



TRUSTEE APPLICATION

Submitted for consideration at the Business Conference in April 2011

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

Trustee for Region Four General Service Trustee

Full Name Cyndy Lenz

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Years in OA 20 Number of years of service above the group level 18

Date continuous abstinence began Feb 2000 Date maintenance began May 2000

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: From 1990 till present as needed, Leader, Carry Literature, Speaker, Treasurer, Organized Super Saturday

INTERGROUP: 1991 – 1996 IG Rep

IG Convention Committee Entertainment Chair 1994, Hotel Liaison 1994, 2007, 2009, 2010

IG onvention Vice Chair 1995

IG Convention Chair 1996 and 2001

IG Vice Chair 2002–2003

IG Chair 2004-2006

REGION: Region Rep 1993-1994 and again 2002 -2003, served on Region Ways and Means/Finance Committee

Region Convention Committee

Region Treasurer 2003 - 2007

Acting Region Chair Spring 2008

Region Chair Oct 2008 - Present

WORLD SERVICE: WSBC Delegate 2002-2007

Region Chair Committee member 2008 – Present

Bylaw/Reference Committee member 3 years

Technical Website Committee member 2009 - 2010

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

I have management and administrative experience. I worked in the corporate world for 25 + years before I became self employed and opened my photography business. I have experience in the computer field, with a broad knowledge of many software products and the ability to learn new ones quickly. I worked for several years as a user interface specialist. I've trained employees on how to use a proprietary order processing system. Some of this work included international travel assisting individuals whose companies had been acquired by my employer and helping them integrate their systems into ours. These roles have taught me the importance of patience when working with others and listening to discover their needs. It also taught me the importance of respecting others customs, methods of learning and how to implement unwanted change.

Running my own business enhanced my customer service skills. It also improved my confidence in me and my abilities. It required perseverance, and took me out of my comfort zone when faced with selling my work. I am now adjusting to retirement, working as a volunteer for another non-profit organization as a part-time bookkeeper.

I have experience with contracting hotels for conventions as well as coordinating events. This comes from being the hotel liaison for my Intergroup and from coordinating Region IV's participation in the American Dietetic Association Conference in St. Louis in 2005.

In every position I held over the years I was valued for my ability to get a job done. I understand responsibility and am known to be dependable. I'm also willing to admit when I don't know how to do something. I find it so much easier to work within a team to accomplish a task rather than to work alone.

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

I have always enjoyed the service work in OA. The one time I decided I was too busy to serve I ended up in relapse, and I do not think that was a coincidence. I follow the directions of my HP and make myself available. The results are not up to me, but I will do whatever comes next. I've lately come to realize how important it is for people to serve beyond their local level. Filling a role at the Region or World Service level is just a part of my 7th tradition contribution to the program that has given me a life of freedom.

I want to give this service because I have real concerns about the obvious increase in obesity in my area. Is every overweight person a compulsive eater? I don't know. I do know that OA needs to be here for the ones who are and we need to continue to raise awareness that we exist and are here to help. Working toward that end, I want to also help carry the message inside the rooms that service is more than attending a meeting to get my needs met. The Twelfth Step is clear that we reach out and

help others or we go back to our private hell. Example is the best training method I know, and I try to be an example to my sponsees and other members of this fellowship, by doing my part of whatever role I'm given.

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

I came in to OA in June 1990, weighing over 203 lbs. I had tried all the standard ideas about managing my weight, including being content with what I weighed. I was miserable. A friend took me to my first meeting and, although I can't say I felt at home, I wanted to belong. I got a sponsor and started trying to figure out what to do. When I went on vacation in September that year, I had a final binge that convinced me I was powerless and that I needed to act as if there was something greater that would help me. I started to pray, and within 6 weeks I was abstinent from my food cravings. My physical recovery began and I lost 40 pounds over the next year. The 3-0-1 plan worked for me for the first 7 or 8 years, evolving as I became aware of problem foods.

I started giving service after my first year, as I wanted to keep what I'd been given and the members I admired were involved in service. I've always said I had one of the longest pink cloud periods of anyone I knew. My weight was stable. I learned many things about myself and dealing with my chaotic behaviors. I discovered new ways to deal with situations and other people that made my life manageable and I was involved. Then in 1996, I chaired the Convention Committee for my Intergroup. I then thought I had done enough service for a while and that it was someone else's turn to do service. That year I began travelling for business and ended up alone and isolated for weeks at a time. The food became important and I gradually gained 30 pounds. It took 2 years to admit I was in relapse, because I was still avoiding my binge foods, I was just eating out a lot. In the end, the binge foods came back and I was willing to ask for help once again. With the help of a new sponsor, I worked through the steps again at a deeper level and regained my abstinence. I lost 20 pounds and my weight was stable for the next 8 years. I went back to doing service and working my program to the best of my ability asking for HP's help in showing me what to do. Life was once again manageable, and enjoyable. Two years ago, when I became Region IV Chair, I was concerned that I did not have enough physical recovery to hold the position. I prayed for guidance and was presented with a new food plan, one that I had always thought of as too restrictive. I was given the willingness to try it one day at a time and I lost another 20 pounds, which brought me to my goal weight. I have been maintaining that weight for over a year. Who knew that eating squash would be one of life's pleasures?

Emotionally I matured after coming into program. I stopped thinking everything that ran through my head was true and had to be acted upon. I began to see how my previous behaviors had impacted my relationships with my family and friends and ways to change those behaviors. I stopped screaming at my children. I started caring more about my interactions with others and less about how they treated me. Working on my character defects exposed my need to be seen as nice, successful, and important. I now trust that if I act with integrity and let go of the results, things will work out, usually better than I expect. I have learned that I have my own opinions and am willing to stand up for them even if they are unpopular. They are my opinions. I also know the value of unity, so even if I have to put my opinion aside, I am willing to do the will of the body, as I trust that the good of many is more important. If change is to happen, it will in God's time, not mine. I have also learned the value of working together to accomplish a task. Asking for help from others, rather than taking on all the responsibility makes short work of anything. Giving encouragement, listening to the issues and recognizing the efforts of others is so much more rewarding than criticizing, judging and trying to make myself look good, that's been a great lesson of the program.

Spiritual growth has been gradual, but each year my belief in God is more grounded. When I first heard about OA I decided it wouldn't work for me because God and I didn't have a relationship and I didn't want one. I had too many behaviors that didn't fit with the ideals I had learned as a child that were the "right way" to live. I became willing to pray only because it was the one thing I hadn't ever tried. The results were significant, so I continued to seek ways to make contact with that part of myself and the universe. My faith has strengthened over the years, and the results continue to amaze me. I now talk about God with others, sharing the guidance and blessings I've received through the OA fellowship and my recovery.

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.