

**BYLAWS FOR OREGON INTERGROUP  
of Overeaters Anonymous**

**ARTICLE I - NAME**

The name of this organization shall be Oregon Intergroup, hereafter known as Intergroup.

**ARTICLE II - PURPOSE**

Section 1 - Purpose

The primary purpose of this organization is to aid those with the problem of compulsive eating through the Twelve Steps of Overeaters Anonymous, and to serve and represent the OA groups from which the Intergroup is formed. This Intergroup is in compliance with and qualifies as an exempt organization under Section 501(c)(3) of the Internal Revenue Code of 1954, or the corresponding section of any future United States Internal Revenue Law.

Section 2 - The Twelve Steps(1)

The Twelve Steps are suggested for recovery in the fellowship of Overeaters Anonymous. The Twelve Steps are:

1. We admitted we were powerless over food - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

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(1) Permission to use the Twelve Steps of Alcoholics Anonymous for adaption granted by AA World Services, Inc.

### Section 3 - The Twelve Traditions(2)

The Twelve Traditions are:

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose - to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards and committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought ever be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.
12. Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

### Section 4 - The Twelve Concepts

1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
2. The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.
3. The Right of Decision, based on trust, makes effective leadership possible.
4. The Right of Participation ensures equality of opportunity for all in the decision-making process.
5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
7. The Board of Trustees has legal rights and responsibilities accorded to them by OA bylaws Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by tradition and by OA Bylaws Subpart B.
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the World Service Office.
9. Able trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
10. Service responsibility is balanced by carefully defined service authority; therefore duplication of efforts is avoided.

(2) Permission to use the Twelve Traditions of Alcoholics Anonymous for adaption granted by AA World Services, Inc.

11. Trustee administration of the World Service Office should always be assisted by the best

- standing committees, executives, staffs and consultants.
12. The spiritual foundation for OA service ensures that:
- a. no OA committee or service body shall ever become the seat of perilous wealth or power;
  - b. sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
  - c. no OA member shall ever be placed in a position of unqualified authority;
  - d. all important decisions shall be reached by discussion, vote, and whenever possible, by substantial unanimity;
  - e. no service action shall ever be personally punitive or an incitement to public controversy;
  - f. no OA service committee or service board shall ever perform any acts of government and each shall always remain democratic in thought and action.

### **ARTICLE III - MEMBERS**

#### Section 1 - Membership

Members of the Intergroup shall consist of the following:

- A. The Intergroup Board.
- B. Intergroup representatives (IRs) which shall consist of 2 members from each group within the Intergroup area. Visitors are welcome and are encouraged to participate in the discussion.

#### Section 2 - Qualifications

Qualifications of eligibility for membership in the Intergroup.

- A. Those groups within the region or geographic definition of Intergroup that have formally registered with World Service Office and indicated their intention to belong to Intergroup may be considered members.

An OA group shall be defined as the following:

1. As a group, they meet together to practice the Twelve Steps and Twelve Traditions of OA.
2. All who have a desire to stop eating compulsively are welcome in the group.
3. No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting).
4. As a group, they have no affiliation other than OA.

A group may be formed by two (2) or more persons meeting together as set forth in Article IV, Section 1 of Overeater Anonymous, Inc. Bylaws Subpart B.

- B. Each group shall be entitled to votes through its elected IRs.
- C. No group shall be registered with another Intergroup.

### Section 3 - Intergroup Representatives

A. Intergroup representatives shall be selected by the group conscience of the group they represent. Each IR shall be selected by any method deemed appropriate by their group. These IRs shall serve for a period designated by their group, always subject to recall by the group they represent. Each group shall be free to designate an alternate delegate when the necessity arises.

B. The primary responsibility of the IR, or alternate, is to represent their group at all meetings of the Intergroup, to act as a liaison between this Intergroup and their group, to see that all communications pertaining to Intergroup are made available and, where requested, read aloud to the group.

### Section 4 - Membership with voice and no vote may be:

- A. Any employee.
- B. Any member of the fellowship who is not a duly elected representative or alternate.

## **ARTICLE IV - THE INTERGROUP BOARD**

### Section 1 - The Intergroup Board

- A. The board shall consist of a chairman, co-chairman, secretary, treasurer, group coordinator, newsletter editor, member-at-large and events coordinator.
- B. The Intergroup Chair, Co-Chair, Secretary and Treasurer shall serve as the executive board.

### Section 2 - Nominations to the Intergroup Board

Nominations to the board may be made from the floor at the time of election. A nominating committee may also be formed, at the direction of the Intergroup.

