

## **Bylaws of the Sonoma County Intergroup of Overeaters Anonymous**

**Article I – Name.** The name of this organization shall be the “Sonoma County Intergroup of Overeaters Anonymous,” herein known as Intergroup or IG.

### **Article II – Purpose.**

**Section 1 – Purpose.** The primary purpose of the Sonoma County Intergroup 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 maintain association with Region 2 and the OA World Service Office.

- **Twelve Steps.** The Twelve Steps suggested for recovery in the Fellowship of Overeaters Anonymous are as follows:
- We admitted we were powerless over food—that our lives had become unmanageable.
- Came to believe that a Power greater than ourselves could restore us to sanity.
- Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
- Made a searching and fearless moral inventory of ourselves.
- Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
- Were entirely ready to have God remove all these defects of character.
- Humbly asked Him to remove our shortcomings.
- Made a list of all persons we had harmed, and became willing to make amends to them all.
- Made direct amends to such people wherever possible, except when to do so would injure them or others.
- Continued to take personal inventory and when we were wrong, promptly admitted it.
- 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.
- 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.
- **Twelve Traditions.** The Twelve Traditions of Overeaters Anonymous are:
- Our common welfare should come first; personal recovery depends upon OA unity.

- 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.
- The only requirement for OA membership is a desire to stop eating compulsively.
- Each group should be autonomous except in matters affecting other groups or OA as a whole.
- Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.
- 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.
- Every OA group ought to be fully self-supporting, declining outside contributions.
- Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
- OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
- Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never be drawn into public controversy.
- 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.
- Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.
- **Twelve Concepts.** The Twelve Concepts of OA Service are:
- The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
- 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.
- The right of decision, based on trust, makes effective leadership possible.
- The right of participation ensures equality of opportunity for all in the decision-making process.
- Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
- The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
- 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.

- The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.
- Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
- Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.
- Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.
- The spiritual foundation for OA service ensures that:
- no OA committee or service body shall ever become the seat of perilous wealth or power;
- sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
- no OA member shall ever be placed in a position of unqualified authority;
- all important decisions shall be reached by discussion, vote and whenever possible, by substantial unanimity;
- no service action shall ever be personally punitive or an incitement to public controversy; and
- no OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.
- Sponsoring special events such as annual retreats, workshops, and meetings.

E. Public information activities such as maintaining a phone information line and a web site and public information announcements in the media.

### **Article III – Membership of Intergroup.**

**Section 1** –Intergroup has the autonomy to determine which groups may affiliate with it, that decision should always be guided by OA Traditions and Concepts.

**Section 2 – Membership of the Intergroup** shall consist of the following:

- A. The Intergroup Board as described in Article IV, Section 1.
  - B. Intergroup Representatives (IR) which shall consist of one (1) member from each group within the geographic area. See Article III, Section 4.
- C. Chairs of Committees as appropriate.
- D. Each of these members of Intergroup are entitled to one vote.

### **Section 3 – Qualifications or Eligibility of Groups for Membership in Intergroup.**

- A. Overeaters Anonymous Groups defined by OA, Inc. Bylaws.
  - 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 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 voice (share at a meeting).
  - 4. As a group, they have no affiliation other than Overeaters Anonymous.
  - 5. A group is 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.
    - 4. Each group shall be entitled to one (1) vote through its selected Intergroup Representative.
- C. Those groups within the geographic area of Intergroup that have formally registered with the World Service Office (WSO) and indicated their intention to belong to Intergroup may be considered members.

#### **Section 4 – Intergroup Representatives (IR).**

- A. Intergroup representatives (IRs) 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.

**Section 5 – Membership with Voice and No Vote.** Any member of the Fellowship who is not a duly selected member of Intergroup or alternate.

## **Article IV – The Intergroup Board.**

**Section 1 – Intergroup Board.** The Board shall consist of a chair, vice-chair, secretary, treasurer, WSBC delegate and region representative.

**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 discretion of the Intergroup.

### **Section 3 - Qualifications for the Intergroup Board membership:**

A. Familiarity with the operations of OA and Intergroup through regular attendance of an affiliated group for a period of six (6) months and participation as an IR or Intergroup committee member with regular attendance at IG for three (3) months.

### **Section 4 – Method of Election.**

- 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 of the votes cast.

### **Section 5 – Term of Office for Intergroup Board.**

- A. Board members shall be elected to serve for a period of one (1) year, with the exception of WSBC delegate(s) and Region Representatives (RR) who are elected for a two (2) year term.
- B. Board members shall serve no more than two (2) consecutive terms in the same position and no more than four (4) consecutive years.
- C. After an interval of six (6) months' absence from being an IG Board member, the member is eligible for election.
- D. Upon election to the Board, member shall cease to be a representative of their group. That group shall select a new IR.

**Section 6 – Responsibilities of the Intergroup Board.** The responsibilities of the IG Board are set forth in IG's Policies and Procedures.

### **Section 7 – Vacancies, Resignations, and Recalls.**

- A. If a member of the IG Board fails to attend two (2) consecutive meetings without prior notice, his/her office may be declared vacant by a majority of those voting members present.

