

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 – Primary 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 executive board.
2. Newsletter Editor.
3. Literature Chair.
4. Standing Committee Chairs.
5. Intergroup representatives, which consist of one member from each group.
6. World Service Business Conference Delegate(s), and Region One Delegate(s).

Section 2 - Qualifications

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

1. 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.

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

2. The Intergroup endorses the definition of an OA group in Overeaters Anonymous, Inc. Bylaws, Article V, Section 1, as written and as it may be amended by a future World Service Conference.
3. These points shall define an Overeaters Anonymous group:
 - a. As a group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service.
 - b. All who have a desire to stop eating compulsively are welcome in the group.
 - c. No member is required to practice any actions 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 Overeaters Anonymous.
 - e. It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.

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 Intergroup meetings and to carry communications between the Intergroup and the home meeting.

ARTICLE IV - THE INTERGROUP BOARD

Section 1 - Membership

1. The Intergroup board shall consist of a Chair, a Vice-Chair, Recording Secretary, Corresponding Secretary, Treasurer, WSBC and Region One Delegates, Newsletter Editor, and Literature Chair
2. 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 or next executive board member, will open the meeting and hold an election for a temporary Chair.

Section 2 - Qualifications for the Intergroup Board

To be qualified to serve on the Intergroup Board, a member must be:

1. Committed to working the Twelve Steps and Twelve Traditions of OA.
2. Familiar with the Twelve Concepts of OA Service.
3. Familiar with the Bylaws of AAI.
4. A regular attendee of an active group.
5. To be eligible for election to the Board, a nominee must:
 - a. Meet all qualifications as defined in Article IV, Section 2 and
 - b. Understand the responsibilities of the position as defined in Article IV, Section 3, and as defined in the AAI Policies and Procedures.
6. The World Service Business Conference Delegate shall have at least one year of current abstinence and at least two years of service beyond the group level.
7. The Region One Delegate 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 2, number 5, of these bylaws.

Section 3 - Responsibilities of the Intergroup Board

The responsibilities of the Intergroup Board are to:

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; requesting an annual financial audit.
4. Provide a forum for the interchange of ideas and information between member groups.

Section 4 - Term of Office

1. The Chair, Vice-Chair, Recording Secretary, Corresponding Secretary, Treasurer, Newsletter Editor, Literature Chair, and Standing Committee Chairs 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.
2. The exception is the Delegate(s), who shall be elected to a two (2) year term.
3. After a period of one year, a member may once again be eligible for election to his or her prior office.
4. Upon election to the board, members shall cease to be a representative of their group and that group may elect a new Intergroup representative.

Section 5 - 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 6 - 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 7 – Vacancies

1. A vacancy occurs when a member is not elected to a position at the December AAI meeting.
2. A vacancy occurs when a member of the Intergroup board fails to attend three consecutive meetings without prior notice. A motion may be made declaring his or her office vacant by a majority of those members present and voting.
3. A vacancy occurs when any board member resigns by giving the Chair of the Intergroup a written notice.
4. A vacancy occurs when a board member is removed from office, with a motion for due cause, by a 2/3 vote of the Intergroup representatives at a special meeting 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 regular 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 2, 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 at a time and place designated by a majority of the voting members at the annual meeting.

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

1. A special meeting may be called at any time by a majority of the Intergroup executive board, or by the request of three Intergroup members, after giving notice as prescribed in Article V, Section 5.
2. A special meeting may be conducted face-to-face, via the telephone, SKYPE, or e-mail.

Section 4 - Special Executive Board Meetings

1. A special executive board meeting may be called for the purpose of resolving personality conflicts or allegations of breaks of Traditions.
2. Any member may contact an executive board member for the purpose of holding a special executive board meeting.
3. A special executive board meeting may be called at any time.
4. A special meeting may be conducted face-to-face, via the telephone, SKYPE, or e-mail.

Section 5 - Method of Notification

Intergroup will provide at least seven days prior notice to all meetings, with the exception of a special executive board meeting. Notification shall be prepared by the Intergroup Correspondence Secretary and distributed to each group secretary, board member, and intergroup representative by placing an announcement in the Intergroup newsletter, if any, by mail, e-mail, telephone, or at the prior Intergroup meeting.

Section 6 - Quorum

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

Section 7 – Intergroup Procedure

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

ARTICLE VI – COMMITTEES

Section 1 - Committee Procedures

Each standing or special committee shall be responsible for calling and holding meetings (face-to-face, via the telephone, SKYPE, or e-mail), 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 2 - 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 at to the Intergroup meeting. If monies are expended from an approved budget, a detailed and itemized report shall be included with the committee report.

Section 3 - Committee Chairs

1. The Intergroup board may establish committees as are needed for the welfare and operation of the group. Each committee is responsible to the IG board.
2. Committee chairs may include, but are not limited to:
 - a. Oasis Angel
 - b. Twelfth Step Within
 - c. Outreach [Public Information, Professional Community, Institutions Health Fairs, and Young People]
 - d. Lifeline
 - e. Retreat
 - f. Publications Committee
 - g. Finance Committee [Budget and Ways and Means]
 - h. Policies and Procedures
 - i. Technology
 - j. Archives
 - k. Workshops and Special Events

3. A committee chair will ask and encourage OA members to join him or her in carrying out the purposes of the Intergroup in the most effective and efficient manner.

Section 4 – Ad Hoc Committees

The board shall designate such Ad Hoc committees as are deemed necessary for the welfare and operation of the Intergroup [including but not limited to bylaws, nominating, Special Events [workshop, and marathon] committees].

Section 5 – Ad Hoc Committee Chair Appointment

The Chair shall nominate, with the approval of the majority board and Intergroup representatives, and appoint an Ad Hoc Committee Chair.

Section 6 – Ad Hoc Committee Chair Vacancies

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

Section 7 - Removal of Ad Hoc Committee Chairs

An Ad Hoc Committee Chair may be removed from office for cause by a two-thirds vote of the Intergroup Board.

ARTICLE VII - SOURCE OF FUNDS

Section 1 - Contributions

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 and Means Committee.
3. 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. Intergroup shall not accept the responsibility for trusteeship, 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 of the prudent reserve shall be donated to Region One and the World Service Office at least annually as budgeted and directed by the Intergroup.

ARTICLE VIII – SPECIAL POSITIONS AND WORKERS

AAI may hire or accept volunteer(s) to perform Intergroup duties that require unique abilities and skills.

ARTICLE IX - PARLIAMENTARY PROCEDURE

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

ARTICLE X - 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 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 XI - 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 XII - 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, 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.