



TRUSTEE APPLICATION

Submitted for consideration at the Business Conference in May 2024
month year

☐ Please check the box if you are applying to the Trustee Nominee Reimbursement Fund.

Full Name Cindy C
Address _____ Phone _____
City _____ State/Prov WA Country USA Zip _____
E-mail Address _____

Years in OA 41 Number of years of service beyond the group level 9
Date continuous abstinence began 9/2010 Date maintenance began 9/2010

I have read the qualifications for 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.

Signature on File _____ October 12, 2023
Signature of Candidate _____ Date

REQUIRED FOR TRUSTEE NOMINEES:

Signature on File _____	Region 1 Chair _____	1/29/24 _____
Signature of Nominee's Region Officer	Title	Date

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 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/document-library/> under category Board of Trustees.

Summary of my OA service responsibilities:

Secretary, Las Vegas Intergroup 1986-1988

Secretary, Greater Seattle Intergroup 2013-2015

Delegate to WSBC 2016, 2017, 2018, 2019 (Greater Seattle Intergroup)

WSBC Green dot mentor 2018, 2019

Member, Conference Approved Literature Committee (WSBC) 2016, 2017, 2018, 2019

Subcommittee Chair, Conference Approved Literature Committee 2018, 2019

Greater Seattle Intergroup Representative to Region One Assembly 2016 & 2017

Co-Chair Region One Convention - Seattle 2017

Member-at-Large, Region One 2017-2018

Secretary, Region One 2018-2020

Chair, Region One Feb 2020-Nov 2021

Region Chairs Committee 2020-2021

Appointed Trustee June, 2023 (Co-Chair PIPO conference committee; Chair Public Awareness/Professional Tradeshows Committee, member of the Executive Committee)

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

- Twenty years in the software industry in administrative and project coordination roles
- Seven years professional and volunteer experience for nonprofits, including fund raising, recruiting and human resources work
- Technology proficiency; I'm not afraid to try new tools and online processes to make the work I and others do more efficient

I would like to be a trustee for the following reasons:

My journey in recovery and service seems to have led naturally to this opportunity although it never occurred to me until someone suggested it. When I retired in 2010 I was able to step back into service at the intergroup level and the path seemed to unfold before me. Currently, I have the time and energy to devote to service as a trustee.

I relish the opportunity to serve as a guardian of the 12 Steps and 12 Traditions of OA and to be a conduit of resources, ideas and inspiration between WSO, the regions and the worldwide fellowship. In the last year, I have been increasingly focused on our unity with diversity policy and the inclusivity in OA. Whenever I am asked to speak, I emphasize that OA is "roomy" i.e. there is room for different views on food plans and concepts of a higher power, and that is why I stay. I hope to continue to share that message in service at the world service level.

As I serve in these early months as trustee appointed by the Board of Trustees, I am motivated to "keep it simple" even as this level of service, and build connections between WSO and the fellowship, tapping into the great service work already done within our regions. Through PIPO and Public Awareness, I want to make sure the work is focused on reaching those who still suffer outside the fellowship.

Brief account of my OA recovery story – physical, emotional, and spiritual:

I came into the program as a young person (age 22) in 1983. As a bulimic (laxative user, excessive exerciser, restrictor), I had no idea what was wrong with me, and I couldn't stop the behaviors. It seemed that the harder I tried the more I failed. What a revelation it was to grasp that it was about surrender and learning I didn't have to be responsible for the results; I had only to show up and do the footwork. My physical recovery has been less about weight loss and more about weight maintenance, health and bringing my mind in line with my body. My focus stays on maintaining a healthy body weight while making peace with an aging body and metabolism.

In those early days those who appeared to be a fairly normal weight were not always welcomed warmly into the fellowship. It's been wonderful to see room made in the last 10-15 years for all kinds of eating disorders, including compulsive overeating. Because of that experience, I believe I've become more open to the diversity of eating behaviors and experiences in our fellowship.

