

Bylaws of the Central Iowa Intergroup of Overeaters Anonymous

Approved November 1992

Amended September 2002

Amended December 2005

Amended May 2011

Amended March 2012

Amended January 2014

ARTICLE I – NAME

The name of this organization shall be the Central Iowa Intergroup of Overeaters Anonymous, hereinafter known as Intergroup or CII.

ARTICLE II – PURPOSE

SECTION 1.

The specific and primary purpose of this Intergroup 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.

As duly registered with the World Service Organization of Overeaters Anonymous, the Intergroup shall submit a copy of its bylaws and/or summary of purpose to the WSO whenever either is updated or revised. (Includes all updates and revisions, not only significant ones.)

SECTION 2. The Twelve Steps

- 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

- 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.

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 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. Voting membership of the Intergroup shall consist of the following:

- A. The Intergroup service board (see Article V, section 3A for definition).
- B. Intergroup representatives, which shall consist of two (2) members from each affiliated group within the geographic area.
- C. World Service Business Conference delegates Region representatives
- D. Standing coordinators.
- E. Each Intergroup member is entitled to one vote, with the chairperson only voting to break a tie.

SECTION 2. Qualifications or Eligibility for Membership in the Intergroup.

- 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.
- B. Each Intergroup has the autonomy to determine which groups may affiliate with it; that decision should always be guided by OA Traditions and Concepts.
- C. The Central Iowa Intergroup 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.
- D. These points shall define an Overeaters Anonymous group (meeting):
 - 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.
- E. 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.
- F. Groups may be registered with only one Intergroup.

ARTICLE IV – INTERGROUP REPRESENTATIVES

- A. The selection of Intergroup representatives and alternates to CII shall be determined by the local group which they represent. The Intergroup representative shall present to the CII secretary a notice of such selection and the term of office.
- B. It is the primary responsibility of the Intergroup representative or alternate to attend meetings of CII, making known to the members of Intergroup the consensus of the groups represented.
- C. It is the duty of the Intergroup representative to keep her/his group informed of the activities of CII.

ARTICLE V – THE INTERGROUP BOARD

SECTION 1. Qualifications for the Intergroup Board

- A. Working the Twelve Steps of the recovery program for one (1) year.
- B. Familiarity with the Twelve Traditions and Twelve Concepts.
- C. Six (6) months current abstinence, with the exception of World Service Business Conference delegates and Region 4 representatives, who must have one year.
Abstinence is defined as 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.
- D. Must have been active at the Intergroup level for a minimum of six (6) months. To be eligible for election for Region 4 Representative/WSBC Delegate, a person must, at the time of election:
 - 1) Be a regularly attending member of an OA group in Region 4 for at least three years.
 - 2) Should have current abstinence from compulsive eating for at least one year prior to election - each person being sole judge of his or her own abstinence.
 - 3) Be serving as a group rep, alternate or officer of CII, or have served in that capacity within the past two years, as well as at least two years of service beyond the group level.

SECTION 2. Method of Election

- A. 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 Intergroup.

- B. An annual election meeting shall be held each year at a date and time specified by the Intergroup board, provided that said meeting shall be held prior to 120 days prior to World Service Business Conference, allowing adequate time for preparation of the World Service Business Conference delegate(s) and Region representatives.
- C. In order to be elected to membership on the Intergroup board, a nominee must be present, and received a majority vote of the Intergroup membership in attendance.

SECTION 3. Intergroup Board (Service Board) and Responsibilities

- A. The board shall consist of a chairperson, vice chairperson, secretary, treasurer, World Service Business Conference delegate(s), Regional representative(s) and the immediate past chairperson who shall serve as an ex-officio member of the Intergroup board for one year. This Intergroup board shall serve as the service board.
- B. Chairperson shall:
 - 1) Preside at all regular and special meetings of this Intergroup.
 - 2) Consult with secretary to develop an agenda for all Intergroup meetings.
 - 3) Be an ex-officio member of all committees.
 - 4) Only vote to break a tie.
 - 5) Be removed after two (2) (consecutive and unexcused) absences from meetings of this Intergroup.
 - 6) Assume duties as outlined in the Central Iowa Intergroup Job Description.
- C. Vice chairperson shall:
 - 1) Assume the duties in the chairperson's absence and also coordinate bylaw changes.
 - 2) Be removed after two (2) (consecutive and unexcused) absences from meetings of this Intergroup.
 - 3) Assume duties as outlined in the Central Iowa Intergroup Job Description.
- D. Secretary shall:
 - 1) See that minutes are kept of all Intergroup meetings and that a copy of said minutes is printed and mailed, or emailed, along with the upcoming agenda, to each Intergroup board member, Intergroup representative, group secretary and Region 4 trustee.
 - 2) Maintain a file of all minutes of past meetings.
 - 3) Prepare an agenda for all Intergroup meetings after consulting with the chairperson.
 - 4) Direct correspondence to the appropriate officer or committee chairperson and maintain a file of outgoing correspondence.
 - 5) Distribute notices of all meetings of the Intergroup in our newsletter.
 - 6) Keep WSO informed of all changes to groups.

