

## Application for Secretary for Region 9

Dear Region 9 Assembly.

My name is Mette and I'm a compulsive overeater. I have been representing NSB Denmark twice: in 2010 in Iceland, and in Belgium in 2012.

In the past two years I have been a member of the Twelfth Step Within Committee. In Iceland 2010 I would have liked to be elected to the position of chair of TSW but HP had another plan with me, and in 2011 I was elected as chair of TSW. During the first year as a member of TSW, I learned a lot about how service at region-level was. and I got stronger. In the past year it has been very rewarding to me to be able to do service in the committee, and with the committee. I have conducted our skype meetings and send out the agendas. And since last year as chair of TSW, I have worked with the Region 9 sponsor list, I have gathered information from the attendants to the Assembly 2011 to our "Liaison with Service Bodies not represented at the Assembly" list.

Last year I was nominated from the floor, to the position of secretary but wasn't elected.

I came to my first OA meeting in 2001. I have been abstinent since July 2008, one day at the time and over the years I have done a lot of service at group level, in our NSB, and, at our annual National Service Assembly in March this year, I was elected to NSB secretary (a two years term). The work I'm doing as secretary in Denmark is very inspiring to me each and every day. One of my duties is to send out emails to the mailing list we have in Denmark. The members can get any news there must be concerning OA Denmark, such as "Lifeline Weekly", NSB-meeting minutes, meeting updates, convention information etc. Since 2010 I have translated very many different things to NSB to use, and to the groups such as "Seventh Tradition: Gives as your life depend on it" and "Secretaries Maintain the Connection".

I'm working the steps and living the program to the best of my ability, I have a sponsor. I have three step-sponsees and one food-sponsee. And I am very focused and have a big amount of responsibility for those I serve when I'm doing service. All I have learned about writing on computer etc. I learned myself. Furthermore; I'm willing to learn more.

And not to forget...I am very grateful for all I have received and how it has given me experience, strength and hope.

Love in service  
Mette T.