The program was a lifeline for me when, two weeks after getting married, this sheltered Seattle girl moved to Las Vegas. I connected with meetings right away, and worked all twelve steps in a disciplined manner with a wonderful sponsor who was also very much involved in service. I had the time to go to many meetings in Las Vegas and developed a strong spiritual life. After four years there, my husband and I moved back to Seattle and started a family. OA and my higher power were there for me when I had my first child and I was sure I could never grasp this "mother thing." OA friends who helped me through that time continue to be in my close circle of OA friends today.

Since then I have worked a twelve-step program imperfectly, but I am forever changed to the core of my being. Prior to OA I had no hope that I could ever live a life of "sane and happy usefulness" but with OA, most of the time I do live that life. To solve problems without food, walk through feelings to the other side (fear always the biggest feeling), still feels miraculous. The most important relationship in my life is the one I have with my higher power, who does for me what I cannot do for myself. I check in every morning, and we talk many times during the day. The twelve steps have been the greatest gift I've ever received.



TRUSTEE APPLICATION

Submitted for consideration at the Business Conference in May 2024
month year

☐ Please check the box if you are applying to the Trustee Nominee Reimbursement Fund.

Full Name Robert "Bob" F
Address _____ Phone _____
City _____ State/Prov Ontario Country Canada Zip _____
E-mail Address _____

Years in OA 40+ Number of years of service beyond the group level 39
Date continuous abstinence began January 1, 1985 Date maintenance began June 1, 1986

I have read the qualifications for 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.

Signature on File _____ July 2, 2023
Signature of Candidate Date

REQUIRED FOR TRUSTEE NOMINEES:

Signature on File _____	<u>Region 6 Chair</u>	<u>1/16/2024</u>
Signature of Nominee's Region Officer	Title	Date

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Summary of my OA service responsibilities:

Meeting secretary, treasurer, intergroup representative.

Intergroup chair, vice chair, WSBC delegate Region 6 representative, Convention chair, Bylaws Committee chair.

Region 6 vice chair, Bylaws Committee chair, substitute parliamentarian, center microphone monitor, Reference Subcommittee appointee.

Parliamentarian for several Region 9 assemblies and for OAGB (OA Great Britain).

Region 6 Trustee - 1997 to 2003

General Service Trustee - 2005 to 2011 and 2013 to 2015

Region 9 Trustee appointment - 2017 to 2018

Trustee appointment - 2023 to 2024 - Currently Region 10 Trustee Liaison

Board of Trustees chair, 1st vice chair, 2nd vice chair, treasurer

Delegate co-chair and Trustee co-chair of the WSBC Bylaws Committee

Trustee chair of the Reference Subcommittee

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

I worked for the Federal Government of Canada and the Province of Ontario for over 43 years. I managed, supervised, wrote policy, administered employment services contracts, reviewed education/training grant applications, sat on diversity committees, took courses in conflict resolution, diversity and inclusion, Human Rights Codes of Canada and Ontario, disability and accommodation legislative requirements, privacy and confidentiality. I retired officially at the end of October 2016.

I was the president of the largest non-profit housing co-operative in Ontario (771 units). I stepped down September 14, 2023. In the greater non-profit housing sector I was president, vice president and treasurer of the Co-operative Housing Federation of Ontario. There are over 150 member co-ops.

During the last five elections in my electoral district, I managed recruiting of poll workers. Each election required over 500 poll workers. Part of my mandate was to ensure staffing reflected the multi-cultural make-up of the community.

I'm a member of the National Association of Parliamentarians. For two years I was the secretary of the Ontario Association of Parliamentarians.

I have a working knowledge of French. My ability to read and write far surpass my conversational skills.

In my spare time I sang and/or acted in a variety of musicals and plays, directed, produced, wrote comedy material.

I would like to be a trustee for the following reasons:

I hesitated before I applied for the appointment after WSBC 2023. I thought about what I've done and the frequency of my being on the Board of Trustees since 1997. I spoke with several people in and out of the Fellowship. I was not involved in Region 6 for twenty years. I was not at WSBC for three years. I did Center Microphone Monitor for the next two years. I was appointed to one of the Trustee vacancies and then asked to step in and be Trustee Liaison to Region 10. The appointment ends at WSBC 2024.

