

BYLAWS OF THE NORTHERN COLORADO INTERGROUP OF OVEREATERS ANONYMOUS (NCIGOA)

Region III
Intergroup No.9191

ARTICLE I – NAME

The name of this organization shall be the Northern Colorado Intergroup of Overeaters Anonymous herein after known as Intergroup.

ARTICLE II – PURPOSE

The primary purpose of NCIGOA 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.

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 the Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all affairs.

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.

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 of 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 intergroup (IG) officers
- B. Intergroup representatives (IRs), which consist of a member from each group
- C. World Service Business Conference delegate
- D. Region III representative
- E. Committee chairs. No person shall have more than one vote, regardless of the number of roles they hold.

Section 2 – Qualifications

- A. Qualifications for membership in the intergroup: 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. (For service boards, see OA, Inc. Bylaws, Subpart B, Article VIII, Section 2.)
- B. The 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
 - 2) Anonymous, guided by the Twelve Concepts of OA Service.
 - 3) All who have the desire to stop eating compulsively are welcome in the group.
 - 4) No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting).
 - 5) As a group they have no affiliation other than Overeaters Anonymous.
 - 6) It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.
- D. 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 fully interactive; and
 - 3) Meet in real time.

Section 3 – Intergroup Representatives

- A. An intergroup (IR) will be selected from 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 home meeting.
- C. Each group shall be free to designate an alternate delegate when the necessity arises.

ARTICLE IV – THE INTERGROUP (IG) BOARD

Section 1 – The Intergroup (IG) Board

- A. The board consists of the following officers: chair, vice chair, secretary, treasurer, WSO/Region III Representative.
- B. The intergroup (IG) board may also include other positions such as World Service Business Conference delegate, committee chairs or regional representative.
- 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 Intergroup (IG) Board

Nominations to the board may be made from the floor at the time of election. A nominating Committee may be formed at the discretion of the Intergroup.

Section 3 – Qualifications for the Intergroup (IG) Board

To qualify for election to the intergroup (IG) board, an individual must:

- A. Be working the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service to the best of their ability.
- B. Have a recommended 6 months of current abstinence except as follows (each person shall be the sole judge of his or her abstinence):
- C. 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 [Current requirements are one year current abstinence and at least two years of service beyond the group level.]
- D. Region representatives must comply with the abstinence and length of service specified in the region's bylaws.
- E. Be a regular member of an affiliated group.

Section 4 – Election of Board Members

- A. Elections are held annually.
- B. Nominations may be made from the floor at the time of election.
- C. Nominees must be present at the election meeting or have agreed in writing to serve, and the candidate must receive a majority vote for election.

Section 5 – Term of Office

- A. Board members shall be elected to serve two (2) consecutive years. The Chairperson and Secretary, World Service Delegate/Region Representative shall be elected in even-numbered years; the Vice-Chairperson and Treasurer shall be elected in odd-numbered years.
- B. Board members may serve no more than 2 consecutive terms in the same position.
- C. A member may serve again after a leave of 2 years in the position.
- D. Once elected, a board member may not serve as a group representative to the intergroup.

Section 6 – Responsibilities of the Intergroup (IG) 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 intergroup policies and procedures.
- C. Serve as guardian of intergroup funds; participate in annual financial audit.
- D. Provide a forum for the interchange of ideas and information between member groups.

Duties of Offices

A. Chairperson:

- 1) Shall preside at all regular and special meetings of this Intergroup.
- 2) Shall be responsible for establishing the agenda for all Intergroup meetings.
- 3) May cast deciding vote to make or break a tie.
- 4) May attend all standing committee meetings.
- 5) Shall provide copies of the by-laws to all new IRs when they are elected and to new Board members at the last meeting of the term.
- 6) May be removed after two consecutive and unexcused absences from meetings of this Intergroup.(See Art.IV, Sec.7)
- 7) Will be one of three (3) required signatures on file at the current financial institution. Only one signature is necessary for fund disbursement.

B. Vice-Chairperson:

- 1) Shall serve in the absence of the chairperson.
- 2) Shall assist the chairperson whenever needed.
- 3) May attend all standing committee meetings.
- 4) May be removed after two consecutive and unexcused absences from meetings of this Intergroup. (See Art. IV, Sec. 7)
- 5) Will be one of three (3) required signatures on file at the current financial institution. Only one signature is necessary for fund disbursement.

