

**BYLAWS OF THE ANCHORAGE, ALASKA INTERGROUP  
OF OVEREATERS ANONYMOUS  
JULY 2024**

**ARTICLE I – NAME**

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

**ARTICLE II - PURPOSE**

The primary purpose of the Anchorage, Alaska Intergroup of Overeaters Anonymous (AAI) 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<sup>1</sup>

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

---

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

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.

B. Twelve Traditions<sup>2</sup>

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.

---

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

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.

C. 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 - MEMBERSHIP IN AAI**

### **Section 1 – Membership**

Members of AAI with voice and vote include the following:

1. The AAI board officers: Chair, Vice-Chair, Secretary, and Treasurer.
2. Newsletter Editor.
3. Literature Chair.
4. Intergroup representatives, consisting of one member from each group.
5. World Service Business Conference Delegate(s), and Region One Representative(s).
6. Committee chairs. (NOTE: A committee chair, like every other AAI member, will have only one vote even if also serving as an intergroup representative.)

## **Section 2 - Qualifications**

The following are the qualifications for membership in AAI:

1. Groups registered with the World Service Office (WSO) that are within AAI's region or geographic proximity may affiliate with AAI. With AAI's permission, virtual groups registered with the WSO may affiliate with AAI without regard to geographic proximity.
2. AAI has the autonomy to determine which groups may affiliate with it; that decision should always be guided by OA Traditions and Concepts.
3. AAI endorses the definition of an OA group as set forth in the Overeaters Anonymous, Inc. Bylaws, Subpart B, Article V, Section 1, and as it may be amended by a future World Service Business Conference:
  - 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 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 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 AAI meetings and to carry communications between AAI and the represented group.

## **ARTICLE IV - THE INTERGROUP BOARD**

### **Section 1 – Membership**

1. The AAI board shall consist of the Chair, Vice-Chair, Secretary, Treasurer, World Service Business Conference Delegate(s), Region One Representative(s),

Newsletter Editor, and Literature Chair.

2. Meetings shall be chaired by the Chair of the board. In the event the Chair is unable to preside over any meeting, the Vice-Chair will lead the meeting. In the event the Vice-Chair is not available, the Secretary or Treasurer will open the meeting and the Board members present will appoint a temporary Chair.
3. Those voting members present at any meeting of this Intergroup shall constitute a quorum for all proceedings of the Intergroup.

### **Section 2 – Qualifications for Election to the AAI Board**

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

1. Working the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service to the best of that person's ability.
2. Familiar with the Bylaws of AAI and understand and agree to the responsibilities of the position as set forth in the Bylaws.
3. A member and regular attendee of an affiliated group.
4. Familiar with the responsibilities of the position as defined in Article IV, Section 3, and as defined in the AAI Policies and Procedures.
5. The World Service Business Conference Delegate must comply with the abstinence and length of service requirements in the OA, Inc. Bylaws, Subpart B, Article X, Section 3.c.1). Current requirements are one year of current abstinence and at least two years of service beyond the group level.
6. The Region One Representative(s) also must comply with the abstinence and length of service specified in the Region One bylaws. Currently, the Region One bylaws do not contain any abstinence or service requirements for Representatives.

### **Section 3 - Responsibilities of the AAI Board**

The responsibilities of the AAI Board are to:

1. Serve as guardians of the Twelve Steps, Twelve Traditions and Twelve Concepts with respect to the functions of the intergroup.
2. Perform the duties of their offices in accordance with AAI Bylaws, and AAI Policies and Procedures.

3. Serve as guardian of AAI funds and provide for 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, Secretary, Treasurer, Newsletter Editor, Literature Chair, and Standing Committee Chairs shall be elected to serve a term of one (1) year, with a one (1) year renewable term. The member must be re-nominated to the position for the second term.
2. The exceptions are the World Service Business Conference Delegate(s), and the Region One Representative(s), who each 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, a member shall cease to be a group representative, and their group may elect a new intergroup representative.

#### **Section 5 – Elections to the AAI Board**

1. Elections to the AAI Board shall be held annually at the May AAI meeting. The procedure is as follows:
  - a. A nominating committee will be appointed at the March AAI meeting to prepare a preliminary list of qualified candidates.
  - b. The list of candidates will be presented to AAI at the April meeting, at which time their names shall be distributed to all AAI representatives to share with their groups. Distributing the candidates' names may be done electronically.
  - c. Additional nominations to the board may be made from the floor at the time of the election.
2. Candidates and/or other members may make a brief statement in support of their candidacy before the vote.
3. In the event more than one person has been nominated for a position, the election shall be conducted by secret ballot. All AAI representatives and board members are entitled to vote for one candidate for each office.

