



TRUSTEE APPLICATION

Submitted for consideration at the Business Conference in April 2022 month year

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

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

Trustee for Region 5 General Service Trustee

Full Name Barbara Keyes

E-mail Address r5TrusteeBarb@gmail.com

Years in OA 36 Number of years of service beyond the group level 30

Date continuous abstinence began 12/26/2004 Date maintenance began 9/26/2005

I have read the qualifications for Region/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.

Barb Keyes

Digitally signed by Barb Keyes Date: 2021.05.17 06:26:23 -04'00'

8/11/ 2021

Signature of Candidate

Date

REQUIRED FOR REGION TRUSTEE NOMINEES:

Signature of Region Officer (Chair, Secretary, etc.)

Title

Date

REQUIRED FOR GENERAL SERVICE TRUSTEE NOMINEES ONLY: Per Article IX, Overeaters Anonymous, Inc.

Bylaws, Subpart B, Section 5 – Nomination of Trustees, Part c) (1) All applicants for open position(s) of general service 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 IG/SB 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. 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/groupsservicebodies/world-service/board-of-trustees/.

Summary of my OA service responsibilities:

I have been in OA since 1985. Since that time I have been Treasurer/Secretary and meeting representative for my home group. Sponsorship continues to be a vital tool of my recovery. I have a sponsor as well as a service sponsor and I am a sponsor of some incredible women.

In my Intergroup, I have been meeting representative, secretary, Vice Chair, Chair, Region Rep as well as WSBC Representative.

In Region 5 I was a representative, chair of our region newsletter and on the PIPO committee. Voted to represent Region 5 as Trustee in 2018.

World Service Trustee since 2019. In that time I have been the Trustee co-chair for 3 years of the Young People's Committee. Grateful for that service and the work the committee has done. I learned so much by working with this group of incredible people. I am currently the Trustee Co-chair of the Twelfth Step Within Committee. Grateful for this service as well. I continue to meet so many recovering people in the fellowship from all over the world.

Within my Region we have been working on Intergroup Renewal the past 3 years as well as being on the Bylaws Committee - and this is not my forte. As I jokingly say - I am a rule breaker & not a rule maker. This defect of character helps me to recognize boundaries. Setting boundaries, not rules is the purpose of our Bylaws so we can maintain our Traditions. We must maintain our Traditions, because if we do not we will not exist. I need OA for my life and my livelihood. To my amazement, the Trustee experience has strengthened my emotional recovery as well as my Spiritual recovery. I am so grateful that I have had the opportunity for this service.

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

My experiences that I can bring to the board include my knowledge of business computer software and well as my background in teaching technology. That experience has been quite valuable in the past few years with COVID and the reliance on my computer to connect with the fellowship.

I am a retired music and music technology teacher, mentioned above, gave me knowledge of technology, but also gave me a background in working with a variety of personalities and backgrounds. The Spiritual growth I experienced during my recovery with my professional work is difficult to explain, except I claim the "Educational Variety" as stated in the Big Book. The meeting of new personalities as well as "knowing" that I am working with another child of our Higher Power has been a valuable background and has continued to grow with my service responsibilities.

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

Three years ago I was a very reluctant Trustee nominee. Today, I am so grateful for the opportunity for my continued Spiritual & Emotional growth because of my Trustee service. I would like to continue the work with Region 5 as well as the World Service Committees. I learned so much from the Young People's Committee. It was a wonderful experience to support them and hear the issues that come up. Our first virtual get together with young people was an incredible Spiritual experience. I am grateful for this younger generation and what they continue to bring to recovery. Listening to the leads I understand that OA will continue. Gratitude.

My new assignment is the Twelfth Step Within Committee. I am again amazed how these wonderful people give their time to the service. I pray to remain teachable and to understand that Trustees are at the bottom of the inverted triangle. We listen to the fellowship, keep the Traditions and abide by the Concepts of Service. Grateful for those who have come before us.

The past 18 months, with the COVID quarantine, it has been difficult without the ability to be Face to Face. Now that we are going back to Face to Face meetings, I am so grateful. As I am writing this, our convention was just canceled. I am so grateful for virtual meetings even though I miss Face 2 Face. Having that close connection Spiritually while we are in the same room enhances our ability to do the work Trustees need to do. To support - at the bottom of the inverted triangle - the fellowship and continue to be guardians of the Traditions.

Trustee service is time consuming and continues to keep me in recovery. I love my local meetings that remind me I am just another compulsive overeater recovering one day at a time. I continue to be grateful for all that I have received.

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

I found Overeaters Anonymous in 1986. I went to my first meeting scared and hopeless that my last liquid diet was failing me and my bulimic attempts did not keep my rising number on the scale down. It kept rising and rising. My top weight was 208lbs - at least that's when I quit weighing myself. I started the program being a people pleaser to make sure I was accepted [character defects do save our lives] I did what I was told. I went through the steps, did service work and stayed on a "diet". Acted as if I had a higher power. I did not know what that was at that time at all. However, I learned about the steps and traditions in my meetings.

Looking back, I realize that I had not done Steps 6-9 thoroughly. I could not be honest about my relationship with my ex-husband. I hid so much and that led me back into the food. Gradually, I am grateful that I never went back to my sugar addiction; however, I started the munch & crunch & wheat addiction. I would come home from teaching and eat [hiding my eating] from 4 until 9. I went from my size 10 to size 18 in no time. I was in deep denial. I still went to my Thursday & Saturday meetings. Lying to myself & others. Pretending I was okay when I was suffering.

Then one of my friends say we needed to start a step study. So, 8 of us got together and intellectually [for me] studied the steps. I still could not be honest about my food. I had so much shame. That can take on an addiction of itself for me. I was in the step study for 3 years when I finally got a sponsor who would let me email my food to her. She taught me how praying in the morning when I sent my food would help me through my day. I had totally wiped out prayer and meditation in my daily routine. I realize that I have a disease that makes me think I don't have a disease. So, daily, I got my head out of the food. I continued with my step study for years. I am so grateful for those women. We did different studies and finally, with their help, was able to talk about my relationship and how I could not take care of myself if I stayed in this relationship. After I left, the Spiritual experience I have had are incredible. Not enough space to talk about it here. Gratitude

That was 17 years ago. Today, I have am so grateful for my relationship with my Higher Power. This energy loves me and I connect with every morning and throughout the day. I continue to work on more & more Spiritual development. I have been back to my 10/12 size for 16 years. I wear my clothes out. I am so grateful.

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 the 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) If a change of status of physical residency of a regional trustee occurs following election to office, said trustee will notify the Board of Trustees of the change in status immediately. The trustee will vacate the position at the next World Service Business Conference, where elections will be held to fill the incomplete term.
 - 4) Additional qualifications for regional trustee may be set by each region.

Article IX, 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.

SPECIFIC DUTIES OF GENERAL SERVICE TRUSTEES

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

- 3) 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.