

BYLAWS OF THE UNITY INTERGROUP OF OVEREATERS ANONYMOUS

Revised December 2019

ARTICLE I – NAME

The name of this organization shall be the Intergroup also known as Unity IG.

ARTICLE II – PURPOSE

The primary purpose of Unity IG of Overeaters Anonymous is to carry the message of recovery to those with the problem of eating compulsively, by fostering the practice of the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service; and to serve and represent member groups and/or intergroups.

A) Twelve Steps

The Twelve Steps suggested for recovery in the Fellowship of Overeaters Anonymous are as follows:

- 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 to 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 affairs.

B) Twelve Traditions

The Twelve Traditions suggested for recovery in the fellowship of Overeaters Anonymous are as follows:

- 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 non-professional, but our service centers may employ special workers.
- 9) OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
- 10) Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never 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.

C) Twelve Concepts

The Twelve Concepts suggested for recovery in the fellowship of Overeaters Anonymous are as follows:

- 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 OA 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.

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; and
- 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

Membership of the intergroup (IG) with voice and vote includes the following:

- A) The IG officers.
- B) Intergroup representatives (IRs), which consist of 1 member(s) from each group.
- C) World Service Business Conference delegates
- D) Region representatives
- E) Committee chairs.

Section 2 – 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.
- C) Each individual will have only one vote even if also serving as an IR.

Section 3 – Qualifications

A) Qualifications for group membership in an intergroup: Groups registered with the World Service Office (WSO) that are within its region or geographic proximity may affiliate with an intergroup, except that virtual groups registered with the WSO may affiliate without regard to geographic proximity.

Each intergroup has the autonomy to determine which groups may affiliate with it; that decision should always be guided by OA Traditions and Concepts.

B) Unity IG endorses the definition of an OA group in Overeaters Anonymous, Inc. Bylaws, Subpart B, Article V, Section 1, as written and as it may be amended by a future World Service Business Conference.

C) These points shall define an Overeaters Anonymous group:

- 1) As a group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service.
- 2) All who have the 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 Overeaters Anonymous.
- 5) It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.

D) Virtual groups (groups which replicate face-to-face meetings through electronic media) may be an Overeaters Anonymous group if they

- 1) Otherwise meet the definition of Overeaters Anonymous groups;
- 2) Are fully interactive; and
- 3) Meet in real time.

Section 4 – Intergroup Representatives

A) Intergroup representatives (IR) will be selected by the group conscience of the group they represent.

B) The duty of the IR is to represent the group at IG meetings and to serve as a contact to carry communications between the IG and the represented group.

ARTICLE IV – THE INTERGROUP (IG) BOARD

Section 1 – The Intergroup Board

A) The board consists of the following officers: . (a chair, vice chair, secretary, treasurer).

B) The IG board may also include other positions such as World Service Business Conference delegates, committee chairs, or regional representatives.

C) Meetings shall be chaired by the chair of the board. In the event the chair is unable to chair any meeting, the vice chair will lead the meeting. In the event the vice chair is not available, the secretary will open the meeting and hold an election for a temporary chair.

Section 2 – Nominations to the IG Board

Nominations to the board may be made from the floor at the time of election. A nominating committee may be formed at the discretion of the IG board.

Section 3 – Qualifications for the Intergroup Board

To qualify for election to the IG board, an individual must:

A) Be working the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service to the best of his/her ability for one year.

B) Have current abstinence (a minimum of 6 months preferred for board members) (each person shall be the sole judge of his or her abstinence) except as follows:

- 1) World Service Business Conference delegates must comply with the abstinence and length of service requirements in the OA, Inc. Bylaws, Subpart B, Article X, Section 3c1). Current requirements: one year current abstinence and at least two years of service beyond the group level.
- 2) Region representatives must comply with the abstinence and length of service specified in the region's bylaws. Current requirements: a minimum 6 months continuous abstinence.
- C) Be a regular member of an affiliated group.

Section 4 – Election of Board Members

- A) Nominations may be made from the floor at the time of election.
- B) Nominees must be present at the election meeting. For election, the candidate must receive a majority vote of ballots cast.
- C) Voting will be by ballot.

