

Bylaws

Tri-County Intergroup of Overeaters Anonymous

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ARTICLE I - NAME

The name of this organization shall be the Tri-County Intergroup, hereinafter known as TCI. The Tri-County Intergroup of Overeaters Anonymous shall be composed of OA meetings within Johnson, Parker, and Tarrant counties, and those meetings expressing a desire to affiliate with TCI.

ARTICLE II-PURPOSE

Section 1 - Purpose

The primary purpose of this Intergroup 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). This Intergroup will submit a copy of these Bylaws or Summary of Purpose to the WSO whenever either is updated or revised.

Section 2 - The Twelve Steps

The Twelve Steps are suggested for recovery in the Fellowship-of Overeaters Anonymous: They 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.

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- 6) An OA group ought never endorse, finance or lend the Overeaters Anonymous 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 Overeaters Anonymous 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 OA Service 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 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;

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- 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 shall consist of the following:

- A. The Intergroup Board..
- B. Intergroup Representatives (IRs), which shall consist of one member from each group within the geographic area. Visitors are welcome and are encouraged to participate in the discussion but are not allowed to vote.
- C. Group members not acting as IRs but elected or appointed to carry out specific duties, e.g., PI Chairman.

Section 2 - Qualifications and Definitions

Definition of Abstinence and Recovery:

Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.

The Statement on Abstinence and Recovery (WSBC Policy 1988b, Amended 2002, 2009 and 2011)

Qualifications of eligibility for membership in the Intergroup

A. Those groups within the region or the 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 is defined as the following:

- 1) As a group, they meet together to practice the Twelve Steps and Twelve Traditions of OA and the Twelve Concepts of OA Service.
- 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.
- 5) A group may be formed by two (2) or more persons meeting together as set forth in Article V of Overeaters Anonymous Inc., Bylaws Subpart B.

B. Each group shall be entitled to one vote through its elected IR.

C. No group may be registered with another Intergroup..

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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 - Absences of Intergroup Representatives

The Intergroup secretary shall notify representative groups of any IRs' absences. Action shall be at the discretion of said group.

Section 5 - 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.

Section 5 - Overeaters Anonymous Groups

The Intergroup Board 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.

Article V - OVEREATERS ANONYMOUS GROUPS**Section 1 - Definition**

a) 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.**
- b) 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.

ARTICLE IV - THE INTERGROUP BOARD**Section 1 - The Intergroup Board**

- A. The Intergroup Board shall consist of a chairman, vice chairman, secretary, and treasurer.

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- B. The immediate past chairman may serve as an ex-officio member of the Intergroup Board for one year. The Intergroup Board may also include other positions such as the World Service Business Conference delegate(s), committee chair(s), and regional representative(s). Their duties shall be set by policy adopted by the Intergroup and contained in the Intergroup's job descriptions.
- C. In the event the chairman of the board should be unable to attend any meeting of the board, the next highest-ranking executive officer in attendance shall serve as chair for that meeting. The ranking of these officers shall serve as follows:
 - 1) Vice chairman
 - 2) Treasurer
 - 3) Secretary

Section 2 - Nominations of 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 discretion of the Intergroup.

Section 3 - Qualifications for the Intergroup Board

- A. Be working the Twelve Steps of OA after having completed all Twelve Steps.
- B. Be working the Twelve Traditions and the Twelve Concepts of OA Service.
- C. Six (6) months abstinence.
- D. Be, or have been, an IR for a minimum of six months.
- E. The World Service Business Conference Delegate/Alternate (whether or not a member of the Intergroup Board) shall have at least one (1) year of current abstinence and at least two (2) years of service above the group level and meet qualifications and requirements as outlined and defined in the Overeaters Anonymous, Inc. Bylaws, Subpart B, and as required for election to the Board by Article IV, Section 3, A, B, C, D, of these bylaws. 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, except that the trustees cannot grant exceptions to those qualifications required solely for election to the intergroup board.
- F. The regional representative/alternate (whether or not a member of the Intergroup Board) shall meet qualifications and requirements as outlined and defined in the Region 3 Bylaws, and as required for election to the board by Article IV, Section 3, A, B, C, D, of these bylaws.

Section 4 - Method of Election

- A. Elections shall be held annually at a meeting specified for that purpose.
- B. To be eligible for election to the board, a 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's job descriptions.
- C. In order to be elected to membership on-the Intergroup Board, a nominee must first agree to serve upon being nominated and must be present either on the day of nominations or the day of elections, and must receive a majority vote of the IRs present and voting. Extenuating circumstances shall be addressed as needed.

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Section 5 - Term of Office

- A. Board members shall be elected to serve for a period of one (1) year. The exceptions are the World Service Business Conference Delegate(s)/Alternate and Region Representative(s)/Alternate, who may be elected for a two-year term.
- 1) Newly elected officers shall begin service at the Intergroup meeting next following their election. -
- B. Board members shall serve no more than two consecutive terms in the same office.
- C. After an interval of one year, a member may again be eligible for election to their prior office.

