

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 your completed and signed application to:

Region 5 Secretary
108 Fullers Circle
Pickerington, OH 43147
- **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 September 1, 2020.

Full Name: Jennifer Lavery

Address:

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Number of Years in OA: 10

City: Louisville

Name of Home IG: Louisville Metro Intergroup

State / Province: Kentucky

Currently a Region 5 Rep? Yes

Zip: 40205

Previously a Region 5 Rep? Yes

For which office are you applying?

Chair X Vice Chair _____ Treasurer _____ Secretary _____

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

In 2010, a health care professional suggested that I check out an OA meeting as a possible resource to overcome the obesity I had been struggling with for the past 30 years. I was then 50 pounds above the weight for a healthy BMI index for a woman of my age and height. I was sluggish, depressed, and pre-diabetic.

I was relieved to learn at my first meeting that I was “in the clutches of a dangerous illness” and that my willpower “was no defense against it.” I remember crying with relief when a longtime member shared “I have a disease and it’s not my fault.” The welcome I received into the OA community and the wisdom of the 12-Step program of recovery changed my life. I am especially grateful that the 12 Steps integrate the physical, emotional, and spiritual parts of our lives and allow each of us to understand the greater power in our own way. Since 2010 I have formally worked the Steps three times with a sponsor and a fourth time with a group using The 12-Step Workshop and Study Guide, which is an amazing resource. The steps and the tools have relieved me of years of fear, isolation, resentment, and debilitating self-talk. I live life now in gratitude to my higher power and in community with friends.

Expand this area as needed.

My OA practices each day are to pray morning and evening, read the daily readers and write about them, follow an eating plan and plan of action, and check in with my sponsor (that's every day except Sunday). I attend three phone meetings a week during the pandemic and attend Intergroup meetings and committee meetings each month by ZOOM. I am not currently serving as a sponsor but spend several hours a week on Intergroup or Region 5 service projects.

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

Intergroup Service to Louisville Metro Intergroup (LMI)

Currently, I am in my second year of a two-year term as Co-chair, and my 4th year as LMI representative to Region 5.

Past service to LMI

- Three years as editor of the LMI monthly 12-Stepper newsletter
- One year as Vice Chair, one year as Chair, one year as Co-chair
- Four years on the Retreat Planning Committee
- 2020 LMI delegate to the online WSBC

Region 5 Service and Experience

- Four years as a Representative from LMI
- One year as Region 5 Delegate to the 2018 WSBC
- Four years on the Finance Committee, three years on the Intergroup to Intergroup subcommittee
- Co-presenter at two Region-sponsored IG to IG workshops
- Attendee at Region 5 convention in Indianapolis 2018

WSBC Service and Highlights

- 2018 Region 5 delegate to the WSBC assigned to the Conference Literature Committee
- 2018-2019 Six months of follow-up work on a four-person Literature subcommittee assigned to combine three newcomer pamphlets
- 2020 Delegate from LMI to the online WSBC. The 2020 Conference gave its "Seal of Approval" to publish the pamphlet "In OA, Recovery is Possible," the work of my 2018 subcommittee!
- 2020 Follow-up work as a member of the WSBC Bylaws Committee

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

During my four years of service as a Representative to Region 5 and two years as a WSBC delegate, my respect for the role that Region 5 plays as an intermediary between the WSBC and Region 5's intergroups has changed and grown. When I was new to the Region, I saw Region's role mostly as a guardian of the 12 Steps and Traditions, a conveyer of world news, the provider of a wider pool of speakers, and the sponsor of a once-a-year convention. After two years of service on Region 5's Intergroup to Intergroup subcommittee, I have begun to appreciate the role Regions play as they support problem solving at the local level. I now see Intergroups and Regions working together as avenues to the WSBC, where representatives working together make recommendations and develop resources to carry the message better. I would like to be a Region 5 officer to continue to participate in that service.

Region work has helped me to see that “Together We Get Better” applies to service bodies as well as to people! Intergroups and Regions can become more effective and welcoming when they work together to solve problems. I would like to become a Region 5 officer to serve the service bodies that support the people.

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

My first career from 1974-1977 was as a high school reading and English teacher. I love working with words.

In 1984-85 I served as the chair of the board of United Crescent Hill Ministries, the social service outreach of 21 Louisville neighborhood churches. I studied Robert’s Rules of Order to learn to lead this board.

In 1989 I earned an M.Div. degree from Louisville Presbyterian Seminary. A practical part of the M.Div. degree is preparing to serve as moderator of a volunteer, non-profit, spiritually based community.

From 1989-1991 I completed the coursework at Vanderbilt for an M.A. in philosophical theology. For 23 years (1991 – 2014) I taught religious studies courses in the Humanities Division at the University of Louisville in Philosophy of Religion, Comparative Religions, and Women and Religion. Teaching in the Humanities develops good long-range planning skills, expertise in presenting information, maturity in leading discussions, and respect for people and ideas.

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

Signature:

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Date: 08/22/2020