



TRUSTEE APPLICATION

Submitted for consideration at the Business Conference in May 2027
month year

☐

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

Full Name Susan M [REDACTED]
Address 17595 W Dartmoor Dr Phone 847-710-8823
City Grayslake State/Prov IL Country USA Zip 60030
E-mail Address susan.m.oa@gmail.com

Years in OA 33+ Number of years of service beyond the group level 16+
Date continuous abstinence began Oct 1, 2019 Date maintenance began before 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.

Susan M [REDACTED]
Signature of Candidate

August 14, 2026
Date

REQUIRED FOR TRUSTEE NOMINEES SUBMITTED BY THE REGION:

Signature of Nominee's Region Officer

Title

Date

REQUIRED FOR CURRENT SITTING TRUSTEES NOT ASSIGNED A REGION:

Signature of Board of Trustees' Chair

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 World Service Office. Do not write beyond the margins. Enter all information on this form. Attachments *will not be reproduced* for circulation to the delegates.

Summary of my OA service responsibilities:

At the individual level: Sponsor (Starting in 1993)

At the meeting level: key holder, leader, speaker, secretary, intergroup representative, alternate intergroup representative, Zoom host, treasurer

At the intergroup level: Twelfth Step Within Committee member (Chair 2011-12), Region Representative, Intergroup Chair (2012-13), World Service Business Conference Delegate (2013, 2025, 2026), Recording Secretary (2018-19) Bylaws Chair, Zoom host, Nominating Committee, Vice Chair (2023-present), Acting Chair (2024-present), Acting Recording Secretary (2024-present), Acting Corresponding Secretary (2025-present)

At the Region level: Committee Member (Minutes Review, Twelfth Step Within, Bylaws, Everything Intergroup, Nominating), Twelfth Step Within Committee Chair, Secretary (2013-17), Speaker, World Service Business Conference Delegate (2019, 2024), Bylaws Chair (2024-present), Intergroup to Intergroup Subcommittee Chair (2024-2025)

At the World Service level: Public Information/Professional Outreach Committee (2013), Bylaws Committee (2019, 2024-26), Bylaws Subcommittee Chair (2019), Minutes Review Committee member (2024), Reference Subcommittee member (2019, 2024-26), Reference Committee Vice Chair (2026-present).

I always seem to receive more than I give when I do service!

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

I have Bachelor's and Master's degrees in Mathematics and have taught and tutored math at high school and college levels. One of my favorite professional accomplishments is helping students go from frustrated confusion to joyful mastery of a concept or skill. I try to meet people where they are to help them understand complicated concepts.

As an adult, I have become an avid reader. I am a life long learner and like to problem solve, expedite, simplify, and organize. I am a careful reader and pay attention to details—for example: when reading reports in the Delegate Binder, I highlight, take notes, and sometimes email the author for more information. I tend to be thorough, and I have editing skills. I have been interested in Parliamentary Procedure since I was first exposed to it and continue to learn about it, including taking a course on it.

I am passionately dedicated to Overeaters Anonymous.

I try to approach every situation with compassionate curiosity and gratitude.

I am gratefully aware that this is a Higher Power (whom I call God), and I am not that Power. I believe God knows the solution to my problems before I am aware of them. I trust Him and am freed up to do the next right thing and leave the results to God.

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

I owe much to Overeaters Anonymous! I enjoy learning about how the organization works and problem solve to help improve the process. I see being a trustee as another way I can give back what has so freely been given to me, as well as an opportunity for growth, recovery, and fellowship at new levels. It seems natural to follow in the footsteps of those who have mentored me and shown me the value of doing service. I want to be part of (and live in) the solution today.

I became excited about doing service above the intergroup level when I first heard the reports from our Region Representatives and World Service Business Conference Delegates. I first became interested in being a trustee after my service sponsor became a trustee.

I love this program and the recovery I have because after stumbling in, I dove in and stayed. I want others to have a chance at a life worth living like I was given when I came through those meeting room doors.

