



TRUSTEE APPLICATION

Please check the box if you are applying to the Trustee Nominee Reimbursement Fund.

Submitted for consideration at the Business Conference in 5 month 2025 year

Full Name Preston F... Address ... Phone 708-288-3898 City ... State/Prov IL Country USA Zip ... E-mail Address preston.f.trustee@oa.org

Years in OA 16 Number of years of service beyond the group level 5 Date continuous abstinence began 1/09/2016 Date maintenance began 7/19/2023

I have read the qualifications for trustee, which are reproduced from the Overeaters Anonymous, Inc. Bylaws, Subpart B, on the last page of this form. As a candidate for a position on the Board of Trustees, my signature affirms adherence to those qualifications.

Signature of Candidate Preston F... Date 8/26/2024

REQUIRED FOR TRUSTEE NOMINEES: Signature of Nominee's Region Officer Title Date

IMPORTANT

Type or print in black ink only. This application must be sent to the World Service Office by the deadline established by Conference or by the Board of Trustees in the case of trustee appointments. The application must have original signatures by the applicant and the appropriate officers.

You may send by certified mail, return receipt requested to: Overeaters Anonymous WSO • 6075 Zenith Court NE • Rio Rancho, New Mexico 87144 USA. You may also email it to info@oa.org. Receipt of electronic applications will be acknowledged by the World Service Office. Do not write beyond the margins. Attachments will not be reproduced for circulation to the delegates. Additional copies of this form may be requested from the World Service Office or downloaded from https://oa.org/document-library/ under category Board of Trustees.

Preston F [REDACTED]

WSO – Trustee application

May 20, 2024

Summary of my OA service responsibilities:

My service history in OA is vast. I have actively served over several years and in many different positions. Service has been so important to me because I know how vital our help within the organization is needed. Over the [INSERT NUMBER HERE] years that I have been involved with OA, I have served as a meeting leader, literature chair, treasurer, sponsorship broker, phone list aid, and participated in several workshops at the meeting level. Additionally, as it relates to Intergroup, I have served as CSSI chair for two terms, I've chaired the Twelve-Step Within committee, I volunteered as a Region 5 and WSO representative, and I served on the PIPO committee. Within Region 5, I served as co-chair during the 2022 Summer Convention, I chaired the Sponsorship Task Force subcommittee, and served on the Virtual Conference Ad-Hoc committee. Finally, I have had the opportunity to serve as a delegate for WSBC in 2019, 2021, and 2024 and participated as a committee member on the Unity with Diversity committee for the past four years.

I do not shy away from actively serving within OA because I find OA vital to my wellbeing. I hope to give back as much as I've taken.

I can bring the following business, professional or other experience, and skill to the board:

With my background as a licensed respiratory therapist and a social worker, I bring an array of skills and knowledge pertaining to the healthcare field. I have been employed as a healthcare clinician manager for over 20 years. Because of my background and expertise, I currently manage and oversee two case management departments at two separate hospitals. I manage a staff of 20 social workers and nurses that are fulltime and per diem. My professionalism and character have earned me the responsibility of managing budgets, payroll, annual evaluations, disciplinary actions, and counseling. My work requires me to be proficient in Word, Excel, and Meditech Expanse. I have the privilege of being involved in matters that result in insurance denials, I schedule physician peer to peer conferences, submit appeals, and I do all of this while managing the departments operating budget. My work and management of those who report to me has impacted the hospital system in a positive way and allowed me to help minimize hospital-wide denials. In addition, because I am always working to ensure everyone feels included and supported, I have made it my mission to lead efforts to improve employee engagement within the department.

I would like to be a trustee for the following reasons:

Becoming a trustee is a goal of mine because I am confident, I have the skillset, professional background, temperament, and knowledge to impact OA in a positive way. During my involvement in several service opportunities in and above the group level, I knew that I wanted to take my program to the next level. I have struggled with not feeling qualified for previous service opportunities including the Trustee position, but I am reminded that "God does not always call the equipped, he equips the called." And I truly feel called to this appointment.