C. Secretary:

- 1) Shall see that minutes are kept of all Intergroup meetings. As a cooperative gesture, a copy of the minutes may be sent to the regional trustee.
- 2) Shall maintain a file of all minutes of past meetings.
- 3) Shall direct correspondence to the appropriate officer or committee chairman and maintain a file of outgoing correspondence.
- 4) Shall distribute notices of all meetings of the Intergroup as described in ArticleV.
- 5) Shall keep WSO informed of all changes to group information.
- 6) May attend all standing committee meetings.
- 7) May be removed after two consecutive and unexcused absences from meetings of this Intergroup.(See Art.IV, Sec.7)

D. Treasurer:

- 1) Shall maintain a checking and savings account, if necessary, for dispersal of Intergroup funds.
- 2) Shall submit financial reports each month at the Intergroup meetings.
- 3) Shall serve as chairman of the Budget Committee.
- 4) May attend all standing committee meetings.
- 5) May be removed after two consecutive and unexcused absences from meetings of this Intergroup. (See Art. IV, Sec 7)
- 6) Will be one of three (3) required signatures on file at the current financial institution(s). Only one signature is necessary for fund disbursement.

A. World Service Conference Delegate / Region III Representative (WSO/Reg.III Rep):

- 1) Shall attend the World Service Conference of Overeaters Anonymous.
- 2) Shall attend all region assembly meetings.
- 3) In all areas, the WSO/Reg.III Rep shall meet qualifications and requirements as outlined and defined in the OA Business Conference Policy Manual (formerly in Bylaws of OA, Subpart B) and the Region III bylaws.
- 4) Shall have one year current physical, emotional and spiritual recovery.
- 5) Shall serve Overeaters Anonymous and the World Service Conference until the following Conference.
- 6) Shall serve Overeaters Anonymous and Region III for the full term as designated by the region bylaws.
- 7) Shall serve no more than four consecutive years, except for reasons to be decided by the group conscience of the Intergroup with respect to the delegate.
- 8) Shall be willing to report, either orally or in writing as designated by the Intergroup, the actions of the Conference and region assembly to all groups the Intergroup represents; to keep the Intergroup and represented groups aware of WSO information; to communicate important information to the area.
- 9) May attend all standing committee meetings.
- 10) May be removed after two consecutive and unexcused absences from meetings of this Intergroup. (See Art.IV, Sec.7)

Note: OA experience seems to indicate that greater continuity for service is achieved when the WS Conference delegate and the Regional Representative are the same person.

Section 7 – Vacancies and Resignations

- A. If a board member is absent from an IG meeting 2 consecutive times without notice, he/she may be removed from the position by a majority vote of the members.
- B. Any board member may resign at any time for any reason by giving the chair of the intergroup written notice.
- C. Any board member of this intergroup may be removed from office for due cause by a 2/3 vote of the IRs at a meeting announced for that purpose.

Section 8 – Filling of Vacancies

- A. Vacancies shall be filled by a majority vote at the next meeting of the Intergroup 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 and be aware of all responsibilities of that position as described and defined in Article IV.

ARTICLE V – MEETINGS

Section 1 – Regular Meetings

The intergroup will meet monthly, except during July and August, 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 **October** for the election of officers.

Consideration shall be given to set such time of said meeting to be held prior to 120 days prior to the WS Conference (WSBC) allowing adequate time for election of the WSBC delegate. If a Region III conference occurs within 30 days of the Annual Meeting and a new Region III delegate is elected, the Board shall decide whether the previous delegate or the new delegate shall attend.

Section 3 – Special Meetings

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

Section 4 – Method of Notification

The intergroup will provide at least 7 days notice to each member group. Notice will be provided by email (or regular mail upon request) to each member group and will include the agenda for the meeting. However, new business items may be added to the agenda of the meeting after the meeting notice is sent.

Section 5 – Quorum

The quorum for voting purposes shall be, at minimum, one intergroup officer and at least three other voting members.

Section 6 - Source of Funds

- A. Voluntary contributions of members groups shall be the primary source of funds.
- B. Secondary source of income maybe such occasional projects or activities as may be authorized by the Intergroup according to Tradition Six.
- C. The Intergroup may accept contributions from OA members, conforming with the general practice of OA.
- D. The maximum allowable contribution to the Intergroup by OA members is to be limited to five hundred dollars annually.
- E. The acceptance of bequests or donations from any outside source is prohibited.
- F. The Intergroup shall not accept the responsibility for trustee ship over, or enter into the distribution or allocation of funds setup outside of Overeaters Anonymous.

Section 7– Prudent Reserve

The IG treasurer will maintain a prudent reserve of 3 months to cover expected operational needs (exclusive of attendance at WSBC and Region III conferences).

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.

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 not be limited to:

1. Public Information/Professional Outreach (PI/PO)
2. Phone / Hotline
3. Lifeline
4. Meeting List
5. Newsletter
6. Webmaster
7. Convention

ARTICLE VII – PARLIAMENTARY PROCEDURE

NOTE: Intergroups may conduct the business of their groups by any method they choose. This Intergroup uses Robert's Rules of Order, Newly Revised.

ARTICLE VIII – 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 by email (or regular mail upon request) to a distribution group available to any member group at least 14 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 IX – DISSOLUTION

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.