I am very aware of rotation of service. I am also disinclined to ignore experience which could be of value. One of the Step 9 promises is not forgetting the past nor wishing to shut the door on it. I try to be of maximum use to others. Whatever form that takes.

I have the background and training to fully participate on the Board of Trustees and would welcome the opportunity to continue to do service as a Trustee if that is what is meant to be.

Brief account of my OA recovery story – physical, emotional, and spiritual:

When I went to my first meeting on December 27, 1982, I didn't feel I belonged. I had spent virtually all of my life feeling like an outsider. What kept me from leaving that first meeting was that my sister was (and is) in OA. I went to the meeting with her and I was her ride home. The attraction was that I might lose weight and at least equal her 100 lb weight loss. I had tried many diets and used amphetamines. I still managed to get to 336 lbs+. I went to nutritionists, dieticians, a therapist, and several well meaning physicians. Nothing worked. The day after the first meeting I decided to stop snacking. I lost 140 lbs the first year. Exercise and laxatives took the place of snacks. Eighteen months after that first meeting I started to snack again and continued to use exercise and laxatives. I gained 40 lbs. I had been using the program as a diet club. Sometime between Christmas and New Years of 1985 I had my last binge (not sure of the exact date). I had a glimmer of a spiritual awakening. I went to meetings with a different purpose and outlook. Throughout the first three years I never stopped going to meetings or doing service. After that last binge I became a more willing sponsee and a better sponsor. I worked the Steps. Still do. Not always well but I try. The bulimia receded and my thoughts developed a modicum of sanity and clarity. It took about six months to lose the weight I gained. My spiritual belief structure was challenged. I learned there is a difference between religion and spirituality. One of the gifts is that my weight has been quite stable for nearly three decades. My physical and emotional recovery is in direct proportion to my spiritual awareness and clarity. A work in progress.



TRUSTEE APPLICATION

☐

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

Submitted for consideration at the Business Conference in May 2024
month year

Full Name Emilia I

Address _____ Phone _____

City _____ State/Prov (RM) Country Italy Zip _____

E-mail Address _____

Years in OA 9 years and 5 months Number of years of service beyond the group level 8 years 7 months

Date continuous abstinence began August 2015 Date maintenance began March 2016

I have read the qualifications for 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.

Signature on File

Signature of Candidate

14th September 2023
Date

REQUIRED FOR TRUSTEE NOMINEES:

Signature on File

Signature of Nominee's Region Officer

R9 Chair

Title

03.November 2023

Date

IMPORTANT

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Summary of my OA service responsibilities:

- Jun 2014/Feb 2015: Home Group Literature
- Oct 2014/Jul 2015: Group Treasurer
- Oct 2014/Apr 2017: Operational Manager of OA ITALY Web site.
- Feb 2015/Apr 2018: Local Intergroup Representative of the Home Group
- Sep 2015/May 2017: Volunteering in the Local Intergroup PI Committee
- Sep 2016/Mar 2017: Group Treasurer
- Mar 2016/Sep 2017: Group Secretary
- April 2017/today: Chair of the Translation Committee for not protected by Copyright Material
- September 2017/April 2018: Group Literature
- Apr 2018/today: ITALIAN NSB Representative R9 and Delegate WSBC
- April 2018/April 2022: Member in charge to be in contact with WSO offices for info, procedures/logo approval requests, copyrights procedures, and any other matter of service
- Sep 2018: Attendance as ITALIAN NSB Rep at 2018 R9 Assembly
- Sep 2018/Sep 2019: Member of the R9 TSW Committee
- May 2019: Attendance as ITALIAN NSB Delegate at 2019 WSBC
- Sep 2019: Attendance as ITALIAN NSB Rep at 2019 R9 Assembly
- Sep 2019/Oct 2020: Member of the R9 Translation Committee
- May 2019/Apr 2020: Member of the WSBC TSW Committee
- Apr 2020: Attendance as ITALIAN NSB Delegate at 2020 WSBC
- Apr 2020/Apr 2021: Member of the Bylaws Committee – (KISS Subcommittee)
- Oct 2020: Attendance as ITALIAN NSB Rep at 2020 R9 Assembly
- Oct 2020/Oct 2021: Chair of the R9 TSW Committee
- Apr 2021: Attendance as ITALIAN NSB Delegate at 2021 WSBC
- Apr 2021: Member of Reference Subcommittee during 2021 WSBC
- Apr 2020/April 2021: Member of the Bylaws Committee – (Chair of Pretty as a picture Subcommittee)
- Oct 2021: Attendance as ITALIAN NSB Rep at 2021 R9 Assembly
- Oct 2021/April 2022: Chair of the R9 TSW Committee
- Apr 2022: Attendance as ITALIAN NSB Delegate at 2021 WSBC
- Apr 2022/now: Trustee Liaison to Region 9

