



Application for
Central Colorado Intergroup World Service Business Conference Delegate/Region
III Representative

Application submitted for consideration at the 20 CCI meeting.

Full Name _____

Address _____ Phone _____

City Lakewood State CO Zip Code 80227

Email address tomjgray@comcast.net

Years in OA 1 2/3 Number of years of service above the group level 1 1/4

Date continuous abstinence began April, 2009

I have read the qualifications for Central Colorado Intergroup Region III Representative
which are reproduced from the Central Colorado Intergroup Bylaws, Article V, Section 2
and Section 3 A. 1-5 and B. 1-5 and are found on the first page of this application. As a
candidate for this position, my signature affirms adherence to those qualifications.

Signature of Applicant

Date

ARTICLE V: World Service Business Conference Delegate/Region III Representative

Section 2: Qualifications for the World Service Business Conference Delegate and Region III Representative

To qualify for the World Service Business Conference Delegate and Region III Representative, it is suggested the candidate:

- A. Be working the Twelve Steps of OA.
B. Have knowledge of the Twelve Traditions of OA.
C. Have knowledge of the Twelve Concepts of OA.
D. Have one (1) year of abstinence.
E. Regularly be attending an active OA group and have one (1) year of service about the group level.
F. The WSBC Delegate shall, in addition to the aforementioned qualifications, meet all the qualifications and requirements as outlined and defined in the Overeaters Anonymous, Inc. Bylaws, Subpart B.
G. The RR shall, in addition to the aforementioned qualifications, meet all the qualifications and requirements as outlined and defined in the Region III Bylaws.

Section 3: Responsibilities of WSBC Delegate/Region III Representative

- A. World Service Business Conference Delegate
1. Shall attend the World Service Business Conference of Overeaters Anonymous.
2. Shall serve Overeaters Anonymous and the World Service Business Conference until the following conference.
3. Shall apply for the WSBC Delegate position.
4. Shall report either orally or in writing, as required by the Intergroup, the actions of the Conference to all groups the Intergroup represents; keep the Intergroup and represented OA groups aware of WSO information; and communicate important information to the area.
5. Shall attend monthly Intergroup meetings during their term with full voice and voting privileges.
B. Region 3 Representative
1. Shall attend all Region III Assemblies
2. Shall serve OA and Region III for the full term as designated by the Region III bylaws.
3. Shall apply for the RR position.
4. Shall report either orally or in writing, as required by the Intergroup, the actions of the Region III Assembly to all groups the Intergroup represents; keep the Intergroup and represented OA groups aware of WSO information; and communicate important information to the area.
5. Shall attend monthly Intergroup meetings during their term with full voice and voting privileges.

Summary of OA service responsibilities:

I have served for almost a year and a half as the Publications chair for the Central Colorado Intergroup of OA (CCI). In this capacity I have managed the website at OADenver.org, the monthly newsletter, Recovery Road, and initiated a monthly email announcement newsletter.

With respect to the OADenver.org website I redesigned and redeveloped the site to create a richer resource for existing OA members in the CCI area as well as a more effective outreach vehicle for those with compulsive eating behaviors who have not yet found OA.

I have continuously attended CCI Monthly meetings and offered my voice and vote in the decisions facing our Intergroup.

I am currently involved in the planning process for the Region 3 Assembly and Colorado State OA Convention slated for October of 2011.

I can bring the following business and/or professional skills and other experience to this position:

I have extensive experience (20 years) in running my own business and bring expertise in Internet Marketing, Social Media, web development and website effectiveness, business development, strategy and other business skills to this position.

I would like to serve as World Service Business Conference Delegate and Region III Representative for the following reasons:

I have a strong background in the use of technology to reach the broadest possible audience at a minimum investment. I also have a passion for those suffering from compulsive eating behaviors having struggled with these issues for almost 40 years myself.

I believe that I can effectively serve our Intergroup while contributing to the mission of Region III and the WSO as a whole particularly in the use of modern technologies to reach a broader audience. I believe OA in general has to become more adept at using the web and social media to remain relevant to its existing audience and become relevant to the new generations of compulsive eaters.

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

I started developing a poor body image as an adolescent, began holding my stomach in due to embarrassment at my weight when I was 10 and discovered bulimia as a 16 year old teenage wrestler.

I continued to turn to bulimia long after my competitive days ended as a means to exercise control in an out-of-control life.

I never believed that I had an 'eating' disorder until I was serendipitously introduced to OA through another 12 Step program which was too new to have developed their own literature and used OA literature instead.

The literature lead me to meetings and the meetings have lead me to the beginnings of recovery. I have been totally abstinent from purging since the day before my first meeting in April of 2009 and, while I am not completely abstinent from the bingeing aspect of my disease, I have experienced significant relief from the excesses of bingeing as a result of the steps and program.