- 7) Keep current list of registered groups, and Intergroup representatives for said groups.
 - 8) Be removed after two (2) (consecutive and unexcused) absences from meetings of this Intergroup.
 - 9) Assume duties as outlined in the Central Iowa Intergroup Job Description.
- E. Treasurer shall:
- 1) Maintain a checking and savings account if necessary, established in the name of CII of OA, for dispersal of Intergroup funds as approved by CII of OA, each month.
 - 2) Submit financial reports each month at the Intergroup meetings.
 - 3) Coordinate budget planning.
 - 4) The treasurer or chairperson shall arrange for an audit of the account during the final month of each term.
 - 5) Be removed after two (2) (consecutive and unexcused) absences from meetings of this Intergroup.
 - 6) Assume duties as outlined in the Central Iowa Intergroup Job Description.
- F. World Service Business Conference delegate(s) and alternates shall:
- 1) Attend the World Service Business Conference of Overeaters Anonymous.
 - 2) Will be elected to meet requirements as outlined and defined in the Overeaters
 - 3) Anonymous, Inc. Bylaws, Subpart B, Article X Section 3c1) which states that "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."
 - 4) Serve no more than two (2) consecutive terms.
 - 5) Report the actions of the Conference to Intergroup and keep Intergroup aware of World Service Business information.
 - 6) Currently be or have been a Regional representative at the time of election.
 - 7) Be removed after two (2) consecutive and unexcused absences from meetings of this Intergroup.
 - 8) Be a regularly attending member of a region 4 OA Group, and an OA member for at least three years.
 - 9) Be serving as group rep, alternate or officer of CII, or have served in that capacity within the past two years, as well as at least two years of service beyond the group level.
 - 10) Assume duties as outlined in the Central Iowa Intergroup Job Description.
- G. Regional representative(s) and alternates shall:
- 1) Attend all Region assembly meetings.

- 2) In all areas, meet qualifications and requirements as outlined in the Region 4 bylaws.
- 3) Have one (1) year of current abstinence.
- 4) Serve no more than two (2) consecutive terms.
- 5) Report to Intergroup, the actions of the Region assembly. Keep the Intergroup aware of Region information.
- 6) Be removed after two (2) consecutive and unexcused absences from meetings of this Intergroup.
- 7) Be a regularly attending member of a Region 4 OA Group, and an OA member for at least three years.
- 8) Be serving as group rep, alternate or officer of CII, or have served in that capacity within the past two years, as well as at least two years of service beyond the group level.
- 9) Assume duties as outlined in the Central Iowa Intergroup Job Description.

SECTION 4. Terms of Office

- A. Board members shall be elected to serve for a period of one (1) year, with the exception of the World Service Business Conference delegate(s) and the Region representative(s), who shall be elected for a two-year term.
- B. Board members shall serve no more than two (2) consecutive terms in one board position.
- C. Board members and coordinators (excluding WSBD & Region 4) shall serve no more than 8 consecutive years. After an interval of 1 year, they may be eligible for election.
- D. Upon election to the board, the member shall cease to be a representative of their group and that group shall elect a new Intergroup representative.

SECTION 5. Vacancies and Resignations

- A. If any member of the Intergroup board, committee chairperson or coordinator fails to attend two (2) meetings unexcused, her/his position may be declared vacant by a majority of those members present and voting.
 - 1) Excused:
 - a. Death
 - b. Illness
 - c. Being out of town, i.e., vacations, emergencies, etc.
 - d. Prior commitments, i.e., job, family obligations, etc.
 - e. Acts of God
 - 2) Unexcused absences are:
 - a. Anything not listed in 1) above
 - b. Not showing up at an Intergroup meeting

- c. Not notifying the Intergroup chairperson of your absence prior to the meeting
 - d. Not notifying the chairperson of your absence within one (1) week after your absence.
- B. Any board member may resign at any time for any reason by giving the chairperson of Intergroup written notice.
- C. Any board member of this Intergroup may be removed from office by a two-thirds (2/3) vote of the Intergroup membership in attendance.

