

# BYLAWS OF THE PENINSULA INTERGROUP OF OVEREATERS ANONYMOUS

*Approved 11/21/2020*

## ARTICLE I – NAME

The name of this organization shall be the Peninsula Intergroup, hereinafter know as PI.

## ARTICLE II – PURPOSE

The primary purpose of PI 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 right and responsibilities accorded to them by OA Bylaws, Subpart A; the right 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 (PI) with voice and vote includes the following:

- A. The PI officers.
- B. Intergroup representatives (IRs), which shall consist of 1 member from each registered OA group in the Kitsap and Olympic area. Visitors are welcome and are encouraged to participate in the discussion but do not have a vote.
- C. World Service Business Conference delegates.
- D. Region representatives.
- E. Committee chairs.

*NOTE: Any individual holding more than one position will have only one vote.*

### **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/video intergroup is composed primarily of virtual/video groups. With permission, a land-based group may affiliate with a virtual/video 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 PI 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.
- D. Each group shall be entitled to vote(s) through its elected IR(s) by ballot.

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

- 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 PI meetings and to serve as a contact to carry communications between the PI and the represented group.

## ARTICLE IV – THE INTERGROUP (PI) BOARD

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

- A. The board consists of the following officers: Chair, Vice-Chair, Treasurer, Secretary.
- B. 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 PI Board***

- A. A nominating committee may be formed at the discretion of the PI board.
- B. Nominees must be present at the election meeting or send a letter or email stating their willingness to serve to the PI Chair at least 7 days prior to the meeting. For election, the candidate must receive a majority vote.
- C. Nominations from the floor will be entertained by the Chair.

### ***Section 3 – Qualifications for the Intergroup***

To qualify for election to the PI 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 six (6) months of current abstinence except as follows (each person shall be the sole judge of his or her abstinence):
  - 1. World Service Business Conference delegates must comply with the abstinence and length of service requirements in the OA, Inc. Bylaws, Subpart B, Article X, Section 3c 1. Current requirements are one-year current abstinence and at least two years of service beyond the group level.
  - 2. Region representatives must also comply with the abstinence and length of service specified in the region's bylaws as defined in B.1. for World Service Business Delegates.
- C. Be a regular member of an affiliated group.

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

- A. Elections shall be held every November for open positions for Chairperson, Co-chair (Vice-Chair), Secretary, Treasurer and Meeting Chair. Regional & WSBC alternates will be elected every year in May. At that time, the current alternate will become the new delegate/representative. When financially possible both the delegate/representative and their alternate will attend the Region 1 Assembly or WSBC. In this manner, the newly elected delegate/representative will have a mentor for one year. If both attend, only the Delegate will go as a voting representative unless our PI grows large enough to have two voting members. The alternate will go as a non-voting participant who may attend all meetings but not be able to vote. The Delegate will give a report upon his or her return. The Intergroup board will review the financial budget in June and make plans for whether funding will be available to send both the Delegate and the Alternate to WSBC and the Assembly in the following year.
- B. Voting will be by private ballot if there is more than one nominee for any position.

### ***Section 5 – Term of Office***

- A. The term of office for a board member at the December-meeting
- B. Board members may serve no more than two (2) consecutive terms in the same position. A member may serve again after a leave of 2 years from the position.
- C. Once elected, a board member may not serve also as a group representative at the intergroup, unless a group does not have a representative available.

### ***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. Serve as guardian of PI funds; participate in an annual financial audit.
- C. Provide a forum for the interchange of ideas and information among member groups.
- D. Perform the duties of their offices in accordance with PI policies and procedures:

1. Chairperson/Co-chairs/Vice Chair
  - a. Shall preside at all regular and special meetings of this Intergroup and Intergroup board.
  - b. Shall be responsible for establishing the agenda for all board meetings.
  - c. May attend all standing committee meetings.
  - d. Shall review Intergroup mail on a regular basis and share with the board.
  - e. Shall find someone to take minutes in the absence of a Secretary.
2. Secretary
  - a. Shall see that the minutes are documented and shared with PI members.
  - b. Shall maintain a file of all minutes of previous meetings for not less than two years. Previous years minutes shall be archived.
  - c. Shall perform the duties of vice chair and treasurer in their absence at the meeting.
3. Treasurer
  - a. Shall maintain a checking account for the dispersal of Intergroup funds.
  - b. Shall submit financial reports at each board meeting.
  - c. Shall be co-signatory with another board member.
  - d. Shall serve as guardian of PI funds.