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

My first two OA meetings were about 2 years after my mother suggested I try OA. I apparently did not yet have the gift of desperation, as I had 4 reasons (excuses) for why OA wasn't for me. In June, 1993, after 7 or 10 additional years of living in my disease, I returned to OA and my excuses evaporated. (I have been abstinent from "gorging and dumping" ever since.) I started going to at least 7 meetings each week, and that helped me get a sponsor and gain the understanding and willingness to do what it takes to recover. A doctor had miscalculated my goal weight; when I weighed 10 pounds more than that goal, I was emaciated, had lost my menses, and needed to gain weight.

Since then, I have been through times of floundering, relapse, and recovery, but mostly recovery. I have worked with various sponsors and none. (I recommend working with a sponsor!) Since before 2010, my doctors have agreed that I am at a healthy body weight and have approved of the loss of an additional 15-20 pounds. I am currently maintaining a net weight release of about 95 pounds from my pre-OA top weight.

September 30, 2019, I had a break of abstinence, stepped down from my intergroup board position, and reset my abstinence date to October 1, 2019. Until that date, I hadn't been clear on what it was that I was abstaining from. I still follow the same food plan, but now I know what I am abstaining from: recreational sweets. This clarity gives me both confidence and flexibility.

Though I knew God before program, OA has enhanced my beliefs into a more vibrant and practical faith. OA has been a safe place where I felt accepted just that way I was. From there, I grew to accept myself and become more estimable and assertive. I am now generally comfortable in my own skin. I am perfectly imperfect—I frequently prove I am human—and that is okay. Cleaning up the wreckage of my past has released me from the bondage of guilt and shame. Through giving service, I feel useful, connected, and have learned many skills that I can use in other areas of my life. Being a part of this fellowship gives me joy.

QUALIFICATIONS FOR TRUSTEES

Article VII, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 4 – Qualifications

a) Qualifications for trustee shall be:

- 1) Seven years in the Fellowship;
- 2) Five years of service beyond the meeting level, including at least two years of service as a region representative, region committee chair, region board member, region trustee liaison, or having served as a board member of a national service board;
- 3) Attendance as a delegate to at least two World Service Business Conferences; and
- 4) Five years of continuous recovery in Overeaters Anonymous as evidenced by:
 - i) five years of current continuous abstinence;
 - ii) current maintenance of a healthy body weight for at least two years; and
 - iii) emotional and spiritual growth as a result of incorporating into their lives the Twelve Steps and Twelve Traditions as a new way of living.

b) Qualifications for trustee must be met at the time of the application for trustee is submitted to the World Service Office. Specifically, such trustee nominees must also have:

- 1) Worked through all Twelve Steps;
- 2) Declared themselves as practicing the Twelve Steps to the best of their ability;
- 3) Declared themselves as committed to the Twelve Traditions of Overeaters Anonymous; and
- 4) Affirmed these additional qualifications on their trustee application forms.

c) Upon election, each trustee shall make a commitment of:

- 1) Adherence to the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service.
- 2) Continual recovery including abstinence and maintenance of a healthy body weight throughout the entire term(s) of office. Each person shall be the judge of their recovery, including abstinence and maintenance of a healthy body weight.
- 3) Compliance with all the terms and provisions of the prevailing Overeaters Anonymous, Inc. Bylaws.

Article VII, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 6 – Election of Trustees

- #### a) To be eligible for election, each nominee must appear before the delegates at the World Service Business Conference and address the assembled delegates from three to five minutes and answer questions from the floor. No new nominations will be accepted from the floor. No candidate may run for more than one position.

Article VII, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 2 – Duties and Responsibilities:

c) Specific Duties

- 3) The Executive Committee shall have general authority with respect to the routine conduct of the business affairs of the Corporation, including the following specific duties:
 - i) To maintain a World Service Office and to receive and disburse all funds contributed to the World Service Office for the benefit of Overeaters Anonymous as a whole, so that the Fellowship of Overeaters Anonymous need never be organized in any legal or official manner.
 - ii) To receive, manage, control, use, and disburse in such manner as the board may deem advantageous to Overeaters Anonymous, all gifts and contributions, monies and properties of every kind received by the Board of Trustees for Overeaters Anonymous.

The board must decline all outside contributions in accordance with Tradition Seven.

- iii) To have the books of the Corporation and any and all affiliated bodies, foundations, and nonprofit corporations audited and to furnish an accounting of all financial transactions at the regular annual meeting of the Conference.
- iv) To submit minutes of the Executive Committee meetings to the Board of Trustees.