



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:

[X] Trustee for Region 1 [] General Service Trustee

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

Full Name Margie G.

Address On file Phone On file

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

E-mail Address On file

Years in OA 42 Number of years of service beyond the group level 40

Date continuous abstinence began 12/13/01 Date maintenance began 8/02

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 1/20/20 Date

REQUIRED FOR REGION TRUSTEE NOMINEES:

On file Signature of Region Officer (Chair, Secretary, etc.) Region 1 Chair Title 10/18/19 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.

Signature of Nominee’s Region or IG/SB Officer or Chair of the BOT Title Date (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:

The most satisfying service I do is to be a sponsor and work one-on-one with people. I am very grateful to have something to share with others.

Group Level: Key person, set up chairs, secretary, treasurer, contact person, speaker getter, part time babysitter, designated downloader, carry literature, phone/check-in list, started meetings, sponsor, leader, intergroup representative.

Intergroup Level: Treasurer, cochair, chairman (of 2 different intergroups), newsletter editor, committee person, helped to put on marathons or events, chair of fashion show, speaker at meetings and events, Young People Committee, teach others how to do the job, delegate, convention registrar. I started doing service at the intergroup level in my second year in OA because I moved to a new town and wanted to stay in touch with some of my friends from OA; the town I moved away from promptly started their own intergroup and I was “stuck” doing service with a whole group of strangers.

Region 1: Regional representative (many times), cochair, outreach coordinator, marathon and retreat speaker. I was the Quilt Committee chair for 2 years and served on other committees.

WSBC: Delegate in 1980s and 2008-09. Young People’s Committee, PI Committee and active the whole year 2009-2010. Webmasters and technology groups.

Region 1 Trustee 2010-2017. Web/Tech Committee cochair; PI trustee cochair and on the Ad Hoc Website Committee. Attended WSBC as delegate 2018-2019. Delegate cochair for the Bylaws Committee 2018-2019.

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

I was a special education teacher for 18 years. I evaluated individual progress and made specific recommendations for a plan of education. I supervised up to 4 classroom assistants and worked closely with other teachers to help mainstream students. My true gift is to be able to understand specifically where an individual is having trouble and being able to teach to that specific area, this is true in special education and the community computer classes I teach these days. I developed community jobs in several businesses and trained students for work. I have a master’s in Special Education.

I completed a 2-year community college program in 2002 in Information Technology and worked for 3 years in that field. I love to learn, and I love to teach others.

I bring to Region 1 and OA as a whole, a commitment to continue to work my program and continue to reach out to people and individuals. I am very compassionate and understanding with others and am able to see the big picture in various situations. I have moved some while in OA and served on intergroups with small spread out meetings and larger cities with daily meetings.

I bring good background and knowledge of computers and current technology. Additionally, I bring the ability to communicate and teach others this knowledge.

Region 1 communication coordinator or webmaster; maintained the website, set up email addresses for board members and committees, mail out all Region 1 daily journal orders.

Most important of all I bring a smile, enthusiasm and commitment to God and OA.

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

I would like to serve Overeaters Anonymous by being a regional trustee because I have the experience in OA to be of service to the fellowship and I have the time to do the work. I love little meetings and big meetings—I love the business of OA. I love that we must together so that we all recover.

I have done this service for 7 years and find it lots of work and lots of fun! I feel that I am able to give much love and service to Region One. I enjoy knowing what is going on in the world of OA and passing on this information to my local area. I have led many service workshops and hope that I have inspired and helped various areas to provide better service to their intergroups.

I know that God and the OA group conscience will work together to find the best fit for me and for Overeaters Anonymous.

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

I grew up in a very small community on the coast of Northern California. At about 12 years old, when I stopped growing taller, I became overweight. I had always felt “different,” big, loud and now my parents were telling me I was “too big” to act like THAT anymore. I needed to be more ladylike. Among my peers I was on the outside of everything. I know now that my judgmental attitude didn’t help. I started college and dropped out due to drugs and a guy. I moved to Tucson and went to college there. I continued drugging, drinking and eating. At the end I was barely hanging onto school and I am not sure how I actually finished with a degree. At this point, through a strange series of events, I took a job in Portland, OR, living in a group home for the mentally retarded. I gained 40 lbs. in 4 months working at the group home, since I couldn’t use or drink there. I would diet and gain it back; once I baked marijuana into brownies and got super high because I could not stop eating them. I met a neat guy, we started living together. Then one day he came home drunk and couldn’t remember a thing. I went to Alanon—it was easier to go get help for someone else’s problem. An Alanon friend took me to my first OA meeting; I remember judging the speaker harshly because her nail polish did not match her nice outfit, but I am not sure what she said. I did know that OA was the right place for me.

