

NOMINATION FORM FOR REGION OFFICERS **Secretary Position**

Note: All nominees must bring to Fall Assembly a notarized photocopy of their driver's license and social security card to provide for bank transfer of signatures

FULL NAME OF NOMINEE: Jane S.

ADDRESS:

PHONE:

CITY:

STATE: MN

ZIP:

OA HOME GROUP: # 46492 St. Louis Park / #45778 St. Louis Park

DAYS: Sunday/ Wednesday

TIMES: 7pm both nights

LENGTH OF TIME IN O.A.: 16 years

BRIEF ACCOUNT OF OA STORY

I spent 10 years in OA as a tourist, neither working the steps nor becoming abstinent. I felt I had to perform my OA program to be approved by the fellowship and tried to "get my act together" all by myself. I was alone, miserable and sick of my own dishonesty. I finally came to grips that I would not be able to work this program alone and I surrendered to weighed and measured abstinence. I have a food plan from a nutritionist who also determined my maintenance weight range. I remain abstinent by calling my sponsor every day and committing my food, calling 3 members of my fellowship everyday and using the tools of reading and writing every day. I have worked steps 1-12 multiple times within the past 6 1/2 years. I have 6 1/2 years of back to back abstinence and have been maintaining my weight loss for over 5 years. More importantly, I love OA. I love my recovery and my fellowship. I truly have come to find it a joy and I hope to be as kind and generous as the people who put their hand in mine and showed me a way out of the dishonesty, the misery and the loneliness. My higher power has pulled me out of my wretched disease through the people in OA.

HISTORY OF OA SERVICE:

I have been in active service for the past 4 years in my intergroup: Steering Committee for the MN State Convention, Vice Chair of the Unity Intergroup Board, Literature Coordinator, WSBC Delegate on the Bylaws Committee (I have attended two World Service Business Conferences and acted on the Reference Committee for both 2009 and 2010 conferences.) By the Fall Assembly in 2010, I will have been a Region IV rep for 1 year. Within Region IV I have acted as parliamentarian and am currently active in the 12 Step Within Committee. I have been a speaker at conventions. My favorite service is sponsorship.

BUSINESS, PROFESSIONAL, VOLUNTEER OR OTHER EXPERIENCE OR SKILLS YOU CAN BRING TO THIS JOB.

I have worked as a writer, office administrator, executive admin assistant and teacher. I have the computer skills to act as secretary and keep a deadline.

WHY DO YOU WANT TO DO THIS JOB OR SERVICE?

Because it is needed. Because I receive fellowship and joy out of service. Because OA was there when I was finally ready to become an active member. Mostly because I want to give back what I have so generously been given. (I am aware these are not complete sentences)

DATE:

SIGNATURE: