

Application for Election to the OA Region One Board

See [Bylaws](#) Articles V, VI and VII and [Policies](#) Section 3 and 4 for job descriptions. Qualifications are listed in [Bylaws](#) Article V, Section 3.

Email completed application to nominations@oaregion1.org for consideration.

Please check the position for which you would like to be considered:

Chair: **First Vice Chair:** **Second Vice Chair:**
 Secretary: **Treasurer:** **Technology Coordinator:**
 First Member at Large: **Second Member at Large:**

Name: Lisa S.	Intergroup: Oregon
Address: 51934 SW Creekview Pl, Scappoose, OR 97056	
Phone: 503-701-6014	Email: gr8fulinpdx2000@gmail.com Secretary@oaregion1.org
Date joined OA: May 2000	Date continuous abstinence began: August 1, 2020
<p>SUMMARY OF OA SERVICE:</p> <p>Group Treasurer</p> <p>Intergroup Representative</p> <p>Intergroup Newsletter Editor – Oregon Intergroup</p> <p>2022 Region 1 Convention Committee member/Keynote and Sessions Speakers subcommittee chair</p> <p>Moderator and Sharing Team Coordinator for 12 Steps and 12 Traditions Non-Real Time Virtual Meeting</p> <p>2023/2024 WSBC Delegate – Oregon Intergroup</p> <p>2023/2024 Region 1 Board Secretary</p>	
<p>WHAT BUSINESS, PROFESSIONAL OR OTHER EXPERIENCE AND SKILLS DO YOU BRING TO THE BOARD?</p> <p>Microsoft Word and Excel</p> <p>Google Docs and Google Sheets</p> <p>Volunteer Coordinator</p>	

WHY DO YOU WANT TO SERVE IN THIS BOARD POSITION?

I love OA. I want to do my part to ensure that OA continues to be a strong, self-supporting, fellowship in our region. Giving service is essential to my personal recovery. This would be my second term as Secretary for the Region 1 Board, and I enjoyed my first two years very much. It has been a privilege to be part of the Board and give service at the Region level. I look forward to continuing.

BRIEF ACCOUNT OF YOUR OA STORY: I attended my first meeting in May 2000. It took me two years to become abstinent. I spent those two years trying to use OA as a support group while I continued to try to control my food with diets. For the next several years. I would be abstinent for a bit, rest on my laurels, relapse, and then get abstinent again. I never

stopped being a member of OA until 2010. At that time, I returned to working outside of the home and began sporadically getting to a meeting or OA event and my program became a hobby. In the fall of 2020, I called someone and asked them to sponsor me and, I am not entirely sure why, but I was given the willingness to call her when I was supposed to, complete the step assignments she gave me and complete all twelve steps with her. I have continued to work steps 1 - 3, 10, 11, and 12 on a daily basis, get to meetings, use the tools, and give service, imperfectly, since then and am gratefully abstinent today. I commit to physical, emotional, and spiritual recovery, one day at a time, while serving on the Region One Board. I pledge to provide support and encouragement to the recovery of my fellow board members. As a Region One Board nominee, my signature confirms that I meet the qualifications found in Bylaws, Article V, Section 3.

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Signature: Lisa S.

Date: 8/17/2024