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

I have a university degree in Languages and Literature (English and Spanish). I have a Master in Communication, focusing on communication barriers, and another in Counseling. In 2021-2022 I studied Mindset and in 2022 I got the professional certification of Life Coach.

I speak English and Spanish and have a basic knowledge of French.

I have a good knowledge of computer science, IT tools, and social media strategy. I have good practical and organizational skills and a natural tendency to listen.

I have done different jobs that led me to experience changes and shifts in my personal life: I am used to changes, challenges, and new tasks.

I'm still working. I'm a digital entrepreneur who uses social media as a useful tool.

Experienced in problem-solving and conflict management. Skilled in developing and implementing standardized policies and procedures. Excellent interpersonal and communication skills.

I am also a dynamic and reflective individual. I'm passionate and full of enthusiasm, vitality, and joy. I'm used to working towards goals and very focused when it comes to achieving them.

With the service, I have also developed good negotiation skills which have also been achieved through my work experience.

I would like to be a trustee for the following reasons:

When I decided to apply for Trustee, I did not know exactly what or how much service I would encounter along the way. I had heard the call to this position of service, and so I shared it more than once with my sponsor, and with many other OA members older than me in service. I consulted with current and former Trustees to get the information I needed to make the best choice for me. I was told many things, but the uncertainty remained. Finally, I trusted my HP and felt it was my time to apply. After two years of service, I can say that I have had an exciting time, putting myself out there and carrying on this service with energy and serenity, trying to do the good for OA-as-a-whole. I have grown and am much more aware than before. It was two years of orientation. Now, in my second term, I know I can give more: because in addition to giving, I receive so much in recovery. One person said that being a Trustee is just service and does not include carrying the message. I firmly believe that this is not for me. For me, this service also means carrying the message outside and inside OA and at all levels. I am grateful for that.

Brief account of my OA recovery story – physical, emotional, and spiritual:

I joined OA to lose weight. And so, I did. But I found something much greater than weight loss, and I learned much more about myself and things I didn't know. After almost a year of attending meetings and using recovery tools, I found abstinence from those compulsive foods and behaviors, and that allowed me to lose those famous 20 kilos. A few years ago, I went through menopause, and thanks to the program I have always been abstinent, but by making myself gain 5 kilos. I have never lost hope and thanks to the constant work with nutritionists and sponsors, I have found a diet that is good for me and for my body and that allows me to stay healthy, to lose those 5 kilos, not be restricted and to have respect for my body. This is changing. It's changing every day. Now I'm maintaining a healthy body weight, always under medical supervision. I have also begun to treat my body as a precious temple, so I choose carefully what I eat and prepare my meals with love. I have also committed to going to the gym several times a week. Accepting my body image has been an important part of my recovery. Whereas before I had the kilos to hide from stares or to use as armor, now I love my body in all its imperfections and do my best to respect it.

Thanks to working the Steps, the first thing I have learned was to be honest with myself and accept that I am not the woman I thought I was. I have learned what love means to me. I have had a lot of love to give in my life, but I have done it the wrong way and many relationships with friends or partners have ended badly. Now I'm learning how to give the love that I feel inside: thanks to OA, thanks to the principles of OA that I live one day at a time. I share love with everyone, but I haven't met anyone with whom I can have a healthy romantic relationship, and I'm not sad or upset about it. I have accepted all of this because I know that my Higher Power has given me the opportunity to love the whole world. Whereas before I tried to divide people because of jealousy and resentment, now I try to unite people. I see and invite people to understand each other with love and understanding. I have worked and am still working on my shortcomings and have learned to ask for help from other people in and out of OA.

