

Application for Region 5 Officer

Full Name: Deanna B.

Address: XXXXXXXXXXXXXXXXXXXX

Number of Years in OA: 45

City: Grayslake

Name of Home IG: SNI Suburban North Intergroup

State / Province: IL

Currently a Region 5 Rep? Yes

Zip: XXXXX

Previously a Region 5 Rep? Yes

For which office are you applying?

Chair \_\_\_\_\_ Vice Chair X Treasurer \_\_\_\_\_ Secretary \_\_\_\_\_

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

My name is Deanna B., a recovered for today compulsive overeater. I first walked into my first meeting Northern Illinois University in Chicago quite by accident (going into the wrong room) May/June 1975 which is the year I received my teaching degree. I was 37 years old. I played the revolving door game for many years in and out, focused on everything else but my primary addiction (food) I am 43 years sober in AA and 7 years abstinent in OA, a day at a time. I never thought I was smart enough to get a college degree, that my purpose was to get married and have children. I loved being pregnant. I could eat whatever I wanted, and I loved carrying a life....” I had created life”, me who felt she could never do anything and was told just as much. We all have our stories and mine is no different, growing up in a divorced home, running from one parent to another; the only constant was the love I felt for and received from my grandmother who loved me for who I was. She continues to be my strength today. I was in and out of OA for many years going from an appropriate body size to 230 lbs. and wondering how I got there.

I fully conceded in January of 2014 that I could no longer do it myself and desperately went back to my first OA meeting in many years, I was retired from my job for 14 years at that time. I remember that date.... God prepared me...I had been praying and praying for a miracle and for me that miracle was that after losing weight with the weigh and pay clubs and getting down from 230 to 180, I was creeping up again to the 200 mark. I was in so much denial that I couldn't believe this would happen after saying to myself “Never, Never, again” .... I do believe today that my HP directed me to the local newsletter where we were vacationing for 3 mos. And there it was OA 3 times per week. I came back that next day and the first woman I met I asked to be my sponsor and that I would like a beginner's packet. I was defeated. I picked a food plan and probably for the first time in my life began to follow directions and begin to work the steps with a guide/sponsor. When I returned to my hometown 2 months later, I was still committed to 3 meetings per week, daily rituals connecting with my HP, reaching out to others and doing service. The difference today is that I am not able to go to face to face but until that was taken away temporarily, I was attending 3 face to face meetings in my area. Eventually besides 3 f2f, I began going to daily phone meetings, listening to podcasts and such. Working through the steps and writing my food down and sending it in. It was suggested to get a nutritionist, I did.

Expand this area as needed.

Physically: I went from 230 lbs. to 145 lbs. and maintained that until 4 years ago. I have been following the same food plan and due to physical limitations, open heart surgery, different medical procedures and struggles with being more physical 25 lbs. have found their way back. I struggle with acceptance which I practice every day.

Emotionally/Spiritually: I continue to learn how to live one day at a time and be comfortable in my own skin. To accept myself as I am and to continue to carry the message of recovery. I have learned that I will never be perfect at it and living in fear, resentment, and anger impedes my abilities to not only live, but love. I am learning each day to love myself more and more.

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

Group: level, In the 70's, 80's and 90's I participated in at least 3 OA meeting per week where I volunteered to be leader, newcomer greeter, and held various positions of secretary, and treasurer. Intergroup level:

- Intergroup Representative (3 years)
- Region 5 representative (5 years)
- WSBC Delegate (5 years)
- Intergroup Committee Chair TSW (4 years)
- Intergroup Secretary (8 months)
- Intergroup Chair (3 plus current)
- Served on Media Committee Region 5 (5 years)
- Served on Intergroup-to-Intergroup committee Region 5 (3 years)
- Served Region 5 Subcommittee Sponsorship Task Force Chair (current)
- Speaker/leader workshops and retreats

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

Through my many years in and out of this program, I returned to OA 7 years ago and have been abstinent to date. I've been blessed with the opportunity from the beginning of my abstinence to begin volunteering in my home groups by doing service and representing my home group at the Intergroup level. I have been urged by others to move forward in service from region representative, to WSBC delegate and currently my Inter group Chair. I never really thought I could do service above the group level; however, I feel my HP has directed me in my journey of recovery. You have always told me that "God equips the called does not call the equip." Wow, that phrase has guided me along my journey and continues to be my mantra. I feel I bring my energy, willingness to learn new things, and open to being a part of the whole. Our saying in OA "Together we get better" That is me. I want to be a part of, not apart from. I want to contribute. I am creative and have great ideas. I know that I can't do it alone and really don't want to. It means so much to me to see that light in others eyes when they begin to do service and reap the rewards of recovery. I need to be a part of that in any way I can, as long as I can. My major strengths are my ability to visualize, design and coordinate workshops and presentations. Most of all a positive attitude and a love of program.

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

- I have been involved in the training/coordinating/and facilitating assessment services for executives, professionals, and litigation matters.
- Coordinated all functions for an adolescent extended treatment facility.
- Designed, implemented, and evaluated a job skills program for adolescent in the treatment program.
- Was part of a team training Intervention Skills.
- Coordinated special alcohol and drug programs for the Public-School System and developed and presented workshops on contract basis after my retirement.
- Raki Master (Healing Touch)
- Cub Scout and Girl Scout leader during 60's and 70's
- Taught k-10
- Mother of 4 amazing adult children and 5 just as unique adult grandchildren.

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: \_\_\_\_\_



Date: 1/10/2021