

# BYLAWS OF THE D.C. METRO OVEREATERS ANONYMOUS INTERGROUP (#09015)

*Approved June 11, 2017*

## ARTICLE I – NAME

The name of this organization shall be the Washington DC Area OA Intergroup, also known as DC Metro-OAIG (hereinafter referred to as “Intergroup”). This group meets the registration requirements of Article VI, Section 2(a) of Overeaters Anonymous, Inc. Bylaws, Subpart B.

## ARTICLE II – PURPOSE

The primary purpose of the Washington D.C. Area Intergroup of Overeaters Anonymous is to aid those with the problem 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.

## ARTICLE III – TWELVE STEPS, TWELVE TRADITIONS, TWELVE CONCEPTS OF OA SERVICE

- A. The Twelve Steps of Overeaters Anonymous 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 affairs.
- B. 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 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. 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;
    - 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 IV - MEETINGS**

### **SECTION 1 – REGULAR MEETINGS**

- A) The intergroup will meet monthly at a time and place designated by a majority of the voting members.
- B) Members who are unable to attend a meeting in person may arrange attending the meeting through an electronic method by arranging access by contacting the Intergroup Chair no later than 1 day prior to the scheduled meeting.
- C) Intergroup meetings shall be chaired by the Intergroup Chair.
- D) In the event the Chair is unable to conduct any meeting, the Vice Chair will conduct the meeting.
- E) In the event that the Vice Chair is not available, the Corresponding Secretary will conduct the meeting.
- F) In the event that the Corresponding Secretary is not available, the Corresponding Secretary will conduct the meeting.

### **SECTION 2 – ANNUAL MEETINGS**

An annual meeting shall be held in the month of November for elections.

### **SECTION 3 – SPECIAL MEETINGS**

A special meeting may be called at any time by a majority vote of the IG board, or by a quorum of IG members, provided a minimum of five days is provided to the membership.

### **SECTION 4 – METHOD OF NOTIFICATION**

The intergroup will provide at least five days notice to each member group.

### **SECTION 5 – QUORUM**

The quorum for voting purposes shall be, at minimum, one intergroup officer and at least three other voting intergroup members.

## **ARTICLE V – MEMBERSHIP**

### SECTION 1 – VOTING MEMBERS

Voting members of the Intergroup attend meetings in the DC Metro-OAIG area and include:

- A) Intergroup Officers,
- B) Intergroup Representatives (IRs), which consist of member(s) from each group,
- C) World Service Business Conference Delegates,
- D) Region Representatives,
- E) Committee Chairs.

### SECTION 2 – QUALIFICATIONS

Qualifications for membership in the intergroup:

- A) Groups registered with the World Service Office (WSO) that are in Washington, D.C., and its Maryland suburbs may affiliate with the D.C. Metro Overeaters Anonymous Intergroup. Excepted from this are the Virtual Groups registered with the World Service Office (WSO), who may affiliate without regard to geographic proximity.
- B) An OA group as defined by Overeaters Anonymous, Inc. Bylaws, Subpart B, Article V, SECTION 1.

### SECTION 3 – INTERGROUP REPRESENTATIVES

- A) Each meeting registered with the Intergroup is entitled to one Intergroup Representative.
- B) Intergroup Representatives (IRs) will be selected by the group conscience of the group they represent.
- C) 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 VI – INTERGROUP BOARD**

### SECTION 1 – THE INTERGROUP BOARD

- A) The Intergroup Board consists of the following officers: Chair, Vice Chair, Recording Secretary, Corresponding Secretary, and Treasurer.

### SECTION 2 – QUALIFICATIONS FOR THE INTERGROUP BOARD

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

- A) Have worked the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service to the best of their ability for at least one year.
- B) Have six months of current abstinence (each person shall be the sole judge of his or her abstinence).
- C) Have attended at least six IG meetings, at least three of which must have been of the D.C. Metro Overeaters Anonymous Intergroup within the last two years.
- D) If no member meeting the above qualifications is able to run for the office of Recording Secretary or Corresponding Secretary, a member who does not meet these qualifications may be elected, provided someone who does meet these qualifications agrees to serve as that person's service sponsor
- E) Be a regular member of an affiliated group.

### SECTION 3 – NOMINATIONS TO THE INTERGROUP BOARD

- A) A Nominating Committee may be formed at the discretion of the Intergroup Chair and shall report at the October meeting.
- B) Nominations shall occur at the October meeting and also at the November meeting immediately prior to elections.

