



TRUSTEE APPLICATION

Submitted for consideration at the Business Conference in 04 2020 month year

I am applying for a position on the Board of Trustees of Overeaters Anonymous, Inc. as:

Trustee for Region General Service Trustee

Please check the box if you will be applying to the Trustee Nominee Reimbursement Fund.

Full Name Dr. Mary Rose J.

Address On file Phone On file

City On file State/Prov TX Country USA Zip On file

E-mail Address On file

Years in OA 32 Number of years of service beyond the group level 10

Date continuous abstinence began 3/7/89 Date maintenance began 3/7/89

I have read the qualifications for Region/General Service Trustee, which are reproduced from the Overeaters Anonymous, Inc. Bylaws, Subpart B, on the last page of this form. As a candidate for a position on the Board of Trustees, my signature affirms adherence to those qualifications.

On file Signature of Candidate 12/13/19 Date

REQUIRED FOR REGION TRUSTEE NOMINEES:

Signature of Region Officer (Chair, Secretary, etc.) Title Date

REQUIRED FOR GENERAL SERVICE TRUSTEE NOMINEES ONLY: Per Article IX, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 5 – Nomination of Trustees, Part c) (1) All applicants for open position(s) of general service trustee must submit their resume to the Board of Trustees ninety days prior to the annual Conference. Such resumes must be affirmed by a majority vote of the applicant’s intergroup/service board or a region in which the applicant has recently served, or a majority vote of the Board of Trustees if the applicant is a sitting trustee. (2) The Board of Trustees, acting as a nominating committee, shall submit a list of nominees for the open position(s), with copies of the nominees’ resumes, to all Conference delegates at least forty-five days prior to the Conference.

On file Signature of Nominee’s Region or IG/SB Officer or Chair of the BOT Title SAAI, Chair Date 1/14/20 (Verifies that candidate’s enclosed resume was affirmed by majority vote as explained in Section reproduced above.)

IMPORTANT

Type or print in black ink only. This application must be sent to the World Service Office by the deadline established by Conference or by the Board of Trustees in the case of trustee appointments. The application must have original signatures by the applicant and the appropriate officers.

You may send by certified mail, return receipt requested to:

Overeaters Anonymous WSO • 6075 Zenith Court NE • Rio Rancho, New Mexico 87144 USA.

You may also fax the form to 505-891-4320, or email it to info@oa.org. Receipt of electronic applications will be acknowledged by the WSO. Do not write beyond the margins. Enter all information on this form. Attachments will not be reproduced for circulation to the delegates.

Additional copies of this form may be requested from the World Service Office or downloaded from https://oa.org/groups-service-bodies/world-service/board-of-trustees/.

**SUMMARY OF MY OA SERVICE RESPONSIBILITIES:**

Since I began in OA, I had the importance of service drilled into me. As a result, I have been very active serving for 30 years. I will do my best to succinctly summarize the numerous responsibilities I have had during that time.

Group/Intergroup Level (1989-2013): First I served as secretary of the largest meeting in San Diego, the maintainers meeting. I also served as treasurer, speaker and sponsor. In addition, I started many Step studies in my home and in churches in my neighborhood. I addressed the medical professionals in San Diego through hospital workshops and health panels.

I was the featured speaker at the San Diego retreat in 1997. At that retreat, I was responsible for the creation and execution of the program for the entire weekend.

Region 2 (2000-2014): Worked on planning committee for Region 2 conventions that were held in San Diego. I was responsible for a variety of positions (i.e., program planner, finding speakers, hospitality, hotel liaison). I also spoke at the convention as one of its main speakers in 2014.

Region 3 (2013-2019): Upon arriving in San Antonio in 2013, I was asked and accepted the responsibility of Region 3 rep. I served in that capacity for one year until I was asked to fill in for the current WS delegate in 2014. In Region 3, I again worked with other OA members on the planning committee for the region convention in 2018 and was a speaker for a workshop on slogans with another member from our fellowship.

