



TRUSTEE APPLICATION

Submitted for consideration at the Business Conference in May 2016  
month year

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

Trustee for Region 5       General Service Trustee       Virtual Services Trustee

Full Name Linda J. [redacted]  
Address 101 Surrey Lane Phone ( ) 269-903-8124  
City Lake Forest State/Prov IL Country USA Zip 60045  
E-mail Address Region5Trustee@gmail.com  
Years in OA 14 Number of years of service beyond the group level 10  
Date continuous abstinence began 12-24-02 Date maintenance began 5-1-10

I have read the qualifications for Region/Virtual Services/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.

Linda J. [redacted]      8-29-15  
Signature of Candidate      Date

**REQUIRED FOR REGION TRUSTEE NOMINEES:**  
Denise [redacted]      R5 Chair      8/30/15  
Signature of Region Officer      Title      Date  
(Chair, Secretary, etc.)

**REQUIRED FOR GENERAL SERVICE/VIRTUAL SERVICES TRUSTEE NOMINEES ONLY:** Per Article IX, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 5 – Nomination of Trustees, Parts c) and d). (1) All applicants for open position(s) of general service/virtual services 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 Intergroup 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](mailto: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://www.oa.org/pdfs/trustee\\_application.pdf](https://www.oa.org/pdfs/trustee_application.pdf).

Summary of my OA service responsibilities:

- Group: Secretary '03 to '05 and Intergroup Representative '05 to '06 and '12 to '13
  - Suburban North Intergroup, (SNI): Treasurer '06 to '08 and Chair '08 to '12
  - Region 5: Representative '07 to '12, Finance Committee; Chair 12th Step within Committee; Chair, Intergroup Outreach
  - WSBC Delegate '10, '11, & '12: 12th Step within Committee, Conference Approved Literature Committee '11 and '12; chaired subcommittee on "Workshop on the 12 Steps"
  - In May 2011, with the help of two other OA's, I started a "Big Book Step Study" OA meeting in my Intergroup's area. These meetings have now rotated to various cities in the area
  - Elected to my first term as Region 5 Trustee in May 2013
  - Co-chair of World Service Convention in Cleveland 2013 and speaker
  - Chair Board Approved Literature 2014-2015. Finalized "Taste of Lifeline" for publication.
  - Currently Trustee Co-Chair of the Conference Approved Literature Committee
  - Speaker at Region 5 Conventions & Keynote speaker at Region 5 Convention in Chicago
  - Presented Workshops on Abstinence in Chicago area, Detroit, Ann Arbor, Toledo, and Goshen
  - Answered 44 "Ask-it Basket " questions from Region 5 members
  - Reviewed 15 sets of Region 5 Bylaws
  - Attended 8 Region 5 Assemblies as Trustee and answered member questions
  - Wrote 8 Reports for Region 5 as Trustee.
  - Wrote about 15 reports for the BOT and WSBC
  - Attend 10 BOT meetings to date and wrote numerous motions and amendments for these meetings
  - Wrote "Lifeline" articles and spoke for oa podcasts
- I attend one or two Face to Face and one or two phone meetings a week  
I talk with my sponsor and sponsees every weekday (and more if needed)



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

- Writing and reasoning: As a Chemist I did research and published scientific papers. I also wrote and was granted numerous patents.
  - Financial: As Treasurer of our Intergroup I was able to help bring our Intergroup out of the red and into the black by putting together our first budget and identifying areas to cut spending and ways to increase donations. By filing the correct paperwork with the IRS I was able to re-establish our group as a 501 (c) (3) non-profit organization and to begin filing electronically with the IRS
  - Teaching: I've promoted understanding of the Steps by establishing, with the help of other OA's, a Step Study Meeting in my local Intergroup that focuses on the Big Book.
  - Writing, and reviewing, OA publications.
- As a Delegate on the Conference Approved Literature (CLC) for 2 years; I worked on OA3 and chaired the subcommittee on the "Workshop on the 12 Steps".  
As Trustee, I chaired the Board Approved Literature Committee, (BAL), and we finalized the most recently published OA book, "Taste of Lifeline".
- Facilitating the writing of Conference Approved Literature by serving as Trustee Co-chair of the Conference Approved Literature Committee. Six projects are in progress.
  - Writing and editing numerous reports such as Intergroup minutes, Region Reports. As Trustee I've written numerous reports to Region, the Board, and WSBC
  - Speaking at Marathons, Retreats, World Service Convention 2013, Region 5 Conventions, and Milwaukee Conventions.
  - Presented workshops at WSBC and in Region 5 on Abstinence, Traditions, Concepts, and Principles of the program
  - Leadership skills: Chaired of the local Intergroup. Chaired various committees and subcommittees at Region 5 and WSBC.  
As Trustee: Co-chaired the WSC in Cleveland, Chaired the BAL, Trustee Co-chair of CLC
  - Parliamentary skills: As chair of our Intergroup. Writing motions and amendments as a Representative to Region 5 and as a Trustee for the Board meetings.
  - Timely response to phone calls and E-mail.
  - Organized
  - Savvy with computers.
  - Experienced: After serving one term as Region 5 Trustee, I can do the job with ease.

