

BYLAWS OF THE ANCHORAGE, ALASKA INTERGROUP OF OVEREATERS ANONYMOUS

ARTICLE I – NAME

The name of this organization shall be the Anchorage, Alaska Intergroup, hereinafter know as AAI.

ARTICLE II - PURPOSE

Section 1 - Purpose

The primary purpose of this organization is to aid those with the problem of compulsive eating, through the Twelve Steps of Overeaters Anonymous, and to serve and represent the OA groups from which the Intergroup is formed.

Section 2 - The Twelve Steps¹

The Twelve Steps are suggested for recovery in the Fellowship of Overeaters Anonymous. The Twelve Steps 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 our affairs.

¹ Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

Section 3 - The Twelve Traditions²

The Twelve Traditions 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 nonprofessional, 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.

² Permission to use the Twelve Traditions of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

Section 4 - The Twelve Concepts

The Twelve Concepts of OA Service are:

1. The ultimate responsibility and authority for OA world service reside in the collective conscience of our whole Fellowship.
2. The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus, the 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 wherever 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 acts of government, and each shall always remain democratic in thought and action.

ARTICLE III - MEMBERS OF INTERGROUP

Section 1 – Membership

Membership of the Intergroup with voice and vote includes the following:

1. The Intergroup officers.
2. Intergroup representatives, which consist of one member from each group.
3. World Service Business Conference delegates and region representatives.

Section 2 - Qualifications

The following are the qualifications of eligibility for membership in the Intergroup.

1. Those groups within the region or the geographic definition of Intergroup that have formally registered with World Service Office and indicated their intention to belong to Intergroup may be considered members. An OA group is defined as the following:
 - a. As a group, they meet together to practice the Twelve Steps and Twelve Traditions of OA.
 - b. All who have a desire to stop eating compulsively are welcome in the group.
 - c. No member is required to practice any action in order to remain a member or to have a voice (share at a meeting).
 - d. As a group, they have no affiliation other than OA.
 - e. A group may be formed by two or more persons meeting together as set forth in Article IV, Section 1 of Overeaters Anonymous, Inc., Bylaws Subpart B.
 - f. 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 full interactive; and
 - 3) meet in real time.
2. Each group shall be entitled to vote through its elected Intergroup representative.
3. No group may be registered with another Intergroup.

Section 3 - Intergroup Representatives

1. An Intergroup representative will be selected from the group conscience of the group they represent.
2. The duty of the Intergroup representative is to represent the group at meetings and to serve as a contact to carry communications between the Intergroup and the home meeting.

ARTICLE IV - THE INTERGROUP BOARD

Section 1 - The Intergroup Board

1. The executive board shall consist of a Chair, a Vice-Chair, Recording Secretary, Corresponding Secretary, and Treasurer.
2. The Intergroup board includes the executive board, World Service Business Conference delegate(s), standing committee chairs, and regional representative(s).
3. 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 corresponding secretary will open the meeting and hold an election for a temporary Chair.
4. The immediate past Chair may serve as an ex officio member of the Intergroup board for one year.

Section 2 - Nominations to the Intergroup Board

1. The procedure for nominations and elections is as follows:
 - a. A nominating committee will be appointed at the September AAI monthly meeting to prepare a preliminary slate of qualified candidates.
 - b. The slate of candidates will be presented to AAI at the October meeting.
 - c. The preliminary slate of candidates may remain open until the day before the November AAI monthly meeting, at which time the slate of officers shall be posted and a printed copy given to all AAI representatives.
 - d. Additional nominations to the board may be made from the floor at the time of election.