World Service (2014-2019): I was recruited to serve as WS delegate for San Antonio IG, and for the last six years it has been my honor to go to Albuquerque for world service. For each of those six years, I have been serving the Professional Outreach Committee due to my vast experience working with medical professionals. For the 2019 WSBC, I was asked to put together a panel for OA to address the issue of how to attract young people. And now my desire to serve in OA has led me to volunteer to be a general service trustee for world service.

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**I CAN BRING THE FOLLOWING BUSINESS, PROFESSIONAL OR OTHER EXPERIENCE, AND SKILL TO THE BOARD:**

Skills I bring: Program development, staff recruitment and training, budgeting and finance, and teaching.

After completing both my bachelors and masters in Kinesiology in 1983, I was offered a position as health and wellness director at the Prescott YMCA. As administrator, I had oversight of the fitness center and its budget, which included a monthly income/loss report. I also taught fitness classes and did personal training.

In 1989, I moved from Prescott to San Diego and began work in a whole new capacity. Working for the Arthritis Foundation, I was director of professional education. One of my responsibilities was creating continuing medical education courses for physicians and other medical professionals working with people suffering from various types of arthritis. In 1991, I was offered an administrative position at the University of San Diego. My responsibility included organizing and executing sports camps for nine different Division I coaches with a budget close to \$1M. Each summer I was responsible for that budget and in addition hiring and training a very large staff. The staff included 14 athletic trainers and another 18 residential counselors. The summer camps were very successful.

In 1999, I started a Master of Science in Executive Leadership in the school of business at the University of San Diego. This degree program included several courses in finance and financial management. I was able to incorporate much of what I learned into my administrative position such as budgeting, financial reporting, and reconciliation of the financial statements.

In 2001, I decided to go back to school and complete my doctorate, which I did in 2008. My dissertation for that doctorate became so impactful that it has now been published as a book, *How Spirituality Impacts Ethical Leadership*. Following graduation, I was offered a position as assistant professor and chair of the Kinesiology Department at San Diego Christian College. I taught a variety of courses including sports psychology, exercise physiology, anatomy and physiology, and health and wellness. I also was responsible for ensuring graduating seniors completed an extensive research project and paper, which they presented to all the faculty and student body as a requirement for graduation.

I consider the most important success in my career was the management of the college accreditation process. This required significant research, multiple surveys, data collection and evaluation across the entire college. This information was compiled into a final report to substantiate to the State of California that San Diego Christian College qualified for the Western Accreditation of Schools and Colleges (WASC) accreditation. This accreditation process led to SDCC's initial accreditation.

**I WOULD LIKE TO BE A REGION OR GENERAL SERVICE TRUSTEE FOR THE FOLLOWING REASONS:**

OA saved my life! When I heard last year that the participation in OA was decreasing, I realized I had to do something. I could not just sit back and rest on my laurels. I want to serve to ensure that the Twelve Steps and Twelve Traditions remain true to the original conception and are not altered in any way, in order to help others as it has helped me.

Step Two is especially dear to my heart. There is a God who desperately wants to relieve us of the obsession and insanity around food and the bondage to self, selfishness and self-centeredness. We desperately need this relief! And the reason we need this is so that we can be of better service to others. Getting that message out is of the utmost importance.

God has blessed me with a wealth of education, experience, and recovery for which I am very grateful. I know that I cannot keep it if I do not share it. I also learned through the Responsibility Pledge that I have a serious responsibility to help others achieve what we cannot do alone.

I have spoken with other trustees to learn what it takes to be a successful trustee. I learned that this service position requires much time, devotion, and dedication. At this time in my life I have the gift of time and want to dedicate some of that time to the source that gave me hope 30+ years ago.

