

## Region 4 WSBC Delegate Application

### Summary of my OA responsibilities:

#### Meeting level:

- Meeting Secretary, Treasurer
- IG Representative

#### Intergroup level:

- Lifeline Representative
- Outreach Chair
- Weekend Retreat Co-Chair
- 3 Marathons Chair
- Region Representative (Region 7 and Region 4)
- WSBC Delegate (Region 7 and Region 4)

#### Region level:

- Hospitality Chair Region 7 Convention
- Outreach Chair Region 4
- Region 4 Office Manager
- Workshop Speaker
- Region 4 Vice Chair

#### WSBC level:

- Workshop Soeaker
- Vice Chair Professional Outreach Committee
- Delegate Co-Chair 12 Step Within Committee

#### Miscellaneous service:

- Sponsoring
- Florida State Convention Keynote Speaker
- began several new OA meetings

### **I can bring the following business, professional or other experience and skill to the Region:**

- flexible
- very organized
- prior outreach experience
- creative
- passion to serve others

### **I would like to be a Region WSBC Delegate for the following reason(s):**

Doing service beyond the group level has given me a true appreciation for how important this fellowship is throughout the region and the world. We need to carry this message to the still suffering compulsive overeater no matter what.

I feel I have the ability and passion to continue to help facilitate region 4 business. I love doing service and I know I cannot keep what I have been so graciously given

unless I give it away and I have been given an abundance of amazing gifts. I also have 4 years experience as a WSBC delegate for both regions 4 & 7. I am also currently the 12 Step Within Committee Delegate Co-chair and would love to continue on with this service opportunity.

**Brief account of my OA story (Physical, Emotional and Spiritual):**

I came into the rooms of OA Jan. 2001 and found my sponsor and abstinence a month later at a Unity Day marathon. I was fortunate enough to have the relief from the food obsession within days of starting my food plan. Although my initial recovery was a little unconventional in that I became pregnant almost immediately, with it came many challenges. Working the steps diligently with my sponsor and doing service encouraged me to maintain my abstinence through both my pregnancies within 19 months of one another. Through this I have released over 180 lbs. and maintained this for the last 7 years.

I honestly came into program for the vanity, but I truly stay for the sanity. The food had me defeated and in the depths of hell and OA has given me a life beyond my wildest dreams. I no longer hide behind a facade of what I “think” other people want me to be. OA is giving me the opportunity to be myself and learn a new way of living.

For today, I daily live in steps 10 through 12 and I try to practice these principles in all my affairs. Is it easy? Absolutely not, but with my Higher Power, fellow compulsive overeaters and the faith I have today, I know anything is possible.

Michele M  
6/21/10