

1. Give a brief account of your OA story:

I have been in recovery since 1988, but I did not get abstinent from compulsive eating until June of 2012. I am maintaining a 70-pound weight loss. I work with a nutritionist that is helping me to address the weight gain I have experienced as my body changed. I work the steps with a sponsor (and sponsees) to keep the insanity in my head at bay and to keep my surrender and powerlessness in the forefront of my mind. I stay connected with fellows through daily practices such as shared prayers, gratitude lists, and tenth step check-ins. I am currently attending two OA meetings a week. I am currently a Region 5 representative for Turning Point Intergroup, a Delegate to the WSBC, and an active member of the Unity with Diversity subcommittee at the World level.

Because of this, I can honestly say, I have a neutrality around food that I never thought possible. Food does not control me any longer and the guilt and shame I once felt over repeated, demoralizing binges, no longer weighs on me. I attribute a lot of my growth to OA's 2nd and 7th steps. It was here that I finally understood the importance of opening my mind to being restored and forgiving myself for being a human being.

Prior to OA I was a dry drunk getting nowhere, living with anger, resentment, and fear. I was in overwhelming physical pain and living a sedentary life sitting on the couch with a bag of chips. Today I am active with wild dreams of hiking the Appalachian Trail all the way from Georgia to Maine. Gratitude pours out of me when I think of it; it was not long ago that I could barely get the groceries out of the trunk of the car and up two flights of stairs and today I am preparing to hike this trail! I am truly living beyond my wildest dreams.

2. Give a summary of your OA service:

Over the past 10 years I have served the OA Fellowship in the following ways:

I have chaired several in-person and virtual meetings.

I am currently a treasurer for an in-person meeting.

I have served as Intergroup chair, co-chair, recording secretary, and corresponding secretary for 2 years, each, before rotating out of the positions.

I am currently in my second commitment to Region 5 as Regional Rep.

I have been a delegate to the WSBC since 2019 and worked on the Unity with Diversity subcommittee for 4 years.

I co-chaired the 2022 Region 5 virtual convention.

I helped plan and implement the All-Illinois Day event twice.

And I have helped plan and implement 3 OA related retreats.

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

I would like to be the Region 5 secretary because I want to continue being involved at the Region level. Service work is vital to my recovery. It helps me stay connected when I want to isolate. The Region 5 secretary position is a good fit for me because I have enjoyed being the corresponding secretary at the Intergroup level and I have significant experience as a recording secretary for various committees both in recovery and professionally. As a potential Board member, I feel best prepared for this position.

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

I bring willingness, gratitude, and a teachable spirit. I am retired and have the capacity for additional volunteer work. I bring a workable understanding with both Apple and PC computers. I am familiar with Zoom technology and hardware set up. I can access email remotely and reply to it in a timely manner even when traveling. I thrive on structure and deadlines.

My experience at the Intergroup level and my professional work as a teacher and team leader helped me develop leadership skills including disseminating information, developing projects and SMART goals, delegating responsibilities, and coordinating committee work.