

Application for Region 5 Officer

- Print this page, and then answer the questions, using separate sheet(s) for items #1-4...

OR...

Complete all questions in Microsoft Word, and then print the completed application.

- Mail you're completed and signed application to: **Region 5 Secretary**
 308 North Carson Ave
 Champaign, IL 61821
- **Also**, Email a copy of this application to: **R5Secretary@Outlook.com**
 (Questions about this? Contact the Region 5 Secretary)
- Applications must be received by the Region 5 Secretary by August 29, 2022.

Full Name: _____

Address: _____

City: _____

State / Province: _____

Zip: _____

Number of Years in OA: 32

Name of Home IG: Clevedon Central IG

Currently a Region 5 Rep? NO

Previously a Region 5 Rep? YES

For which office are you applying?

Chair

Vice Chair

Treasurer

Secretary

1) Give a brief account of your O. A. story:

2) Give a summary of your O. A. service:

ATTACHED

3) Explain why you would like to be a Region 5 officer:

4) Explain any skills or experience you would bring to the Region 5 board:

Responsibilities and Duties of Region 5 Officers are listed in the Policies and Procedures in Article II. By signing this applications, you certify that you meet the qualifications for Region 5 Officers can found in the Region 5 Bylaws, Article VI, Section A.

Signature: _____

Date: 8/17/22

Expand this area as needed.

Give a brief account of your OA story

I came into the rooms in April of 1990 and have been abstinent and trudging the road for 32 years. My earliest memories and photographs show that I had been overweight since the age of 2 and I always felt like I was on the outside looking in. I was raised on the images of Marilyn Monroe, Playboy models and Barbie dolls. As a fat child, teenager and young adult, I tried so hard to conform but because I was powerless over food, could not stop eating, and no one understood the disease concept, I was never able to diet long enough or maintain any weight loss to become what I so desperately wanted to be. I did not match those images and repeated the same old tired solutions until I was 30 years old. Wrapped in a cocoon of disease, I ate. To make matters worse, I am an actor/singer/playwright by trade and image ruled my thoughts. In 1988, I found myself in Alcoholics Anonymous, got two years of sobriety and awakened to what I had been hiding from myself. I began to face what I was and am and entered the rooms of OA. I have released 90 pounds and have kept it off. I am of a normal body weight today. In addition to the weight, and as a result of working the 12 Steps, I have had a spiritual awakening and the problem has been removed (contingent on the maintenance of my spiritual condition). I go to meetings, I sponsor and am sponsored, I am living in 10, 11 & 12 now and I am of service.

Give a summary of your OA Service

In 2011, I knew it was my turn. I performed service above the group level for the next 7 years. I became a group rep for my home group and attended my local IG meetings. I love the challenge of Bylaws and became my local intergroup Bylaws Chair. Two years later I was elected Chair of the intergroup and served 4 years in that role until rotating out. I attended multiple (9?) Region 5 assemblies and served on the Twelfth Step Within and Bylaws committees. I attended the WSBC four times, and served for four years on the WSBC literature committee. I am proudly one of a committee of 5 who worked tirelessly and brought forth the Body Image, Sexuality and Relationships book plus the revision of several pamphlets. A motion I spoke to from the conference floor that passed was the introduction of alternating our Unity Day to be inclusive to those who cannot attend events on Saturdays. It was a moment where I experienced how beautifully a Higher Power works with and through all of us. Service above the group level is an entire other matter emotionally. I had a trustee service sponsor to help guide me with the wounds that opened while I was trying to serve Overeaters Anonymous. I don't think I could have been as clear and clean of my own hidden motives, or learned so much about the processes without a service sponsor and her guidance. And HP.

Explain why you would like to be a Region 5 Officer

Back to this idea of it being my turn. I have rotated out of service for four years and it was a much needed break. But now, I sense that it is time again. I qualify for service above the intergroup level so in answer to my “what service would You have me do, HP?”, it seems to me given that I do qualify and the truth is not many people do, the Chair of Region 5 seems to be where I fit. HP’s will, of course. I have gotten outside confirmation of this direction. An overwhelming feeling of fellowship (my peeps!) at the Region level, powerful meditation moment, and as I complete this application an increased desire to run. All that said, and this is most important...the real recovery from this disease happens on the ground at meetings between one compulsive overeater and another. I want to serve that. I want to be a part of how this upside down pyramid structure can and does support and serve those crucial on the ground real connections where people are set free.

Explain any skills or experience you would bring to the Region 5 Board

Four years of chairing my intergroup and facilitating those meetings taught me or showed me the following:

I rely on and fully trust the group conscience to inform and guide.

I ask for help.

I am one of many and cannot do it all.

I have a practical and working knowledge of the 12 Traditions. I enjoy tackling Bylaws, Policies and Procedures. And I am intrigued by the 12 Concepts.

I am a good listener and I listen to everyone.

I can usually see a bigger picture and can take a long view.

I can apply our principles to current Issues or problems.

I am well organized and thorough.