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**BRIEF ACCOUNT OF MY OA RECOVERY STORY – PHYSICAL, EMOTIONAL, AND SPIRITUAL:**

I grew up in a loving home in Chicago. Both my parents had lived through the depression which created an obsession to have an over abundant supply of food in the house all the time. My dad's brothers and sisters were either alcoholics or married to one. My dad said, "Not me!" So, he proceeded to stop on his way home from work each pay day and load up on sweets. I have no idea how much there was because by the time he got home it was melted into one huge chunk and we would sit watching TV, cutting slices, and eating until we were sick and unable to eat another bite.

Fortunately, I did not gain a lot of weight at that time because I was also very active. I had swimming lessons, dance classes, dance recitals and volleyball games at the local park district. I made sure I exercised or trained at least once a day.

When I was hired as the health and wellness director for the Prescott YMCA, I had a great deal of pressure and responsibility to exercise and have the perfect body. My disease escalated. I believed I had to have the perfect body and so I was exercising all the time. The body builders that were in training at the YMCA taught me about diuretics and laxatives. I learned you could drop 10 pounds in 48 hours with those pills. It soon became quite evident that I was a bulimic and a very sick one at that. So, I then accepted a position at Prescott Parks and Recreation, thinking that would change things and I would stop working out so much; I wouldn't be around all those "crazy exercise addicts." But each year as the Prescott Triathlon rolled around, I started training with others, morning, noon, and night.

Soon my son's school referred him for counseling. In order to train that much, I was leaving my son alone much of the time or with neighbors. He was beginning to act out in school. When I took him to the counselor, he told me that my son didn't have a problem, I did. I was the one who needed help; I was obsessive and compulsive, and I needed treatment and a twelve step program. A friend of mine had just returned from an eating disorder center in San Diego. It appeared she had changed significantly, and the program was instrumental in getting her rooted into OA and recovery. She suggested I look into it and I did.

Also, during that time in my life, my mother became very ill and nearly died. I had to go back to Illinois to help my brother transition my dad into a senior facility. Before we had time to move him into the new facility, he died. He was a severe diabetic and we believed he stopped taking insulin and began binging on sugar in an effort to end his life. At his funeral, everyone put chocolate in his casket, and I learned how addicted he really was. I started binging on sugar and drinking. Two months later, March 7, 1989, I checked into the eating disorder program in San Diego, CA.

In the Brown Book of Overeaters Anonymous (1980), there is an appendix entitled, "A Disease of the Mind" and it was written by Dr. Radar. I believe that Dr. Radar is to OA, as Dr. Silkworth is to AA. I am grateful I was referred to his treatment program. As a result of that program, and the way OA was integrated into every aspect of my life, I have been able to refrain from unhealthy eating behavior and maintain a healthy body weight for 30+ years. For this I am truly grateful, and I am anxious to share what I have been freely given.



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I am applying for a position on the Board of Trustees of Overeaters Anonymous, Inc. as:

Trustee for Region General Service Trustee

Please check the box if you will be applying to the Trustee Nominee Reimbursement Fund.

Full Name Betty L. J.

Address On file Phone On file

City On file State/Prov CO Country USA Zip On file

E-mail Address On file

Years in OA 24 Number of years of service beyond the group level 5

Date continuous abstinence began 7/24/14 Date maintenance began 7/24/14

I have read the qualifications for Region/General Service Trustee, which are reproduced from the Overeaters Anonymous, Inc. Bylaws, Subpart B, on the last page of this form. As a candidate for a position on the Board of Trustees, my signature affirms adherence to those qualifications.

On file Signature of Candidate 1/21/20 Date

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Signature of Region Officer (Chair, Secretary, etc.) Title Date

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On file Signature of Nominee’s Region or IG/SB Officer or Chair of the BOT Title NCIOA, Chair Date 1/20/20 (Verifies that candidate’s enclosed resume was affirmed by majority vote as explained in Section reproduced above.)

