



2019 WSI Board Officer/Committee Chair Applications

Secretary

- Abigail H., PA, USA
- Heidi V., CA, USA

Treasurer

- Stella J., CA, USA

Literature

- Karen L., MA, USA

Public Information

- Annie H., CA, USA

Service Group Support

- Pam K., Toronto, Canada

12th Step

- Erin S., CA, USA
- Regina M., MA, USA

Secretary

Abigail H., PA, USA

APPLICATION FOR FA WSI OFFICER OR COMMITTEE CHAIR

APPLICANT INFORMATION

Position Applying For:	Secretary
Name	Abigail H.
Date continuous FA abstinence began:	05/02/1998

YES I have read the qualifications for the above-named position as set forth in the WSI Bylaws and summarized in the "Position Descriptions." As a candidate for this position, by selecting 'Yes' I affirm my adherence to all qualifications. Furthermore, my 'Yes' selection signifies my permission to make my application materials public to the FA fellowship for the purposes of the election.

CANDIDATE RESPONSES

1. Brief account of your experience in addiction and in recovery.

In March 1998, when I was 23 years old, I shuffled into an OA meeting in Brooklyn, NY wearing my brother-in-law's jeans, an oversized sweater, and a baseball cap. The previous night, I had been lying in fetal position on my bed, stuffed with food after yet another massive binge, crying in total hopelessness because I didn't recognize myself anymore. My behavior didn't make sense. Despite running 25 miles a week, walking all over NYC, practicing yoga and meditation, talking to a psychotherapist, taking medication for anxiety, and visiting an acupuncturist weekly, I could not stop violently binge eating. I'd been a skinny child, but I had gained about thirty pounds since college. Will-power had always been my Higher Power, but it was no longer working.

At that OA meeting, I saw and heard people who were overweight talk about their struggles and hopelessness with eating; I identified strongly, but their experiences reinforced there was no solution except to try harder. One woman, however, introduced herself as a food addict ("A what?") and claimed she had lost 70 pounds. I instantly didn't like her because she was slender, chipper, and about my age. As we walked home after the meeting, she told me about weighing and measuring her food. I thought she was nuts, but a few more binges made me desperate enough to ask her to connect me to a sponsor. I accepted a food plan eagerly but was resistant to the idea of God. However, I took my sponsor's suggestion. On my knees that night, I realized in a tiny barely perceptible way, that I didn't have to fight the food alone anymore. I could accept there was something greater than I was from which I could seek power. That moment was the core of my spiritual experience.

I left Brooklyn, NY and moved to Providence, Rhode Island when I was a few weeks abstinent to attend graduate school. In 1999, I moved again to the Boston area so that I could finish my AWOL. I did many more AWOLs (also dated, married, and had three kids) before leaving again in 2012 for Philadelphia. I got involved with the local fellowship and helped to start a new meeting and a Local Service Group.

This recovery is contingent upon living this program a day at a time, but I have found that when life is challenging, I benefit from relying even more on the principles of the program. In abstinence, I have gone through fertility treatments, a twin pregnancy, bedrest, a singleton pregnancy, and multiple surgeries. When my husband lost his job and I was the primary breadwinner, my sponsor encouraged me to do more service. A new spouse and a new service role provided a sense of stability when the world felt pretty shaky.

Acceptance is my answer. After a few years of abstinence, I was diagnosed with progressive bilateral sensorineural hearing loss. I identify now as a hearing-impaired person. I can't say I have no fear--Bill W says very clearly that we should be fearful of scary things like walking onto a busy highway--but I can definitively say I have hope as long as I stay abstinent. I remain curious about what the future holds. I am so grateful to have a Higher Power in my life.

2. Service positions held at the group and intergroup level.

LOCAL SERVICE, 1998-present

-When I was newly abstinent, I started two meetings in Providence, RI. Since I was the only one with 90 days, I held every service position, the most important of which was speaker seeker because I got to know so many longterm members in Boston who cheerfully drove down to qualify at our fledgling meetings.

I always held a service position at each of my committed meetings when I lived in the Boston area. -I moved to the Philadelphia area in 2012 and helped start a Local Service Group. We are small but mighty and we organize a fellowship day and an FA Information session each year. We also take on much of the local PI work.

-Because we are a small fellowship, I hold and have held multiple service positions in all my meetings, including Treasurer, WSI Contact, EAI Contact, key holder, Web & Directory Contact, Secretary, World Service Conference Member, etc. Most importantly, I arrive early to set up the room and greet newcomers.

I have been co-leading an in-person AWOL since 2012.

EASTERN AREA INTERGROUP: 1998-present

-Attended monthly Intergroup while in Boston

-Served on the Teens and Twenties Committee in its nascence

-Attend Service Support Weekend each year

LITERATURE COMMITTEE, 2004-present

-2004-2009: Worked with a small committee on the first (necessary but flawed) draft of the FA book. Solicited and edited stories and introductory materials from FA members.

-2010-2012: Served as chair of the Publications Subcommittee. Researched different self-publication options for the upcoming FA book, reviewed and edited all pamphlets, coordinated with printer.

-2012: Helped to edit and provided feedback on second/final draft of FA book.

-2012-present: Served as Chair of Writing and Editing Subcommittee.

-2018-2019: Ad hoc Format Committee

I'd like to take a moment to elaborate on what I have learned as a member of the Writing and Editing Subcommittee. I am a teacher, and we are notoriously independent workers. On this committee, I have experienced that collaborating as a team member is much more productive and FUN than working alone. Often, I am confident that my idea is right, and as I feel my head fill with steam and the locomotive wheels start to chug, I take a moment to ask God for help and keep an open mind. The work of team-writing is slow, but it's guided by a Higher Power. Today, I step forward with my own ideas and work hard to make room for the opinions of others to be heard as well.

I have also learned, sometimes the hard way, of the critical importance of communication, not only with the broader Literature Committee and the World Service Board, but with the fellowship. Practically, I understand the importance of being familiar with FA's policies and procedures.

As WES chair, I have to be comfortable with technology and organized enough to keep track of multiple versions of a document. When working with fellowship feedback, I organize the feedback as comments on the original draft so that the committee members can read through the draft and see each comment as it relates to the text. The document is shared with everyone on my committee, so when we meet, I can edit in real time. This experience will translate perfectly to the role of secretary.

3. Education, business, professional or other experiences and skills that would be useful as officer or chair. Please do not send your résumé.

I don't know if history taught me to be organized or if I was drawn to history because of my organizational bent, but I know these skills will serve me well if I am elected as WSI secretary. I have a BA in history and an MAT (Master's of Arts in Teaching) history. When I wrote my thesis, "History in Black and White: The Representation of African Americans in US History Textbooks," I had to trace the

minute changes in multiple editions of several US history textbooks before I could synthesize and analyze them.

I would bring the same efficiency and attention to detail I used while teaching to my work as WSI Secretary. I taught elementary school at the St. Ann's School in Brooklyn, then US and Modern World history at Newton North High School outside Boston. Every summer, I would prepare my entire syllabi for the year for each class; on the first day of school, my students could look and see that they had a test on Vietnam May 3, or that they had to read pages 111-123 in the textbook on October 24. I returned papers within a week, usually within a day, much to their delight. I don't like having work hanging over my head, so I get it done.

My facility with writing, editing, and technology will serve me well should I become Secretary. When my twins were born, I turned to private tutoring. One of my strengths is teaching writing and I focus on clear thinking and organization. Since I meet with many of my clients on FaceTime, I have become adept at working on shared files such as Google Docs and using email to communicate. I am a vigorous editor (track changes is my second language), so I am not intimidated or worried about gathering and editing committee reports and organizing them for the yearly WSI report.

4. Your thoughts on the following: aspects of the committee's current work you would emphasize; to the best of your ability, a description of your vision for the committee's work.

I am not applying for Secretary because I relish the idea of preparing minutes and keeping track of online files, although I am eager and willing to do this necessary service. I am also not applying for Secretary because I think I know what's right for FA and want to make sure my views are heard. Instead, I will bring a spirit of curiosity, an open-mind, and my Higher Power to WSB calls.

A spirit of curiosity means that I am excited to learn about the work of all the World Service committees in FA. Each committee chair has such a tremendous amount of experience and expertise in their particular area. I want to learn more about the service done in FA, to listen and question before offering my thoughts.

The only reason I am still here in FA is that I was encouraged to keep an open mind. When I had my first conversation with an FA member, I **knew** for certain that weighing and measuring was controlling and obsessive and definitely NOT an answer to my problems with food. I also **knew** "food addiction" was just a dramatic word to scare me into sticking to my diet, since real addiction was really about cocaine and heroin. I'm glad I kept an open mind and didn't follow my first thought. In recovery I have been encouraged not to practice "contempt prior to investigation."

As I think about the issues that come before the board, I am reassured that each board member is relying on a power greater than themselves to guide them. I came into program practically an atheist, and today I consider my relationship with my Higher Power to be the most important in my life. In daily quiet times, I seek guidance and humility and a reminder that I'm not in charge.

I believe in FA's mission and if I have earned your trust, I would be honored to serve you.

REFERENCES

Reference 1

I am delighted to endorse the candidacy of Abigail H. for the position of secretary of the World Service Board. The secretary is a crucial board position, and requires a unique set of writing and critical thinking skills. I cannot think of a more fitting candidate for this leadership role.

I have known Abigail for most of the twenty years of my participation as an abstinent FA member. Her commitment to abstinence and recovery is absolute. As a member of a small fellowship, she has filled nearly every service role at the meeting level with enthusiasm and a grateful heart. A strong marriage, the birth and growth of three children, and a successful career as a teacher and writing coach, were enabled by her firm commitment to the principles of the FA program and a fierce adherence to the Twelve Steps. She is whip smart, a brilliant time manager, and exceedingly warm and kind. She has weathered a series of personal health crises with exceptional grace and maturity. It has been a distinct pleasure to watch her change and grow as a mentor and guide for so many in FA. Even without our partnership these last few months, I would have had no trouble recommending her for this position.

However, my involvement with Abigail as a member of the ad hoc Meeting Format Committee has boosted my appreciation of her to new levels. In forty years of working with a variety of communication professionals, I have encountered few, if any, who have Abigail's strengths as a writer and editor. She is lightening fast and extraordinarily thoughtful. Her writing is clear and direct, and she understands the importance of choosing words carefully. She knows when to ask questions and when to get extra help. Her facility with technology makes my head spin. I have absolute faith and confidence that her note-taking would be superb. Abigail knows how to get to the point, efficiently and gracefully. She's made my writing better on numerous occasions. Yet what I have loved most about working with Abigail is her "can do" attitude and positive spirit. She volunteered to take on many mundane administrative tasks that made our work easier and more efficient.