Every morning I wake up and ask myself what I can do for my recovery today. I start with gratitude and I'm really happy to be alive and healthy, I read my daily reading. Then I do my meditation and I know that my Higher Power is always with me. Before I came to OA, I used to get very anxious when I had to find a solution to a problem. Now I know that my Higher Power will guide me to the best solution for me, which is sometimes not the one I want. I'm used to sitting, breathing, and waiting: that's my Step Eleven! And it works! Before I go to bed, I do Step Ten. An OA old-timer uses to call me a "miracle", and I think it's true. OA has given me my life back, and I am grateful. At the first National Convention, I attended (it was 2014), I wore a T-shirt that said, "Those who are satisfied die," and I still wear that now faded T-shirt because I know it was true: I was content with a life I did not feel was mine. Now I finally feel alive.



TRUSTEE APPLICATION

☐

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

Submitted for consideration at the Business Conference in May 2024
month year

Full Name Cyndy L

Address _____ Phone _____

City _____ State/Prov MO Country USA Zip _____

E-mail Address _____

Years in OA 33 + 5 months Number of years of service beyond the group level 33

Date continuous abstinence began Feb 28, 2000 Date maintenance began May 15, 2001

I have read the qualifications for 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.

Signature on File

Jan 9, 2024

Signature of Candidate

Date

REQUIRED FOR TRUSTEE NOMINEES:

Signature on File

Region 4 Chair

Jan 20, 2024

Signature of Nominee's Region Officer

Title

Date

IMPORTANT

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Summary of my OA service responsibilities:

I have participated in service at every level of OA.

Meetings: 1990 until present as needed, set up, put away, carry literature, speaker, treasurer, event committees, leader, recently added tech support and security.

Intergroup: 1991 until 2006 and from 2020 to present; Intergroup Rep, Committee member and then Committee Chair; Convention, Bylaws and Retreat (favorite committee; Convention), Region Rep and World Service Delegate, IG Vice-Chair and Chair. Volunteer Office Manager/bookkeeper 2010-2013

Region: 1993-94 and from 2003 until 2012; Region Rep, Committee member and then Committee chair; Ways and Means/Finance, Outreach, Convention, Treasurer 2003-2007, Region Chair 2008-2012, currently R4 Vice-Chair

World Service: 2002-until present; Delegate 2002-2007 and from 2020 to present; Committee service Web Tech Committee, the Region Chairs Committee, Bylaws Committee as Delegate co-chair and as Trustee co-chair, while serving as Trustee. Board of Trustee Committees; BOT Bylaws, Internal Information Committee (Lifeline), Convention Planning, Conference Planning, Website redesign (x2), Board Approved Literature, Board Reference Manual Review, Served as Second Vice-Chair, Chair and Treasurer

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

The culmination of my business experience prepared me for my service in OA. I worked in three different companies over the years. Beginning as a civil service commissary checker in 1976, I progressed through the system to Assistant Housing Manager. When I lived to St. Louis in 1985, I accepted an administrative position in corporate America ordering phone circuits. I advanced to Manager of the Order Processing Department and eventually resigned in April 1999 to open a small photography business from which I retired in 2010. My recovery in OA helped me make the decisions to follow my heart rather than my head, but my business skills were well developed along the way.

I would like to be a trustee for the following reasons:

Having already served as a trustee, I am aware of the workload and the variety of skills needed. My most recent service to the Virtual Region has taught me about communication methods and the amazing changes that are happening in OA and how the fellowship is finding new ways to connect. All of this is important to the decisions that are being made on the future of our fellowship, without forgetting our basic commitment to carrying the message of recovery and working within the Traditions and Concepts to achieve that purpose. It's all about connection and support.