I believe my continued recovery will be positively impacted by my efforts to serve in this capacity. As a trustee, I will continually practice and protect the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service. I have the capacity to act reasonable and competently in all matters that are entrusted to me, and I believe my background within OA as well as my professional experience proves that. I am not afraid of hard work and know that when given the opportunity, I will lead effectively, equitably, and purposefully.

Brief account of my OA recovery story- physical, emotional, and spiritual:

In 1970, I attended my first OA meeting at the age of 12, and although I admitted that I was a compulsive overeater – mimicking the others in attendance – I did not fully comprehend what a compulsive overeater was.

Several years later, in 2008, I attended my second meeting after having been assigned in a undergraduate class to attend a 12-step fellowship group. I located a meeting in my area under the assumption that I was not a compulsive overeater. I expected to attend the meeting, falsely admit that I was a compulsive overeater and simply take notes to complete my assignment. However, I was welcomed with the phrase “welcome home” and, from there, my life began to change.

My first day of abstinence was in March of 2010 and that ended in 2014. Although I lost my abstinence in 2014, I continued to attend meetings while in relapse. I attended a workshop on January 9, 2016, and heard about developing an “action plan,” and left with my first day of abstinence.

My current abstinence date is January 9, 2016, and I have shed over 105 pounds. In addition, I continue to work towards a healthier body weight. All of this through the help of OA and through my service within the organization.

OA has saved my life, while working the 12-steps of the program, service, and fellowship, I have overcome many health challenges. Through my recovery, I have experienced physical, emotional, and spiritual growth. I hope to continue this journey and great work as a WSO Trustee

Summary of my OA service responsibilities:

I can bring the following business, professional or other experience, and skill to the board:

I would like to be a trustee for the following reasons:

Brief account of my OA recovery story – physical, emotional, and spiritual:

QUALIFICATIONS FOR TRUSTEES

Article VII, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 4 – Qualifications

- a) Qualifications for trustee shall be:
 - 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;
 - 4) Participation at the region level (the extent of participation to be determined by each region); and
 - 5) 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.
- b) Qualifications for trustee must be met at the time of the application for trustee is submitted to the WSO. Specifically, such trustee nominees must also have:
 - 1) Worked through all Twelve Steps;
 - 2) Declared themselves as practicing the Twelve Steps to the best of their ability;
 - 3) Declared themselves as committed to the Twelve Traditions of Overeaters Anonymous; and
 - 4) Affirmed these additional qualifications on their trustee application forms.
- c) Upon election, each trustee shall make a commitment of:
 - 1) Adherence to the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service.
 - 2) Continual recovery including abstinence and maintenance of a healthy body weight throughout the entire term(s) of office. Each person shall be the judge of their recovery, including abstinence and maintenance of a healthy body weight.
 - 3) Compliance with all the terms and provisions of the prevailing Overeaters Anonymous, Inc. Bylaws.

Article VII, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 6 – Election of Trustees

- a) To be eligible for election, each nominee must appear before the delegates at the World Service Business Conference and address the assembled delegates from three to five minutes and answer questions from the floor. No new nominations will be accepted from the floor. No candidate may run for more than one position.

Article VII, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 2 – Duties and Responsibilities:

- c) Specific Duties
 - 3) The Executive Committee shall have general authority with respect to the routine conduct of the business affairs of the Corporation, including the following specific duties:
 - i) To maintain a World Service Office and to receive and disburse all funds contributed to the World Service Office for the benefit of Overeaters Anonymous as a whole, so that the Fellowship of Overeaters Anonymous need never be organized in any legal or official manner.
 - ii) To receive, manage, control, use, and disburse in such manner as the board may deem advantageous to Overeaters Anonymous, all gifts and contributions, monies and properties of every kind received by the Board of Trustees for Overeaters Anonymous.

The board must decline all outside contributions in accordance with Tradition Seven.

- iii) To have the books of the Corporation and any and all affiliated bodies, foundations, and nonprofit corporations audited and to furnish an accounting of all financial transactions at the regular annual meeting of the Conference.
- iv) To submit minutes of the Executive Committee meetings to the Board of Trustees.