

**BYLAWS OF THE 90 DAY TELEPHONE MEETING VIRTUAL INTERGROUP OF  
OVEREATERS ANONYMOUS**

SPRING 2020, APPROVED BY TRUSTEE 6/2020

**ARTICLE I – NAME**

The name of this organization shall be the 90 Day Telephone Meeting Intergroup also known as Intergroup OA90VIG.

**ARTICLE II – PURPOSE**

The primary purpose of 90 Day Telephone Meeting Virtual 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/or intergroups.

A) Twelve Steps

The Twelve Steps suggested for recovery in the Fellowship of Overeaters Anonymous are as follows:

- 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) 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 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) 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;
- 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 (IG) with voice and vote includes the following:

- A) The IG officers.
- B) Intergroup representatives (IRs) or Alternate Reps (ARs), which consist of OA 90 meeting member(s) from each group.
- C) World Service Business Conference delegates.
- D) Region representatives.
- E) Committee chairs. (NOTE: A committee chair, like every other IG member, will have only one vote even if also serving as an IR.)

### ***Section 2 – Qualifications***

- A) Qualifications for group membership in an intergroup: A land-based intergroup is composed primarily of groups within its region or groups within its geographical proximity. A virtual intergroup is composed primarily of virtual groups. With permission, a land-based group may affiliate with a virtual intergroup and a virtual group may affiliate with a land-based intergroup.

Each intergroup has the autonomy to determine which groups may affiliate with it; that decision should always be guided by OA Traditions and Concepts.

- B) The 90 Day Telephone Meeting virtual 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.
- C) 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.

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

- A) Intergroup representatives (IRs) and Alternate Reps (ARs) 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.
- C) The AR may attend as a voting member in the absence of the IR.

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

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

- A) The board consists of the following officers: Chair, Vice Chair, Secretary, Treasurer
- B) There will be no more board members except in an advisory capacity
- C) Meetings shall be chaired by the chair of the board. In the event the chair is unable to chair any meeting, the vice chair will lead the meeting. In the event the vice chair is not available, the secretary will open the meeting and hold an election for a temporary chair.

### ***Section 2 – Nominations to the IG Board***

Nominations to the board will be made at the November meeting with election at the December meeting. A person can be nominated without being present but must be present at the election meeting. If there is no nominee available for a position (for example a willing volunteer who does not meet abstinence requirements or person cannot be at December meeting) the elected officers may meet to appoint someone to fill the vacant spot. Elected or appointed officers take office January 1 following.

### ***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 2 years of back-to-back abstinence for officers.
- C) Be a regular member of an affiliated group.

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

- A) Nominations may be made from the floor at the time of election but will be requested at the November meeting. A person may be nominated in November even if they are not present but must be at the December election meeting to be elected.
- B) Nominees must be present at the election meeting. For election, the candidate must receive a majority vote of ballots cast.
- C) Voting will be by ballot. As we are a virtual intergroup, we will not use written paper ballots but by voice vote or other electronic method to be determined by the intergroup.

### ***Section 5 – Term of Office***

- A) The term of office for a board member is 1 year starting on January 1. The treasurer term would be for 2 years.
- B) Board members may serve no more than 3 consecutive terms in the same position. A member may serve again after a leave of 1 term from the position. A board member may serve additional terms in a different position if elected. Any member that breaks their abstinence will be considered to have resigned.
- C) Once elected, a board member may not serve also as a group representative at the intergroup.

### ***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 IG policies and procedures.
- C) Serve as guardian of IG funds; participate in an annual financial audit.
- D) Provide a forum for the interchange of ideas and information among member groups.

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

- A) If a board member is absent from an IG meeting more than 4 times in a year, he/she may be removed from the position by a majority vote of the ballots cast either at a regular IG meeting or a meeting announced for that purpose.
- B) Any board member who breaks their abstinence will be considered to have resigned.
- C) Any board member of this IG may be removed from office for due cause by a  $\frac{3}{4}$  vote (e.g. majority,  $\frac{2}{3}$ ,  $\frac{3}{4}$ ) vote of the ballot cast at a regular or special meeting announced for that purpose.

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

- A) Vacancies shall be filled by a majority vote at the next meeting or special meeting of the IG after the vacancy occurs. 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 4.

## **ARTICLE V – MEETINGS**

### ***Section 1 – Regular Meetings***

The IG will meet monthly at a time and place designated by a majority of the voting members. As we are a virtual intergroup, our meetings will be virtual.

### ***Section 2 – Annual Meetings***

An annual meeting shall be held in the month of December for the election of officers.

### ***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 sufficient notice is provided to the membership.

### ***Section 4 – Meetings by Virtual Conference***

Members of the IG may participate in a meeting through use of electronic means, so long as all members participating in such meeting can hear one another and have a way to participate in any voting. Materials presented during the meeting shall be made available to those participating virtually. Participation by IG members in a meeting in the manner provided in this Section constitutes presence in person at such meeting.

***Section 5 – Method of Notification***

The IG will provide at least 7 days notice to each member group.

***Section 6 – Quorum***

The quorum for voting purposes shall be, at a minimum, [2] intergroup officer(s) and at least [5] other voting members.

***Section 7 – Meeting Procedure***

The Twelve Steps, Twelve Traditions, and Twelve Concepts shall be read at the beginning of each meeting.

**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 IG board.

**ARTICLE VII – PRUDENT RESERVE**

The IG treasurer will maintain a prudent reserve of [2 months of expenses] to cover expected operational needs. Excess funds will be donated to OA service bodies as determined by the IG.

**ARTICLE VIII – PARLIAMENTARY PROCEDURE**

***NOTE: Intergroups may conduct the business of their groups by any method they choose. Once chosen, however, the method should be adopted in the bylaws so that members may be confident that the rules will not be changed as circumstances change to benefit some at the expense of others. The parliamentary authority common in use throughout Overeaters Anonymous is the most current available edition of Robert's Rules of Order, Newly Revised.***

**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 must be communicated in writing to each member group at least [recommended 30] days prior to the voting meeting. Amendments to the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA may only be made as per OA, Inc. Bylaws, Subpart B, Article XIV, Section 1.

**ARTICLE X – DISSOLUTION**

***Section 1 – Deregistration***

In order to deregister, an intergroup must submit a written notice to the World Service Office, region chair, and region trustee.

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

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.

***Section 3 – 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.