke that I was born at 11:30 AM, so I would not miss lunch. We lived with my maternal grandparents, and my earliest memory is the day my grandmother died. She had pneumonia, and the doctor gave her a shot of Penicillin. She had an allergic reaction and died. I was sent next door to the neighbors, and I still remember what we had for dinner that night.

As a young girl, I was slim and limber. But when I hit puberty, the weight just came on. I went from a size 14 girls to 18 women. My mother became my diet buddy as well as my eating buddy. Whatever she did, I did. Grapefruit and egg diet, liquid diet, and at age 16, she took me to a specialist. He prescribed pills, and I went speeding around the house until I had to come down from the pills.

After 12 years of good catholic education, I left school, not believing much in God and very emotionally distressed. I went to nursing school, and things got worse. When I graduated, I weighted over 200lbs, and I was out of control. I got a job, working 3pm-11pm, and going out to eat and drink after work. Eventually, I met a man, who said he loved me, and I married him. We had a baby. I was overwhelmed, and depressed. I had promised my husband I would not drink, but he did not say anything about eating, and so I ate. I ate to cover up the fear that someone would find out I did not know what I was doing. I felt like everyone else had the instructions to life, and I missed it. I was confused and felt all alone I did not know what to do.

So, I ate. My weight went up, I tried to diet but was never a good dieter. It did not last. My weight and misery kept going up.

Outside, I was "super-mom". Worked full time, went to school part time, had 2 kids and the house in the suburbs. I went to PTA meetings, was the assistant girl scout leader, and worked on the cub scout committee. I could handle anything. Inside, I felt this huge hole in the middle of my gut that I was trying to fill. Eventually, I started seeing a therapist, because people were talking to me about having to make lifestyle changes.

My PCP prescribed something for the anxiety, (I would not go to a psychiatrist) and on January 6, 1991, I was trying to fill that hole, with vodka and Xanax. My therapist called me, then 911, and I was rushed to the local hospital, and my journey with the psyche wards began.

The next 6 months I was in and out of the hospital, I could not get my life back together. Finally, the head nurse observed that I had been consuming alcohol before I was admitted each time, maybe that was the problem. I protested but wound up at my first 12 Step Meeting that Saturday. Went back and told them they were wrong because “those people lost so much, and I hadn’t lost anything”. YET. But the following week, I found myself in a dual diagnosis drug and alcohol/Psyche facility.

When I was discharged, I went to meetings for 7 years, and still did not feel like I fit in, Then I then went to a pay and weigh, to try and lose some weight, and found after a few weeks, I was “cheating” on my diet. Again.

I talked to my therapist about possibly going to OA, and we agreed that was the next move. I found out where the meeting was in my area, but when I arrived, no one had the key to the church. One of the people did know where there was supposed to be another meeting, no one was there either, but we could get into the building, and the two of us had a meeting.

I came back the next night for a “newcomers meeting”. It was crowded, and my journey began. I was able to follow my food plan, got a sponsor, lost 100 pounds in a little over a year. Started going out speaking and was the poster child for OA. But then my sponsor had a slip, and she needed to give up her sponsees, so she could work on her own recovery.

I did not know what to do, who else to ask to sponsor me, so I didn’t get another sponsor. Eventually, I did less service, went to fewer meetings, and left the rooms. I started picking up the food, until after a seven-year relapse, I gained back not just the 100 pounds I had lost, but an additional 60, I couldn’t walk around the block, because of shortness of breath, and back pain. I needed the extender for the airplane seats, and did not like going anywhere, because I could not fit into many places. My kids were grown and out of the house, I worked from home. After 12 hours on the computer, I would go to a fast-food restaurant for dinner, come home, say goodnight to my husband and fall asleep.

November 2010, I lost my job, and was in psychiatric day treatment program. My goal for the day was to go to an OA meeting. Full of shame, I entered the meeting, and instead of shame, I was welcomed back with open arms.

The first time around abstinence is a gift, the second time, I had to work for it. I would get a couple of days together, maybe a week or two, but the food would call, and I would listen. Finally, in January 2014, I was able to accept the fact that I was a compulsive overeater, and that only a power greater than myself could restore me to sanity. I was able to turn my will and my life over to that power. From that point on, my life has been different. I was given the gift of desperation.

This time I have worked all 12 Steps, instead of just the first three. I did a searching a fearless moral inventory and gave it to my Higher Power and my sponsor. I made amends to people when it was necessary.

I have been able to live one day at a time, and to keep my side of the street clean. If I do harm to another, I make amends as soon as possible.

I have found a Power Greater Than Myself to be with me, and help me through good times, and bad. When I was trying to fill that hole in my center, it was a God sized hole, and it is full now, as long as I remember to ask my HP for guidance.

Physically, I have lost over 90 pounds, I still have some to go before I get to goal. That is up to HP, not me. I can only put in the footwork, and follow my food plan, one day at a time.

Emotionally, I am so much better than I have ever been. I feel I have a life beyond my wildest dreams, and many of the promises have come true. I have everything I need, Just for Today.