



TRUSTEE APPLICATION

Submitted for consideration at the Business Conference in April 2011 month year

I am applying for a position on the Board of Trustees of Overeaters Anonymous, Inc. as:

[X] Trustee for Region IV [] General Service Trustee

Full Name Teresa R. Kopel

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City Iowa City State/Prov Iowa Country USA Zip 52240-5963

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Years in OA 21 Number of years of service above the group level 17

Date continuous abstinence began 7/19/1990 Date maintenance began Fall 1990

I have read the qualifications for Region/General Service 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 Date

REQUIRED FOR REGION TRUSTEE NOMINEES: Signature of Region Officer (Chairman, Secretary, etc.) Title Date

REQUIRED FOR GENERAL SERVICE TRUSTEE NOMINEES ONLY: Per Article IX, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 5 - Nomination of Trustees, c) (1) All applicants for open position(s) of general service trustee must submit their resume to the Board of Trustees ninety days prior to the annual Conference. Such resumes must be affirmed by a majority vote of the nominee's intergroup or the region in which the nominee has recently served, or a majority vote of the Board of Trustees if the nominee is an incumbent. Copies of the applicants' resumes for the open position(s) must be sent to all Conference delegates at least forty-five days prior to the annual Conference. Signature of Nominee's Region or Intergroup Officer or Chair of the BOT Title Date (Verifies that candidate's enclosed resume was affirmed by majority vote as explained in Section reproduced above.)

IMPORTANT This original form must be sent to the World Service Office. A copy of the application form is acceptable but it must contain original signatures. Send by certified mail, return receipt requested, to: Overeaters Anonymous WSO, 6075 Zenith Court NE, Rio Rancho, New Mexico 87144 USA. Type or print in black ink only. Do not write beyond the margins. Enter all information on this form. Attachments will not be reproduced for circulation to the delegates. Additional copies of this form may be requested from the World Service Office.

Summary of my OA service responsibilities:

Group level: I have carried the key, set up chairs and set out beverages, maintained the phone list, chaired meetings, served as contact person, secretary, treasurer, Intergroup representative and greeter, and ordered literature. My home group is the Iowa City Thursday 6 PM Big Book study group. I recently helped start a weekday noon meeting at our local teaching hospital.

Intergroup level: I have served as Chair, Vice-chair, and Secretary. I served as Region Representative from Nov. 1997 to Oct. 2000, and WSBC Delegate from Nov. 2001 to Oct. 2003. I have answered the phone and returned calls from people wanting information about OA. I have spoken to groups interested in more information about OA, posted flyers on local buses, and sat at information booths at health fairs, etc.

Region level: I served as a Region Rep for the Iowa City/Cedar Rapids IG from Nov. 1997 to Oct. 2000. I served on the Outreach Committee, and chaired it for 6 months. I served as Region Secretary from Oct. 2000 to Oct. 2003. I served as Region IV Chair from Oct. 2003-to May 2008. As Chair, I represented the unaffiliated groups in Region IV at WSBC 2004-2008. I served on the Region Chairs Committee (RCC) from Oct. 2003 to 2008. I have served as Region IV Trustee since May 2008.

WSBC level: I attended the WSBC in 2002 and 2003 as the Delegate from the Iowa City/Cedar Rapids IG, and served on the Twelfth Step Within and Bylaws/Reference Committees. I attended WSBC as Region IV Chair from May 2004 to May 2008, and served on the Professional Outreach Committee (when it was still known as HIPM), the Finance Committee, and the RCC. I served as Chair of the RCC from May 2006 to May 2008. I served as Trustee Co-Chair of the Unity with Diversity Committee at WSBC 2009 and 2010, and currently serve as the Trustee Co-Chair of the Conference Bylaws Committee. As Trustee I have served on the Board Approved Literature, Strategic Planning, Board Reference Manual, and BOT Bylaws Committees. I have served as Virtual Services Trustee since May 2009, serving all of the virtual groups and service boards. I have co-led workshops and a forum at WSBC.

Miscellaneous: I initiated a Step Study in my Intergroup. I have spoken at OA Birthday parties, marathons, the Iowa State Convention, the Region IV Convention, and the World Service Convention. I have served as timer and registration person. I have also led retreats in Iowa and Oregon.

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

I work full-time as a research assistant. As such, I work with other professionals on the research team. I am continually evaluating and modifying the operational activities of several projects simultaneously in order to enhance their efficiency. I train other professionals in the research procedures. I am certified to perform and teach Problem Solving Therapy to research subjects and co-workers, and use those same skills in my own life as well. I have good organizational skills and attention to detail without losing sight of the larger issues involved. I communicate well with a wide variety of people, and I have experience in public speaking and professional writing.

More than my professional experience, OA service work has itself given me the skills needed for the position. This is where I have truly learned to work with others – to be one among many, to subjugate my desires to the unity of the group and the good of the entire fellowship. OA has taught me that I am not the most important person in the universe, but that it is important that I do what I can. Those skills I do have should be used to serve God and others. I have worked all of the Twelve Steps and have a good working knowledge of the Twelve Traditions and Twelve Concepts of OA Service, OA Inc. Bylaws and policies, and the Board Reference Manual. I believe that these skills will serve Region IV and OA as a whole well, and that I have the knowledge, skills and ability to be useful at this level.