### SECTION 4 – ELECTION OF BOARD MEMBERS

- A) Election will be held at the November Intergroup meeting.
- B) Nominees must be present at the election meeting, in person or by proxy. The candidate must receive a majority vote for election.
- C) Voting will be by ballot. Members attending by electronic means forfeit their right to participate in a balloted vote.

### SECTION 5 – TERM OF OFFICE

- A) The term of office for a board member is one year, starting in December.
- B) Board members may serve no more than two consecutive terms in the same position. A member may serve again after a six-month leave from that position.

### SECTION 6 – RESPONSIBILITIES OF THE INTERGROUP BOARD MEMBERS

- 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 intergroup policies and procedures.
- C) Serve as guardian of intergroup funds; participate in annual financial audit.

D) Provide a forum for the interchange of ideas and information between member groups.

#### SECTION 7 – VACANCIES AND RESIGNATIONS

- A) If a board member is absent from more than two consecutive IG meetings, he/she may be removed from the position by a majority vote of the members.
- B) Any board member may resign at any time for any reason by giving the chair of the intergroup written notice.
- C) Any board member of this Intergroup may be removed from office for due cause by a two-thirds vote of the Intergroup Representatives at a special meeting announced for that purpose.

#### SECTION 8 – FILLING OF VACANCIES

Vacancies shall be filled by a majority vote.

- A) Such persons chosen to fill said vacancies shall serve for the remainder of the unexpired term.
- B) Anyone serving more than half of an unexpired term shall be considered to have served a full term.
- C) A person chosen to fill any vacancy on the board shall meet the qualifications as defined in Article VI, Section 2.
- D) Assumes the responsibilities of that position as defined in the Washington D.C. Area Intergroup Policy Manual.

### **ARTICLE VII – REGION REPRESENTATIVES & WORLD SERVICE BUSINESS CONFERENCE DELEGATES**

#### SECTION 1 – DESCRIPTION

- A) The Intergroup may elect Representatives to Region 7 and Delegates to the Annual World Service Business Conference as allowed by Region 7 Bylaws and/or OA Bylaws Subpart B.
- B) Any Intergroup Officer, Committee Chair or Region Representative may serve concurrently as a WSBC Delegate if they fulfill the service and abstinence requirements as stated below.
- C) Any Intergroup Officer, Committee Chair or WSBC Delegate may serve concurrently as a Region Representative if they fulfill the service and abstinence requirements as stated below.

#### SECTION 2 – REGION REPRESENTATIVE

- A) Region 7 Representatives shall be elected (when necessary) at the November IG meeting to serve a two-year term.
- B) The term of office shall start in December.
- C) Candidates must be members of an OA group affiliated with DC Metro Area Intergroup and must comply with the abstinence and length of service requirements specified in Region 7 Bylaws.
- D) Abstinence Requirements are a minimum of six months.

#### SECTION 3 – WSBC DELEGATE

- A) WSBC delegates shall be elected (when necessary) at the November IG meeting to serve a two-year term.
- B) The term of office shall start in December.
  - a. Outgoing WSBC Delegates shall continue to serve on their assigned WSBC Committee and report to the Intergroup through the April meeting after their term of service has ended.
- C) Candidates must be members of an OA group affiliated with DC Metro Area Intergroup and must comply with the abstinence and length of service requirements in the OA, Inc. Bylaws, Subpart B, Article X, SECTION 3(c)(1).
- D) Abstinence requirements are a minimum of one year current abstinence and at least two years of service beyond the group level.
- E) Candidates must have served or currently serve as a Region 7 Representative to be eligible to serve as a WSBC Delegate.

#### SECTION 4 – NOMINATIONS

- A) Nominations for Region Representatives shall occur at the October meeting and also at the November meeting immediately prior to elections.
- B) Nominations for WSBC Delegates shall occur at the October meeting and also at the November meeting immediately prior to elections.

#### SECTION 5 – TERM OF OFFICE

- A) The term of office for a WSBC Delegate is two years, starting in December. The outgoing WSBC Delegate shall continue to report on WSBC activity until April.
- B) The term of office for a Region Representative is two years, starting in December.
- C) WSBC Delegates and Region Representatives may serve no more than two consecutive terms in the same office. A member may serve again after a year leave from that position.

