

August 15, 2020

## **BYLAWS of the GREATER ANN ARBOR AREA INTERGROUP of OVEREATERS ANONYMOUS**

### **ARTICLE I – NAME**

The name of this organization shall be the Greater Ann Arbor Area Intergroup, LLC; hereinafter known as Intergroup.

### **ARTICLE II – PURPOSE**

#### **Section 1 – Purpose**

The primary purpose is to aid those with the problems of compulsive eating through the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service, and to serve and represent the OA groups from which it is formed.

- 1.) The Mission Statement for the Greater Ann Arbor Area Intergroup is located in the Intergroup Policy and Procedure Manual.

#### **Section 2- The Twelve Steps**

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 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 our affairs.

### **Section 3 – The Twelve Traditions**

The Twelve Traditions of Overeaters Anonymous 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 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.

### **Section 4 – The Twelve Concepts**

The Twelve Concepts of Overeaters Anonymous are:

- 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 the World Service Business Conference the active maintenance of our world services; thus, the 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 acts of government, each shall always remain democratic in thought and action.

## **ARTICLE III – MEMBERS**

### **Section 1 – Membership**

Membership of the Intergroup includes the following:

- A.) The Intergroup Board
- B.) Individual Meetings' Intergroup Representatives: 1(IR) per Meeting or Meeting Alternate
  - 1.) Non-voting visitors are welcome at Intergroup meetings and have a voice in discussions.
- C.) Elected Representatives:
  - 1.) Region 5 Representative(s)
  - 2.) World Service Business Conference Delegate(s)
- D.) Committee Chairpersons

### **Section 2 – Group Qualifications**

- A.) The Greater Ann Arbor Area Intergroup endorses the definition of an OA group, located within the geographic proximity of the Intergroup area, as stated in the **Overeaters**

**Anonymous, Inc. Bylaws:**

#### **Subpart B Article V Section 1 – Definition**

These points shall define an Overeaters Anonymous group:

- a) As a group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service.
- b) All who have the desire to stop eating compulsively are welcome in the group.
- c) No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting).
- d) As a group they have no affiliation other than Overeaters Anonymous.
- e) It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.

#### **Subpart B Article V Section 2 – Composition**

- a) A group may be formed, as set forth in Article V, Section 1, by two or more persons meeting together, either
  - 1) in the same physical location (land-based);
  - 2) through some form of electronic device (virtual); or
  - 3) both.
- b) Groups compose the intergroups and service boards set forth in Articles VI and VIII hereof.
- c) A group may affiliate with only one intergroup or service board. However, groups may also participate in the activities (including voting) of another service body (Intergroup, National Service Board, Language Service Board, Region) with their permission.

#### **Section 3 – Intergroup Representatives**

- A.) Intergroup Representatives shall be selected by the group conscience they represent. Each (IR) shall be selected by any method deemed appropriate by their group. These (IR)s 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 group representative when the necessity arises.
- B.) Intergroup Representatives should be selected for willingness to serve, commitment to the Twelve Steps and Twelve Traditions of OA, length of time in Program and length of service.
- C.) 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.
  - 1.) Guidelines for Intergroup Representatives/Alternates are located in the Intergroup Policy and Procedure Manual.

### **ARTICLE IV – THE INTERGROUP (IG) BOARD**

#### **Section 1 – The Intergroup Board**

- A.) The Board consists of the following officers: two Co-chairs, Secretary and Treasurer.
- B.) The IG Board includes other positions such as World Service Business Conference delegate(s), Committee chairperson(s) and Regional representative(s).

- C.) Meetings shall be chaired by one of the two Co-chairs. In the event that neither Co-chair is available, the Secretary will open the meeting and hold an election for a temporary chair.
- 1.) Guidelines for Board members are located in the Intergroup Policy and Procedure Manual.

