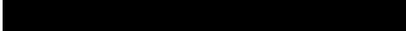
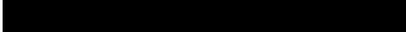


Application for Region 5 Officer

Full Name	Keri Evans	Number of Years in OA:	8
Address:		Name of Home IG:	Central IL IG
City:		Currently a Region 5 Rep?	Yes (3.5 yrs)
Zip:		Previously a Region 5 Rep?	No
For which office are you applying?			
Chair:	<input type="checkbox"/>	Vice-Chair	<input type="checkbox"/>
Treasurer	<input type="checkbox"/>	Secretary	<input checked="" type="checkbox"/>

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

I have been in program for over 8 years and have 7+ years of abstinence (November 27th, which was the day before Thanksgiving, is my abstinence birthday).

I am first a compulsive eater. It is my primary addiction, but the disease bleeds into many areas of my life. Because of addictive, compulsive tendencies, obsessive ways of thinking, and with the help of working the 4th through 7th steps in program many times, I have a long list of other areas where I have also acted out in my addictive personality. I now understand that many of the items on that list are associated with my defects of character. My second biggest and nearly co-equal problem, because it ties directly into my issues with food, is with spending and debting. My debting addiction is what brought me to my bottom and what lead me to my first OA meeting. I called a number about a local DA meeting, but it had closed. The person I called was also an OA and asked if food was a problem for me, she then told me about the local OA meetings, and agreed to meet me at a meeting if I was interested in going. I was and I went and have kept going back these 8+ years. It was at the first few OA meetings that I realized how out of control I was with my eating and with spending money that I did not have. I saw that I hadn't gotten in tens of thousands of dollars of credit card debt by taking fancy vacations or by buying designer clothes. Much of the CC debt was from getting takeout, fast food, and delivery food three or four times per day, every day, even when I could not afford it. There are many other addictive/compulsive areas in my life that range from skin-picking to smoking (I am an ex-smoker, I smoked over two packs a day in college. I have been clean from cigarettes cold turkey for 24+ years after smoking from 15 to 25.) These are just a few other compulsive/addictive things from the large list I have discovered during my time working the steps in OA.

At my core I know that my issues start with the food and eating and the way I used to live my life and manipulate things to be able to continue using the food and acting out in eating behaviors. Diets and unhealthy food behaviors began early in my life and my mom put me on Weight Watchers when I was 6/7 years old. I was on and off, dieting and then binging, up and down the scale for the next 34+ years. In 2006 I weighed my highest, I was over 320 (I am 5'4" and this is the last weight I read and an estimate because I quit weighing myself.) I could barely zip my size 26/28 jeans.

When I bottomed out emotionally, spiritually, and financially, I was around 285 pounds. I was at the lowest of low bottoms and I was suicidally depressed. I was hopeless about my life and my possibilities. But, like I said earlier, my HP led me to make that call about a local DA meeting, which then led me to come to OA in June of 2013. I am very grateful that I was too scared to kill myself and that I made that call instead. The ways that OA has helped me the past eight+ years is hard to put into words that fully express how much better I generally feel emotionally, spiritually, and physically. It has been a lot of work, but it is also a miracle. My program work has helped me understand that my depression and anxiety is more than situational reactions and I have

accepted that I may always need to be on medicine to help me manage it. OA has led me to do more work in other areas too. I have been seeing a therapist for a few years and we are working on the trauma from my childhood and early adult life, so that I can truly find my full emotional recovery. I also met people in OA that helped me find a progressive, open and affirming, and social justice focused church, where I first became a member, and I am now on the leadership board. This church family has helped me further develop my spiritual connection. I was totally against organized religion as an adult, because of past bad experiences, but OA helped me get past those blocks and opened me up to that healing, and to so many new friends and connections that I would have never known before program.

Physically I have released 70 pounds in OA and I am around 105 pounds below my all-time high of 320 pounds.

I have worked through the Steps multiple times with different Sponsors and in Workshop groups. I take the first three Steps every morning through prayer. I try to work Steps 10-12 as part of each day. Being in contact with my HP each day and giving lots of service in OA, helps keep my program at the front of my mind and my highest priority.

Covid and mitigation efforts caused me to have a new spiritual awakening. Last Summer HP told me I should find a new Sponsor and so I asked one of my OA Region level friends to help me. This current Sponsor has me working a much different kind of program. My earlier sponsors were less hands-on. My new sponsor has me text my food and call/text every day. We are working the steps using the Big Book (which I have not previously done. I had used the 12 and 12 workbooks and the Workshop Workbook). I am getting so much from this time through the Steps. We are currently working on my Step 9 amend work.

Life is not always easy and sometimes my old programming and ways of thinking still sneaks in. BUT I have the tools and my OA friends to help me get and stay on track. I am so thankful every day that I am still able to grow and change and that OA will help me continue getting healthier. I am working toward my healthiest bodyweight and the most contented place for myself emotionally and spiritually and I trust that through my work I will get there in my HP's time.