I’m not a person who was struck abstinent at my first meeting and stayed that way all these years. At the beginning, I struggled with the fact that I needed OA, I struggled with thinking I could do I by myself, and I struggled with abstinence. I even thought I could be tough and independent, and moved to Welches, OR, which is a wide spot on the road up to Mt. Hood. But I was the only lonely and miserable; I spent my weekends binging or running into Portland to meetings. The next summer at the annual retreat, a friend invited me to rent the empty apartment in her building. It was really a God thing; there was even a fenced yard for my dog. I made a decision to recover. I decided that I could not do OA by myself on the mountain; I needed God, meetings and people nearby. I surrendered, became really involved in program and more involved in service at the intergroup level. Spiritually I identified with eastern religions when I arrived in OA and an agnostic—I don’t know, and I don’t care. I slowly developed a Higher Power which works for me and is personal. I participate in a church but also practice “take what works and leave the rest.” But even though I was doing very well in my recovery, life moves on. About 20 years ago, I had a major relapse, triggered by my ego, which was unhappy about a job ending and my mother’s death. I went back into the food and I gained all my weight back. But I stuck with OA. I just kept coming to meetings even when I could not express myself very well because of the sugar. There is nowhere else for me to go.

I almost gave up. Then a relative newcomer, who got thin and though she had the answers for everyone, asked me, “So when are you going to be willing to get abstinent?” My brain knew that she would never last in program but at that minute she was doing a lot better than I was—so I surrendered and got abstinent again. That was December 2001. I really need you guys and God in my life. I have changed so much through my recovery from compulsive overeating. I used to be very quick to take offense and be sharp with people. I only had short term relationships with men (often less than 6 months). I thought I would never be married because I could not live well with other people. I moved 3 times a year for 3-4 years and then at least once a year when I was first in OA. Now? I am much nicer (just ask my sister)! I have been married to a fun man and faithful for 30 years. I have not moved for 20 years. I am amazed at these and other positive changes that happened because I keep coming back. I have fun in my life today with traveling, my wonderful dogs, quilting and sewing, knitting, computers, teaching about computers, and dog training. Today I know that working the Steps is the only way I can stay free of the compulsion to eat. I know that if God and I continue to work on me one day at a time, I will continue to recover.



TRUSTEE APPLICATION

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

[X] Trustee for Region 4 [] General Service Trustee

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

Full Name Meg M.

Address On file Phone On file

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

E-mail Address On file

Years in OA 20 Number of years of service beyond the group level 13

Date continuous abstinence began 6/14/04 Date maintenance began 8/05

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 7/4/19 Date

REQUIRED FOR REGION TRUSTEE NOMINEES:

On file Signature of Region Officer (Chair, Secretary, etc.) Region 4 Chair Title 10/9/19 Date

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SUMMARY OF MY OA SERVICE RESPONSIBILITIES:

Group: Treasurer (2007, 08, 18, 19), group conscience leader (2013-14, 16, 19), relapse meeting leader (2008)

Intergroup: Rep (2008-09), treasurer (2010), chair (2011, 12). Assisted in helping plan and presented at intergroup retreats, conventions, workshops, and city-wide OA open house for healthcare professionals.

Region: Rep (2010-12), ways & means chair (2011-12), newsletter editor (2010-12), chair (2012-16). Visited Region 6 in 2013, Region 5 in 2014, and Region 10 in 2015.

Delegate (2011-12), Finance Committee (2011), Bylaws Committee and Reference Subcommittee (2012)

World Service: Region Chairs Committee chair (2015-16), secretary (2014-15), vice chair (2013-14), Forum cochair (2013). Presented at OA Convention (2016). Speaker at All About Conference workshop – focus was public information (2014).

Led workshops, conventions, retreats, keynote speaker in Kansas, Iowa, Nebraska, Missouri, North Dakota, South Dakota, Minnesota, Wisconsin, Arizona, Oregon, Washington, Winnipeg (MB), Edmonton (AB), Brisbane (Australia – chairs visited assembly).

I was interviewed on an online radio station, *Voices of America*;" interviewed for several magazines. I've written for and have been published in intergroup and region newsletters and *Lifeline*.

