

Application for Region 5 Officer

Full Name: Pamela P.

Address: _____

Number of Years in OA: 31

City: _____

Name of Home IG: Cleveland Central Intgr.

State / Province: OH

Currently a Region 5 Rep?

Yes

Zip Code: 44129

Previously a Region 5 Rep?

Yes

For which office are you applying?

Chair Vice Chair _____ Treasurer _____

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

I can see an abnormal relationship with food as far back as I can remember. I used food to solve all my problems and help deal with emotions. My top weight was 256 pounds in my late 20's. I was at my end and didn't know what was wrong, I just was not happy and was not participating in life. I tried a weigh and pay place and I was worse emotional as I just didn't know what to do with myself, so I started eating again and gaining any weight I had lost. A friend of my joined AA and I attended meetings with her and loved what I heard and loved the hope that was shared for a new life. I wanted to be an alcoholic or addict and I got my wish when I attended my first OA meeting in January 1993 and have been coming ever since. I lost over 50 lbs the first year and worked the program as suggested. OA gave me a life I never had before, but I took it for granted and was not willing to continue to change my food plan as I got older; hence I put some weight back on as my body was aging. I was abstinent for 13 years and had a break for a meal so reset my abstinence date to July 12, 2006. Currently have 18 years of abstinence. When the new definition of abstinence came out and I heard working towards or maintaining a normal body weight I had to take notice I was not there. I worked with my sponsor and revised my food plan. As I continued to age, I continue to modify my food plan to work to a normal body weight. My total weight loss now is 70 lbs. With this weight loss I have gained a greater spiritual connection with my HP and a stronger emotional foundation. Hence, I have gained more than I have lost. I have been working on all 3 areas of recovery – emotional, physical and spiritual. There have been many ups and downs over the years, deaths and births, but I work to keep the program constant and fresh. Service is the vehicle I use to aid in that recovery plan.

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2) Give a summary of your OA Service:

At a local level I have been a speaker, set-up person, meeting chair, group secretary, group treasurer, intergroup representative.

At our Intergroup level I was the Cleveland Central Intergroup (CCI) newsletter chair, CCI Secretary, CCI Treasurer, CCI Vice-Chair, and Region/WSBC Representative. I am currently completing my second two year term as CCI chair.

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

I am currently finishing my term of Intergroup Chair and have learned a lot about getting meetings engaged and working on strengthening our fellowship. I believe the Intergroup has accomplished a lot, I would like to take what I have learned to our Region to help continue to grow and strengthen our fellowship as well as my recovery.

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

I had a great career as an IT executive for 30 years, owned my own company for a year, both specializing in team development, organization, and goal setting. All skills I would like to bring forward to the Region.

Responsibilities and Duties of Region 5 Officers are listed in the Policies and Procedures in Article 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: 7/20/2024