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**SUMMARY OF MY OA SERVICE RESPONSIBILITIES:**

WSBC delegate and R3 rep for Northern Colorado IG for 2017, 2018, 2019. Served on Virtual Services Committee 2018 and 2019. 2019 as subcommittee chair of e-workshops—helping to produce and record twelve monthly “Second Sunday of the Month” e-workshops to the virtualregion.org website. 2018 as subcommittee chair of region to region involvement—to help carry the message of the new virtual region to other regions. R3 TSW subcommittee chair for two years—helped send out bimonthly TSW e-blasts to intergroups within the region, helped maintain the unaffiliated meeting list by contacting each group to ask them to affiliate with their intergroup and the benefits of being affiliated to an intergroup. Helped maintain the R3 speaker list, helped with the development and creation of the R3 “turn on and turn off” trifold for newcomers. Helped with taking the above digital on the R3 TSW website. Served on the OA state convention for Colorado sponsored by NCIOA five times as registrar, treasurer, keynote speaker seeker and contact persons, programs committee, and programs chair.

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**I CAN BRING THE FOLLOWING BUSINESS, PROFESSIONAL OR OTHER EXPERIENCE, AND SKILL TO THE BOARD:**

Served on a board for ten years for a thirty-day treatment facility for alcohol, drug addiction, and substance use disorder. Why do we serve? Because we are asked—my neighbor asked me to serve on this board. Why do we give? Because we are asked. We instituted a \$10M capital improvement and started a fundraising department. I served on the Finance Committee, was finance chair, started fundraising department. Was a financial advisor for a global investment bank and financial services company for 15 years and had over 600 clients. Part-time ski instructor for a premier resort in Colorado since 2007. Past avid runner for 15 years completing two marathons, numerous half marathons and 10Ks. Past avid cyclist completing the Colorado “Trip Bi-Pass,” two seven-day “Ride the Rockies,” eleven three-day benefit rides for children’s hospital to name a few.

**I WOULD LIKE TO BE A REGION OR GENERAL SERVICE TRUSTEE FOR THE FOLLOWING REASONS:**

I would like to be a trustee to serve and represent OA as a whole. It is where my HP is guiding me. It has been a life-long goal since attending my first WSC in Philadelphia. To see members serving above the group level, and to produce such a great convention with 1200+ attendees. I have not missed a WSC since Philadelphia. It was only until I started to serve above the group level that I discovered the WSC was different than the WSBC. Then I really wanted to continue to serve above the group level. I became passionate about the benefits of carrying the message of recovery through the Twelve Steps of OA to the still suffering food addict in and out of the rooms through the aid of virtual services. About five years ago, I asked my intergroup to add a phone component to their monthly night meetings so I could attend and a year and a half ago to add a video conference component to their month meetings so we could all see each other. This allowed me to serve above the group level so I could qualify to apply to be a trustee. I'd like to carry the message of recovery through the benefits of adding virtual components to intergroup and meetings—to invite more members to attend meetings, strengthen their recovery/serve above the group level. The benefits of members being able to do their own workshops, record them on their own website—the possibilities are endless. My meeting home group is a hybrid meeting and I can attend every week regardless if I am in town or not. The virtual meetings have saved my life.

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**BRIEF ACCOUNT OF MY OA RECOVERY STORY – PHYSICAL, EMOTIONAL, AND SPIRITUAL:**

I have had this disease since childhood. In sixth grade, I weighed 160 lbs. and was 4'7" tall. I saw a bullfight in Spain that summer and became a vegetarian and lost 50+ pounds and grew a foot. Beginning in seventh grade, I was 103 lbs. and 5'7" tall. I became bulimic at 15 years old when I went to experience schools in the US (born and raised in Guam). My bulimia lasted 12 years. Through the grace of HP, I entered OA in 1996 through the doors of AA (got sober in 1994), worked the program like my life depended on it (because it did) and never left. OA saved my life; it gave me life. I was able to put down sugar, sugar sweeteners, and anything with sugar/sweeteners in it through the grace of HP and this program and the Twelve Steps and not return to bulimia. I was able to maintain a healthy body weight. What I didn't realize was my addiction to sugar-free products and volume. My HP directed me to a special focus of OA that weighed and measured their food. They saved my life. It took me a few years to figure it out ("sometimes quickly" – I'm the "sometimes slowly"), but I have been gratefully abstinent since 7/24/14. I have been given a new life and the keys to the kingdom (and I'm not giving them back)! A day at a time, a moment at a time, I pray for the willingness and ability to work all my program of recovery. I get a daily reprieve contingent on the maintenance and growth of my spiritual conditioning. Everyday is a day when I must carry God's vision into all my activities. Thy will not mine be done.



