

1. I came into OA in Miami, Florida 3/1/84. It took me 10 1/2 months to get abstinent and I've had two one day relapses. God willing on September 9, 2018 I will have 32 years of abstinence. I'm married for 45 years, have 2 daughters, 6 grandkids and am very grateful that my family all live in Charlotte. I moved here almost 8 years ago to be with my family.

2. I've been the chair of intergroup since last November's election. Last year I was the reachline chair and also the Region representative. I had the privilege of going to Region 8 business conference in Miami. In Miami I held the position of contact person for my meeting and Lifeline chair for many years- really much longer than I should have. I was a group treasurer.

3. The only preparation I had for any position was willingness and God's help.

4. The best part of doing service is meeting wonderful members of the fellowship. The secondary benefit was giving me confidence that I could have a leadership position.

5. The challenging part is asking others for help. Also remembering I don't have to do it all, things don't have to be perfect and God is in charge.

6. The biggest service I have done, besides remaining abstinent, is I make a lot of phone calls. I have always made attending my home group a priority and I sponsor people in Miami and Charlotte.

7. I love OA! I love the people in the rooms. I love that I have changed to a happy person instead of an angry one. I love the steps and traditions that guide me in my life, in and out of the rooms. I love having a non-judgmental higher power. I love that the obsession to eat my binge foods has been lifted-if you have heard me speak, those foods are like "wallpaper" to me. I love that this program is one day at a time.

8. If I had to say a dislike it would be that everyone doesn't have a 12 step program.

9. I would encourage members to step up and become involved in intergroup. I went to 1 meeting in Miami and was turned off as there was a lot of contention at that intergroup meeting. I'm so glad I decided to get involved in Piedmont's intergroup. Mostly out of fear that it would not continue. I cannot imagine not having an intergroup where I live. When my husband first said we were moving 2 years before we did, the first thing I did was check to see if there was OA in Charlotte and called a person who was listed as the contact person. It was said "service is slimming" but more than that, service has helped me grow as a person and meet wonderful people. I've had the opportunity to go to other meetings across the area from Davidson, Concord, and Hickory and have met the nicest people.

10. As the Big Book says, "it works if you work it" and it doesn't if you don't. I can't say enough how grateful I am that I found the rooms when I did, as I am powerless over food and my life was unmanageable.