Topics: Steps 1, 2, 3; body image through the Twelve Steps; the best is yet to be; meditation and prayer; the freedoms; the Promises; Steps, Traditions and Concepts

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

I have worked as a teacher, trainer, project manager, program coordinator, entrepreneur, writer, consultant, facilities coordinator and office manager. I've managed project budgets for \$100K-\$4M. My first career was teaching school. I taught fifth and sixth graders, and taught middle school (grades 6, 7, 8) math and science—my favorite age group. I led young leaders in MN, was head of school patrol, and secured grants to get science materials for my students.

My corporate work experience has taken me to work in various industries: education, finance, insurance, tax, airlines, manufacturing, telecommunications, consumer goods, fashion. I've worked in operations, finance and IT. Some of the opportunities that I love were coaching my colleagues on speaking in person and on the radio; presenting the company's code of conduct; being managing editor of the company's newsletter; and developing the company's brown bag lunch seminars. I worked with senior leaders to develop a technical career process to enable technical specialists to gain and track new skills that enabled them to get promotions and financial increases.

I've had my own businesses as public speaker, professional organizer, writing instructor, trainer, business consultant, and estate planning consultant. As an entrepreneur, I've had the opportunity to network, build connections, market, balance the budget and create curriculum. For my businesses, I've been blogging for the last seven years.

On a volunteer basis, I've served on several boards throughout the years as treasurer, vice chair/president, chair president, managing funds from \$10K-\$500K+. Some of the organizations were Toastmasters International, Singles All Together, Summerwood Garden Villas Townhouse Association.

I've been on television, radio and have talked to audiences as large as 1000+. I've led city-wide networking seminars, been published in national and local magazines, e-zines, newspapers, and newsletters.

Because of my varied experiences, I've worked with a variety of people of all levels and many locations from around the world. Like OA, people are people and I love hearing peoples' stories, gaining ideas and blending in some of my own. My mission is to be of service, to learn what I can and apply what is appropriate and makes sense. I've learned compromise and discernment, the workings of discipline and the effect of play. Life has prepared me for OA, and OA continually prepares me for life. Education: BS – Elementary Education, MS – Organization and Management Leadership, CSA – Certified Senior Advisor

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

I feel refreshed after rotating off for a couple of years of giving service beyond the group level. During a 4-year period, I was caregiver to my aunt and dad and then managed their estates after they died. My term of region chair was finished in 2016, and it was time to focus my energies and passions to my personal grieving and to my group. I was still active in speaking around the country for OA events, which was the right amount of service at that time.

Having been a region rep and chair, I am passionate about my Region 4 community. The current trustee will be stepping down to honor OA's tradition of rotation of service. I feel excited and eager to offer my experience, strength, and hope. During my seven years in various capacities in the region (4) level, I have many experiences and have a deep understanding of the wants and needs of the region. I began a "Chattin' with the Chair" call-in session that took place 4 times a year. This was for any intergroup board, reps, delegates, committee members, and region fellows to call in and ask questions. I also sent out an e-newsletter as follow up. During my role as trusted servant, I visited as many intergroups that time and money would allow. I had the sorrow of closing an intergroup because it was longer viable but worked with the two groups to get connected with their new intergroup.

I want OA to continue to be alive and vibrant well into my old age and everyone else's old age. The only way to do that is to actively give. My underlying passions are community and connection, while being a 'servant leader' using vision to guide and build upon the deep passion and commitment of other fellows. To me, this means going out to the community when I can physically get there, talking on the phone and sending out updates and fun tidbits and show encourage others to continue to give back from the intergroup, region, and world level.

Giving beyond the group level showed me how impactful a global community as my source of connection. This has caused my growth in this program to skyrocket with excitement and continue to build upon the discipline to keep going deep into my own recovery. To talk face-to-face with people who have 4 minutes of abstinence to 40+ years, continually confirms that OA is my people. My business experience offers some structure, my service offers me grace, being able to serve at this level offers me the gift of gratitude.

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

I walked into OA on April 1 (no joke) 1985 and stayed until mid-1990. Due to not working a strong program, I walked away from OA for 14 years. I doubled my weight and accumulated rage, guilt, shame, and remorse. (Not a pretty picture.) Through a kind and persistent coworker, I walked back into the rooms (practice of humility) on June 14, 2004 and have been abstinent since that date. I'm down 115 pounds from my top weight. My food plan has evolved, and I no longer consume party carbs, sugar, junk food, wheat, artificial sweeteners, and caffeine. I have been attending the same meeting for 15 years. I've had sponsors and I sponsor. I work the Steps, work to live the Traditions and incorporate the Concepts into my daily life.