### Section 3 - Qualifications for the Intergroup Board

- A. Working the Twelve Steps of Overeaters Anonymous.
- B. Familiarity with the Twelve Traditions.
- C. Currently abstaining.
- D. Regular attendee of an active group for a period of 2 years for executive board members and a period of 1 year for all other board members.
- E. The World Service Business Conference Delegate (whether or not a member of the Intergroup Board) shall meet qualifications and requirements as required for election to the Board by Article IV, Section 4, of these bylaws; and as outlined and defined in the Overeaters Anonymous, Inc. Bylaws, Subpart B, Article X, Section 3c.
- F. The regional representative (whether or not a member of the Intergroup Board) shall meet qualifications and requirements as required for election to the Board by Article IV, Section 4, of these bylaws; and as outlined and defined in the Region 1 Bylaws.

## Section 4 - Method of Election

- A. Elections shall be held annually at the July meeting.
- B. To be eligible for election to the board, the nominee must:
  - 1) Meet all qualifications as defined in Article IV, Section 3.
  - 2) Understand responsibilities of the position as defined in Article IV, Section 6, and as defined in the Intergroup job descriptions.
  - 3) Be a sponsor and have a sponsor.
  - 4) Be familiar with Roberts Rules of Order, Newly Revised.
- C. In order to be elected to membership on the Intergroup Board, a nominee must be present at the election meetings, unless absence is approved by the voting body, and must receive a majority vote of the IRs present and voting.

## Section 5 - Term of Office

- A. Board members shall be elected to serve for a period of 2 years, except if filling an unexpired term.
  - 1) On even-numbered years, chairman, treasurer, newsletter editor and group coordinator shall be elected. On odd-numbered years, co-chairman, secretary, member-at-large and events coordinator shall be elected.
  - 2) Newly elected officers shall begin service at the Intergroup meeting following their election.
- B. Board members shall serve no more than 2 consecutive terms in the same office.
- C. After an interval of 1 year, a member may again be eligible for election to their prior office.
- D. Upon election to the board, members shall cease to be a representative of their group and that group shall elect a new Intergroup Representative.

## Section 6 - Responsibilities of the Intergroup Board

- A. Chairman:
  - 1) shall preside at all regular and special meetings of this Intergroup and Intergroup Board.
  - 2) shall be responsible for establishing the agenda for all Intergroup meetings.
  - 3) may cast the deciding vote to make or break a tie.
    - a) may participate in a ballot vote.
  - 4) may attend all standing committee meetings.
  - 5) shall ensure that the general account of the Intergroup be audited annually (refer to Webster: audit vt I: to examine with intent to verify).
- B. Co-Chairman:
  - 1) shall serve in the absence of the chairman.
  - 2) shall perform all other duties as prescribed in the Intergroup policy for job descriptions.

C. Secretary:

- 1) shall see that minutes are kept of all Intergroup and Intergroup Board meetings and that a copy of the Intergroup minutes is printed and mailed to each Intergroup representative. As a cooperative gesture, a copy of the minutes may be sent to the regional trustee.
- 2) shall maintain a file of all minutes of past meetings.
- 3) shall perform all other duties as prescribed in the Intergroup policy for job descriptions.

D. Treasurer:

- 1) shall maintain a checking and savings account, if necessary, for dispersal of Intergroup funds.
- 2) shall submit financial reports each month at the Intergroup meetings.
- 3) shall be cosignatory with at least one other board member or an appointee of the board.
- 4) shall perform all other duties as prescribed in the Intergroup policy for job descriptions.

E. Newsletter Editor

- 1) shall follow the suggested guidelines of WSO for publication of Intergroup newsletters.
- 2) shall be responsible for writing, drafting and assembling materials for ten to twelve issues of the newsletter yearly.
- 3) shall solicit, collect and edit articles written by others.
- 4) shall perform all other duties as prescribed in the Intergroup policy for job descriptions.

F. Member-at-Large

- 1) shall be prepared to work in cooperation with or for any board member and is willing to assume any board position as necessary temporarily.
- 2) shall perform all other duties as prescribed in the Intergroup policy for job descriptions.

G. Group Coordinator

- 1) shall make and maintain a file of registrations of all groups in Oregon Intergroup.
- 2) shall share group registration information with World Service and Region 1.
- 3) shall maintain the meeting directory.
- 4) shall perform all other duties as prescribed in the Intergroup policy for job descriptions.

H. Events Coordinator

- 1) shall coordinate intergroup activities.
- 2) shall perform all other duties as prescribed in the Intergroup policy for job descriptions.

Section 7 - Vacancies and Resignations

A. If a member of the Intergroup Board or delegate/alternate delegate fails to attend 3 consecutive meetings without prior notice, his/her office may be declared vacant by a majority of those members present and voting.

B. Any board member or delegate/alternate delegate may resign at any time for any reason by giving the chairman of the Intergroup written notice.