4. Candidates must receive a simple majority of the votes cast to be elected. In the event no candidate for a particular office receives a majority of votes, additional secret ballots will be held until one candidate is the clear winner.

### **Section 6 – Board Vacancies**

1. A vacancy occurs when:
  - a. a position remains unfilled following the May AAI meeting, or
  - b. any board member resigns by giving the Chair of AAI a written notice.
2. A board member may be removed from office for cause for:
  - a. failing to perform the responsibilities of the position, as may be determined by the board, or
  - b. failure to attend three consecutive meetings without prior notice to the Chair or another officer.
  - c. In the event a motion is made to remove a board member and declare the office vacant, a 2/3 vote of those members present and voting is required to pass the motion.
3. Vacancies occurring in 1 or 2 above shall be filled by a majority vote at that meeting in which the vacancy occurred, or, after notice to the membership of the vacancy, at the next regular or special AAI meeting.
4. 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.
5. A person chosen to fill a board vacancy shall serve the remainder of the unexpired term and may run for reelection.

## **ARTICLE V - MEETINGS**

### **Section 1 - Regular Meetings**

1. AAI shall meet regularly, at a time and place designated by the board. The meeting shall be in-person, via electronic means or as a hybrid meeting, at the board's discretion to accommodate the best representation of members.
2. An annual meeting shall be held in the month of May for the election of board

members.

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

### **Section 2 - Special Meetings**

1. A special meeting of the membership may be called at any time by a majority of the AAI board members, or by three intergroup representatives, after giving notice as prescribed in Article V, Section 5.
2. A special meeting may be conducted in person, via the telephone or other electronic means, pursuant to Article V, Section 3, or by e-mail.

### **Section 3 - Meeting by Virtual Conference**

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

### **Section 4 - Special Board Meetings**

1. A special board meeting may be called at any time to address a time sensitive issue that needs to be resolved before the next regularly scheduled board meeting, or for the purpose of resolving conflicts or allegations of a break in the Traditions.
2. Any member may contact a board officer to request a special board meeting. The officer shall notify the Chair, who shall schedule the meeting.
3. A special meeting may be conducted in person, via the telephone, or other electronic means, pursuant to Article V, Section 3.
4. A quorum need not be present to hold a special board meeting, and regular meeting procedures need not be followed.

### **Section 5 - Notice**

1. AAI shall provide notice no later than seven days prior to all meetings, with the exception of a special board meeting.

2. Notification shall be prepared by the Secretary and distributed to each group secretary, board member, and intergroup representative by mail, e-mail, telephone, the intergroup newsletter, or at the prior AAI meeting.

#### **ARTICLE VI - COMMITTEES**

1. The AAI board may establish such standing or special committees as are needed for the welfare and operation of AAI and its primary purpose. Each committee is responsible to the board.
2. Each committee chair shall submit at minimum an oral report at regular AAI meetings, or as directed by the Chair.

#### **ARTICLE VII – SOURCE OF FUNDS AND PRUDENT RESERVE**

1. Voluntary contributions of the member groups and individual OA members 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.
3. The intergroup Treasurer shall maintain a prudent reserve of funds as directed by the board ~~months of expenses~~ to cover three months of expected operation needs. Excess funds will be donated to OA service bodies as determined by AAI.

#### **ARTICLE VIII - PARLIAMENTARY PROCEDURE**

AAI shall conduct business in accordance with the current edition of Robert's Rules of Order Newly Revised, or any special rule of order AAI may adopt.

#### **ARTICLE IX - AMENDMENTS TO THESE BYLAWS**

1. 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.
2. The proposed amendment must be communicated in writing to each member group at least 30 days prior to the voting meeting.

3. Amendments to the Twelve Steps, ~~and~~ Twelve Traditions, and Twelve Concepts of OA may only be made pursuant to OA, Inc. Bylaws, Subpart B, Article XII, Section 1.

### **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**

1. Upon dissolution of this association, AAI must deregister by submitting a written notice to the World Service Office, region chair, and region trustee.
2. When AAI 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.
3. 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.