

Region IV—Officer Nomination Form – Region Chair

Full Name: Cyndy E-Mail Address: chair@oaregion4.org

Address: Phone Number: 636.397.3711/636.538.1331

City: Saint Peters State: MO Zip: 63376

Home O.A. Group Number: 06234

Meeting Date and Time: Sunday Morning 10:30 am

Home Intergroup Name: Saint Louis Bi-state Area Intergroup

Length of Time in O.A.: 20 years

Brief Account of OA Story: From a skinny child to a normal teen (who thought she was fat) to an overweight housewife who's weight went up and down based on if I was dieting or eating what I wanted. At Age 40 I found I had no strength or desire left to diet and I weighed over 200 pounds. I tried to accept myself as I was, but the self pity and self loathing just increased my desire to eat. A friend took me to my first meeting and they said to come back, and I have ever since. I lost 40 pounds in the first 2 years and kept it off for 7, then slowly gained 20 back, still going to meetings and making up excuses on why that was happening. When I finally admitted I was in relapse I was ready to surrender completely. Working through the steps with a much greater understanding for the second time I regained my abstinence and my commitment to my recovery. I now have 10 years of abstinence and am celebrating a 50 pound weight loss. I could not have done this without the program.

Please list business, professional, volunteer or other experiences you can bring to this position: Manager of Order Processing Department of mid-sized company, Owner of my own company, Intergroup Vice Chair, Intergroup Chair, Region Rep, World Service Delegate, Region Treasurer, Region Vice Chair, Region Chair

Why do you want to do this service?

I believe that to stay in recovery I must give back what I've received. Region's role in carrying the message is important in supporting our intergroups and groups. After having served for 2 years, I feel there is so much more to be done, and want to continue doing my part to move things forward. I enjoy the contact with the Region Reps and World Service Delegates as well as the Intergroups who have so warmly welcomed me. I can only offer my experience, but I know OA needs each of us to participate as completely as possible to continue its mission. I just want to do my part.

Signature Date

Cyndy Lenz

July 11, 2010