C. Any board member or delegate/alternate delegate of this Intergroup may be removed from office for due cause by a two-thirds (2/3) vote of the IRs at a special meeting announced for that purpose.

Section 8 - Filling of Vacancies

A. Vacancies shall be filled by a majority vote at that meeting in which the vacancy occurred, or at the next meeting or special meeting of the Intergroup. Such persons chosen to fill said vacancies shall serve for the remainder of the unexpired term.

B. A person chosen to fill any vacancy on the board shall meet the qualifications as defined in Article IV, Section 3, and be aware of all responsibilities of that position as described and defined in Article IV.

## **ARTICLE V - DELEGATES & REGIONAL REPRESENTATIVES**

### **Section 1 - Region 1 Representatives**

Region 1 representatives and World Service delegates should be the same individuals whenever feasible.

### **Section 2 - Delegates/Alternate Delegates**

There shall be one (1) delegate and one (1) alternate selected for each ten (10) groups or any portion thereof in Oregon Intergroup.

### **Section 3 - Terms**

Delegates and alternates should be elected for two (2) year terms on an alternating basis. No person may serve more than two (2) consecutive terms as a delegate. He/she is eligible for the position again after a one (1) year hiatus. During the hiatus, he/she may be elected as an alternate.

### **Section 4 - Qualification**

A. A nominee for delegate or alternate must:

- 1) Meet all qualifications of a board member as defined in Article IV, Section 3.
- 2) Understand responsibilities of the position as defined in the Intergroup job descriptions.
- 3) Be a sponsor and have a sponsor.
- 4) Be familiar with "Roberts Rules of Order Newly Revised."

### **Section 5 - Election**

The nominees must be presented at the May meeting, approved at the June meeting and selected at the July meeting by election. The only exception to the attendance requirement being if the absence is approved by the voting body. All delegates and alternates shall be numbered, positions shall be determined by the placing of newly elected names in a container and drawing out names by lot. This becomes their order after current delegates and alternates serving a second year who shall assume first numbers by moving up to senior positions.

### **Section 6 - Vacancies**

Delegate vacancies shall be filled by alternates according to their lot number.

### **Section 7 - Guidelines**

Delegates and alternates shall attend all Oregon Intergroup meetings and meet prior, to Region 1 Assembly and World Service Business Conference. Leave of absence shall be determined by the board. All delegates and alternates shall be subject to delegate guidelines and Article IV, Section 7.

## **ARTICLE VI - MEETINGS**

### **Section 1 - Regular Meetings**

The Intergroup shall meet monthly at a time and place designated by a majority of the voting members.

### **Section 2 - Annual Meetings**

An annual meeting shall be held in the month of July for the election of officers.

### Section 3 - Special Meetings

A special meeting may be called at any time by a majority vote of the Intergroup board, by giving notice as prescribed in Article VI, Section 4.

### Section 4 – Special Board Meetings

The chairman may call special board meetings at reasonable times by notifying each board member at least three (3) days in advance. The chairman may also poll the board by calling each member when a problem arises which needs to be solved before the next Intergroup meeting and a board meeting is not advisable.

### Section 5 - Method of Notification

Notification of all meetings shall consist of notices prepared by the Intergroup secretary and distributed to each group secretary and/or IR seven (7) days prior to the date of the meeting. Notification may also be made by placing an announcement in the Intergroup newsletter, if any, or by mail, and at the prior Intergroup meeting.

### Section 6 - Quorum

Those voting members present at any meeting of this Intergroup shall constitute a quorum for all proceedings of the Intergroup.

## **ARTICLE VII - COMMITTEES**

### Section 1 - Standing Committees

The following standing committees may be established as required to carry out the purposes of Intergroup in the most effective and efficient manner. Standing committees may include but not be limited to:

- A. Ways and Means
- B. Public Information
- C. 12 step within
- D. Professional
- E. Literature
- F. Young People
- G. Lifeline
- H. Network
- I. Other committees deemed necessary to carry on Intergroup work.

### Section 2 - Special Committees

The board shall designate such special committees as are deemed necessary for the welfare and operation of the Intergroup.

### Section 3 - Committee Appointments

The chairman shall appoint a committee chairman. A board member or any OA member meeting IR qualifications may be appointed to chair a standing or special committee with approval of the majority of the members present and voting.

### Section 4 - Committee Procedures

Each standing or special committee shall be responsible for calling and holding meetings, and establishing its method of procedures, subject to the approval of the Intergroup board and the guidelines of the Twelve Traditions of OA.

### Section 5 - Committee Responsibility

Any committee decision and/or vote which establishes or changes a policy, sets a procedural plan for a special event, or expends funds in excess of the approved budget, shall require approval by the Intergroup prior to implementation. Each standing committee chairman shall submit a report to the Intergroup monthly, and at the end of any specific event coordinated by that committee. If any monies are expended from an approved budget, a detailed and itemized report shall be included with the committee report.