Section 3 - Qualifications for the Intergroup Board

1. Committed to working the Twelve Steps of OA.
2. Familiarity with the Twelve Traditions of OA.
3. Familiarity with the Twelve Concepts of OA Service.
4. Familiarity with the Bylaws of AAI.
5. Regular attendee of an active group.
6. To be eligible for election to the Board, a nominee must:
 - a. Meet all qualifications as defined in Article IV, Section 3 and
 - b. Understand the responsibilities of the position as defined in Article IV, Section 6, and as defined in the Intergroup job description.
7. The World Service Business Conference Delegate shall have at least one (1) year of current abstinence and meet qualifications and requirements as outlined and defined in the Overeaters Anonymous, Inc. Bylaws, Subpart B, and as required for election to the Board by Article IV, Section 3, number 5, of these bylaws.
8. The regional representative (whether or not a member of the Intergroup board) shall meet qualifications and requirements as outlined and defined in the Region One Bylaws, and as required for election to the Board by Article IV, Section 3, number 5, of these bylaws.

Section 4 - Method of Election

1. Elections shall be held annually at the December AAI meeting.
2. AAI representatives vote for one candidate for each office in a secret ballot.
3. Candidates must receive a simple majority of the votes cast to be elected.

Section 5 - Term of Office

1. The Chair, Vice-Chair, Recording Secretary, Corresponding Secretary, Treasurer, Standing Committee Chairs, and Web-Master shall be elected to serve for one (1) year, with a one (1) year renewable terms. The member must be re-nominated to the position for the second year. The exception is the delegate(s), who shall be elected to a two (2) year term.
2. If the member served the second year then after a period of one (1) year, a member may once again be eligible for election to his or her prior office.
3. Upon election to the board, members shall cease to be a representative of their group and that group shall elect a new Intergroup representative.

Section 6 - Responsibilities of the Intergroup Board

1. Serve as guardians of the Twelve Steps, Twelve Traditions and Twelve Concepts with respect to the functions of the Intergroup board.
2. Perform the duties of their offices in accordance with Intergroup board policies and procedures.
3. Serve as guardian of Intergroup board funds; participate in annual financial audit.
4. Provide a forum for the interchange of ideas and information between member groups.

Section 7 - Vacancies and Resignations

1. If a member of the Intergroup board fails to attend three consecutive meetings without prior notice, his or her office may be declared vacant by a majority of those members present and voting.
2. Any board member may resign at any time for any reason by giving the Chair of the Intergroup written notice.
3. Any board member of this Intergroup may be removed from office for due cause by a 2/3 vote of the Intergroup representatives at a special meeting announced for that purpose.

Section 8 - Filling of Vacancies

1. Vacancies shall be filled by a majority vote at that meeting in which the vacancy occurred, or at the next meeting or special meeting of the Intergroup. Such persons chosen to fill vacancies shall serve for the remainder of the unexpired term.
2. A person chosen to fill any vacancy on the board shall meet the qualifications as defined in Article IV, Section 3, and accept the responsibilities of that position as described and defined in AAI Policies and Procedures.

ARTICLE V - MEETINGS

Section 1 - Regular Meetings

The Intergroup shall meet monthly at a time and place designated by a majority of the voting members.

Section 2 - Annual Meetings

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

Section 3 - Special Meetings

A special meeting may be called at any time by a majority of the Intergroup board, or by a request of three Intergroup members, by giving notice as prescribed in Article V, Section 4.

Section 4 - Method of Notification

Intergroup will provide at least seven (7) days notice to all meetings. Notification shall consist of notices prepared by the Intergroup correspondence secretary and distributed to each group secretary, board member, and intergroup representative. Notification may be made by placing an announcement in the Intergroup newsletter, if any, or by mail, e-mail, or telephone, and at the prior Intergroup meeting.

Section 5 - Quorum

Those voting members present at any meeting of this Intergroup shall constitute a quorum for all proceedings of the Intergroup.

Section 6 – Intergroup Procedure

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

ARTICLE VI - COMMITTEES

Section 1 - Standing Committees

The following standing committees may be established as required to carry out the purposes of Intergroup in the most effective and efficient manner. Standing committees may include, but are not limited to:

1. Newsletter
2. Public Information
3. Health Fair
4. Oasis Committee
5. Twelfth Step Within
6. Literature
7. Outreach
8. Retreat
9. Lifeline
10. Tape Library
11. Ways & Means
12. Historian

Section 2 - Special Committees

The board shall designate such special committees as are deemed necessary for the welfare and operation of the Intergroup [e.g. nominating committee].