The combination of Abigail's lifelong commitment to FA recovery, professional experience, and outstanding organizational and writing skills, makes her the ideal candidate for board secretary. The fellowship will be well served with her in this role.

Ann H.
February 21, 2019

Reference 2

In considering a candidate for a board position in World Service, we need to look from two angles. We think first about the person's commitment to abstinence, the Steps as a way of life, and FA as a whole. But we also need to appraise the strength of the match between the person's skills and the needs and requirements of the job. I recommend Abigail as board secretary without hesitation, from both perspectives.

I remember my first phone call to Abigail, almost twenty years ago when she was new in program. In touch with her ever since, I have been most struck by how clearly she acknowledges the devastating consequences of active addiction and how humbly she accepts that all of us are equally vulnerable to relapse should we stray. Recovery depends upon our willingness to see ourselves as we are and to be willing to change where change is needed. The process can be painful, but I have seen Abigail face both

her own defects and life's blows without losing her foundation in abstinence, acceptance, and faith.

Abigail has all the skills needed to make her an excellent secretary to the board. I know her work most intimately through her leadership of the Writing and Editing Subcommittee. She is an excellent writer and editor. She is able to track multiple versions of a document, capture and track a variety of differing suggestions regarding changes, and help a group come to agreement regarding a final draft, which she executes. She is also coming into her own as a leader. I admire her ability to bring her own opinions to the table while respecting and hearing the opinions of others. As chair, she must remain ever aware of the needs of wishes of many constituents—the board, the Literature Committee, the WSC, the fellowship, and the members of the WES.

In running for the position of secretary, Abigail is also running for the board, and in this area, too, I highly recommend her. She is a clear, careful thinker with a strong commitment to abstinence and recovery. And yet, regarding a contentious issue the WES was discussing one day, she said, "Well, I don't agree with everyone else, but this is not a hill I want to die on." The ability to distinguish between places where we feel we must step forward more than once to articulate our own questions and convictions, and those where we believe we'd do best to yield, is crucial for anyone who wishes to join a board. Abigail will be a strong board member, an excellent secretary, and a faithful servant I would trust without hesitation.

Sincerely,
Kesaya N.

Reference 3

I'm writing to recommend Abigail Hillman for the office of Secretary on the FA World Service Board. I have known Abigail for 20 years through the FA program and she has become a personal friend. Additionally, I have had the pleasure of conducting FA service with her in many different capacities.

Most recently, Abigail has served as the chair of the Writing and Editing Subcommittee for the five years I served as the chair of Literature Committee. There are many qualities that I admire about Abigail. These include her willingness to listen, and accept feedback and her deep conviction about recovery. Additionally, she is a wonderful editor and extraordinarily efficient.

Abigail is reliable, professional and very God-guided in her life and her service. Her dedication to her recovery, personal development and doing the right thing in every situation are inspiring. She has held numerous service positions at the meeting, intergroup and Board level, in addition to serving her community in sponsorship and as an AWOL leader.

I recommend and endorse her heartily and without reservation for the office of Secretary on the FA WSB.

Sincerely,

Jen N.

Secretary

Heidi V., CA, USA

APPLICATION FOR FA WSI OFFICER OR COMMITTEE CHAIR

APPLICANT INFORMATION

Position Applying For:	Secretary
Name	Heidi V.
Date continuous FA abstinence began:	03/06/1996

YES I have read the qualifications for the above-named position as set forth in the WSI Bylaws and summarized in the "Position Descriptions." As a candidate for this position, by selecting 'Yes' I affirm my adherence to all qualifications. Furthermore, my 'Yes' selection signifies my permission to make my application materials public to the FA fellowship for the purposes of the election.

CANDIDATE RESPONSES

1. Brief account of your experience in addiction and in recovery.

As early as pre-school, it was noted in one of my evaluations that “Heidi is more interested in snacks than in her peers.” This was the forecasting of where my journey in food addiction would lead me. I was a people dodger. My favorite place to be was on my couch with food keeping me company while I lost myself in daytime TV. I was on academic probation after many attempts at college. I became despondent and used promiscuity as another means of looking for self-worth. Every break-up headed me straight to the fast food restaurants.

Besides mental anguish, I also suffered physically. At age 18, I was diagnosed with Crohn’s disease and arthritis. Doctors told me to lose weight, and stop eating sugar and flour. I was about 50lbs overweight and an operation waiting to happen. My solution was to stop going to the doctor! I continued to gain. By the time I reached the rooms of FA, I was 25, and had tried therapy, self-help, and a plethora of quick fixes. At that time in 1996, there was no FA, but a woman had moved from Florida to California looking for “strong” meetings. I had been in OA for a few years by then. I felt sorry for this poor lady that had to weigh and measure her food. It sounded miserable. I was trying hard to be happy and fat. I tried getting the food plan, but she wouldn’t budge unless I wanted the whole program. A string of events, including another break-up and losing my job, finally prompted me to surrender to the FA program in its entirety.

It took a complete upheaval of my old ways. No more late-night food outings or staying up until all hours. I learned how to weigh and measure not only healthy food, but also my life. I was given a blueprint that was written on a 3x5 card with all the tools. I finally had a roadmap for living. In 1998, I left OA with my sponsor and fellows, as FA was formed. It was a scary and exciting time to be part of a budding fellowship. A year later, I moved back to my hometown and made amends with my family. It was there that another fellow and I started several meetings where there once was none. Dreams were coming true. I went back to school to get my degree, got married, and started having children.

The hardest part of my journey was finding out my child had Down Syndrome during my 3rd pregnancy. My head wanted to explode. I wanted to make impulsive decisions, but my recovery told me slow down. It became clear through quiet time that I was just in fear and to keep moving forward. The moment Sadie was born, everything made sense. She was perfect, Down Syndrome and all. I would not have her today if I had listened to my disease. 2 years later, I got cancer while I was pregnant with my 4th child and was told I’d need to go through chemo while pregnant! Another big, bad wolf was trying to blow my house down, but my FA foundation was solid with God and carried me through that time. Sarah is now seven, and I’m cancer-free. The insurance I put in the bank in my early days of recovery was paying off. This fellowship took care of me during treatment, a double mastectomy, and a hysterectomy.

This year marks 23 years of abstinence. That’s just about ½ my life in FA! My track record with commitments was about two weeks tops, so I know God is doing for me what I could not do for myself. I literally owe my physical, mental, and spiritual life to this program, and would do anything to pay it forward and help another food addict.

2. Service positions held at the group and intergroup level.

From the first day of FA to date, I was told that abstinence, gratitude and service are the ticket to quality, long-term recovery. At the meeting level, I have held every position from meeting setup, to secretary and treasurer, to phone list and greeter, to Intergroup and World Service Contact. I have traveled for Public Information sessions across the US, and have done service and shared my

qualification at these events. I have been co-leading AWOL's for many years, both in-person as well as phone AWOL's, for those who live in remote areas or on the frontier.

At both the Intergroup and World Service levels, I have had the honor and privilege of being the first Western Area Intergroup (WAI) Secretary when it was first formed in 2000. I was also the WAI Vice Chair from (2009-2014) and the WAI Chair from (2017-2019). I have participated in revisions of the WAI By-laws, the WAI Office, and Teens and Twenties Committees. For World Service and before the Inquiry Response Committee (IRC) was formed, I was the sole member of the Committee who answered questions via email from both FA and non-FA members. I have been a World Service Conference member for many years.

Moving from an area with a small fellowship to an area with no fellowship, I helped start and build up many of the first FA meetings in California.

Finally, the service of sponsorship is one of my favorite tools, and keeps me rooted to FA and God. Starting off my day by getting outside of myself and being available to others is such a rewarding gift of being abstinent. I believe it is one of the most basic and important ways we can be of service.

3. Education, business, professional or other experiences and skills that would be useful as officer or chair. Please do not send your résumé.

After coming into FA and becoming a "useful member of society," I was able to go back to school and graduate with honors from John F. Kennedy University in California. I received my bachelor's degree in liberal arts with an emphasis in psychology. Initially I was going to get my teaching credential but happened upon an amazing job working as an assistant to children with special needs. I continued on that path until I relocated to another county.

I have used my natural infinity for writing to take on editing and word-smithing for a published book on caregiving, in addition to other writing and researching projects. I'm skilled at gathering disparate information from a variety of people and putting it together into a cohesive document, which I believe would be helpful as WSI Secretary. Having been in several fields where team communication is essential, I always look for ways to be organized, succinct and understandable. Writing and organizing information is both a cathartic and therapeutic practice for me. In fact, for a period of time when I was adjusting to having a special needs child and living with cancer, I wrote for a blog on a regular basis, which I really enjoyed as a form of creative expression.

Nowadays my "job" is as a homemaker. I'm now a mother of four, one with Down Syndrome and another with Crohn's disease. Having what I would call a "large family" has left me with the title of "Mom-ager." I manage and juggle many schedules, doctor appointments, medications and a variety of nutritional needs for each child. It's like being a small business owner. One of my most recent organizational projects was moving six people from one home to another and doing an entire remodel. Thankfully I'm in motion more than when I was glued to my couch in my disease, but because of FA, I'm able to weigh and measure all my activities and realize I don't have to be a "super-mom" or "super-human." Because my kids are all of school age now, I have more time to do service using the communication, writing and organizational gifts I believe God has given me.

4. Your thoughts on the following: aspects of the committee's current work you would emphasize; to the best of your ability, a description of your vision for the committee's work.

A huge gift of being abstinent is being able to show up, be present and be prepared. I have always been impressed with how efficient the WSI Board is. As Secretary, I would proactively support the rest of the Executive Committee and Committee Chairs to stay on track with meeting deadlines, and I would use my research and organizational skills to ensure I'm a responsible archivist/keeper of the documents at hand.

Having been on the WAI Executive Board for many years, I've loved being of service in this way. I've also always believed that if something is working, then there's no need to make things complicated. (If it ain't broke, why fix it?) That being said, I'm always looking for ways to streamline and simplify our documents to ensure they are user-friendly and understandable. I'd continually like to review all our documents to make sure our systems are both congruous and updated regularly.