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I am applying for a position on the Board of Trustees of Overeaters Anonymous, Inc. as:

Trustee for Region General Service Trustee

Please check the box if you will be applying to the Trustee Nominee Reimbursement Fund.

Full Name Ron P.

Address On file Phone On file

City On file State/Prov NL Country Canada Zip On file

E-mail Address On file

Years in OA 28 Number of years of service beyond the group level 12

Date continuous abstinence began 1996 Date maintenance began 2008

I have read the qualifications for Region/General Service Trustee, which are reproduced from the Overeaters Anonymous, Inc. Bylaws, Subpart B, on the last page of this form. As a candidate for a position on the Board of Trustees, my signature affirms adherence to those qualifications.

On file Signature of Candidate 10/28/19 Date

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Signature of Region Officer (Chair, Secretary, etc.) Title Date

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On file Signature of Nominee's Region or IG/SB Officer or Chair of the BOT BOT Chair Title 11/23/19 Date (Verifies that candidate's enclosed resume was affirmed by majority vote as explained in Section reproduced above.)

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**SUMMARY OF MY OA SERVICE RESPONSIBILITIES:**

I have spent the past three years serving as general service trustee. This has meant working as part of the Executive Committee, helping oversee the business aspects of OA, including the budget process. Last year I was elected second vice chair of the Board of Trustees. Along with that, there have been tasks like cochairing the Unity with Diversity Committee and the BRM Review Committee. For the first two years of my term, I was trustee cochair of the Conference-Approved Literature Committee. As a committee member, I worked with the Website Review Committee.

Prior to being elected in 2017 as GST, I had been a delegate cochair of the Public Information Committee. Part of my duties at the intergroup level were chair and Public Information Committee member.

Facilitating workshops on spirituality and sessions on Step Eleven/meditation have been part of my activities over the years, along with sponsoring.

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**I CAN BRING THE FOLLOWING BUSINESS, PROFESSIONAL OR OTHER EXPERIENCE, AND SKILL TO THE BOARD:**

The experiences I have had over the past three years have been an example of HP equipping the called. I have learned so much from my colleagues on the board, and from the WSO staff with whom I have worked on different projects. Whether I have learned enough is for someone else to decide, but I am grateful for the chance to do service like this.

Part of my training as an educator was to facilitate groups in articulating their goals and checking to see if those goals were a fit with the school/board/group objectives. Making a plan to check progress and evaluate whether or not the goals were being met was key. Whether it was a parent auxiliary, a school board of directors, or a team of teachers, I saw my role as one of ensuring that everyone reached consensus on the plan and maximized available resources in support of whomever was to benefit from the work. Most of the time, that was the students.

I have the capacity to remain calm in situations where emotions run high, as they often do when dedicated and focused people see things differently. This ability is a gift from my Higher Power. Practicing the Eleventh Step and sometimes breathing deeply and praying or meditating just before a potentially challenging meeting is something that has carried over from my work life in all kinds of good ways. I often talk too much, but I've been told that I'm also a good listener. Affirming people without seeking approval or patronizing is something I do naturally, thanks to HP and program.

Being a former English teacher, I still love to correct people's grammar. Just ask my daughters :-/ But seriously, my ability to collaborate with others in crafting clear messages that adhere to OA Principles is something I bring to the role of GST.