SECTION 6. Filling Vacancies

- A. Vacancies shall be filled by a majority vote at the 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 V. Sec. 1, and be aware of all responsibilities of that position as described and defined in Article V.
- C. A partial term of office will not be considered a full term for the purposes of re-election.
- D. Qualifications may be waived with a two-thirds (2/3) vote of the Intergroup membership in attendance.

ARTICLE VI – COORDINATORS

SECTION 1.

- A. The following standing coordinator positions have been established to carry out the purposes of Intergroup in the most effective and efficient manner. The standing coordinators shall be elected for one (1) year term at the annual meeting (see Article V, Section 2B).

Standing coordinator positions may include but are not limited to:

- 1) Virtual office manager
- 2) Newsletter
- 3) Web Manager
- 4) Special Events
- 5) Outreach
- 6) Ways & Means

SECTION 2. Coordinator Appointments

The board shall designate such coordinators as are deemed necessary for the welfare and operation of the Intergroup. Any OA member present may be elected to act as a coordinator with the approval of any established quorum.

SECTION 3. Coordinator Procedures

Each coordinator may prescribe their own rules for calling and holding meetings and their method of procedures, subject to the CII coordinator guidelines and the twelve traditions of OA.

SECTION 4. Coordinator Responsibilities

Each standing coordinator or representative shall submit a written, detailed and itemized report to the Intergroup at the end of any event if moneys are expended.

SECTION 5. Vacancies

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

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 donation from OA members, conforming with the general practice of OA. The maximum allowable annual donation to the Intergroup by individual OA members is to be limited to five thousand dollars (\$5,000.00).
- D. The 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.

There shall be no accumulation of funds beyond current necessities, with retention of only a prudent reserve for contingencies. Funds in excess will be

donated to Region 4 and the World Service Office on a regular basis as directed by the Intergroup.

ARTICLE VIII – Intergroup Meetings

SECTION 1. Regular Meetings

The Intergroup shall determine meeting dates at a time and place designated by a majority of the voting members.

SECTION 2. Special Meetings

Special meetings of Intergroup must be called by the chairperson at the request of a majority of the Intergroup board or five (5) members of the Intergroup. The parties calling such special meetings shall fix the date and place thereof. Notice must be given as prescribed in Article VIII, Section 3.

SECTION 3. Method of Notification

Notification of Intergroup meetings shall consist of notices prepared by the Board secretary or representative and distributed to each group secretary and/or Intergroup Representative ten (10) days prior to the date of meeting by placing an announcement in the Intergroup newsletter, Website, mail, email, and/or prior Intergroup meeting.

SECTION 4. Quorum

Those voting members (see Article III, Section 1) present at any meeting of the Intergroup shall constitute a quorum for all proceedings of the Intergroup.

ARTICLE IX – PARLIAMENTARY AUTHORITY

SECTION 1. Parliamentary Authority

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

ARTICLE X – AMENDMENTS TO THESE BYLAWS

SECTION 1. Amendments

These bylaws with the exception of the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service, may be amended by two thirds majority of the voting body present at any Central Iowa Intergroup provided that a copy of the proposed amendment has been submitted to the Intergroup. Written notices shall be prepared by the CII secretary to be mailed to each group, group rep, alternate, CII officers and committee chairpersons at least four weeks prior to the date of the CII meeting. The Twelve Steps and the Twelve Traditions may only be amended according to the procedure outlined in OA, Inc. Bylaws Subpart B, Article XIV, Section 1.

ARTICLE XI – MAJOR POLICY MATTERS

SECTION 1. Major Policy Matters

Matters which affect this Intergroup and/or groups within its service area shall be referred to the board of this Intergroup. Matters which relate to Overeaters Anonymous as a whole shall be referred to the World Service board of trustees.

ARTICLE XII – DISSOLUTION

SECTION 1.

- A. In order to deregister, an intergroup must submit a written request to the World Service Office, region chair and region trustee.
- B. 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.
- C. 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 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, religious and/or scientific purposes and which has established its tax exempt status under 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.