Section 3 – Special Committee Appointments

The Chair shall nominate, with the approval of the majority board and Intergroup representatives, and appoint an ad hoc committee chair.

Section 4 - Committee Procedures

Each standing or special committee shall be responsible for calling and holding meetings, and establishing its method of procedures, subject to the approval of the Intergroup board and the guidelines of the Twelve Traditions and Twelve Concepts of OA.

Section 5 - Committee Responsibility

Any committee decision and/or vote which establishes or changes a policy, sets a procedural plan for a special event, or expends funds in excess of an approved budget, shall require approval by the Intergroup prior to implementation. Each standing committee chair shall submit a written or oral report to the Intergroup monthly. If monies are expended from an approved budget, a detailed and itemized report shall be included with the committee report.

Section 6 - Ex-officio Members

1. Past committee chairs may serve in an ex-officio capacity in their respective committees.
2. The Intergroup Chair is an ex-officio member of all committees.

Section 7 – Vacancies

Should a vacancy, resignation, or removal of a committee chair occur, all pertinent information shall be turned over to the Intergroup Chair. The Intergroup Chair shall then appoint a new committee chair to serve the remainder of the unexpired term.

Section 8 - Removal of Committee Chairs

A committee chair may be removed from office by a two-thirds (2/3) vote of the Intergroup board for cause.

ARTICLE VII - SOURCE OF FUNDS

Section 1 - Source of Funds

1. Voluntary contributions of the member groups shall be the primary source of funds.
2. Secondary source of income may be occasional projects or activities authorized by the Intergroup according to Tradition Six. For example, retreats, marathons, or fund raising projects organized by the Ways & Means Committee. .
3. The Intergroup may accept donations from OA members, conforming to the general practice of OA.
4. The maximum allowable annual donation to the Intergroup by OA members is to be limited to the maximum amount allowable by WSO.
5. The acceptance of bequests or donations from any outside source is prohibited.
6. The maximum allowable bequest to the Intergroup by OA members is to be limited to the maximum amount allowable by WSO.
7. The Intergroup shall not accept the responsibility for trusteeship over, or enter into the distribution or allocation of, funds set up outside of Overeater Anonymous.

Section 2 - Prudent Reserve

There shall be no accumulation of funds beyond current necessities, with retention of only a prudent reserve for contingencies. Funds in excess shall be donated to Region One and the World Service Office at least annually as budgeted and directed by the Intergroup.

ARTICLE VIII - PARLIAMENTARY PROCEDURE

The rules contained in the current edition of Roberts Rules of Order Newly Revised shall govern this Intergroup in all cases to which they are applicable and in which they are consistent with these bylaws, the Overeaters Anonymous, Inc. bylaws, Subpart B, or any special rule of order this Intergroup may adopt.

ARTICLE IX - AMENDMENTS TO THESE BYLAWS

These bylaws may be amended at any time by a two-thirds (2/3) vote of the voting members present and voting at any regular or special meeting of the Intergroup board. 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 and Twelve Traditions of OA may only be made as per OA, Inc. Bylaws, Subpart B, Article XIV, Section 1e.

ARTICLE X - MAJOR POLICY MATTERS

1. Matters, which affect this Intergroup and/or groups within its service area, shall be referred to the board of this Intergroup.
2. Matters, which relate to Overeaters Anonymous as a whole, which affect Subpart A of the Bylaws of Overeaters Anonymous, Inc., shall be referred to the Board of Trustees.
3. Matters which affect Subpart B of the Bylaws of Overeaters Anonymous, Inc. or which relate to the Twelve Steps, Twelve Traditions and the Twelve Concepts shall be referred to the World Service Business Conference.

ARTICLE XI - DISSOLUTION

Section 1

Upon 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 and/or to Region One, or, in the event the World Service Office or Region One is unable to accept the remaining assets, 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.