Working on budgetary issues with the Executive Committee has been an education, sometimes challenging for me, but it has made me aware of a lot of new concepts.

If all or any of these experiences and skill sets can be useful to OA, I am ready to continue doing my best, with the help of my Higher Power and the support of the Fellowship.

**I WOULD LIKE TO BE A REGION OR GENERAL SERVICE TRUSTEE FOR THE FOLLOWING REASONS:**

It has been a privilege, an honour (That's the "correct" (Canadian) spelling.) to serve as GST. I was asked if I was really ready for the job of GST when I first applied three years ago. My honest answer was, "I don't know." The delegates at WSBC 2017 saw fit to elect me and what I needed to do my work was given to me as I went along. A patient mentor, a motivated team of fellow trustees and the constant presence of my Higher Power allowed me to do my best at the tasks required. Whether my best was good enough is up to others, including delegates to WSBC 2020, to decide.

The level of recovery and dedication to service that I have experienced all around me through these past years allows me to put aside my tendency to doubt my suitability and just get over myself enough to focus on the work at hand.

Working with people on the different committees as a GST has helped me to learn to trust. I know my fellow trustees' hearts are in the right place. I am certain that there is enough skill among us to do what needs to be done for OA to grow whether that includes me or not. I know my Higher Power will provide what is needed. All this, along with the contagious enthusiasm that thrills me when we stand together to say the Serenity Prayer, is why I am applying to be a general service trustee.

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**BRIEF ACCOUNT OF MY OA RECOVERY STORY – PHYSICAL, EMOTIONAL, AND SPIRITUAL:**

My peak weight was between ninety and a hundred pounds more than I weigh today. I have been within what I (and my doctor) consider a healthy weight range for a few years. I recall being the fat kid in my teens with occasional lapses into normalcy. In my early twenties, I could take off weight with the best of them. There was one summer when I found another magical diet and lost over forty pounds in just six weeks. I'm sure you've heard the sequel.

What motivated me to look at my eating was a thought out of the blue that I might not live to see my daughters grow up if I kept on the way I was going. I honestly did not realize that my eating was out of control. There was plenty of evidence, but I had ignored it for years.

I've learned since that I owe amends to myself and to my physical body for the harm I inflicted on myself, some of it possibly irreparable, over those bad old times. I am even more remorseful over my failure to be as present as I might have been to my children while they were very young, and I was in the grip of my disease. Step meetings around Step Nine are helping me to realize that I can make amends to my family by working the program to the best of my ability each day. Everything gets better, including my willingness and ability to be for others, with the help of my Higher Power.

I recall my superior attitude when I first went to OA meetings. Inwardly I belittled people who admitted consuming large amounts of food, especially desserts, in a short time. Now I can chuckle at my old self and ask gently, "If you're were so \_\_\_\_ smart, what were you doing almost a hundred pounds overweight for over twenty years, Einstein?"

From skipping breakfast (coffee and a cigarette maybe) , a light lunch and then full-on grazing, including fast food stops on the way home from school, from four o'clock until midnight most days, I have come to a point where I have three meals (reasonable portions) a day (no seconds), with fruit in between if a snack is wanted/needed. I leave refined sugar alone and it leaves me alone.

Daily prayer and meditation have brought me to a point where I can accept that I am loved, and that I'm lovable. My Higher Power's grace and the unconditional love I have experienced in OA allow me to take a chance on living fully.

When someone remarks on my "willpower," I respond with the only double positive that is a negative in the English language: "Yeah, Right." (Told you us old English teachers never give up :)

I have committed to my sponsor and my sponsees to share my written Tenth Step at least twice a week (I complete it mentally each night). The last two items are things for which I am grateful and at least one thing about myself that I appreciate (whether I mean it or not).

I am alive today thanks to OA and to my Higher Power. You saved me, and if there is anything I can do to help anyone who still suffers or who is recovering and working the program, I promise to do what I can.