One recent vision/nudging I've had lately is that given such a significant percentage of our population is using texting as a way of making contact and connecting (especially the younger generations), I think it would be great if we could create an FA-specific SMS texting code. We could use it to offer meeting lists or links to the website, etc. The SMS code could also be listed on our pamphlets. Although this may not be something that technically falls under the Secretary role, I'd be curious to explore this possibility with the Board and others that are tech-savvy.

Lastly, I'd use the "It takes a village" approach with this team to continue to stay focused on our purpose: To be abstinent and help the newcomer and the still-suffering food addict. I'm humbled and grateful for God who continues to grow in me a servant's heart and a listening ear.

REFERENCES

Reference 1

Heidi V. has been abstinent for over 20 years and has been doing service the whole time. She started her recovery in California where she began doing service at the meeting level. Soon she began co-leading AWOLS and was the first secretary in California's first Intergroup. Heidi was one of the original members of the Cupertino and San Francisco area meetings where there are now over 200 meetings. Since then she has continued to do service at all levels. Recently, just serving as the Chair of Western Area Intergroup. When asked to do service she is eager to help and is a vigorous member of FA. I think she would be perfect for the Secretary position becoming available in June on the World Service Board and her presence on the board would be an asset.

In Service,

Bonnie H
World Service Chair

Reference 2

Heidi V. was one of the original California members of FA when I arrived hopeless, overweight, and miserable in 1998. She set the shining example for me that commitment to God and service to FA would keep me abstinent and connected to an amazing new life. She was right!

Heidi was instrumental in starting new meetings as the infant California FA fellowship began to grow in those early years. I got to witness her dedication and service to this recovery program.

As the current Western Area Intergroup Chair, Heidi has shown consistent and unwavering commitment to FA recovery. By serving continuously in so many ways over the 21 years I have shared this recovery with her, I can see that her experience is strong and pertinent to her serving as the next WSI Secretary. Having served on the WAI Board for years with her, I can attest to her attention to detail, her ability to discuss, plan, organize, communicate, and actuate whatever tasks are given her. She has contributed good ideas and suggestions in WAI Board discussions and now, as Chair, leads WAI monthly fellowship general meetings well.

While I served on the World Service Board, Heidi attended our Sunday morning Board meeting as WAI Chair and calmly, respectfully, and clearly contributed new ideas relating to the particular WSI Board discussion at hand.

In addition to currently serving as WAI Chair, she has served as WAI Vice Chair, WAI Secretary, an active member of WAI Office and Teens and Twenties committees, WSC voting member, AWOL co-leader, and has diligently served all meeting-level service positions over the years. We have served side-by-side at the board and committee levels, and at high school, college, and health fair FA information events. I have witnessed her calm and attentive communication with others.

Heidi has served dependably and conscientiously in every position she took on and has always been responsive, timely, thoughtful, diligent, and responsible. I am keenly aware of Heidi's attention to detail and her ability to communicate concerns and ideas with encouragement. She works well with others and is timely in her responses to questions and concerns.

I am strongly confident in Heidi's ability to further the intentions of our founding members, both dependably and conscientiously, to carry the FA recovery message to the suffering food addict and further the ongoing business of the WSI Board as Secretary.

I highly recommend Heidi V. to serve as our next Secretary of our World Service Board.

Marti M.
Danville, California

Reference 3

Heidi had two and a half years of abstinence when I came into FA. I was a quivering, insecure newcomer at the time who thought she and anyone else with that length of abstinence walked on water, so when she asked if I wanted to be her roommate, I jumped at the opportunity. Experiencing her unwavering commitment to FA at such a critical point in my recovery was a huge gift. Twenty-one years later, Heidi remains a close friend and fellow. One of the traits that impresses me most about Heidi is her humility. She brings new meaning to the word "teachable." Heidi has a solid sense of herself after all these years in recovery, yet she balances it with her incredible openness to feedback. When she doesn't know something, she puts her ego aside and asks for help. Just as attractive to me is Heidi's heart for service. Despite her very full life, Heidi never fails to find time to dedicate to her sponsees and other fellows in FA. She embodies the principle "We say yes to service when asked." I believe Heidi's depth of humility and her servant's heart would make her ideal as a WSI Board member.

On a practical level, Heidi is organized, efficient, and detail-oriented. I witnessed this over the four years I worked with her on the WAI Board. I also see it in her personal life—she can manage a slew of caregivers, family members, and projects all at once, and does so with calm and grace. Heidi is also an excellent writer and editor, both valuable skills for handling the numerous documents she would develop and manage as WSI Secretary. Monthly as WAI Chair, Heidi would write a beautiful piece to close out our meetings. Her words were always heartfelt, genuine, and revealing. I think her communications skills—both written and verbal—would also be a tremendous asset to Heidi as WSI Secretary. I highly recommend her for the position.

-Vanessa C.
Convention Planning Committee Chair

Treasurer

Stella J., CA, USA

APPLICATION FOR FA WSI OFFICER OR COMMITTEE CHAIR

APPLICANT INFORMATION

Position Applying For:	Treasurer
Name	Stella J.
Date continuous FA abstinence began:	02/06/2004

YES I have read the qualifications for the above-named position as set forth in the WSI Bylaws and summarized in the "Position Descriptions." As a candidate for this position, by selecting 'Yes' I affirm my adherence to all qualifications. Furthermore, my 'Yes' selection signifies my permission to make my application materials public to the FA fellowship for the purposes of the election.

CANDIDATE RESPONSES

1. Brief account of your experience in addiction and in recovery.

In college, I found I could lose the extra 10-15 pounds by eating large quantities of 'healthy' food.

After college, food became even more important and often took precedence over the people I valued. In fact, by age 30, I had completely estranged myself from my parents and all members of my family except one of my sisters.

One day I called an old friend and she told me about FA. I learned that she was 1 of just 2 people doing FA in the state of Alaska. I couldn't stop thinking about our conversation and started the program a week later.

The following year, I attended my first business convention and knew right away that I would go each year. I was impressed by the graciousness and serenity of long-time members, especially when it came to resolving controversial motions. I continued doing FA in Alaska for 4 years then moved to Northern California to have more fellowship. During one particular 5th step, my sponsor gently questioned my reasons for the 20 years of estrangement that had accumulated by then. I am very grateful to say that several AWOLs later, God has not only restored my relationship with my parents but as a result, my entire family has come together.

Three years ago, I experienced an unusual and extreme body-wide red skin condition where even water touching my skin burned. The specialist told me it would last 1-2 years, that most people go on disability and that all he could do for me meanwhile was to prescribe anti-anxiety, anti-itch, and anti-burning pills. Because of FA, I didn't have to do any of those things. For the next year, I took extra quiet time and naps, reduced my work schedule, continued to do my WAI Treasurer position and showed up for Intergroup and all my FA meetings, even though it was embarrassing and physically uncomfortable. My skin fully recovered.

Most recently, I was able to let go of my job so that I could go to Texas to help my mom and dad through my mom's lung cancer and to enjoy my parents while I still can.

What continues to work for me is following this program, doing service, showing up, and trusting God.

2. Service positions held at the group and intergroup level.

Sponsoring, local PI outreach, writing for Connection, and serving in roles like Greeter at the Business Convention were the initial service roles I did prior to the first FA meeting in Alaska.

Because there were only three of us when an FA meeting was started, I had the benefit of holding each service position rather quickly.

When I moved to Northern California, I was able to attend Intergroup each month and expand into other roles, like Co-Chair of the subcommittee focused on supporting meetings in outlying areas. I helped develop and manage the original Ride and Lodging Share List for the conventions. Later I managed the Frontier Phone List.

For the last 3 years, I've been the WAI Treasurer. WAI needed a new CPA right away to prepare the income tax return each year. I found a firm that not only had the needed experience with Non-Profits

but that had experience with AA tax returns as well and for a surprisingly reasonable fee. I created monthly and yearly procedure checklists so important tasks don't inadvertently fall through the cracks. I've had the opportunity to coordinate with the WAI and WSI committees. Recently this resulted in WAI being able to accept online donations. I also serve on the WSI Finance Committee where we advise the executive committee and the Board regarding questions involving finances.

3. Education, business, professional or other experiences and skills that would be useful as officer or chair. Please do not send your résumé.

The two accounting courses I took in college and later a tax preparation course came easily. As a young child, my dad had required us kids to record and track our weekly allowance. As a teen, he took me to the bank to set up a checking account and get a credit card. He showed me how to balance my checkbook and he explained sound financial principles. After graduating from college with business classes and then a degree in education, a business financial advisor and I operated a business helping small businesses convert from manual to computerized accounting systems so they could have timely financial information. We helped them with payroll and other accounting duties so I learned how all the pieces fit together. We then used the financial data and statements to create 1 and 5 year Projections and Cash Flow Analyses in order to advise them on many practical issues each month or quarter. Knowing accounting from the manual perspective provided an instrumental foundation. I learned that properly recording each transaction at its origin was critical to the results and that the real value of accounting was to have the proper data needed for making wise business decisions throughout the year and for setting future goals, much like a doctor would use medical test reports to help make diagnoses and recommendations.

Those 7 years were followed by 15 years helping businesses with management, finance and marketing at the Alaska Small Business Development Center and another 8 years helping California businesses. As WSI Treasurer, the same principles apply. While it is important that the details are timely and accurate, it is equally important to always keep the big picture in mind.

4. Your thoughts on the following: aspects of the committee's current work you would emphasize; to the best of your ability, a description of your vision for the committee's work.

I would plan to continue the financial processes already in place and assure that any needed fiscal procedures and practices are in place as the FA program grows. Finances can sometimes seem complicated and intimidating so it is also my goal to give relevant, easy to understand information and financial tools to the executive board and committee chairs. This will allow them to make the best decisions regarding their committees and areas of expertise in the coming years. Likewise, I would communicate the annual financial report and any other information to the FA Fellowship in ways that are simple and easy to understand.

When a small meeting in an outlying area sends a check to WAI, for \$3.37 for example, the impact of each members weekly' 7th tradition donation as the basket comes around becomes especially apparent. These donations are what primarily make up the World Service budget. I am very proud to be part of a fully self-supporting organization that strives to reach the still suffering food addict and I would be honored to handle this responsibility.

REFERENCES

Reference 1

I first met Stella at one of the early conventions in Danvers. She was still living in Alaska at the time, but doing service at the convention. She had also been on a phone AWOL that I co-led and I remember being impressed because she had to get up at 4:30 in the morning Alaska time in order to be on time east coast time. Next thing I knew she had moved to Northern California for the sole purpose of recovery.