### Section 6 - Nominating Committee

The Intergroup may have a nominating committee to recommend persons to serve as officers, RRs, and WSBC delegates and persons to fill vacancies and to serve on the next nominating committee. The number of members on the committee should be at least three (3). The chairman of the Intergroup shall not serve on the committee, but may provide background information and input as requested by the committee.

### Section 7 - Ex-officio Members

- A. Past committee chairmen may serve in an ex-officio capacity on their respective committees.
- B. The Intergroup chairman is an ex-officio member of all committees except the nominating committee.

### Section 8 - Committee Bank Account

A. If it is deemed necessary by the board that a committee shall open a bank account, the following procedure shall be followed:

- 1) The committee chairman and the treasurer of the Intergroup shall be cosigners on the account. Two signatures shall be required on all checks.
- 2) The committee chairman shall keep all financial records and shall present a detailed, itemized report of transactions to the Intergroup thirty (30) days following any event for which monies were expended or received.
- 3) The committee chairman shall arrange for an audit of the committee account during the final month of each year. The audit shall take place at the same time as the audit for the general account of the Intergroup.

### Section 9 - Vacancies

Should a vacancy, resignation, or removal of a committee chairman occur, all pertinent information shall be turned over to the Intergroup chairman. The chairman shall then appoint a new committee chairman to serve the remainder of the unexpired term.

### Section 10 - Removal of Committee Chairman

A committee chairman may be removed from office by a two-thirds (2/3) vote of the Intergroup Board. Removal is based on unworthy conduct, a return to compulsive overeating, or nonattendance.

## **ARTICLE VIII - SOURCE OF FUNDS**

### Section I - Source of Funds

A. Voluntary contributions of the member groups shall be the primary source of funds.

B. Secondary source of income may be such occasional projects or activities as may be authorized by the Intergroup according to Tradition Six.

C. The Intergroup may accept donations from OA members, conforming with the general practice of OA.

D. The maximum allowable annual donation to the Intergroup by OA members is to be limited to an amount set by vote of the Intergroup and listed in the Intergroup policy manual.

E. The acceptance of bequests or donations from any outside source is prohibited.

F. The maximum allowable bequest to the Intergroup by OA members is to be limited to an amount set by vote of the Intergroup and listed in the Intergroup policy manual.

G. The Intergroup shall not accept the responsibility for trusteeship over, or enter into the distribution or allocation of, funds set up outside of Overeaters Anonymous.

### Section 2 - Prudent Reserve

There shall be no accumulation of funds beyond current necessities, with retention of only a prudent reserve for contingencies. Funds in excess shall be donated to Region One and the World Service Office annually as budgeted and directed by the Intergroup.

## **ARTICLE IX - PARLIAMENTARY AUTHORITY**

### Section 1

The rules contained in the current edition of Robert's Rules of Order Newly Revised shall govern this Intergroup in all cases to which they are applicable and in which they are not inconsistent with these bylaws, the Overeaters Anonymous, Inc. Bylaws, the Twelve Traditions or any special rules of order this Intergroup may adopt.

## **ARTICLE X - AMENDMENTS TO THESE BYLAWS**

### Section 1

These bylaws, with the exception of Article II, Sections 2, 3 and 4, may be amended at any time by a two-thirds (2/3) vote of the Oregon Intergroup, provided the amendment to be voted on has been presented at a previous regular Intergroup meeting, recorded in the minutes, and printed in the newsletter. The only exception to the above requirement is technical and/or grammatical amendments which may be amended at any time.

## **ARTICLE XI - MAJOR POLICY MATTERS**

### Section 1

A. Matters which affect this Intergroup and/or groups within its service area shall be referred to the board of this Intergroup.

B. Matters which relate to Overeaters Anonymous as a whole which affect Subpart A of the Bylaws of Overeaters Anonymous, Inc., shall be referred to the Board of Trustees.

C. Matters which affect Subpart B of the Bylaws of Overeaters Anonymous, Inc., or which relate to the Twelve Steps, Twelve Traditions and Twelve Concepts shall be referred to the World Service Business Conference.

## **ARTICLE XII - DISSOLUTION**

### Section 1

Upon the dissolution of this association, after paying or adequately providing for the debts and obligations of the association, the remaining assets shall be distributed to the World Service Office of Overeaters Anonymous, and/or to Region 1 of Overeaters Anonymous.

### Section 2

No part of the net earnings of this association shall ever inure to or be used for the benefit of, or be distributed to, its members, trustees, officers or other private persons, except that the association shall be empowered to pay reasonable compensation for services rendered and to make payment and distribution in furtherance of the express purposes for which it is formed.