### **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 be formed at the discretion of the Intergroup 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.
- B.) Have 1 year of current abstinence when taking office (each person is the sole judge of his/her abstinence.)
  - 1.) World Service Business Conference delegate(s) must comply with the abstinence and length of service requirements in the **Overeaters Anonymous, Inc. Bylaws Subpart B, Article X, Section 3c 1)**: Qualifications for selection of World Service delegates/alternates shall be set by each intergroup, region (in the case of region delegates) or service board provided that each delegate/alternate shall have at least one year of current abstinence and at least two years of service beyond the group level. (Permission for any exception in qualifications for valid reasons, if deemed credible by the trustees, may be received by application to the World Service Office.)
  - 2.) Region Representative(s) must comply with the abstinence and length of services specified in the **Bylaws of Region 5 of Overeaters Anonymous, Inc. Article V**:
    - A.) Each Region 5 representative and alternate shall be elected by the intergroup they represent to serve for a two-year term. Elections shall be held at an intergroup meeting for which all member groups have been given prior notice.
    - B.) Region 5 representatives and alternates shall be selected for judgment, experience, stability, willingness, and for faithful adherence to the Twelve Steps, Twelve Traditions, and Twelve Concepts of Overeaters Anonymous.
    - C.) Region 5 representatives and/or voting alternates shall have at least one (1) year of current abstinence upon submitting their qualifications. Permission for any exception may be requested by an intergroup from the Region 5 executive board at least fifteen (15) days prior to the Region 5 Assembly.
    - D.) Each Region 5 representative/alternate shall be the sole judge of his/her abstinence and maintenance.

### **Section 4 – Election of Board Members**

- A.) A nominating committee may be formed at the discretion of the Intergroup Board 2 months prior to the designated Election Month, as guided by the Annual Activities Calendar in the Intergroup Policy and Procedure Manual. Nominations to the Board may also be made from the floor at the Election Meeting of the designated month, as guided by the Annual Activities Calendar in the Intergroup Policy and Procedure Manual.
  - 1.) To be eligible for election to the Intergroup Board, the nominee(s) must:
    - a.) meet all qualifications as defined in Article IV Section 3 (A.) & (B.)

- b.) understand the responsibilities of the position(s) as defined in Article IV Section 6.
- B.) It is preferred that Nominees be physically present at the Election Meeting. However, it is acceptable that Nominees be present virtually or by telephone, provided they give advanced notice to the Board.
  - 1.) Notifying a Board member of a Nominee's absence physically, virtually or telephonically from the Election Meeting is expected prior to the Election Meeting.
- C.) Voting will be by ballot.
  - 1.) For the election, the candidate must receive a majority of the ballots cast by Board members, Committee Chairpersons and Intergroup Representatives (IRs).
    - a.) Voters must be present in person, virtually or telephonically.
  - 2.) One of the 2 Co-Chairpersons will cast a ballot along with the other Board members, Committee Chairpersons and Intergroup Representatives at the Election Meeting.
    - a.) If there is a tie vote, the other Co-Chairperson will cast a ballot to break the tie.

#### **Section 5 – Term of Office**

- A.) Board members shall be elected to serve for a period of 2 years.
  - 1.) On Even-numbered years, One Co-Chairperson and the Treasurer shall be elected.
  - 2.) On the Odd-numbered years, the Other Co-Chairperson and the Secretary shall be elected.
  - 3.) 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.) Once elected, a Board member or Committee Chairperson may not vote as a group representative at the Intergroup.

#### **Section 6 – Responsibilities of the Intergroup Board Membership**

- A.) Serve as guardians of the Twelve Steps, Twelve Traditions and Twelve Concepts with respect to the functions of the Intergroup.
- B.) Perform the duties of their offices in accordance with the Service Position Guidelines in the Intergroup Policy and Procedure Manual.
- C.) Serve as guardian of Intergroup funds, which includes an annual financial audit.
- D.) Provide a forum for the interchange of ideas and information among member groups.

#### **Section 7 – Vacancies and Resignations**

- A.) Any Board member of this Intergroup may be removed from office for due cause by a 2/3 vote of the ballot cast at a regular or special meeting announced for that purpose.
  - 1.) Due cause includes a Board member who is absent from an Intergroup meeting

more than 2 times in 12 months without prior notice and without fulfilling the responsibilities of the service position.