Over the years she has done many service positions and has maintained her abstinence and serenity through many difficulties. When asked to do service at the Intergroup level she gladly jumped in to be the Treasurer at Western Area Intergroup. She is on the Finance Committee presently, also, and has been working closely with the present Treasurer for World Service.

On a personal level she has raised two sons and helps out with grandchildren. She has also been helping out her parents who are going through some tough years. I believe Stella is very qualified for the position of Treasurer for World Service and also think she has the maturity that is necessary to be a member of the World Service Board.

Bonnie H.
Chair World Service Board

Reference 2

I've had the opportunity to work with Stella over the last several years in her capacity as the WAI Treasurer and also as a member of the Finance Committee. I was struck by the intelligent, insightful questions and comments she made. Her questions and comments demonstrated a knowledge of finance and an understanding of the big picture as well as important details that really recommend her for this job. She's also earnest in her endeavor to do a good job and get the job right. She's done an excellent job as the treasurer of WAI, and I believe would easily transition into the WSI Treasurer position. She also has a good working knowledge of Excel and Quick Books, which is essential for the WSI Treasurer to be able to do a competent job.

On a personal note, I've known Stella in recovery for close to ten years. I've seen her dedication to her recovery and that of others, and she has the stability and level-headedness necessary to make good financial decisions. She also works well with others and has an inquisitive nature that lends itself well to getting to the root of an issue and resolving it.

I believe Stella would make an excellent Treasurer for WSI, and I highly recommend her for this position.

Holli N.
WSI Treasurer

Reference 3

From my previous experience as WSI Treasurer and from knowing Stella for at least 14 years in program, I highly recommend Stella J. of Greenbrae, CA to be WSI Treasurer. Stella has been Treasurer for Western Area Intergroup (WAI) for the past three years and has consistently been very diligent and

thorough in her service. She presents clear and simple treasurer reports at Intergroup. She is very familiar with FA tradition and methods regarding finances. She is humble and seeks help when needed and learned QuickBooks for the Western Area Intergroup finances, which includes literature sales. One change she brought to the Intergroup treasury was that she worked with the FA Office to implement the option for FA meetings and members to make online donations to the Intergroup through PayPal from the FA website. This has been very helpful for members both outside and inside the US. Stella has been very committed to FA recovery from starting in FA while living on the frontier in Alaska, to moving to California to be near many FA meetings, to going to FA Conventions and doing service at all levels.

In addition to her treasurer experience, Stella will be an asset to the World Service Board. She has a calm presence in connecting with people individually, in group discussions, in meetings, and in emails. She will bring her breadth of experience of living FA recovery both on the frontier and also in an area having many FA meetings. I have found that Stella listens carefully, asks questions that help me to open up and to understand me, and shares her own experiences very openly. It is a joy to work with her on projects. I am honored to recommend Stella for WSI Treasurer.

Sincerely,
Joan M.
Novato, CA

Literature

Karen L., MA, USA

APPLICATION FOR FA WSI OFFICER OR COMMITTEE CHAIR

APPLICANT INFORMATION

Position Applying For:	Literature
Name	Karen L.
Date continuous FA abstinence began:	08/15/2003

YES I have read the qualifications for the above-named position as set forth in the WSI Bylaws and summarized in the "Position Descriptions." As a candidate for this position, by selecting 'Yes' I affirm my adherence to all qualifications. Furthermore, my 'Yes' selection signifies my permission to make my application materials public to the FA fellowship for the purposes of the election.

CANDIDATE RESPONSES

1. Brief account of your experience in addiction and in recovery.

Born with a God-sized hole, I always wanted more – more love, more time, more food. For as long as I can remember I used food to quell fear and anxiety. In high school, I added smoking to the mix but it didn't take away the fear, doubt and insecurity I felt daily. The ten pounds I initially had trouble with became 95 pounds through college, nursing school and my first job. Always thinking the next diet, city, therapy and seminars were the answer I eventually dieted my way up to 220 pounds. Miserable at 40 years of age, I was filled with food thoughts and self-loathing.

Visiting Boston, I met up with a cousin who looked healthy and happy to be eating out of Tupperware! He told me about FA. He said, "It is not what you give up, it's what you get." My HP helped me take the cotton out of my ears and put it in my mouth. I heard hope.

After a farewell food tour, I went to a meeting. I felt hopeful. That was 16 ½ years and 95 pounds ago. Blessed with back-to-back abstinence for the past 15 ½ years, my health has greatly improved, my financial situation has gotten better, I travel and am active, I met and married the man of my dreams, I returned to school and got my Bachelor's in Nursing and am working on being a Reiki Master.

My recovery is firmly based in the tools of gratitude, abstinence and service giving me the life I had hoped for. The promises came true for me when I put down the food. My life keeps getting better because I live FA one day at a time.

2. Service positions held at the group and intergroup level.

As service is important to my recovery, I have taken on almost all meeting level positions and continue to do so where and when I can.

After reaching 90 days of abstinence, I joined the EAI Public Information Committee and was active on that committee for eight years. In 2010, I was asked to join the EAI Financial Aid and Resource Committee where I continue to do service today.

I then joined the WSI Convention Planning Committee. My work on that Committee started with handling the Ride and Lodging List. Initially, it required the coordination of sign-up sheets for all Boston area meetings and connecting fellows. I stayed in this position long enough to see technology come into play. I moved on to be in charge of Convention greeters in 2012 and held that job that year and for the following 4 Business Conventions as well as the 2016 Fellowship Convention. In addition, I have co-chaired orientation for two Business Conventions and one Fellowship Convention.

I worked on the Forum Planning Committee for the 2018 Business Convention and am currently working with that Committee planning the 2019 Forum.

Most relevant to the position I am seeking, I have been serving as the secretary on the Literature committee since 2012. While in this position, I have worked with several different chairs of the committee and have played an important role on the committee as we consider ideas, priorities and the needs of our fellowship.

3. Education, business, professional or other experiences and skills that would be useful as officer or chair. Please do not send your résumé.

I have had a career in emergency nursing for the past 30 years. In 2010, thanks to FA, I went back to school and earned my Bachelor's degree in nursing. I work as a certified emergency nurse and a relief charge nurse in a large Level I Emergency Department. I go to my HP regularly to help me deal with the pressure of emergency room work and the decisions that need to be made, often on the spot. In this role, I handle many different types of individuals and situations that require me to adapt and be thoughtful in my response. I must be a good listener and coordinate different disciplines to help patients and family members reach their ultimate goal. These skills all translate to service.

Each day I ask my HP to show me how I can best serve my patients and as Literature Committee Chair I plan to do the same. I understand the importance of service and I understand the privilege of serving this fellowship. My recent education taught me how to use the computer, write a paper, share an opinion and work with others on collaborative projects. Having served as Secretary of the Literature Committee I understand the importance of working with others and remembering everything we do is in the spirit of helping the still suffering food addict. My career and life experience has taught me that working with others requires me to apply the principles of this program to everything I do. I believe all these qualities will be most useful in being on the Board especially as we are presented with situations that will require careful thought and consideration.

4. Your thoughts on the following: aspects of the committee's current work you would emphasize; to the best of your ability, a description of your vision for the committee's work.

I have been the Secretary of the Literature Committee for seven years. During that time, the committee has worked together to introduce new FA literature, modernize our audio recordings and expand our translations. This is evidenced by the production of the FA Book, Living Abstinently and the introduction of MP3's. We also have translated our FA literature into languages that extend beyond Spanish and German. Importantly, the Literature Committee has also made great efforts to solicit feedback from our entire fellowship as we develop new literature.

I envision that the Literature Committee will continue to work toward reviewing literature needs and responding to those needs by producing literature and expanding our audio recording offerings. Our newly formed Communications Subcommittee will work on developing a way to gain feedback from the fellowship to help us set our priorities and determine what our literature needs are. I would like to expand our audio recordings to include recording various sessions (i.e. the Forum) for the fellowship. The Committee will work toward providing the frontier with literature that meets their particular needs. I would like to explore the possibility of FA having a presence on YouTube or Podcasts. As FA continues to grow it is important to work with the Translation Committee to prioritize the much-desired literature for our international frontier members.

My hope is the Literature Committee will continue to flourish and reach both our global fellowship as well those who are still searching for a solution.

REFERENCES

Reference 1

February 27, 2019

FA World Service
400 West Cummings Park, Suite 1700
Woburn, MA 01801
fa@foodaddicts.org

Dear FA World Service & Fellowship,

I have had the pleasure to personally know Karen as both an FA Fellow and friend for nearly 20 years, and wholeheartedly recommend her to serve on the World Service Board as the Literature Committee Chairperson. Karen has served as a Secretary for the Literature Committee for nearly 10 years and always applies the principles of this program when considering ideas and priorities for the committee. Her experience and history that she brings to the committee will be invaluable on the committee.

In addition to Karen's commitment to her recovery, I welcome the opportunity to touch on a few of Karen's most attractive qualities. She brings many gifts to her personal recovery and FA service-- among them humor, attention to detail, patience and a willingness to ask questions to ensure understanding. Since procedures are so important on the Literature Committee, these attributes will serve her well.

Karen is very dedicated to FA's success. She has held a variety of service positions at the meeting, Intergroup, and World Service levels. Karen takes her service positions very seriously, always working hard to fulfill her duties and to be available as unexpected issues arise. Karen is also no nonsense and truly understands the meaning of "keep it simple". Karen is particularly interested in the newcomer and our fellows on the frontier. I am excited to see what she will bring to the Literature Committee.

Karen's ongoing presence on the board will significantly benefit FA World Service and the FA fellowship as a whole. I recommend her enthusiastically and without reservation.

Sincerely,

Jen N.
Acton, MA

Reference 2

Recommendation for Karen LB as WSI Literature Committee Chair

It is my honor to provide a recommendation for Karen LB to be the Literature Committee chair. I've known Karen for almost ten years as Karen was an important part of my early recovery sharing her experience, strength, and hope to me via the tool of the phone. As a member of the EAI board, I have had the pleasure of working with Karen in her role on the Financial Aid and Recourse Committee. When needed, Karen would serve as a substitute chair for that committee at our EAI board meetings. Drawing

on her years of service and experience, Karen always brought an enthusiastic and sound voice to our Board meetings.

