

Application for Region 5 Officer

Full Name: Joel R. Isenstadt

Address:  _____

Number of Years in OA: 24

City:  _____

Name of Home IG: COSIGOA

State / Province: Ohio

Currently a Region 5 Rep? No

Zip: 43147

Previously a Region 5 Rep? Yes

For which office are you applying?

Chair _____

Vice Chair _____

Treasurer _____

Secretary X

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

I have been in OA for over 24 years with two relapses. 18 years active years of recovery. When I look back, I cannot say I know that person. I remember him, but I wonder how it was that I could have been him. It as if I woke up and the roar in my head subsided and dissipated. Overeaters Anonymous saved my life. While I don't regret all of the years I spent in therapy, nothing helped me like working the steps with a great sponsor did. When I came in OA, I weighed over 260 lbs. I was in OA for two years and relapsed. I was in OA for all the wrong reasons. Three years later I came back in weighing well over 325 lbs. and this time I was ready to do it for me. I was in OA for 9 years maintaining a 135 lb. weight loss and then had a short relapse. I have been back in OA now for 5 and half years with no sugar, low carbs, no diet sodas following a modified 301 food plan eating three moderate meals a day with a fruit at the end of the day, working the steps with a sponsor, sponsoring 4 people, and doing service one day at a time. I have never been as calm, clear minded, and able to deal with life's adventure more than today. I owe this to OA, the support I get from my friends, and to my Higher Power. My Higher Power has gifted me with the ability to do this one day at a time as long as I keep choosing to do so. If I had to really identify what I've been working on for the last two years, it's been learning how to always come from a place of love, forgiveness and improving my conscious contact my Higher Power. Everything else is just a benefit of working this program. I love my life and I wouldn't have it any other way.

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

1. Group Level (All of these I have done multiple times over the years)
 - a. Newcomer Greeter
 - b. Meeting Chair
 - c. Given Leads
 - d. Intergroup Rep
 - e. Secretary
2. Intergroup Level – West Palm Beach Intergroup (Region 8)
 - a. Newsletter Editor
 - b. Webmaster
 - c. Co-chaired with PI/PO
 - d. Intergroup Secretary

- e. Region 8 Rep (2005 thru 2006 – 2 years)
 - f. World Service Business Conference Delegate (2006 & 2007)
 - g. Created and led three workshops: Sponsorship, Traditions, and Abstinence
3. Intergroup Level – Central Ohio Service Intergroup (Region 5)
 - a. Newsletter Editor
 - b. Webmaster
 - c. Intergroup Secretary
 - d. Region 5 Representative
 - e. Sponsorship workshop
 4. Region Level – Region 8
 - a. Served on PI/PO committee
 - b. Newsletter Committee Chair
 - c. Webmaster
 - d. Region 8 Secretary (2007 thru 2010 - 3 Years)
 5. Region Level – Region 5
 - a. Served on Newsletter Committee
 - b. Served on PI/PO Committee
 - c. Served on Bylaws committee
 - d. Media Committee Chair
 - e. Region 5 Secretary (Current Service)
 6. Conventions and Retreats (4 conventions and 2 retreats)
 - a. Program Sub-Committee Chair (twice)
 - b. Timer Committee Chair
 - c. Assisted with the publicity committee
 - d. Entertainment Sub-Committee Chair
 - e. Registration Sub-Committee Chair
 - f. Hugger Greeter Sub-Committee Chair
 - g. Retreat Committee Chair (Twice)

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

I kind of feel like I am just getting good at this job. I would like to serve another two more years because there is still more, I can do for the Region. It has been a lot of work more than any other service I've done other than the Region 8 Secretary. However, it also has been very rewarding, know I am doing my part to make my fellowship stronger and able to bring recovery to those who need it.

I enjoy doing the work of the secretary as my skills are best suited for this area. It pushes me to apply discipline in my life which is exactly what I need because I am inherently undisciplined and impulsive. I believe in the work that the region can provide to the intergroups. It is my desire to help support our work with the skills I have. I've been in OA a while and I believe that I can add a level of experience in helping guide our region as we move forward. Besides this can only help me. I do service because it gives me something else to focus on, instead of the crazy committee between my ears. This in turn, of course helps my abstinence and recovery. The only thing I have to guard myself from is doing too much, which can be very hazardous to my abstinence and recovery. So far, I think I've been successful.

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

This what I wrote in my last application which is still true today:

I have served as secretary at the Intergroup and Region level before, so I come with much experience strength and hope. I believe, I am open-minded to new ways of doing this and am very teachable, always looking to learn new things. Outside of my experience, I have an extensive set of computer skills, including but not limited to Microsoft Office (Word, Excel, PowerPoint, Publisher, and Visio), Databases, Application and Website development and management. In my professional life, I am a Database Administrator and developer. I am highly skilled at communication and information analysis. I am also a certified Life Coach (though I am not selling my skills at this time). I have very good organizing skills and work with other people very well.

I can say that during the last 2 years I have gained new skills. One new skill I have learned is how to stick to a timeline, which is a miracle for me. I've never had the discipline to do that before. I'm not saying I'm perfect, just that I am more or less following the deadlines I've been setting.

I have been writing a Region 5 Secretary manual with detailed suggestions and instructions on how to do this service position. I will try to have it done by this Fall Assembly. And If you wish me to continue doing this service, I will continue to update it, so who ever takes over from me will be well equipped to do this service position.

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



Date: 08/04/19