B. Any Board member of this IG may resign at any time for any reason by giving the Chair of IG written notice.

C. Recalls – Any Board member of this IG may be removed from office for due cause by two-thirds (2/3) vote of those voting members present at a special meeting announced for that purpose.

### **Section 8 - Filling Vacancies.**

A. Vacancies shall be filled by majority vote at that meeting in which the vacancy occurred, or at the next meeting, or special meeting of the IG. 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 the Sonoma County IG Policies and Procedures.

### **Article V – Meetings.**

**Section 1 – Regular Meetings.** The IG shall meet monthly at a time and place designated by a majority of the voting members, except in the month of December.

**Section 2 – Annual Meetings.** An annual meeting shall be held in the month of October for the election of officers. Consideration shall be given to set such time of said meeting to be held prior to one hundred and twenty (120) days prior to the WSBC allowing adequate time for election of the WSBC delegate(s).

**Section 3 – Special Meetings.** A special meeting or in an emergency, a cancellation of a meeting, may be called at any time by a majority vote of the IG Board by giving notice as presented in Article V, Section 4.

**Section 4 – Method of Notification.** Notification of all meetings shall consist of notices prepared by the IG Chair and distributed to IG Board members and IRs seven (7) days prior to the date of the meetings. In the event of an emergency cancellation of an IG meeting, IG Chair shall notify IG members as soon as possible after the cancellation is agreed to. Notification may also be made by placing an announcement on the IG website, or by mail, email, or telephone.

**Section 5 – Quorum.** Those voting members present at any meeting of this IG shall constitute a quorum for all proceedings of the IG, including at least three (3) of the five (5) Board members present.

### **Article VI – Committees.**

**Section 1 – Standing Committees.** The following standing committees may be established to carry out the purposes of IG in the most effective and efficient manner. Standing committees may include but are not limited to:

- A. Newsletter
- B. Public Information
- C. Website
- D. Budget
- E. Special Events (Retreats, Marathons, Workshops, Meetings)
- F. Other committees, standing or special, deemed necessary to carry on the work of IG.

**Section 2 – Committee Appointments.** The IG shall designate such committees as are deemed necessary for the operation of IG.

**Section 3 – Committee Procedures.** Each standing committee may prescribe its own rules for calling and holding meetings and its methods of procedures, subject to the guidelines of the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA.

**Section 4 – Committee Responsibility.** If it is deemed necessary by the Board, each committee shall be responsible for its own funds and may open a bank account in accordance with Article VI, Section 5.

- A. The committee chair or the committee treasurer shall keep all financial records. A detailed and itemized report shall be submitted to the IG within two (2) months after any special event.
- B. Each committee chair shall report to the IG regularly when active and/or at the end of any special event coordinated by the committee.

**Section 5 – Committee Bank Account.** If it is deemed necessary by the Board that a committee shall open a bank account, the following procedure shall be followed:

- A. The committee chair and the committee treasurer shall be authorized signers on the account.
- B. The committee treasurer or chair shall keep all financial records and shall present a detailed, itemized report of transactions to the IG within two (2) months following any event for which moneys were expended.

C. The committee chair shall arrange for an annual audit of the committee, to be accomplished by at least one (1) member of the IG Board.

**Section 6 – Vacancies.** Should a vacancy, resignation, or removal occur in any standing committee, all pertinent information shall be turned over to the IG Chair. The IG shall then approve a new committee chair to serve.

## **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 IG in accordance with Tradition Six.
- C. The IG may accept donations from OA members, conforming to the general practice of OA.
- D. The acceptance of bequests or donations from any outside source is prohibited.
- E. The IG shall not accept the responsibility for trusteeship over or enter into the distribution or allocation of funds set up outside of OA.

**Section 2 – Prudent Reserve.** Sufficient operating funds, plus an adequate reserve, shall be IG's prudent financial principle. Funds in excess shall be donated to Region 2 and the World Service Office on a regular basis as directed by the IG.

**Article VIII - Parliamentary Procedure.** The rules contained in the current edition of Robert's Rules of Order shall govern this IG in all cases to which they are applicable and in which they are consistent with these Bylaws, the Twelve Steps, Twelve Traditions, and Twelve Concepts, or any special rules of order this IG may adopt.

## **Article IX – Amendments to these Bylaws.**

**Section 1** - These Bylaws may be amended at any time by a two-thirds (2/3) vote of the IRs and Board members present at any regular or special meeting of the IG, provided a copy of the proposed amendment has been submitted in writing and received by each group affiliated with this IG at least thirty (30) days prior to the meeting at which action is to be taken on the amendment.



**Section 2** – These Bylaws shall be reviewed by a bylaw committee appointed by the IG Chair when deemed necessary by the IG, but at least every five (5) years.

**Article XI – Dissolution.**

**Section 1 – Disbursement of Remaining Funds.** When this IG 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 2 – US Non-Profit with 501c (3) Status.** 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, 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 it was formed.

Approved by Board of Directors and Intergroup Representatives

Date:                 June 27, 2022