Brief account of my OA recovery story – physical, emotional, and spiritual:

After 33 years it is difficult to remember the misery of the disease. I know I was lonely, self-obsessed, hated myself for my lack of willpower. Food controlled my mind and actions. Coming into OA at 203 pounds was scary but at my first meeting I felt there was a reason I was there. Over the years I was encouraged to participate, giving up the obsession for food and replacing it with living the twelve-step way of life. For me personally, sitting on the sidelines was never an option. I have found so much joy in the fellowship that giving back came naturally. Of course there were times I was discouraged or afraid, but there was always someone to share that with. My sponsor and other OA friends encouraged me to try and HP gave me the willingness. That combination has led me through the years with a strong belief that I matter, that I'm here to be one of, that I'm blessed to be able to serve. My physical, emotional and spiritual growth has taken me on an amazing journey over the years. All of which has led me to be Happy, Joyous and Free.



TRUSTEE APPLICATION



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

Submitted for consideration at the Business Conference in May 2024
month year

Full Name Susan Estyll M

Address _____ Phone _____

City _____ State/Prov NSW Country Aust Zip _____

E-mail Address _____

Years in OA 36 Number of years of service beyond the group level 18

Date continuous abstinence began 14 July 2018 Date maintenance began June 202

I have read the qualifications for 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.

Signature on File

October 20, 2023

Signature of Candidate

Date

REQUIRED FOR TRUSTEE NOMINEES:

Signature on File

Chair R10

10/10/2023

Signature of Nominee's Region Officer

Title

Date

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Summary of my OA service responsibilities:

Group level - chair meetings, secretary, treasurer, intergroup rep, zoom host

Intergroup level - I have served on Sydney Intergroup for approximately 10 years as Secretary, Vice Chair, Treasurer, Intergroup rep and Region 10 Rep.

I have facilitated various workshops for Sydney Intergroup such as Relapse & Recovery and a Big Book study.

Region level - I served on the Public Information/Professional Outreach committee for two years.

In 2019 I took on the role of Region 10 Treasurer and then in 2021 stepped up to be Region 10 Chair. In my role as chair I answer various email enquiries, forward information from WSO to service bodies and region reps, prepare the agenda and chair the board meetings, chair the annual Assembly, have regular catchup meetings with board members, attend committee meetings, intergroups and other meetings such as regular contact with the Japan National Service Board. I provided assistance to the 2023 Sydney Assembly & Convention Committee. I am also serving on the Region Chairs Committee and the Board of Trustees AdHoc Committee on Region Realignment.

WSBC - I have attended 3 conferences in 2021, 2022, 2023. I served on the Reference sub committee in 2021 and consequently on the ByLaws Committee until I became the Region Chair and joined the Region Chairs Committee.

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

In my professional life, I worked in the insurance industry for 42 years both in underwriting and as an insurance broker. I dealt with the chief financial officers of multinational corporations. Towards the end of my career I managed part of the administration side of the overseas operations of an insurance company having contact with people in countries such as China, Thailand and India.

My job involved attention to detail, proofreading, team leadership, creating and implementing training of staff both in groups and one to one, working with people, conflict resolution, compiling data and accuracy with numbers.

I'm comfortable with writing reports and know how important it is to meet deadlines.

I would like to be a trustee for the following reasons:

I am so grateful for the miracles of transformation that have occurred in my life and I want others to experience the same.

I am committed to our primary purpose and passionate about spreading the message to as many compulsive eaters worldwide as possible.

I would like to expand my knowledge of the global fellowship, learn new skills and foster connections with OA members in many other countries. I have already learnt a lot in my role as region chair and I know that there's so much more to learn and experience.

I would have been happy to continue as region chair for another term however I realised that we needed to have a trustee who lives in the region to bring local knowledge and experience to the board.

Brief account of my OA recovery story – physical, emotional, and spiritual:

I first came across 12 step recovery in 1983 when I was married to an alcoholic. The AA member came to pick up my husband to take him to a meeting and he said that I could go to AlAnon. I thought there's nothing wrong me - it's all about him!!!! How wrong I was. I attended AlAnon for 5 years and learnt a lot but was still in my addiction to overeating. One day I had a blinding flash of insight that propelled me to seek recovery for my addiction. I attended my first OA meeting in 1988. I had been a dieter since the age of 7. I was obese as a child and my parents took me to a doctor who gave us a diet to follow. So, when I first came into OA I thought a food plan was just another diet. I restricted, lost weight but found it hard dealing with attention from men so I put the weight back on! Of course, I didn't have a sponsor and wasn't working the steps.