Section 5 – Term of Office

- A) Board Members shall be elected to serve for a period of (2) years.
 - 1) On even-numbered years, Chairman and Secretary shall be elected. On odd-numbered years, Vice Chair and Treasurer shall be elected.
 - 2) Term of office for the Chairman and Secretary shall begin on the 1st day of the odd numbered year and end on the last day of the even numbered year.
 - 3) Term of office for the Vice-Chair and Treasurer shall begin on the 1st day of the even numbered year and end on the last day of the odd numbered year.
- B) Board members shall serve no more than two (2) consecutive terms in the same office.
- C) After an interval of two (2) years or one term, a member may again be eligible for election to their prior office.
- D) Board members are eligible to serve in a different position when their current term of office has expired.
- E) 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 Members

- 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
 4. May attend all standing committee meetings
 5. Shall ensure that the general account of the Intergroup be audited annually
 6. May call a special meeting at any reasonable time
 7. Has the authority to officiate for the organization in any emergency
- B) Vice 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 provided to each Intergroup Representative not present
 2. Shall maintain a file of all minutes of past meetings
 3. Shall perform all other duties as prescribed in the Intergroup policy
- 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 co-signatory with two (2) other board members or an appointee of the board
 4. Shall perform all other duties as prescribed in the Intergroup policy for job descriptions
- E) The Intergroup Board shall provide a means of conducting the Intergroup business in the case of emergencies and/or between meetings of the Intergroup.

Section 7 – Vacancies and Resignations

- A) If a board member is absent from an IG meeting more than 2 consecutive times without prior notice, his/her office may be declared vacant by a majority of those members present and voting.
- B) Any board member may resign at any time for any reason by giving the chair of the IG written notice.

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.

Section 1 – Regular Meetings

ARTICLE V – MEETINGS

The IG will meet one (1) day a month 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 November for the election of officers.

Section 3 – Special Meetings

A) A special meeting may be called at any time by a majority vote of the IG board, or by a petition of nine (9) IG members, by giving notice as prescribed in Article V, Section 4.

B) If the Intergroup members call a special meeting, the majority of the board members must be present.

Section 4 – Method of Notification

Notification of all meetings shall consist of notices prepared by the IG secretary and distributed to each group secretary and/or IR ten (7) days prior to the date of the meeting. Placing an announcement in the IG newsletter, if any, or by e-mail and at the Intergroup meeting is also considered proper notification.

Section 5 – Quorum

Majority of voting members present at any meeting of this Intergroup shall constitute a quorum for all proceedings of this Intergroup, with a minimum of 3 voting members.

Voting qualifications: To vote during an IG meeting, 6 months preferred abstinence is suggested for Chair, Vice-chair, secretary & treasurer positions. Intergroup members are asked to abstain from voting if they have less than 30 days abstinence.

Section 6 – Meeting Procedure

It is suggested that at the beginning of every meeting, OA's Twelve Steps, Twelve Traditions and Twelve Concepts of OA service be read.

ARTICLE VI – COMMITTEES

The board may establish committees as are needed for the welfare and operation of the intergroup. Each committee is responsible to the IG board.

ARTICLE VII – PRUDENT RESERVE

The IG treasurer will maintain a prudent reserve of six (6) months to cover expected operational needs. Excess funds will be donated to OA service bodies as determined by the IG.

ARTICLE VIII – PARLIAMENTARY PROCEDURE

NOTE: Intergroups may conduct the business of their groups by any method they choose. Once chosen, however, the method should be adopted in the bylaws so that members may be confident that the rules will not be changed as circumstances change to benefit some at the expense of others. The parliamentary authority common in use throughout Overeaters Anonymous is the most current available edition of *Robert's Rules of Order, Newly Revised*.

ARTICLE IX – AMENDMENTS TO THESE BYLAWS

These bylaws may be amended at any time by a two-thirds vote of the voting members present and voting at any regular or special meeting of the intergroup. The proposed amendment must be communicated in writing to each member group at least 30 days prior to the voting meeting. Amendments to the Twelve Steps, Twelve Traditions and Twelve Concepts of OA may only be made as per OA, Inc. Bylaws, Subpart B, Article XIV, Section 1.

ARTICLE X – DISSOLUTION

Section 1 – Deregistration

In order to deregister, an intergroup must submit a written notice to the World Service Office, region chair and region trustee.

Section 2 – Disbursement of Remaining Funds

When this intergroup ceases operation and all debts have been paid, all remaining funds shall be distributed to other Overeaters Anonymous service bodies or the WSO in accordance with Tradition Six.

Section 3 – US Non-Profit with 501c (3) Status

Upon the dissolution of this association, after paying or adequately providing for the debts and obligations of association, the remaining assets shall be distributed to the World

Service Office of Overeaters Anonymous, or to a non-profit fund, association, foundation, or corporation which is organized and operated exclusively for charitable, educational or religious and/or scientific purposes and which has established its tax exempt status under Section 501c (3) of the Internal Revenue Code. In accordance with Overeaters Anonymous Traditions, such non-profit fund, association, foundation or corporation should be either the OA World Service Office or another OA service body.

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