I would like to be a Region or General Service Trustee for the following reasons:

I believe that I owe everything, including my life, to OA and the Higher Power I have found here. My life is far better than I ever dreamed possible. Any skills and abilities that I have are gifts from my Higher Power, honed and polished by this Program, and therefore they belong to OA. I feel that it is my duty, responsibility and joy to share what I have been given in this program with others who want what I have found. The principles of the Program are the basic underlying structure of my life. I practice the Twelve Steps to the best of my ability, and I am totally committed to abstinence and to the Twelve Traditions and Twelve Concepts of OA Service.

I have loved my experience in Region IV. I was excited at the prospect of serving at Region the very first time I heard the Region Rep report at Intergroup. At my first Assembly in April 1998 I heard a clear message of recovery through the spiritual awakening gained by working the Twelve Steps of OA. Since then I have tried to clarify and carry that message to everyone who expresses an interest in recovery, on an individual basis and in the context of service at all levels.

The first Board position I held at Region was Secretary, the last position I swore I would ever do. But it melded well with my skills and abilities, and since I had to pay attention and take notes, it kept me briefly quiet! Recovery in OA is my favorite topic of conversation, something I am truly passionate about, but I learn so much from listening to others. When I began to serve as Chair, I discovered a facility for leading meetings and crafting motions – not terribly thrilling skills, but very useful in serving as Chair. Parliamentary procedure appeals to my love of order and structure, something I also implement on a daily basis in my personal Program. When I served as Chair I was not allowed to vote except to make or break a tie, and it gave me a great appreciation for how well OA's decision-making process works, even without my input. I generally tried to not voice my opinion on issues under debate, so as not to unduly influence others who might not fully understand our inverted pyramidal service structure. My role as Region Chair was to moderate and to facilitate; to run the meeting, not the show.

At the World Service level, I have been thrilled with WSBC since I first attended – again, something I thought might never happen, coming from a small Intergroup. To see so many trusted servants come together to serve OA is one of the most exciting things I have ever experienced, and I try to share that enthusiasm with others. I have seen tremendous growth in Region IV since I have been involved in service at that level. My focus as Region Chair, and then as Trustee, has been to continue to serve and encourage Region IV. But as Trustee, my vision has expanded to include all of OA. Our international fellowship is growing, and the addition of virtual groups and service bodies to the OA service structure has brought us exciting new ways to reach compulsive eaters everywhere. Although I didn't think it was possible, I continue to fall more passionately in love with this Program, and want to do my part to ensure that OA will continue to carry the message of recovery from a seemingly hopeless state of mind and body to those who still suffer.

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

My mother first mentioned OA to me in high school, although I don't remember it. In 1984 I joined a commercial weight loss program weighing 188 pounds (85.3 kg or 13.4 stone). I reached my goal weight of 125 pounds in April 1985 and continued to lose weight until I got down to 111.75 pounds. At that point I started bingeing and within a few months I had gotten up to 189 pounds. I first went to OA in 1986, but I never received any abstinence or recovery because all I did was attend meetings and eat compulsively in between. I came back to OA in May 1989, but didn't immediately get abstinent. Finally, on July 19, 1990, I made a decision to turn my will, life and food over to the OA program, which served as my Higher Power until I developed a relationship with a God of my understanding. I have been abstinent since then, and have a plan of eating that has allowed me to maintain a normal healthy weight between since the fall of 1990. On those occasions when I have lost weight and slipped below that range, I have adjusted my food plan accordingly in order to again stay within that range. But unless I work the Twelve Step program of recovery, I am unable to follow that plan of eating.

Emotionally, I came to OA scared of everyone and everything, but the biggest fear that I had was that if you really knew me you wouldn't like me. I was shy and self-conscious – I wasn't much, but I was all I thought about. I also had more than my share of resentments when the world and those in it failed to cooperate with my plans. The Twelve Steps have given me a way to deal with life without eating compulsively, and most of the promises have come true for me as the result of those Steps. OA has taught me to think more of myself while thinking of myself less, which has enabled me to be useful to others – something I could not do when I was paralyzed by fear and seething with resentments.

Spiritually, I have found a faith in a God of my understanding that sustains me through whatever happens, both large (my husband's heart attack and subsequent disability, being fired from a job) and small (the myriad little frustrations such as getting

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

caught in a downpour or heavy traffic, or behind someone with too many items in the express lane). I believe in the God that believes in me and wants me to be happy, healthy and useful, Whatever or Whoever that may be. I don't have to understand God, I just have to cooperate with that Power, and amazing things happen when I do. I have a God that is powerful, loving and very, very patient.

Nominee Initials _____ Officer Initials _____
(All nominees **must** initial.)

QUALIFICATIONS FOR TRUSTEES

Article IX, 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; and
 - 4) Five years of continuous recovery in Overeaters Anonymous as evidenced by:
 - i) five years of current continuous abstinence;
 - ii) 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 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 his or her own 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.

Additional qualifications for regional trustee may be set by each region.

SPECIFIC DUTIES OF GENERAL SERVICE TRUSTEES

Article IX, Overeaters Anonymous, Inc. Bylaws, Subpart B, Section 2, c) Specific Duties

- 3) The general service trustees 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.
- 4) 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.
- 5) To submit minutes of the general service trustee meetings to the Board of Trustees.