I would like to be a Region, Virtual Services or General Service Trustee for the following reasons:

- Because this would be my second term as Region 5 Trustee, I am confident that I am willing, able, and qualified to serve.
- I love being Region 5 Trustee. At first the learning curve was very steep, but now the tasks are relatively easy, especially with the help of others. I am not alone.
- Working with the other Trustees, the Region 5 Board, and Region 5 members is a joy.
- I love giving service
- I have the time to commit to such a major undertaking. I am retired. My Dad, who used to live with my husband and I, is now in a nursing home and he is happy and well taken care of there.
- This is an ideal opportunity for me to give back to the fellowship and carry the message.
- I love the Steps, Traditions, and Concepts. So this is an opportunity to continue to grow by helping to promote and teach these principles.
- I love to travel and I'd love to be able to surround myself with recovery by being at WSBC, the Board Meetings, the Region Meetings, and wherever I'm needed within the Region.
- I love the fellowship. In my first term, my circle within the Fellowship has widened and I hope to get to know even more of you.
- I like to do whatever I can to help OA and Region 5 become better and stronger and to increase the recovery in our organization by whatever it takes.
- I believe that service is vital to my abstinence, my program, and my recovery.
- I would be honored to serve a second term as your Region 5 Trustee.



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

- In 1998 I started in another 12 Step program. I attended a Convention just before Thanksgiving 2001, where one of the sessions was on the 4th step. I said "I don't know what is wrong with me but I can't stop eating" A couple of the ladies who were there said, "Oh yes, we understand, let's talk after this meeting." They told me about OA and I went the following week. After struggling with abstinence for over a year, I was luckily "struck abstinent" in Ft Wayne, my home town, while visiting my parents on Christmas Eve 2002. After "truly taking the 3rd step", my Higher Power, who I chose to call God, answered my prayers when I truly turned my compulsive eating over to Him. After I made it the first 24 hours, I was so scared I might slip; that I was now willing to go to any lengths to stay abstinent and keep the gift I was given.
- I am an insulin dependent diabetic and in hind sight, I have been struggling with sugar and the diet they gave me since 1980. At first it wasn't too bad, but it got progressively worse until I was totally out of control. I went to OA to stop eating sugar compulsively and to get my mind back because my blood sugars were swinging wildly back and forth. For me, my abstinence is a matter of life or death.
- My blood sugar control immediately got better when my compulsive overeating stopped. But a known side effect of insulin use and good diabetes control is weight gain. So after 6 years of abstinence and 2 years of asking, "What is healthy body weight?", I finally had the courage to ask my doctor what he thought my healthy weight should be. I was very scared I might lose my blood sugar control. But after carefully working with my doctor to continuously adjust my insulin dose as I lost weight, working closely with my sponsor, and lots of praying; I finally hit healthy body weight.
- I think many of us are afraid of moving towards a healthy body weight for various reasons. But I think that if we truly trust that HP will take care of us, and we truly work the program, we can achieve and maintain healthy body weight. Overall I am maintaining a total weight loss of 50 pounds.
- Physically I feel better than I felt in my twenties. My mind used to continuously spin or I was totally numb. Now I can think clearly, (most of the time). As part of my action plan, my doggie and I run agility courses together. Before, I couldn't remember the courses, and now I can. I used to get winded after running for 15 seconds. Now we finish the course without me feeling like I'm having a heart attack. After grocery shopping, my ankles used to hurt so much that I used to have to put my feet up and rest. Now I can carry in the groceries, and put them all away before they melt. I can also put away the ice cream that I buy for the rest of the family and I'm not tempted to eat it.
- I used to be angry, resentful, and fearful. Now I'm "happy, joyous, and free". My husband knew by my behavior that I had been in the chocolate, and he'd warn everyone to stay out of my way. I'd start a fight and I couldn't even remember why. The program has taught me how to communicate and I am finally happily married to my first husband of 43 years.
- When I was in the food I was afraid of driving. I was afraid I'd get lost and not find my way home. I was afraid the car would break down or I'd get in an accident. Now I trust that my Higher Power keeps me from eating compulsively and He keeps me safe even when I'm driving through Chicago rush hour traffic.
- I always believed in God but I never truly trusted Him until I got into program. Now nothing brings me greater joy than helping another OA; to help them recover, and to help them find and grow in their understanding of their Higher Power. The more compulsive eaters I can bring the message to, the greater my joy.
- I am so grateful to OA, my God, my sponsor(s), and all of you who I have met through giving service. I believe I keep my abstinence, my sanity, and my connection to my Higher Power by carrying the message, by giving service, by working the Steps and helping others work the Steps.

Thank you for this opportunity to be considered for a second term as Region 5 Trustee.

## QUALIFICATIONS FOR TRUSTEES

Article IX, 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;
  - 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 application for trustee is submitted to the WSO. 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 his or her recovery including abstinence and maintenance of a healthy body weight.
  - 3) Compliance with all terms and provisions of the prevailing Overeaters Anonymous Inc. Bylaws.

## SPECIFIC DUTIES OF GENERAL SERVICE TRUSTEES

Article IX, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 2c) Specific Duties

- 4) The general service trustees 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 general service trustee meetings to the Board of Trustees.

## SPECIFIC DUTIES OF THE VIRTUAL SERVICES TRUSTEE

Article IX, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 2c) Specific Duties

- 3) The virtual services trustee (VST) will represent virtual groups and service boards at the Board of Trustees, and will support virtual services in a manner similar to regional trustees' support of the OA regions.