It took me a while to reach out for help as I had always been so independent. I found it hard to trust anyone.

Anyway, I went to meetings, did service, shared with other members and eventually got a sponsor. During this time I was also questioning my sexuality and gravitated towards meetings that supported me in this process.

Over the past 35 years I've had many years of abstinence and some years of relapse. It was just over 5 years ago that I was in a place of complacency. I had gone through the steps many times, was sponsoring and doing service at region level but was still picking up every now and then. I went to my sponsor one day and said "I'm sick of this" and we worked out an action plan. I went to daily meetings, handed over my food plan, cleared away resentments and made some major changes in my life that I had been putting off. I asked my sponsor why has it taken me so long to get continuous abstinence? They commented that this was the first time that I had REALLY asked for help. That was the key - the actions were good but my willingness to surrender and trust were more important. The final 15kgs melted away and in total I have lost 25kgs since coming to OA. My dietitian is happy with my BMI and has set the goal of maintaining my current weight.

I continue to practice Steps 10, 11 & 12 focusing on carrying the message as well as deepening my spiritual life. I attend 3 face to face meetings and some virtual meetings each week. I prefer face to face meetings as I feel there is a deeper level of vulnerability, accountability and connection at these meetings.



TRUSTEE APPLICATION

Submitted for consideration at the Business Conference in May 2024
month year

☐ Please check the box if you are applying to the Trustee Nominee Reimbursement Fund.

Full Name Laurie O
Address _____ Phone _____
City _____ State/Prov VA Country USA Zip _____
E-mail Address _____

Years in OA 17 Number of years of service beyond the group level 14
Date continuous abstinence began April 1, 2006 Date maintenance began April 2007

I have read the qualifications for 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.

Signature of Candidate 7/05/2023
Date

REQUIRED FOR TRUSTEE NOMINEES:

_____ Signature of Nominee's Region Officer	<u>Region III Chair</u> Title	<u>11/9/23</u> Date
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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 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/document-library/> under category Board of Trustees.

Summary of my OA service responsibilities:

Individual (2006-present) Sponsor

Group (2006-present) Newcomer Greeter, Key Holder, Leader, Speaker, Literature/Medallion Rep, Secretary, Treasurer, Intergroup Rep

Tidewater Intergroup (2009-2015 and 2021-2023) Secretary, Treasurer, ByLaws Committee Chair, Retreat Committee member, Vice Chair, Chair, Region 7 Rep, WSBC Rep 2013, 2014, 2023

HOW Virtual Intergroup (2019-2020) Group Rep, Convention workshop speaker

Region 7: Observer at WSBC 2012, Fall Assembly Delegate from Tidewater Intergroup 2013 and 2014, Intergroup Renewal Participant 2014, ByLaws Committee Member 2013

World Service: Professional Outreach Committee 2013, Website Review Committee 2014, CAL Committee 2023

Board of Trustees: Member Executive Committee, Interim Trustee Co-Chair Twelve Step Within Committee, Member Strategic Planning Committee, Member Convention 2025 Committee

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

Business Manager for Navy quality of life programs such as housing and recreation: I employed my knowledge of effective communication skills, financial/resource databases, and best business practices to advise and assist the Commanding Officer. As resource management liaison I coordinated between departments to encourage interdependent collaboration across functional areas. I found ways to break down stovepipes and mediate conflict to foster cooperation rather than competition.

Technical Advisor Under Secretary of the Navy Total Quality Leadership Office: I used problem-solving, flexibility, and diplomacy to link East/West Coast training sites with senior staff in a sensitive political environment. Facilitated strategic planning for ship, shore, and flag command executive staffs. Projects required organizational skills, structured though process, and time management techniques as well as consensus building, process management, and an ability to read the group and keep them on track.