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

- I have sponsored 12 people over the past eight years, currently sponsoring two people.
- I have acted as meeting secretary, treasurer, leader, and literature manager for my local meetings.
- I have shared my story at local meetings, online meetings, and at R5 level meetings and events.
- I am currently the Central IL Intergroup Treasurer and the Intergroup R5 Rep (Rep for 3.5 years). In the past, I have also acted as the Secretary and workshop/event planner, organizer, and host for Central IL Intergroup in the past. My graphic design skills were used to help create themes, graphics, flyers, posters, and online items for local and IG meetings/events. My project management skills were used to organize literature, locations, refreshments, volunteers, and agendas for a variety of events. I also helped recruit volunteers for service and committee positions for the Intergroup Officer and Rep positions.
- I attended my first R5 Assembly as a Guest in 2015 and volunteered to be the copy girl.
- I have officially been involved with Region 5 level service for 3.5 years.
 - Served on the Media Committee for the past 3.5 years.
 - Acted as the Media Committee Chair for two years. These two years included:
- Assisted with the website redesign, where I helped to find and test the new WordPress themes; creating mock-webpage designs; helped Joel present the new website design to the R5 Assembly; organized and managed the R5 website photo/graphics competition submissions and announced the winners; and worked with the webmaster and R5 secretary to get the website information and graphics loaded as we wanted.

- Led the R5 Media Committee meetings; created the agendas, sent out the meeting minutes; and presented the committee reports at the end of the R5 Assemblies.
- Assigned newsletter article deadlines; website review deadlines; and reached out to Committee members to stay on schedule.
- Collected articles; edited articles; found graphics to use; designed the layout for the online and print PDF newsletters; secured the final committee/board approval; and supplied the final files to Joel and webmaster for the website after each Assembly.
- Worked with the Media Committee to move the newsletter to an online blog newsletter instead of a print newsletter. Was in charge of collecting blog articles; editing articles with volunteer proofreaders; getting board approval; and uploading the articles to the website.
 - Helped the next Media Committee Chair to acclimate to the responsibilities and volunteered to do most of the tech stuff for her, acting as the Media Committee Volunteer Editor. Which left me with the same website reviews and online newsletter duties as before. I also started sending out the email blasts to the R5 email list, as we posted new blog articles.
 - Helped on the original Each One Reach One sub-committee and acted as Secretary. Helped create the long and in the end way too detailed procedures/instructions for making measurable goals for the group. We hoped the R5 local meetings/Intergroups would use the instructions as tools, but didn't have much success. We later simplified the procedures and had a better response and more participation at the meeting level. I created the flyers and online graphics to use to help get the word out.
 - Participated on the PIPO sub-committee. Edited multiple free online outreach posters supplied by the WSO to include Region 5 information for all local R5 meetings to use to plaster around their areas to get the word out. Also, I created a sample R5 YouTube channel. I worked with other Committee members that supplied some sample videos and used some other WSO video links. We were hoping to use this channel to target a younger audience, but the initiative did not go anywhere.
 - Joined the Sponsorship Taskforce Committee and am acting as the Secretary. Responsible for meeting minutes. Created online Google spreadsheets for available R5 Sponsors and for members that need a Sponsor. I receive requests and information from the Chair and keep the spreadsheets updated. We decided to reach out the Sponsor list every six months to check on availability and are in the process of updating that information post Summer Assembly.
 - Volunteered to be on the Adcock Committee that reviewed and tested video conferencing apps. We landed on Zoom before it ended up taking over the world in 2020. So, I think we made the right decision.
 - Helped to create the R5 Sunday Morning online Zoom meeting with other R5 members a few years ago. I consider this meeting my home meeting and attend most Sundays. Created the flyer and online graphics used for the meeting. Acted as the treasurer until a few months ago and helped set-up the PayPal system we were using at first. Worked with Joel and Linda to switch over to the RegFox system a few months ago, because PayPal ended up being way too complicated.
 - Helped plan the R5 and R4 All IL Day Workshop and gave service at the check-in desk. I was also a traveling OA story teller (where I shared a 10-minute version of my OA story at a table of people and would then move around the room to the other tables to repeat the process).
 - Attended the R5 Conventions for the past seven years, and I have tried to volunteer for service jobs at each one.
 - Designed and produced a large vertical R5 4/c banner to use at workshops and events for R5 Board.
 - Acted on the R5 Assembly Minutes Review Committee for the past few Assemblies.
- I began attending online meetings, during Covid, almost daily (now averaging three or four meetings per week). I think participating in those meetings and giving that specific service was very important for all online OAs (newcomers and long timers), since we were stuck at home and experiencing the loss of in-person meetings and the isolation the lockdowns created for us all.

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

I enjoy being plugged-in at the Region level and I love the people I have met at R5 over the years. Being connected to people with demonstrably strong and long-term recovery has increased my faith and trust in our program and has encouraged me to keep working my individual program to the best of my ability. My second term as a Rep will be coming to an end in the spring of 2022 and I would acutely feel the loss of the service I am able to do with Region 5. Becoming a R5 officer seems like the next right thing for me to do and the best step to take within my service to OA. My skill set (which is detailed by the service I have been giving at local, Intergroup, and R5 level) is aligned with the duties for this position. I also have a strong connected relationship with Joel, and I know that he will be a great teacher and mentor during the transition. I am pretty tech savvy; I am a quick and enthusiastic learner; and I am confident that I will do well with any of the responsibilities that I may not have apples to apples experience with.

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

I listed many of my skills above. I am a graphic designer professionally and excel in that area. I am also a Department Director at my company and so I have extensive project management experience and expert level skills in using all of the tools and apps needed for that type of work. I have been creating and managing agendas/minutes for groups and committees for most of my adult life and for most of my time in OA. I have also helped organize/manage events for charity, professionally, freelance, volunteer, and personally for the past 25+ years. I am currently the volunteer webmaster for my Church's website, and I manage the Church's publicity, promos, and all of the social media accounts.

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:

August 13, 2021