As a member of the WSI Convention Planning Committee, I have had the pleasure of working closely with Karen. She first served our committee as the organizer of the rides and lodging list. She then served our committee as the organizer of the greeters. She seamlessly filled the needs of our committee. Karen was not only open to new ideas, but she embraced those new ideas and made them even better. Karen not only fulfilled the requirements of her service position for our committee, but she took it upon herself to groom other members to be able to take over her positions when she moved onto other service positions. Karen not only does what is needed, but she sees beyond her role and is able to lead members of our committee to do more. I feel confident she will do the same as the Literature Committee chair. She will bring her vast experience of service work, her unrelenting commitment to Food Addicts in Recovery, and her drive to reach the sick and suffering food addict to the role of Literature Committee chair but more importantly as a member of the WSI Board.

Gabe E.
St. Louis, MO

Reference 3

Karen LB. would make an outstanding WSI Literature Committee Chair, and it is my honor to write in support of her candidacy. In my previous roles as EAI Vice Chair and then EAI Chair, and having shared multiple AWOLs and FA meetings with her, I have seen Karen in diverse settings and witnessed her impact on countless fellow food addicts.

First and foremost, Karen has a spic-and-span physical, mental, and spiritual recovery. In the past 16+ years, she has demonstrated her abiding commitment to her sobriety; practiced unflinching self-honesty; and been a power of example in her faith and dependence on God and the 12 Steps. Whether navigating family joys and challenges; a fast-paced and demanding job; or showing up for others as a sponsor, fellow, and friend, Karen has maintained her abstinence, dignity, grace and sense of humor. Karen's dependability and steadiness have inspired the confidence of our fellowship. When Karen takes on a task - be it overseeing the Convention Ride and Lodging list, co-leading an AWOL, acting as an FA meeting secretary, or any other of the myriad service endeavors, large and small, that she has embraced over the years - she calmly sees it through to successful completion. Clear-headed and creative, she is a strong demonstration of the principle that a sharp tool, employed strategically, is most effective in carrying out God's will. She has been an invaluable member of the Eastern Area Intergroup Financial Aid and Resources Committee, where her spiritual maturity and good judgment have helped ensure funding for many FA service efforts each year. We have come to count on her to inform and guide us vis a vis Convention service opportunities.

Karen's level head and calmness will allow her to lead the literature committee's collaborations and help them establish consensus. Her humility and focus on the newcomer will be vital guiding principles for her group's work. Her experience organizing The Forum has confirmed for her and demonstrates for us her belief in the vital importance of inclusivity within FA. In her WSI, EAI, and meeting-level service, as well as in her sponsorship and her outreach calls, Karen is driven by her belief that the wellbeing of this program and the FA community depends upon our ability to hear and seek to understand the voices of our broad and diverse membership. As Literature Committee Chair, Karen would act as a convener of ideas, and help ensure that the literature we produce reflects those principles.

No description of Karen would be complete without mention of her sense of humor, sense of style, and sense of fun. This is a program of attraction, and Karen exemplifies the Big Book's assertion that "we are not a dull lot." With her fashion acumen, her infectious laugh, and her commitment to appreciating and sharing with others the simple pleasures of an abstinent life, she enriches every community of

which she is a part. She would, no doubt, be a welcome addition to our wonderful WSI Board. Having trudged this road to happy destiny alongside Karen since her early days in this program, I have seen her transformed by abstinence, gratitude, and service. Now, it would be a blessing to our entire fellowship to have her devote herself to the role of Literature Committee Chair.
Submitted by Courtney T., Watertown, MA

Public Information

Annie H., CA, USA

APPLICATION FOR FA WSI OFFICER OR COMMITTEE CHAIR

APPLICANT INFORMATION

Position Applying For:	Public Information
Name	Annie H.
Date continuous FA abstinence began:	04/21/2007

YES I have read the qualifications for the above-named position as set forth in the WSI Bylaws and summarized in the "Position Descriptions." As a candidate for this position, by selecting 'Yes' I affirm my adherence to all qualifications. Furthermore, my 'Yes' selection signifies my permission to make my application materials public to the FA fellowship for the purposes of the election.

CANDIDATE RESPONSES

1. Brief account of your experience in addiction and in recovery.

From a very early age I saw food as my best friend. I ate for comfort. I ate to pursue joy and happiness. I ate to quell my anxieties and fears. But what began as a source of comfort and joy quickly turned on me. I fell into a deep depression, which I now believe was due to the effect of flour and sugar on my brain. From then on, I lived in a constant state of obsession about my weight and my food intake, alternating between crazy binges and rigid restricting. I tried compulsive exercising, and I once literally starved myself and ate absolutely nothing for over thirty days. This self-imposed fast ended with a binge, which resulted in a frightening and humiliating trip to the Emergency Room. This never-ending battle to control my weight and my food was relentless, and prevented me from living in a normal, healthy way.

I joined the FA program in the year 2000, and sensed immediately that FA could provide a powerful and effective solution for me. But my persistent defiance led to a seven-year struggle, culminating in a very painful, year-long relapse. In 2007, out of desperation, I made a decision to fully embrace the FA program as it has been practiced for over thirty years. From that day forward, I have been free from addictive eating and obsessive control.

During this decade of abstinence, I have experienced many of God's blessings and miracles. My relationships with family, friends and fellows have deepened and become more meaningful. For example, thanks to the physical recovery and spiritual support I found in FA, I had the opportunity to be a bone marrow donor for my brother who was dying of leukemia. Today, he is six years' post-transplant and thriving. Four years ago, my mother came to live with my husband and me, and we have been truly blessed with her presence in our household. We will be together celebrating her 102nd birthday this month. And most miraculously, God has blessed us with a beautiful baby girl who is the joy of our lives. This is truly what is promised to us in abstinence and service: "a life of sane and happy usefulness."

Out of gratitude for the blessed life I have been so freely given, I would like to continue my service as the WSI PI Chair. I hope to continue to help many still-suffering food addicts let go of their misery, and experience the freedom and joy of abstinence and of the FA way life.

2. Service positions held at the group and intergroup level.

I am currently serving as WSI PI Chair. Over the last nineteen years, I have held all of the available service positions at the group level except Meeting Health Person. I have attended the World Service Business Convention every year since 2006, serving as a voting member for most of those years. At the Intergroup level, I worked on the WAI Office Committee. I led the development and implementation of two FA Census projects and the FA Membership Surveys in 2011 and 2016. Before becoming the WSI PI Chair, I held the position of Chair of the Media Watch Subcommittee. In that role, I re-designed the Media Watch database and expanded membership on the Media Watch team, which significantly increased the span of our outreach.

3. Education, business, professional or other experiences and skills that would be useful as officer or chair. Please do not send your résumé.

I have a Master's Degree in Organizational Development from the University of San Francisco and a

Bachelor's Degree in Business Management from Sonoma State University. I have over 30 years' business experience in a variety of capacities. I have worked as a Leadership and Organization Development Consultant for a global consulting firm, with clients in such fields as technology, retail, finance, and insurance. In this role, I set organizational strategy and managed large teams of consultants across multiple clients, projects and industries. My business background helps me to work collaboratively with others to set goals, envision a project's components, empower and support subcommittees, and carry projects through to completion. I also think my leadership, facilitation and strategic planning skills inform my relationships, priorities and decisions as WSI PI Chair.

4. Your thoughts on the following: aspects of the committee's current work you would emphasize; to the best of your ability, a description of your vision for the committee's work.

The purpose of the Public Information Committee (PI) is to carry the message of FA recovery to the still-suffering food addict. As PI Chair for the last two years, I have worked with a dynamic and committed team to both streamline existing PI materials and to develop new resources to broaden our outreach.

In 2016, we conducted a comprehensive membership survey to solicit important data that would help us better achieve our goals. In consultation with healthcare providers and long-term FA members, we incorporated this data into a new healthcare brochure that describes FA in a way that busy professionals are more likely to read. We also developed an electronic slide show that has been used in presentations to over twenty healthcare professional groups. In the next year, in order to make it easier for more FA members to use the slide show, we are developing a package that will include a script for speaking to professionals, technical directions and a projector. We helped to develop a new communication for FA members to send to Faith Community Leaders so they can more easily post FA meetings in their bulletins. We will also continue to provide coaching and support to FA members who have an opportunity to speak with professional audiences.

The Weblinks Committee continues to increase our Internet presence in reaching out to food addicts who don't yet know about FA. In the past year alone, due to these efforts, the number of new users to the FA website has increased 76%. Weblinks has also compiled a database of over 1,000 sites worldwide where members can post meetings and Information Sessions online. The committee contacted over 5,000 counselors and health professionals on college campuses this year to offer support and resources for the annual National Eating Disorders Awareness Week. Going forward, as information technology continues to change, the committee will explore new avenues for reaching food addicts such as podcasts, blogs, and other forms of social media, while carefully conserving our principles of anonymity and "attraction vs. promotion." Our Media Outreach Committee will continue to optimize media coverage by reaching out to journalists in both traditional and online media outlets.

Furthermore, we will continue to support the work of Intergroups and Chapters, PI Representatives, Local Service Groups and Frontier members in their daily PI efforts. Through the years, experience has taught us that there is nothing that equals the effectiveness of one food addict speaking to another and handing them a trifold. The PI Committee will not lose sight of the importance of these one-to-one conversations. We will continue to provide simple, accessible tools that will enhance everyday PI activities, from posting flyers at a nail salon to talking to someone at the grocery store.

The PI Committee will remain focused on the highest impact activities to ensure that any still-suffering food addict, anywhere in the world, at any time, will be able to find the FA solution.

REFERENCES

Reference 1

Annie H is currently the chair of the Public Information Committee for World Service and she has been doing an excellent job. Her continuing in this position would allow the Public Information Committee to continue smoothly in its incredible attempt to get the word out to the still suffering food addicts that are not yet aware of our program.

I often receive calls asking if I can do some service for Public Information because her committee has heard of an interview or a health fair in the South Florida area. The committee has an unbelievable pulse on the country and even the world. We will be in good hands if she is able to continue with her capable committee and many subcommittees.

Personally, I have known Annie for 14 years and know that she has embraced this recovery program. She has done all levels of service and has been able to maintain her abstinence and serenity through some really wild life situations. She has a keen mind and is very capable of multitasking at an extreme level. Again, I endorse her to continue as being the Chair of the Public Information Committee for another term.

