

A DAY IN THE LIFE OF THE REGION 5 TRUSTEE

The instructions and application are on oa.org at [Trustee Application Instructions](#) and [Trustee Application](#). Our Region may affirm up to three candidates at our November Assembly for the election at WSBC by the Delegates the following May. For details about the duties, qualifications, and elections of Trustees see OA Inc Bylaws, Subpart B, Article IX, Board of Trustees.

Qualifications:

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.

Duties:

You serve both Region 5 and OA as a whole by carrying out the decisions made by the WSBC Delegates. You are the communications link between the WSO and Region 5. You are the Guardian of the Steps, Traditions, and Concepts of OA. OA members from Region 5 can submit questions to the WSO. These questions are forwarded the Region 5 Trustee for answers. All trustees chair one committee and serve on two others out of the 23 Board and Conference Committees. The Region 5 Trustee reviews the Bylaws for the Intergroups in Region 5 and the Region 5 Bylaws. The Trustee must be good at prioritizing requests because they come from Region 5 members, Region 5 Intergroups, and the Region 5 Board, the BOT, and WSO. A benefit for the new Region 5 Trustee is an experienced mentor from among the other Region Trustees.

EMAIL

It's a given that the Region Trustee must be adept at email! All of the correspondence from World Service Office, other Board of Members, and most of the Region 5 business is handled by email. Trustees are advised to set up a separate email account dedicated to OA business in order to keep up with all the correspondence. The Board frequently does electronic votes on various motions and documents. Daily reading of email is essential. Notifications on your cell phone that indicate the subject of an email are also essential to be sure an important email is not overlooked. You will need to become accustomed to the fact that you will be unable to answer all of your EM. Plan an average of an hour a day.

MOTIONS AND REPORTS

Motions for your committee work and reports are written for most of the 4 BOT meetings and also WSBC. The Trustee's Report and Credentials Report are also required for each Region 5 Assembly.

SOFTWARE

Access to a personal computer (laptop, tablet, etc.) and printer is a must for this service position. Most of the work uses MS WORD & some EXCEL. The R5 Trustee also uses various conference call programs such as Uberconference, freeconferencecall.com or Skype for calls for committee meetings.

PHONE

Access to a cell phone with voice mail is necessary; but most correspondence is done by email. Texting is necessary and "WhatsApp" is also useful for communicating to other countries.

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TRAVEL TO ALBUQUERQUE:

- April-May – WSBC, Albuquerque, NM – The BOT meets on Monday and Tuesday before WSBC and then WSBC meets Wednesday through Saturday. Plan on leaving the Sunday before WSBC and leaving the following Sunday – travel time will vary based on where you live (allow a full day on each end for travel) – **TOTAL 8 days**
- Three additional BOT meetings in Albuquerque. August, November, and February. Plan on leaving Wednesday and returning on Sunday – travel time will vary based on where you live (allow a full day on each end for travel) – **TOTAL 5 days x 3 times per year**

TRAVEL WITHIN REGION 5:

- March and November - 2 Assemblies annually – Friday through Sunday (arriving Noon Friday and leaving by Noon Sunday) – travel time will vary based on where you live – **TOTAL 9 days**
- Fall - Region Convention – Thursday or Friday through Sunday (arriving no later than Noon Friday and leaving mid-afternoon Sunday) – travel time will vary based on where you live – **TOTAL 3-4 days**
- Service, Traditions & Concepts, Strong Meetings/Abstinence/Sponsorship Workshops – as requested by an Intergroup – could involve an overnight stay depending on location and travel from where you live
- Intergroup visits, speaking engagements *upon request* (retreats, other workshops), etc. – could involve an overnight stay depending on location and travel from where you live

PREPARATION TIME

For WSBC – 20 hours

Writing reports and motions depending on committee assignments

For BOT meetings – 20 hours per BOT meeting x 3

Writing reports and motions depending on committee assignments.

For Assembly – 8 hours x 2

Register for the Assembly. Write the Trustee's Report and Credentials Report and send them to the Secretary.

For Convention – 10-15 hours

Register for the Convention. Prepare a talk usually on the Traditions or Concepts or whatever is needed.

For Committee work – 1-8 hours per week

Depending on which committees are on and which committee you chair

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EVENT TIME

At WSBC - 10 hours per day x 7 days

From the moment you arrive, you are busy with Trustee business. The BOT meets on Monday and Tuesday and the WSBC meets Wednesday through Saturday. The Trustee attends all of WSBC and is available for any questions especially from Region 5 delegates and committee members especially if you are the Trustee co-chair of a conference committee.

At BOT meetings – 30 hours plus travel time x 3 per year

From the moment you arrive, you are busy with Trustee business. The BOT meets on Wednesday through Saturday with formal BOT meetings, informal BOT meetings, and committee meetings.

At Assembly – 48 hours x 2

From the moment you arrive, you are busy with Region activity. The Trustee attends all Board meetings and serves in an advisory capacity. The Trustee attends all of Assembly and is available for any questions from delegates for personal, Intergroup, or Regional Business.

At Convention – 25 hours

The Chair, Treasurer, and Trustee represent the Region 5 Board at the Convention. The Trustee attends the Convention and is available for any OA questions from all attendees. The Trustee also usually presents a talk on the Traditions or Concepts or whatever is needed.

NOW THE GOOD NEWS!!!

You are not alone! You have an email loop of 16 other Trustees who are available 24/7 to help you with any questions or issues you might have.

You are part of a greater team – HP and the OA Fellowship – ready to help you fill this role.

Service is its own reward and rewards at the level of Trustee are beyond our wildest dreams!