Navy Management Analyst/Master Trainer: Employed project management techniques to lead teams in data collection, analysis, and report writing for process improvement and quality management studies. Gave formal briefings for senior leaders and developed/conducted training for diverse groups.

Claims Representative/Operations Supervisor at Social Security: Used active listening, compassion, and objectivity to interview clients from diverse backgrounds, occasionally in Spanish. Applied critical thinking skills to monitor, analyze, and streamline workflow of claims processing.

B.S. Business Administration/Marketing Management, Postgraduate work Public Administration

Professional development courses: leadership, process management, team dynamics, computer literacy

I would like to be a trustee for the following reasons:

I'm asking for this opportunity to serve because I trust the direction and strength from my higher power on this commitment, because this program and fellowship have given me my life back, and because I'm willing and able to contribute to OA-wide needs. No doubt, without saying "yes" to service at every turn, my recovery would not be where it is today. That's not to say I've done every job there is or that I've done everyone's job. It is to say I've learned to do what I can when I can if the nudge comes from my higher power. From the moment 17 years ago when I first volunteered as Newcomer Greeter from my home group, I realized service is my lifeline. It's what keeps me vested and grounded in this twelve step way of life. I do my best to discern which service opportunities are right for me, and this one, as daunting as the title suggests, feels like the best opportunity yet to give back what I've so generously been given.

At WSBC 2023 I saw three complementary themes: Diversity, Service, and Outreach. Progress was made in all three areas. We globally changed "special" to "specific," approved new literature to promote diversity and sponsorship service, and improved outreach by clarifying "open" and "closed" meetings. We found the best solutions by listening to each other and by practicing these principles in all our affairs. There's more we can do together. So I walked away asking myself, "How can I contribute to these vital aspects of our future as a fellowship?" The answer from hp was to start with my own personal actions in diversity, service, and outreach. And the opening came by way of a request for application to fill vacancies on the Board of Trustees.

Brief account of my OA recovery story – physical, emotional, and spiritual:

My compulsive eating began in childhood and was followed by decades of closet binging, diets, misery, and self hatred. I had a "pull yourself up by your bootstraps" rearing. So I put my best efforts into school, work, social life, and was fairly successful in all areas except the nightmare that started when the sun went down and my secret foraging began. It was baffling that I could fix, manage, conquer so many challenges, yet not this one. I lost weight dozens of times, but could not resist that first compulsive bite, especially when my inner demons rose up. I tried diet clubs, therapy, medically supervised fasting, journals full of valiant promises never kept, early retirement...everything short of bariatric surgery. By the time I hit bottom I was, at 5'2" tall, over 280 lbs and had given up thinking I could ever live a normal life. One day reading a drug addict's story triggered the reminder of a book recommended by a therapist years before and there it was, unopened, on my bookshelf: Overeaters Anonymous. Two days later I was at my first meeting and the rest is my recovery history. I put down the food 4/01/2006 and haven't picked it up since. I've been maintaining a 140+ pound weight loss for 16 years.

Over the years since, the real miracle has happened. First I discovered I was full of fear, resentment, arrogance, selfishness, and dishonesty. My sponsor, the literature and my fellows gave me the solution. I've been through the steps, studied the traditions and concepts many times, and cannot go to sleep any more without a written 10th step. I start every day, no matter where I am or what the day's agenda, with at least a half hour of reading, writing, prayer, and meditation. I commit my food plan for the day. Then I call my sponsor and share it all with her. The result has been a miraculous healing of old wounds and shortcomings, a giant shift of perspective, and a ton of gratitude. Most days I feel trusting, peaceful, humble, generous, honest and open. And when I don't, I know what to do: I turn to my higher power.

In OA I found not just the freedom, but the encouragement, to find my own higher power. Over the years I've discerned the source of strength and direction I need to live life on life's terms. And it's not me. Today I have enduring faith that all will be well, no matter what the world around me looks like. I've considered a tattoo that says Acceptance is the answer, One day at a time, or more recently, Trust Life. Yet I keep evolving, so no ink yet. Besides, I have so much journey ahead of me. thanks for letting me share.