When I was chair of my intergroup, HP tapped me on the shoulder and asked that I visit all the groups. I lovingly said, "You've got to be kidding—that's 70 groups. I don't have that kind of time, nor gas." HP smiled and said, "I've got you covered." True to HP's word, I visited 69 groups in several months (I was more driven than my car) and got to experience being a new fellow at numerous meetings and meet FANTASTIC people. I learned new ways of thinking and doing recovery work. I also did a little recruiting for intergroup, region and world. (HP isn't the only person who get to recruit.)

When giving service at the region level, I was able to visit 16 of the 18 intergroups over the years. It's exciting to hear what is going on, the creativity that flows, and to hear what is needed in the small meetings in the small towns. I feel saner and more useful as I live this program. Coming back to OA, I put down my false pride of thinking I had everything together and replaced it with asking for help because I needed and wanted it. This was pivotal in my journey. I'm here because of weakness, I'm powerless over food. I like and love who I've become because recovery is vital to me. I've become less critical, judgmental and self-righteous, and when I slip into those behaviors, I know that there is a Step or two for that.

In short, I love the people in OA, the community, the passion to recover and not to be a slave of food. I love making the people to people connections, I want to work with my fellows to continue to add vibrance to our global community and keep OA here and build upon our strengths.

SUMMARY OF MY OA SERVICE RESPONSIBILITIES:

Intergroups: North Carolina OA (1978-1979), Greater Cincinnati IG (1979-1981), All New York HOW IG (1981-1982), Central Ontario IG (1984-1985), Brooklyn Unity IG (1985-1987), NY Metro IG (1987-1999), Westchester United IG (1999-2002), South Jersey IG (2010-2015) and Baltimore Area IG (2015-2017). I have served as group representative, committee chair (most committees) and in all executive positions.

Regions: Representatives to Regions 8 (1979), 5 (1980-1981), 6 (rotating in and out between 1982 and 2002) and 7 (2010-2013). Served as chair of R6 and R7 Bylaws Committees (R6 1989-1992, R7 2011-2013) and Region 6 chair (1993-1997). Additionally, serve as Region 6 webmaster, vice chair of the R6 Convention Committee and as local chair for the 2002 R6 Convention in Tarrytown, NY.

I currently serve as parliamentarian for Regions 1, 3 and 5.

WSO: WSBC delegate (1982, 1989-1991, 1993-2000 [IG delegate, then R6 chair, returning as IG delegate when term as region chair ended], 2012-2014 and 2017). Served four terms as delegate cochair of the WSBC Bylaws Committee, 1 term as chair of the Young People's Committee, 1 term as chair of the Conference Planning Committee, 2 terms as chair of the Conference Literature Committee and 2 terms as delegate cochair of the Region Chairs Committee. I served as delegate cochair of the WS Convention in 1997 (NYC). I have also served on the Finance, Technology and PI Committees.

**Note: (Chair is the term used for delegate chairs of committees prior to the implantation of delegate and trustee cochairs.)

I was the author of the OA Website Guidelines (versions 1&2), as well as the Twelve Concepts of Service pamphlet. On the Region Chairs Committee, I served as editor of the initial version of the Service and Traditions Workshop Manual.

I served as center microphone monitor at WSBC 2001, 2002, 2010, 2011, 2015 and 2016.

I served as GST from 2002-2007.

On the Board of Trustees, I have served as treasurer and first vice chair; trustee cochair of Finance, Region Chairs and Bylaws Committees; chair of the Delegate Support Fund Committee, Convention 2007 cochair, Board-Approved Literature, Strategic Planning and Restructuring. I've served on Internal Information, Conference Planning, History & Archives and several ad hoc committees: restructuring, health meeting video, dignity of choice development, sponsor's guide update and literature approval process.

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

I have almost forty years' experience in the information technology field as a programmer, project manager, business analyst and strategic planner. After being laid off as a result of 9/11, I spent five years in a customer service role (in a supermarket!) before returning to my technology roots.

I have served on the OA Board of Trustees for a total of 8 years (5 as a GST and currently 3 as Region 7 trustee). I have served on other corporate boards, including two other twelve step fellowships and I am familiar with the responsibilities associated with serving at this level.