Bonnie H
World Service Chair

Reference 2

I'm writing to you in support of Annie H's candidacy for another term as Public Information Committee Chair of the WSI Board. Annie took over the PI committee in what was a smooth transition and has really made a difference by bringing on a committed, consistent leadership team of sub-committee chairs. In a short period of time, they were able to execute the survey, launch a more cohesive healthcare brochure rollout, and gain interviews and repeat articles with national media outlets such as USA TODAY and AARP magazine. Annie is a responsible, solid leader who at the same time stays humble by consistently working the steps in an AWOL, sponsoring many FA members, and attending Western Area Intergroup. Having been the previous PI Committee Chair, I know what a delicate balancing act it is to stay abstinent by doing service at both the local and the national level, and Annie has done a great job. God sure is working through her!

Best,
Kris McC.
Half Moon Bay, CA

Reference 3

I'm honored to have the opportunity to write a recommendation for Annie H. as PI Chair. Annie's commitment to the FA program, her dedication to service, and her interest in and capacity for self-reflection have always been impressive to me. As PI Chair this past year, Annie has been exceptional. Given her background in consulting, Annie always approaches decisions in a very strategic way. She makes them slowly, carefully, and deliberately, considering all options and soliciting opinions from her

fellow committee members and others who have gone before her before taking action. She knows how to cut out lower-impact activities and when to prioritize those that will make a real difference. As a result, the PI Committee is absolutely buzzing with energy these days. Furthermore, I think Annie has a depth of perceptiveness and sensitivity that makes her particularly effective at leading a team and working with others. She's humble, she's patient, she's collaborative, and she's smart, and I think for her to continue in her current capacity as PI Chair for another term will be invaluable to the FA fellowship and to the many food addicts out there who are still suffering.

Vanessa C
San Francisco, CA

Service Group Support

Pam K., Toronto, Canada

APPLICATION FOR FA WSI OFFICER OR COMMITTEE CHAIR

APPLICANT INFORMATION

Position Applying For:	Service Group Support
Name	Pam K.
Date continuous FA abstinence began:	06/01/2012

YES I have read the qualifications for the above-named position as set forth in the WSI Bylaws and summarized in the "Position Descriptions." As a candidate for this position, by selecting 'Yes' I affirm my adherence to all qualifications. Furthermore, my 'Yes' selection signifies my permission to make my application materials public to the FA fellowship for the purposes of the election.

CANDIDATE RESPONSES

1. Brief account of your experience in addiction and in recovery.

As an adult, my addiction took me to under-eating (99 lbs.), to using exercise as a means of controlling my weight and ultimately to morbid obesity (368 lbs.). It also took me to a place where resentments and self-loathing reined supreme leading to ruined relationships and compromised careers.

Burdened with a marriage that was rapidly failing I became concerned that my morbid obesity was going to lead to a catastrophic health event. Motivated by the worry I would have to handle the catastrophe alone, I scheduled lap band surgery. At the pre-op appointment, my doctor handed me a trifold along with a fellow's phone number. I phoned. A few days later I walked into a room of strangers, found hope and was given the solution. However, fueled by fear and a lack of humility, I went ahead and had the lap band put in even though my fellows explained that FA was the answer. That was in May 2012. I have been blessed with the gift of back-to-back abstinence since June 1 of that year and have been maintaining a credible body size since 2015. Subsequently, I have had the lap band removed - an expensive, valuable lesson.

Armed with tools, I was able to build a strong foundation that has led me to rely on a power greater than myself, rather than food, as an answer to handling the realities of life. Thanks to FA, my marriage is stronger today than it has been in the four decades we've been together. Living my program and incorporating a strong service component helps me stop thinking about myself. The clarity and peace of mind I have gained has afforded me the freedom to let go of long-held resentments and gain a greater capacity for compassion and tolerance. Service helps me stay connected to the fellowship and affords me the opportunity to give back.

2. Service positions held at the group and intergroup level.

I have held all service positions at the local level and continue to hold service positions at my committed meetings. I am an active participant in the Toronto Local Service Group. I have completed three in-person AWOL's and am currently co-leading for the second time.

I joined the EAI Service Group Support Committee in 2014 and helped plan Chapter Support Weekends. Another fellow and I put together both the FA Jeopardy and FA Who Wants to be a Millionaire games proving service can be informative and fun. In 2016, I participated in the Maine Chapter weekend speaking about the importance of service to my recovery. I joined the WSI committee responsible for writing the Local Service Group Guidelines and Recommendations in 2014, have been on the WSI Service Group Support Committee Core since 2015 and have served as Secretary of that committee since April 2018. Through my work on this Committee, I was given the opportunity to chair the Forum Planning Committee in both 2018 and 2019.

3. Education, business, professional or other experiences and skills that would be useful as officer or chair. Please do not send your résumé.

Bringing my study of Organizational Behavior to the work environment, my first job was in Human Resources for the head office of a major retailer in New York City. My work included planning and executing company-wide initiatives primarily in the philanthropic arena. Taking that work experience

with me, I was able to use my leadership abilities and participatory management style to successfully manage the human resources, administration and policy areas of a major Canadian bank in NYC.

Switching industries, I worked in the music business for a Grammy-award winning singer for five years. In addition to hiring the artist's professional and personal staff, I was afforded many opportunities to use my organizational and problem-solving skills working with her agent and manager to determine the cost effectiveness of doing concerts around the globe and "putting the show on the road".

Moving back into the finance sector, I became a Director, Chief Operating Officer and Management Committee member of a CPA firm where I was responsible for the operations of the firm, including finance, information technology, human resources, facilities and marketing. I also headed up the firm's HR & Operations Consulting Group.

Now fully retired, I am able to devote more time to FA service, to supporting those transitioning back to mainstream society through restorative justice work and to working with young women (7-8 year olds) as a Girl Guide leader.

4. Your thoughts on the following: aspects of the committee's current work you would emphasize; to the best of your ability, a description of your vision for the committee's work.

I would encourage the SGSC Core Group to continue to support Intergroups, the Maine Chapter and Local Service Groups to assist their meetings in carrying the consistent FA message. The bi-monthly conference calls are key. They do, and should continue to, provide a space for these groups to share experience and to build global fellowship. The calls also create a platform for other World Service Committees to share substantive information with call participants. The Forum will continue to provide a space for the face-to-face sharing of ideas that unify us and to pass on best practices for continued growth of FA.

Using the Committee's strong foundation as a spring board for moving forward, it will be important to review the Recommendations and Guidelines to determine if a more formalized plan would be beneficial for fellows to determine when and how to start an LSG. With an eye toward effectively communicating the benefits of an LSG, the SGSC will work to actively encourage the development of new LSGs. In addition, the Committee will work with current LSGs on ways to better serve their meetings to enhance their area's public information potential.

REFERENCES

Reference 1

It is my pleasure to recommend Pam K for Chair of the Service Group Support Committee (SGSC). I have known Pam for almost 7 years, since she first came into FA. When I met Pam, she was morbidly obese (almost 400 lbs.) and was recovering from lap band surgery. Over the next couple of years, I had the opportunity to see Pam shrink physically (drastically - 250 lbs.) while growing emotionally and spiritually. Pam took to service immediately following the typical FA trajectory -- from reading to sharing, to setting up chairs, to qualifying and eventually on to sponsoring. As the Toronto fellowship was quite small in 2012, Pam had the opportunity to take on almost all meeting level service positions as she reached the appropriate abstinence milestones. She excelled in all roles. Pam has attended all conventions since joining FA and attended various committee meetings and eventually settled in to do World Service level work with the Service Group Support Committee (initially, when it was the Chapter and Intergroup Support Committee). As well, Pam has been quite involved in the establishment of a Local Service Group in Toronto. After completing two, local-in-person AWOLs as a participant, Pam joined me as an AWOL co-leader. We are currently co-leading our second AWOL. In 2017, Pam was asked to chair the Forum sub-committee of the SGSC. Excited by the return of the Forum after a decade, I was very impressed with Pam's coordination of the successful 2018 Business Convention Forum.

Based on Pam's FA service experience and her previous employment, I believe Pam has the requisite skills and experience to lead the SGSC. Pam has walked me through her vision for the future of the SGSC and her preliminary plan for the next two years should she be selected to chair the committee. Pam has a clear understanding of the needs of a small and growing fellowship based on her Toronto experience. I believe she has a good sense of how these needs can be addressed through FA best practices at the WSI level. I also believe she is clear on how the SGSC can continue to institutionalize these practices and share them with other growing fellowships all over the world. Pam, although still young in her FA recovery, has established a spiritual connection that guides her interactions with FA members and the FA service work she has completed to date. Pam is very well organized, has a calm and confident demeanor and is well respected for these characteristics in the Toronto fellowship. The FA fellowship would be very fortunate to have Pam as Chair of the SGSC and, if elected, I am confident that Pam will become a valuable member of the WSI board.

Dan B, Toronto

Reference 2

I am here to highly recommend Pam K. for the position of chair of the Service Group Support Committee. I have known Pam for most, if not all, of the 7 years she has been in FA. She has demonstrated a commitment to this program, to service and has a strong desire to grow in recovery. I have watched her take on several service opportunities where she has had to climb up and over old fears and ways of doing things. She has grown tremendously in the process.

Pam has served on the Service Group Support Committee for 5 years, currently as secretary. As such, she has a clear understanding of the committee's purpose and goals. In addition, Pam has formulated some creative ideas of how she would like to see the committee develop going forward. As a member of the SGSC she has been afforded the opportunity to chair the Forum planning committee for 2018 and is in the process of doing the same for this year's Business Convention. Given the success of the event last year, I have no doubt that the 2019 Forum will be as good if not better. These qualities, combined with

Pam's leadership skills, make her the perfect candidate for chair of the Service Group Support Committee.

Glenny D, FL

Reference 3

I have known Pam K. for 7 years. We have worked together in various service positions over those years. I have worked with her at EAI where she participated on a committee I chaired. Although she lives in Toronto she was able to participate in all our committee meetings via conference calls. During my tenure as committee chair, Pam was willing to do service at the Service Group Support Weekend by facilitating the FA Jeopardy Game and the "So You Want to Be a FAmillionaire" which she adapted to fit our program. Both of those events were very successful because of the extra planning and effort that Pam put into doing service.