Section 6 - Individual Responsibilities of the Intergroup Board

- A. Chairperson
1. Shall preside at all regular and special meetings of the Intergroup
 2. Shall be responsible for establishing the agenda for all Intergroup meetings
 3. May cast a vote only to break a tie
 4. May attend all standing committee meetings
 5. May be an alternate World Service Business Conference Delegate and an alternate Region Representative.
- B. Vice-chairperson
1. Shall serve in the absence of the Chairperson
 2. Shall assist the Chairperson whenever needed
 3. May attend all standing committee meetings
- C. Secretary
1. Shall see that minutes are kept of all Intergroup meetings and that a copy of said minutes is printed and provided to each IR. A copy of the minutes may be sent to the Regional Trustee.
 2. Shall maintain a file of all minutes of past meetings and update the policy manual.
 3. Shall maintain a file of outgoing correspondence.
 4. Shall distribute notices of all meetings of the Intergroup as described in Article V, Section 4.
 5. Shall maintain and update the Intergroup membership mailing/phone-list.
 6. Shall keep WSO informed of all changes to group information.
 7. Shall submit any revised Bylaws or Statement of Purpose to the WSO.
 8. May attend all standing committee meetings.
- D. Treasurer
- 1) Shall maintain a checking and savings account for dispersal of Intergroup funds.
 - 2) Shall submit financial reports each month at the Intergroup meetings.
 - 3) Shall serve as chairperson of the Budget Committee.
 - 4) May attend all standing committee meetings.
 - 5) Shall be co-signatory on the checking account with one other Board member or an appointee of the Board.
 - 6) Shall oversee SEAZ mailbox and mail distribution.
 - 7) Shall renew and mail the Arizona Corporation Commission annual report and certificate of disclosure.
 - 8) Shall complete and mail; as required, the appropriate Federal tax-exempt form.
- E. World Service Conference Delegate(s):
1. Shall attend the World Service Conference of Overeaters Anonymous.

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2. In all aspects, the WS Conference Delegate shall meet qualifications and requirements as outlined and defined in the Overeaters Anonymous, Inc. Bylaws, Subpart B.
3. Shall have (a) one year of current abstinence and (b) emotional and spiritual recovery as a result of incorporating into their lives the Twelve Steps and Twelve Traditions. Each person shall be the judge of his/her own recovery.
4. Shall serve Overeaters Anonymous and the World Service Conference until the following Conference.
5. Shall serve no more than two consecutive years, unless an exception is made by the group conscience of the Intergroup with respect to the delegate.
6. Shall report, either orally or in writing as required by the Intergroup, the actions of the Conference to all groups the Intergroup represents; keep the Intergroup and represented OA groups aware of WSO information; and communicate important information to the area.
7. May attend all standing committee meetings.

F. Regional Representative(s):

1. Shall attend all region assembly meetings
2. In all aspects, the RR shall meet all qualifications and requirements as outlined in the Region III Bylaws.
3. Shall be abstinent as defined in Article IV, Section 6, E.3.
4. Shall serve OA and Region III for the full term as designated by the Region III Bylaws.
5. Shall serve no more than two consecutive years unless an exception is made by the group conscience of the Intergroup with respect to the RR.
6. Shall report, either orally or in writing as required by the Intergroup, the actions of the Region assembly to all groups the Intergroup represents; keep the Intergroup and represented OA groups aware of Region information; and communicate important information to the area.
7. May attend all standing committee meetings.

ARTICLE V - MEETINGS

Section 1 - Regular Meetings

The Intergroup shall meet 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 December for the election of officers. Select a month and day that is at least 120 days prior to the World Service Business Conference (WSBC) allowing adequate time for election of the WSBC Delegate(s).

ARTICLE VI 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 OA.

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- 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. (*Note: The limit for WSO is currently five thousand dollars (\$5,000), subject to change by the Board of Trustees.*)
- E. The acceptance of requests or donations from any outside source is prohibited.
- F. 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.

ARTICLE VII - PARLIAMENTARY AUTHORITY

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, Subpart B or any special rules of order this Intergroup may adopt.

ARTICLE VIII - AMENDMENTS TO THESE BYLAWS

These bylaws, with the exception of Article XI, Sections 2, 3 and 4, may be amended at any time by a two-thirds vote of the IRs and board members present at any regular or special meeting of the Intergroup, provided a copy of the proposed amendment has been submitted in writing and received by each group affiliated with this Intergroup at least ten days prior to the meeting in which action is to be taken on the amendment.

ARTICLE IX - 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.
- 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 X - 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 according to Tradition Six, which guides us to disperse funds only to other OA service bodies. Such distribution shall be made to the World Service Office of Overeaters Anonymous, and/ or Region 3, and/ or another registered OA service body. If no registered OA service body exists to which the assets can be transferred, distribution shall be made to a

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nonprofit fund, association, foundation or corporation, which is organized and operated exclusively for charitable, education, religious and/or scientific purposes and which complies with applicable laws. For example, such organizations or entities within the USA must comply with Section 501(c)(3) of the Internal Revenue Code.

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.

ARTICLE XI - SAVING CLAUSE

It is hereby intended that if, for any reason, a portion of these Bylaws is not adopted or ratified, or is subsequently declared invalid, the remaining portion of these Bylaws shall not fail as a result of the partial failure, but shall continue in force and effect, as if no invalidity occurred.

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