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

- A. If a board member is absent from more than 50% of the PI meetings in a calendar year he/she may be removed from the position by a majority vote of the ballots cast either at a regular PI meeting or a meeting announced for that purpose. However, every effort should be made to allow this individual to attend the meetings virtually if they cannot be present in person.
- B. Any board member may resign at any time for any reason by giving the chair of the PI written notice.
- C. Any board member of this PI may be removed from office for due cause by a majority 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 PI 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 3.

### **ARTICLE V – MEETINGS**

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

The PI will meet regularly via Zoom at the discretion of the PI Board.

#### ***Section 2 – Annual Meetings***

An annual meeting shall be held in the month of November for the election of officers. Annual meeting should be held at least 70 days prior to the World Service Business Conference to allow adequate time to elect an WSBC delegate.

#### ***Section 3 – Special Meetings***

A special meeting may be called at any time by a majority vote of the PI board, or by a quorum of PI members, provided sufficient notice is provided to the membership.

**Section 4 – Meetings by Virtual /Video Conference**

Members of the PI may participate in a meeting through use of electronic means, so long as all members participating in such a 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 electronically at least 7 days prior to the meeting. Participation by PI members in a meeting in the manner provided in this Section constitutes presence in person at such meeting.

**Section 5 – Method of Notification**

The PI will provide at least 7 days’ notice of their meetings to each member group.

**Section 6 – Quorum**

The quorum for voting purposes shall be, at a minimum, a majority of the seated intergroup officers and a majority of seated group representatives.

**Section 7 – Meeting Procedure**

The Twelve Concepts and the Serenity Prayer shall be read at the beginning of each PI meeting.

**ARTICLE VI – COMMITTEES**

**Section 1 – Formation of Committees**

- A. The board may establish committees as are needed for the welfare and operation of the intergroup.
- B. *The Board* shall set the job description for the committees and supervise their operations.
- C. Each committee is responsible to the PI board.
- D. A PI board member may also chair a committee.
- E. The PI Chair shall appoint all committee chairs.
- F. Committees may conduct business by postal mail, email or other electronic means of communication.

**Section 2 – Committees**

- A. Standing Committees: The following standing committees shall be established to carry out the purposes of the Intergroup in the most effective and efficient manner:
  - i. By-Laws Review Committee: Meet yearly to update Peninsula Intergroup bylaws.
  - ii. Nominating Committee: Meet yearly to collection nominees for open positions in the board and committees
- B. Newsletter/Communications Committee: Shall create and distribute a newsletter and other communications containing Intergroup news, appropriate Recovery and OA news, and relevant items coming from entities outside of PI.
- C. Event Committee: Coordinate at least two (2) workshops per year.
- D. Meeting Coordinator
  - i. Liaison to all group meetings to help setup virtual and in-person meetings.
  - ii. Maintain the information for all types of meetings to be distributed throughout the PI groups.
  - iii. Maintain all listings of meetings for the PI with WSO, Region 1, and Seattle IG meeting listings.

## ARTICLE VII – PRUDENT RESERVE

The PI treasurer will maintain a prudent reserve of 3 months of expenses to cover expected operational needs plus sufficient funds for World Service Business Conference and Region One Assembly delegates and alternates. Excess funds will be donated to OA service bodies as determined by the PI.

## ARTICLE VIII – PARLIAMENTARY PROCEDURE

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/majority** 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. 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 – IRS 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.