Pam is currently on the SGSC Core committee. As the Secretary, she takes minutes for our conference calls and posts the minutes on the FA website. Pam is also the chair of the Forum Planning committee and has done excellent work in last year's successful Forum. She is well on her way to planning another successful event. Pam will have 7 years of back-to-back abstinence and is in her 4th AWOL. She is currently co-leading a live AWOL for her second time. Pam's experience on the committee, her sustained abstinence, and her leadership qualities are essentials for being a great chair for the SGSC and a benefit to the WSI board. I highly recommend her for the Chair of the Service Group Support Committee.

Paul B, MA

12th Step

Erin S., CA, USA

APPLICATION FOR FA WSI OFFICER OR COMMITTEE CHAIR

APPLICANT INFORMATION

Position Applying For:	12th Step
Name	Erin S.
Date continuous FA abstinence began:	01/20/1998

YES I have read the qualifications for the above-named position as set forth in the WSI Bylaws and summarized in the "Position Descriptions." As a candidate for this position, by selecting 'Yes' I affirm my adherence to all qualifications. Furthermore, my 'Yes' selection signifies my permission to make my application materials public to the FA fellowship for the purposes of the election.

CANDIDATE RESPONSES

1. Brief account of your experience in addiction and in recovery.

My top weight was 155 pounds, and I have maintained a weight loss of 40 pounds since coming into FA. I have been in the program for 22 years and am so thankful that I have been abstinent for that amount of time.

In 10th grade, I can clearly remember having just finished Nutri Systems, feeling great in my thin body and starting our family vacation in Hawaii. There I was in paradise, but I was feeling like I was in a nightmare after taking that first bite. My Dad, who had been in AA for 30+ years, noticed the crazy behavior I had with food and told me, "You do with food what I did with alcohol." Upon our return, he took me to my first OA meeting. This is when the seed was planted for me. I was too cool for school at that time and thought, "No way do I need a 12-step program." I did not attend another OA meeting until I was a sophomore in college. I did not see people who had what I wanted, so I just continued to do it my own way. On the outside, I presented as happy as can be with a smile on my face. On the inside, I was full of fear, doubt and insecurity.

My ego of wanting to look good at my brother's wedding brought me back to OA when I was a graduate student at the University of Michigan. I was 22 years old at that time. The wedding would be all about the sister of the groom, so I thought. Thus started my journey of getting help with my food addiction. I came ONLY for the vanity but stayed for the sanity. A young woman moved to Ann Arbor, MI from Washington D.C. and brought the OA 90-day program to our area. I was thin from following the OA program, but I had been lacking the spiritual and mental recovery that this program has to offer. I learned to put this program first in my life. I became as passionate about recovery as I did about my eating. Today, I am living a life that I always dreamed of having, but I never could seem to get there because I was stuck in my food addiction. Admitting Step One was one of the hardest things for me to do in my life. I am grateful for that seed that was planted when I was 15 years old, and has grown me into a person that lives a life that is guided by God, a sponsor, a fellowship and tools that allow me to never have to go back to that self-obsession, happy-on-the-outside, dying-on-the-inside, life. It would be such an honor to serve on the WSI Board as the 12th Step Chair if that is God's will for me.

2. Service positions held at the group and intergroup level.

I currently serve as Chair of the Western Area Intergroup (WAI) 12th Step Committee. In my role, I assisted in restructuring the policies and procedures for homebound meetings, served as Chair of Homebound Meetings, participate in monthly WSI 12th Step Council calls and participate in bi-monthly frontier calls. I also served one term as WAI Secretary and two terms as WAI Treasurer.

I have also been involved with Community Outreach to teens and twenties as a speaker in a number of high school classrooms, and have manned numerous tables at health fairs. Other WAI service I've done includes reviewing applications for financial assistance to Business Conventions as part of the Convention Resource Committee, and for the WAI Office, I collected FA mail from our San Francisco PO box for many years, maintained the 800 number and returned messages to those newcomers inquiring into FA.

At the meeting level, I have held every service position many times over. In the beginning, I brought the tape player and tapes to the meetings since we did not have enough members with 90 days of abstinence to share their stories. I have found meeting spaces and started meetings.

I have co-lead a number of in-person AWOLS, and I currently co-lead phone AWOLS. I was always told there is no service too small. Service keeps the focus off of me and my addictive mind and onto helping others.

3. Education, business, professional or other experiences and skills that would be useful as officer or chair. Please do not send your résumé.

I have a bachelor's degree from the University of California Irvine in psychology. My junior year I studied abroad in England, where I got to travel and learn about the world, people, personalities and diversity. I went on to get my Master's Degree in Social Work from the University of Michigan in Ann Arbor. I have a degree that educated me on working with people. We spent many class hours roll-playing active listening, problem solving and solution-based therapies. It provided me with tools for partnering with others, understand people's differences and work well within those differences. After graduate school, I learned that what I really wanted was to be in FA, sponsor, be sponsored and do service, without having to be accountable as a professional in the field of psychology. By then, I just wanted to share my experience, strength and hope. These skills I mentioned above really serve me in sponsoring and participating in other service positions. I ended up going into sales, which I loved. During this time as a salesperson, I had to listen to what the customers' needs were, find ways to overcome constant objections, and stay calm, non-judgmental and organized. Now, as a wife and mom of two teenagers, I utilize my organizational skills for keeping up our home, school life and busy extracurricular schedule. I am great at delegating and asking for help when needed. Living in a home with teenagers, I also have to practice patience and active listening, work through challenging objections, and remain neutral and calm. I believe these experiences will definitely benefit me if given the chance to serve on the World Service Board.

4. Your thoughts on the following: aspects of the committee's current work you would emphasize; to the best of your ability, a description of your vision for the committee's work.

As the current WAI 12th Step Chair, I am a part of the 12th Step Council call facilitated by the current WSI 12th Step Chair. This has given me understanding about what this position entails and the commitment it takes to hold it. Getting to be a part of the redesign of the Homebound Meeting Guidelines this past year was a great experience. I believe in not fixing what is working, but I also think it's helpful to review and update documents as necessary.

I assisted in the organization of the 43 homebound meetings that took place within WAI in 2018. As 12th Step Chair, I would continue to oversee Area Coordinators to ensure we are helping members not to feel isolated during times of a physical ailment.

I also participated in the organization of 16 Thank-A-Thons within WAI this past year. I'd like to continue to encourage enthusiasm across the country to host Thank-A-Thons and practice the tool of gratitude to kick off US Thanksgiving Day each year.

I would like to further be involved with the great work that is being done on the frontier. I would continue to reach out to food addicts that do not have FA fellows around them or any FA meetings to attend, and make sure they are a part of this fantastic fellowship. I would like to carry forward innovative ideas such as the digital newcomer packet that was recently launched.

I would continue to support development of the Gratitude in Action quarterly newsletter that has been distributed via email since Fall of 2003. The service message that is spreading throughout our fellowship via this newsletter is contagious.

I have been blessed to observe the hard work that goes into maintaining Meeting Effectiveness, Safety and Accessibility. This subcommittee will continue to serve as a great resource for meetings and fellows to stay strong. If elected 12th Step Chair, I will continue to promote the importance of utilizing this committee as the needs of our fellows and fellowship continually change.

In summary, my vision is to be a person that brings spiritual principals to the forefront when working with all the various personalities in our diverse fellowship. I believe I would be an enthusiastic, motivating, positive facilitator of the 12th Step Committee.

REFERENCES

Reference 1

Erin S has been in FA for 22 years, and I have known her for almost all that time. She has held many positions throughout her years in recovery, beginning at the meeting level and working her way to the Intergroup level where she is currently the Western Area Intergroup 12th Step Committee Chair. In that role, she has been involved in growing the Homebound meetings, originating its procedures and organizing the very large number of Homebound meetings in the San Francisco area. Erin is a quick learner who rose to the occasion when a Treasurer was needed for WAI. She took on the position willingly and ended up doing it for two terms. When asked to do service, she says “yes” whether she knows the position or not--she just learns it.

Erin is a people person. She gets along well with everyone, and I believe she will do a great job in the newly open position of Chair of the WSI 12th Step Committee. She has been involved in the committee since serving as the WAI 12th Step Chair and has called into the monthly calls regularly. She has maintained continuous abstinence through marriage, raising two children, renovation of a new home, sponsoring, co-leading AWOLs, starting new meetings and helping to develop the FA fellowship in its earliest days in California. I know she will be an asset to the World Service Board.

In service,
Bonnie H., Fort Lauderdale, FL
World Service Chair

Reference 2

This is a letter of recommendation for Erin Sacks. I have known Erin for over 20 years. She has always demonstrated a firm commitment to abstinence and the FA way of life. She has been a member of the 12th Step Committee for two years, serving as the 12th Step Chair for Western Area Intergroup (WAI). During this time, she has been a major contributor in redesigning the WAI Homebound Meeting Guidelines, which are now posted to the FA website. As the current Chair of the WSI 12th Step Committee, I work closely with Erin, who is responsible for coordinating and overseeing a total of sixteen Thank-a-thons within WAI among four states. She collaborated with a small committee to update the Thank-a-thon policies and procedures. She promptly met all deadlines and was unruffled under pressure. Erin demonstrated humility and was easy to work with. Erin was present for and participated in all monthly 12th Step conference calls as well as the frontier support calls. She relates well to the frontier efforts, as she once lived on the frontier herself.

Erin exhibits the dedication, experience, and commitment necessary to lead a committee. It is without hesitation that I recommend her for the position of Chair of the WSI 12th Step Committee.

In service,
Paula K., Ithaca, NY
World Service 12th Step Committee Chair

Reference 3

I have known Erin since 1996 when she flew from Ann Arbor, MI to Chelsea, MA in order to attend meetings and experience the Boston fellowship. Her interest in and drive for recovery, and her willingness to go to any length, was as apparent then as it is now. I have watched her grow up in this fellowship during these last 22 years. She later moved from Ann Arbor, MI to her home state of California, and chose a location eight hours from her family in order to be in the only 90-day FA fellowship and AWOL that there was in California. Her desire to always get better, openness to learning new things, ability to ask for help, capacity to work well with others, strong delegation skills, and her approachable style are all attributes that will add to her being a great member of the WSI Board. I highly recommend Erin for the upcoming WSI 12th Step Chair.