**SECTION 6 – VACANCIES AND RESIGNATIONS**

- A) If a WSBC Delegate or Region Representative is absent from more than two consecutive IG meetings, he/she may be removed from the position by a majority vote of the members. The only exception would be if a meeting was missed due to responsibilities of their position.
- B) Any WSBC Delegate or Region Representative may resign at any time for any reason by giving the Chair of the Intergroup and/or the Corresponding Secretary written notice.
- C) Any WSBC Delegate or Region Representative may be removed from office for cause by a two-thirds vote of the Intergroup Reps at a special meeting announced for that purpose.

**SECTION 7 – FILLING OF VACANCIES**

- A) Region Representative vacancies shall be filled by a majority vote at the next meeting of the Intergroup after the vacancy occurs. Such persons chosen to fill said vacancies shall serve for the remainder of the unexpired term. Anyone serving more than half of an unexpired term shall be considered to have served a full term.
- B) WSBC Delegate vacancies occurring between December and March shall be filled by a majority vote at the next Intergroup meeting after the vacancy occurs. Otherwise, vacancies will be filled at the Annual meeting in November.
- C) A person chosen to fill any vacancy on the board shall meet the qualifications as defined in Article VII, Sections 2 and/or 3 and be aware of all the responsibilities of that position as defined in the Washington D.C. Area Intergroup Policy Manual.

**ARTICLE VIII – COMMITTEES**

**SECTION 1: STANDING COMMITTEES**

- A) The following committees are permanent within this Intergroup
  - 1. Twelfth Step Within (Inreach)
  - 2. Public Information/Professional Outreach (Outreach)
  - 3. Events
- B) Other committees may be formed as needed to ensure the welfare and operation of the IG
- C) Each committee will have a Chairperson who will serve as the primary contact.
- D) Committee Chairs shall have a minimum of three month's abstinence (each person being the sole judge of that abstinence) and have attended at least three Intergroup meetings within the past two years.

**SECTION 4 – NOMINATIONS**

- A) Nominations for Committee Chairs shall occur at the October meeting and also at the November meeting immediately prior to elections.

**SECTION 5 – TERM OF OFFICE**

- A) The term of office for a Committee Chair is one year, starting in December.
- B) A Committee Chair may serve no more than four consecutive terms in the same office. A member may serve again after a year leave from that position.

**SECTION 6 – VACANCIES AND RESIGNATIONS**

- A) If a Committee Chair is absent from more than two consecutive IG meetings, he/she may be removed from the position by a majority vote of the members.
- B) Any Committee Chair may resign at any time for any reason by giving the Chair of the Intergroup and/or the Corresponding Secretary written notice.
- C) Any Committee Chair may be removed from office for cause by a two-thirds vote of the Intergroup Reps at a special meeting announced for that purpose.

**SECTION 7 – FILLING OF VACANCIES**

- A) Vacancies shall be filled by a majority vote at the next meeting of the Intergroup after the vacancy occurs. Such persons chosen to fill said vacancies shall serve for the remainder of the unexpired term. Anyone serving more than half of an unexpired term shall be considered to have served a full term.
- B) A person chosen to fill any vacancy on the board shall meet the qualifications as defined in Article VIII, Section 1.D and be aware of all the responsibilities of that position as defined in the Washington D.C. Area Intergroup Policy Manual.

**ARTICLE IX – PRUDENT RESERVE**

The IG Treasurer will maintain a prudent reserve of 15 percent of budgeted income plus 15 percent of budgeted

expenses to cover expected operational needs. Excess funds will be donated to OA service bodies as determined by the IG.

#### **ARTICLE X – PARLIAMENTARY AUTHORITY**

Unless otherwise specified, intergroup meetings shall be conducted in accordance with the most current available edition of *Robert's Rules of Order, Newly Revised* where not in conflict with these bylaws or Intergroup Policies & Procedures.

#### **ARTICLE XI – AMENDMENTS TO THESE BYLAWS**

- A. 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. Any part of these bylaws quoting OA Bylaws Subpart B may not be amended in this manner.
- B. Amendments to Article III A (Twelve Steps), IIIB (Twelve Traditions), III C (Twelve Concepts), and any section of these Bylaws, which are quoted directly from OA Bylaws Subpart B shall only be made upon receipt of official notification by the Board of Trustees and/or the World Service Office. In that event, the changes shall be considered editorial; the changes shall be made immediately and Intergroup member groups shall be notified.

#### **ARTICLE XII – DISSOLUTION**

Should this Intergroup cease operation and after 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.