

A Day In The Life of A CCI Delegate

By Marilyn D.

My dear CCI Family,

As an elected board member of our great Cleveland Central Intergroup I have been asked to share my "Day in a Life" with you all.

I have been abstinent for 7 years and 10 months continuously, became a group rep in 2015, served as Chairperson for the Professional Outreach committee, 3 years and 1 month as your treasurer and am finishing up my third year as an elected delegate. I am also your elected Chairperson for our 2024 Region 5 Convention.

I am semi-retired from corporate customer service and retail management and currently work part-time as a personal shopper and a file maintenance clerk for Giant Eagle since November 2020. I am also an Owner, President, CEO of an independent travel agency. Our 8 ½ month old puppy likes to get me up at 4:15am when my "morning person" husband's alarm clock goes off, which has been an opportunity for me to spend more time improving my conscious contact with God. I pray, read, write, sit quietly, and listen (if the dog allows it). I attend two CCI OA meetings each week and listen in on the "A Vision for You" daily phone-in meeting a few times a week. I call my sponsor once a week and send my 10th Step/Nightly Review daily. I am available and willing to sponsor. You can text or call me on 330-606-1426.

In accordance with Article VIII, C of the Cleveland Central Intergroup Bylaws

Responsibilities of the Delegates shall be as follows:

1) Give service to and support of OA as a whole. I participate in the World Service Unity with Diversity Committee, which meets once every three months, and contribute to the subcommittee "Diversity in Action," which meets monthly. The only requirement for OA membership is the desire to stop eating compulsively. ALL ARE WELCOME HERE.

2) Be familiar with the AA service manual, The Twelve Concepts of World Service. (1/15) Here is the link for this manual if you are interested: [BM-31 - The A.A. Service Manual combined with Twelve Concepts for World Service - by Bill W. \(aa.org\)](#)

3) Attend Executive Board and Cleveland Central Intergroup meetings with voting

privileges. (1/15) This usually takes place every 1st Monday of each month but can change depending on the needs of the Board as a whole.

4) Represent CCI at Region 5 Assemblies and the annual World Service Business

Conference. These events are currently in person and require travel paid for by CCI, except the Region 5 Summer Call-In which is held virtually.

5) Prepare for all assemblies and conferences by reviewing World Service Bylaws,

Region 5 Bylaws, and all materials provided specifically for each conference or

assembly. We receive these materials, via email, in advance giving us time to review before each assembly or conference.

6) Submit to CCI written and oral reports of all official activities.

7) Correspond with World Service and Region 5 as necessary.

8) Submit in writing an itemized summary of reimbursable expenses within one

month after completion of each Region Assembly or WSBC trip. Expense reports are found on our CCI website, www.oacleveland.org.

As a CCI Board member I serve on the Supercommittee which is the 12 Step Within, Public Information (PI), and Profession Outreach (PO). I manage the CCI meeting list as a part of this/these committees. I also serve on the Ways & Means Committee; I basically house the literature that CCI keeps to sell at events. The committee work I have done with Region 5 includes Chair of the Bylaws Committee and working with the Sponsorship and PI/PO committees. My Term for Delegate will be complete at the end of this year, and I will solely be concentrating on the Region 5 2024 convention.

I have found that when I give back to this program the program gives back to me. I spend more time with my husband, adult children, and dog, than I would if I was living in my addiction. I am closer to my Higher Power and my spirituality keeps growing and evolving. I take better care of myself. I breathe.

I am grateful for your trust as an elected servant.

Love to all,

Marilyn D.

Delegate, Cleveland Central Intergroup.