In service,
Darlene D., Chelsea, MA

12th Step

Regina M., MA, USA

APPLICATION FOR FA WSI OFFICER OR COMMITTEE CHAIR

APPLICANT INFORMATION

Position Applying For:	12th Step
Name	Regina M.
Date continuous FA abstinence began:	11/17/2006

YES I have read the qualifications for the above-named position as set forth in the WSI Bylaws and summarized in the "Position Descriptions." As a candidate for this position, by selecting 'Yes' I affirm my adherence to all qualifications. Furthermore, my 'Yes' selection signifies my permission to make my application materials public to the FA fellowship for the purposes of the election.

CANDIDATE RESPONSES

1. Brief account of your experience in addiction and in recovery.

I came into OA in 1983 at age 22 at 185 lbs. OA introduced me to the 12 Steps, and the Big Book, but I just was not ready or willing to work the OA program. In my search for answers on why I felt such discontent with my life, I sought out Alanon, Adult Children of Alcoholics and therapy. These programs gave me some answers but I was still restless, irritable, and discontent. I also tried Grey Sheet OA but was unwilling to give up the food.

In 2002. I was introduced to FA. I stayed for 90 days and left because the food continued to call to me, and I answered. In 2004 rejoined Grey Sheet and had some success but chewed through several packs of sugarless gum in the process. After gaining 40 pounds, and in desperation, I came back to FA in 2005.

I joined FA while living and working in Pennsylvania and West Virginia. We had small meetings and I supported my recovery by attending AA meetings. In 2005, I enjoyed recovery in the Boston area, but was transferred with my work back to WV in 2007. During this time, I attended the one FA meeting we had in the area in which me and two of my siblings were the primary participants. I periodically drove to Erie, PA and Cleveland, OH to do service, participating in PI sessions and qualifying at meetings. In 2013 I retired from federal service, moved back to Massachusetts where I attend meetings in the Southcoast. Since 2013 when I was able to attend EAI in person, my recovery has benefitted from my opportunity to do organized service.

I have been consistently working this program for 14 years and have been abstinent for 12.5 years. By the grace of God, I have maintained a weight loss of 65 pounds and I am grateful.

2. Service positions held at the group and intergroup level.

On the meeting level I have been Secretary, Speaker Seeker, treasurer, WSI rep, and EAI rep many times at meetings in Mass, Florida, and West Virginia.

On the LSG level, I have participated in the Wareham Mass LSG, and participated in a multi-meeting PI there in September 2018. I am also active in multi-meeting activities in the Treasure Coast of Florida. I also assisted the LSG's efforts by placing tri folds in laundromats, coffee shops and other public places.

On the intergroup level, I was the EAI 12th Step Committee Chair for two terms (four years) and we designed short presentations ("Deep Dives") on the activities of the 12th Step Committee for the whole intergroup. We did a Deep Dive on International Dialing (to encourage people to call the frontier) that was useful enough that we presented it twice. Committee members wrote and presented three separate skits that have been used titled Cross Talk, Service with a Smile, and Meeting Health. The Cross Talk and Service with Smile has been used by chapters and LSGs at Fellowship Days within EAI, and is available to any FA service group.

Also, as Chair I coordinated the Thankathon for one year, until I found a fellow willing to take over that important task. I was a member of the EAI 12 step committee for one year before I was asked to be chair.

At the WSI level, I am the 12th Step Committee Secretary since June of 2018. Before that I was a member of the 12th step core council as EAI 12th step chair.

I have completed several AWOL's finished co leading a face to face AWOL in Wareham, MA and will co lead a phone AWOL beginning in March of 2019.

3. Education, business, professional or other experiences and skills that would be useful as officer or chair. Please do not send your résumé.

I graduated from Stonehill College, Easton, MA with a BA in Political Science.

I retired five years ago as a Special Agent with the EPA Criminal Division, after 28 years in law enforcement at the federal level. During my career, I transferred from the FBI, to Naval Criminal Investigative Service and the U.S. Environmental Protection Agency Criminal Investigation Division for more responsibility and new challenges. Within the work environment, I was responsible for all phases of case management and answered to an EPA supervisor and the Assistant US Attorney. I had to review federal regulations as they applied to my investigations, write reports, testify under oath, participate in trainings, and provide briefings to federal employees. I took the initiative opening, managing and investigating cases, and was a team player on task forces and search warrants. These experiences taught me a lot about leadership skills, gave me organizational skills and confidence. Because of the opportunity to work towards a goal I felt passionate about, I learned the value of service and being part of something larger than myself. My career taught me to show up, to feel the fear and do it anyways, and to go where others fear to tread.

My experiences as an EAI committee chair taught me the value of goal-setting, collaboration, creativity and keeping a sense of humor. Initially I was fearful as fellows brought me questions and concerns to which I had no answer. The previous chair stayed on the committee, cheered me on, and buoyed me through my stumbles. I always prepared thoroughly with an agenda of projects for the committee to work on to keep the time we had together fun and interesting. I divided the committee into smaller subcommittees, i.e., a welcome committee (for an orientation to EAI, signage and greeters), a home meeting subcommittee, and a technology committee. Word got out about how much "fun" it was to be on the 12th Step committee, more fellows to joined. My style was to collaborate with committee members, not dictate to them what we were going to do.

I consider myself to be a creative and do art work in acrylics, abstract art, Japanese brush painting, drawing, sewing, as well learning the d'jembe, ukulele, and keyboard. I have always been enthralled with nature and recently completed a 40-hour Naturalist course with the University of Florida. This will allow me to volunteer as a nature interpreter at any Florida nature preserve. In the past, I have produced and distributed a political podcast through iTunes/Stitcher.

I am proficient in Powerpoint, Word, Excel, Pages, Numbers, Garage Band, and firearms.

4. Your thoughts on the following: aspects of the committee's current work you would emphasize; to the best of your ability, a description of your vision for the committee's work.

I never sat in the front of the room before I joined FA. Through fellowship and in service, I find I no longer need to hide at the back riddled with fear and discontent. Service and fellowship have broken down those walls of self-centeredness and made me grateful for the new life that is available to us here

in FA.

I believe that service keeps me abstinent, happy and grateful to be a member of this fine fellowship. If elected, my priority would be to encourage fellows to do service. As an addict my first inclination is to go off on my own to the edges of the room, be a wallflower and let others do the work. Service with a smile lets me show up and rub elbows with my fellows. Sometimes my feelings get hurt that my big idea hasn't been embraced. But I've learned to ask HP for help. When I do service over time my rough edges become smooth and I get to show up for myself and for others. I get knitted into the group and become part of the fellowship. I am no longer alone.

Therefore, I would ask the 12th Step Committee to put service and fellowship first in their subcommittee work. I would ask them to find new and interesting service opportunities for our members and new ways of enhancing fellowship.

The Frontier will be a top priority if I am elected. Having lived in an area on the frontier, I understand what it is like to be without a fellowship, the trepidation one feels in attending other 12 Step meetings, and the necessity and importance of driving a distance to be among fellows and of service.

If elected, I will establish a subcommittee on Unity. Food addicts come from all walks of life and experiences. No matter what a food addict looks like, what form of the disease they have, or what opinions they have about recovery, we are unified through our commitment to service. This committee would find new ways for extending opportunities for fellowship and service to all recovering food addicts.

REFERENCES

Reference 1

To Whom It May Concern:

It is my pleasure to write this letter of recommendation for Reggie M. for the position of the World Service 12th Step Committe Chair. I had the pleasure of serving on the EAI 12th Step committe while Reggie was Chair and watched an influx of energy into the group as she served us. Reggie is a dynamic motivator and helped our members want to do service. She brought her humor, compassion, passion and creativity to the group. She also was dependable and well organized. She inspired us to create skits that spread messages such as how funny we are when we are afraid of service, and ways we can avoid cross-talk in our meetings.

I got to know Reggie while I was Chair of the EAI 12th step committee four years prior to her service as Chair. She was a great help to us at that time and her creative, upbeat energy was the reason I invited her to take over when I had completed my comittment. She has always been willing to be of service, no matter what is asked of her. She has a warm way of welcoming new people to the group, and finding out how each member can be included. She also exhibited a lot of flexiblity. If a service was vague, or not done very often, she would question whether it was still relevant or ways we might improve communication with our fellows to gain support. Reggie delegated tasks with ease and never came across as being overwhelmed with the service position. She remained a positive, joyful servant the whole time that I served with her.

Please don't hesitate to contact me for further information.

Sincerely,
Deb H.

Reference 2

I am writing this to highly recommend Reggie M for the position of 12th Step Chair for WSI. I have known Reggie for about 12 of the 15 years I have been in FA. During that time, I have watched her take on several service positions with energy, creativity and enthusiasm. Her primary focus in this program has been service and fellowship. Reggie has an outgoing personality and uses it to help others and to get things done.

Prior to applying for this position, Reggie spent 4 years as chair of the EAI 12th Step Committee. When she took on that position, she had just arrived back in Massachusetts from West Virginia where she lived for several years. Undaunted by the fact that she had been out of state, thus unable to attend intergroup meetings in person, she rose to the challenge, approaching it with the same energy, creativity and enthusiasm as she does everything else in her life. When I began in that position last July, Reggie was, and continues to be, a valuable resource. She has demonstrated terrific leadership skills that, along with these other qualities, make her the perfect candidate for WSI 12th Committee Chair. Vote Reggie!

Glenny D, FL

Reference 3

To Whom It May Concern

This is a recommendation for Reggie M. In the 6 years that I have known Reggie, I have been impressed with her commitment to abstinence and service. She is a dynamo! She has been a member of the WSI 12th Step Committee for 5 years: first as the Eastern Area Intergroup (EAI) 12th Step Committee Chair, and more recently as the secretary of the WSI 12th Step Committee. I recruited her for the latter position because I wanted to capitalize on her enthusiasm for service and her ability to motivate people to be active in service. She has not let me down.

As the chair of the WSI 12th Step Committee, I worked closely with Reggie, who was responsible for coordinating and overseeing US Thank-a-thons across the EAI region. She recently volunteered to coordinate the efforts of a small group of members to update the Thank-a-thon policies and procedures.

In her role as secretary, Reggie recorded the minutes of the conference calls, disseminated information to members, and conferred with me on agenda items. She is currently working with committee members to plan and coordinate the 12th Step table at the upcoming business convention. She effortlessly delegates responsibilities and follows all endeavors through to completion.

In consideration of all the skills and experience Reggie would bring to the position of chair of the WSI 12th Step Committee, I wholeheartedly recommend her. She would perform this service with the humility, dedication, and commitment that she has demonstrated thus far.

In Service,
Paula K.
WSI 12th Step Committee Chair