B.) Any Board member may resign at any time by giving one of the Co-Chairpersons of the Intergroup written notice.

### **Section 8 – Filling of Vacancies**

A.) Vacancies shall be filled by a majority vote at the next meeting or special meeting of the Intergroup after the vacancy occurs. Such members chosen to fill said vacancies shall serve for the remainder of the unexpired term of office.

B.) A member chosen to fill any vacancy on the Board shall meet the qualifications as defined in Article IV – Section 3, as well as the responsibilities defined in the Service Position Guidelines in the Intergroup Policy and Procedure Manual.

## **ARTICLE V – 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 for the election of officers as guided by the Annual Activities Calendar in the Intergroup Policy and Procedure Manual.

### **Section 3 – Special Meetings**

A special meeting may be called at any time by a majority vote of the Intergroup Board, or by petition of 3 Intergroup members, by giving notice as prescribed in Article V, Section 4.

### **Section 4 – Method of Notification**

Notification of all meetings shall consist of notices distributed to Intergroup Board members, and Intergroup Meeting Representatives prior to the date of the meeting. Placing an announcement online or sending an email prior to the meeting is also considered proper notification.

### **Section 5 – Quorum**

A quorum is defined as 50% of the currently seated Board Officers and at least 50% of the regularly attending Intergroup Reps.

### **Section 6 – Meeting Procedure**

It is suggested at the beginning of every meeting that Overeaters Anonymous Twelve Steps and Twelve Traditions be read, in addition to the Twelve Concepts of OA Service.

1.) The Intergroup Meeting format is located in the Intergroup Policy and Procedure Manual.

## **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 Intergroup Board.

- 1.) Committee procedures and responsibilities are outlined in the Service Position Guidelines located in the Intergroup Policy and Procedure Manual.

## **ARTICLE VII – SOURCE of FUNDS**

### **Section 1 – 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 to the general practice of Overeaters Anonymous, Inc.
  - 1.) \* Contribute to the World Service Office. A member may contribute up to US\$5,000 per year to the world service general fund, up to US\$5,000 per year to any world service special fund, and up to US\$5,000 per year to honor the memory of a deceased OA member. • Include a bequest to OA in a will.\*
    - a.) \* Information from the OA Pamphlet: “Seventh Tradition of OA: Supporting Groups and Service Bodies” \* Confirmed by WSO Managing Director; OA, Inc. 6/11/20
- D.) Acceptance of bequests or donations from any outside source is prohibited.
- E.) 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 a recommended retention of a prudent reserve of 2 months for contingencies. The Intergroup budget shall include donations to other service bodies, such as Region 5 and World Service Office.

- 1.) Financial specifics for the IG budget are included in the Intergroup Policies and Procedure Manual.

## **ARTICLE VIII – MEETING PROCEDURE**

The IG may use informal discussion for everyday items of business. Votes will be done loosely following Robert’s Rules of Order. IG board business should work in a spirit of order, respect and diversity of opinion, striving for consensus whenever possible.



## **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(s) 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 the Twelve Concepts of OA may only be made as per Overeaters Anonymous, Inc, Bylaws, Subpart B, Article XIV, Section 1.

## **ARTICLE X – MAJOR POLICY MATTERS**

### **Section 1**

- A.) Matters that affect this Intergroup and/or groups within its service area shall be referred to the Board of this Intergroup and shall be defined in the Intergroup Policy and Procedure Manual.
- B.) Matters which require direction for the Intergroup shall be referred to the Region 5 Trustee, from whom to receive guidance.
- 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 XI – DISSOLUTION**

### **Section 1 – Deregistration**

In order to deregister, the Intergroup must submit a written request to the World Service Office, Region Chair and Region Trustee: O.A., Inc., Bylaws Subpart B, Article VI, Section 4 (d)

### **Section 2 – Disbursement of Remaining Funds**

If the Intergroup should cease operation, all debts shall be paid and the remaining funds distributed to the World Service Office or other OA service bodies. No part of its net earnings shall be used for the benefit of its representatives, trustees, officers, private person(s), or any non-OA organization(s).