I am familiar with and have been responsible for the preparation and review of financial reports, committee work and the time required to complete the workload. I have led and attended Service, Traditions and Concepts workshops, and facilitated local and regional inventories.

I possess technical skills and have been formally trained in strategic planning, business analysis, project management, accounting, communicating, negotiation and influence skills.

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

I love Overeaters Anonymous and wish to be of service wherever I am of best use.

I plan—God laughs. I had considered running for Region 6 trustee in 2003, but life intervened. A move to Region Seven was the universe’s way of saying “not now.”

I was approached about putting myself forward as a candidate for general service trustee. It appeared that was where I could be of maximum service. When a vacancy was announced in 2002, I agreed to submit an application. I was appointed to the board. I was then elected at WSBC to fulfill the final year of the term to which I had been appointed, as well as to a full three-year term at WSBC 2004.

My time on the board was rewarding. When I first submitted my application for trustee, I talked about my service work as a life-saver. This was true then, and it certainly has been true during this difficult term of office. I lost my husband, father and father-in-law within 13 months—my service once again helped keep my head in a recovery-first focus.

When I applied for election as Region 7 trustee three years ago it felt like it was the right time again. I had returned to service after a short hiatus; this time in Region 7. I had returned first as a delegate, then appointed as parliamentarian. That appointment led to my being asked to serve as parliamentarian to three other regions, giving me a broader view of our fellowship—enhancing my ability to serve Overeaters Anonymous as a whole.

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

“Keep coming back.” I heard that at my first OA meeting, and it’s probably the only thing I have ever done consistently over the past 45 years. I attended my first OA meeting in the fall of 1974. OA was different from any of the weight-loss solutions I had experienced prior to that point. I was placed on my first diet at the age of six by caring parents who both had their own issues with excess body weight, and who were concerned that their chubby kid was going to end up with a weight problem of her own. That was the first thing I learned about OA. It wasn’t a weight problem as much as a *food* problem.

My recovery has had its ups and downs, but what kept me connected was my commitment to service. About 18 years ago, I came to the realization that, for me, a physical addiction to sugar and flour, coupled with a behavior addiction to quantity was the physical manifestation of my disease. I chose (after discussion with my sponsor) to change my plan of eating although I did not change my abstinence date. Today I attend 2-3 OA meetings weekly; mostly face-to-face, but some virtual (phone) meetings. The focus on the Twelve Traditions is what has kept me in the rooms of OA; my gratitude is why I continue to give service to the fellowship.

In March 2015, my husband was offered an opportunity at the University of Maryland Medical School. We moved from Princeton to the Baltimore area. Despite fears and concerns regarding a move in support of my husband and our life together (an action far less selfish than was my norm), I’ve found a comfortable home in the Baltimore OA community—once again, my planning never turned out as well as simply letting go of a situation over which I had no control. Control. The grand illusion. At the spring 2018 Region 7 Assembly, I received an anxious call from my father-in-law who was concerned about my husband’s health. A series of calls led to a welfare check by the police to my home where they found that he had passed away while taking a nap. Shocking. Unspeakably sad. I could not have made it through the experience without the support of my OA fellows.

At the time of Jeff’s death, I had been maintaining a 205-pound weight loss. My physician prescribed an antidepressant that had the unfortunate (but not unexpected) side effect of a 10-pound weight gain. I have been working on this with my sponsor and health care providers and I hope to be off the medication soon and to deal with the weight gain. This, like my re-definition of a personal plan of eating, is part of the continuous improvement plan that is my recovery; an ongoing refinement of what I have done on a daily basis with my food for many years.

Emotionally, I have found a place of calm in my recovery that amazes me more than the physical relief I have found. Even with the unexpected loss of my husband of 10 years (and my dad and father-in-law within the following year), I cannot remember a time when I have been as centered as I am today. Between my family (including my three cats), OA fellows and friends, my life is full and fulfilling.

Spiritually, although I came to OA as an agnostic, today I have a conscious contact with a power greater than myself that I discovered through working and living the Twelve Steps, Twelve Traditions, and Twelve Concepts of Service. Daily that relationship becomes more central to my recovery process as I continue to grow in this program.

With the changes I have experienced over the past twenty years, I am more aware than ever how possibilities are around every corner. I look forward to the opportunity of continuing my service as Region 7 trustee if it is the will of the WSBC delegates.