

# Bylaws of the North Bay OA Intergroup

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Adopted December 21, 2024

## **ARTICLE I – NAME**

The name of this organization shall be “North Bay OA Intergroup”.

## **ARTICLE II – PURPOSE**

The primary purpose of North Bay OA Intergroup (NBOA) 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, to serve and represent member groups and to maintain association with OA Region 2 and OA World Service.

### **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 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. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.

- 8) Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
- 9) Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.
- 10) Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.
- 11) Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.
- 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.

## **D) Events and Public Information**

North Bay OA may sponsor special events such as annual retreats, workshops, and meetings as well as maintaining a phone information line, website and public information announcements in various media.

## **ARTICLE III – MEMBERS**

### **Section 1 – Membership with Voice and Vote**

Members of North Bay OA with voice and vote include the following:

- A) The NBOA officers.
- B) Intergroup Representatives (IRs), which consist of one member from each group.
- C) World Service Business Conference Delegate(s).
- D) Region 2 Representative(s).
- E) Committee Chairs. A committee chair will have only one vote if also serving as an IR.

### **Section 2 – Membership with Voice and no Vote**

Any member of the OA Fellowship who is not a duly selected member of Intergroup.

### **Section 3 – Qualifications for Groups**

- A) North Bay OA has the autonomy to determine which Groups may affiliate with it, with the decision to always be guided by OA Traditions and Concepts.
- B) North Bay OA endorses the definition of an OA group in Overeaters Anonymous, Inc. Bylaws, Subpart B, Article V, Section 1
- C) These points shall define an Overeaters Anonymous Group, whether face-to-face or virtual:
  - 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.

### **Section 4 – 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 NBOA meetings and to serve as a contact to carry communications between NBOA and the represented group.

## **ARTICLE IV – BOARD OF DIRECTORS**

### **Section 1 – The North Bay OA Board**

- A) The Board consists of the following officers: a Chair, Vice Chair, Secretary, Treasurer, World Service Business Conference Delegates, and Region 2 Representatives.
  
- 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 North Bay OA Intergroup 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 NBOA Board.

### **Section 3 – Qualifications for the North Bay OA Intergroup Board**

To qualify for election to the NBOA 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 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 of current abstinence and at least two years of service beyond the group level.
  - 2) Region 2 Representatives must comply with the abstinence and length of service specified in the Region 2 bylaws. Each group or Intergroup selects its RR in any manner it chooses as long as it stays within the framework of the Twelve Steps and the Twelve Traditions.
- C) Have familiarity with the operations of OA and Intergroup by being a regular member of an affiliated group for a period of 1 year and at least 1 year of service beyond the group level.

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

- A) Nominations may be made from the floor at the time of election.
- B) Nominees must be present at the election meeting. For election, the candidate must receive a majority vote.

#### **Section 5 – Term of Office**

- A) The term of office for a board member is 2 years, starting on January 1.
- B) Board members may serve no more than 2 consecutive terms in the same position. A member may serve again in that position after a leave of 6 months.
- C) Once elected, a Board member may not serve also as a Group Representative at the Intergroup.

#### **Section 6 – Responsibilities of the North Bay OA 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) Perform the duties of their offices in accordance with NBOA policies and procedures as posted on the NBOA website under the “Intergroup” tab.
- C) Serve as guardian of NBOA funds; participate in an annual financial audit.
- D) Provide a forum for the interchange of ideas and information among member groups.

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

- A) If a board member is absent without prior notice from a NBOA meeting more than 3 times in the year, or twice in row, they may be removed from the position by a majority vote cast either at a regular board meeting or a meeting announced for that purpose.
- B) Any board member may resign at any time for any reason by giving written notice to the NBOA Chair.
- C) Any board member may be removed from office for due cause by a 2/3 majority vote 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 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 above.

## **ARTICLE V – INTERGROUP MEETINGS**

### **Section 1 – Regular Meetings**

North Bay OA will 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 officers.

### **Section 3 – Special Meeting**

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

### **Section 4 – Method of Notification**

North Bay OA will provide at least 7 days' notice to each member Group.

### **Section 5 – Quorum**

The quorum for voting purposes shall be, at a minimum, 3 NBOA Board members and 5 other voting members.

### **Section 6 – Meeting Procedure**

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

## **ARTICLE VI – STANDING COMMITTEES**

### **Section 1 – Standing Committees**

The following standing committees may be established to carry out the purposes of NBOA in an effective and efficient manner. They may include but are not limited to Newsletter, Public Information, Website, Budget, Special Events (Retreats, Marathons, Workshops, Meetings) or other committees, standing or special, as needed.

## **Section 2 – Committee Procedures**

Each standing committee may prescribe its own rules for calling and holding meetings and its procedures, subject to the guidelines of the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA. Information on committee policies and procedures may be posted on the NBOA website in the “Intergroup” tab.

## **Section 3 – Committee Responsibility**

- A) The committee chair or the committee treasurer shall keep financial records. A detailed and itemized report shall be submitted to the Treasurer within 2 months after any special event for which moneys were expended.
- B) Each committee chair shall report to the Board regularly when active and/or at the end of any special event coordinated by the committee.

## **Section 4 – Vacancies**

Should a vacancy, resignation, or removal occur to the Committee Chair in any standing committee, all pertinent information shall be turned over to the NBOA Chair. The Chair shall then approve a new Committee Chair to serve.

# **ARTICLE VII - SOURCES OF FUNDS**

## **Section 1 - Sources**

- A) Voluntary contributions of the member groups shall be the primary source of funds.
- B) Secondary sources of income may be such occasional projects or activities as may be authorized by NBOA in accordance with Tradition Six.
- C) NBOA may accept donations from OA members, conforming to the general practice of OA.
- D) The acceptance of bequests or donations from any outside source is prohibited
- E) NBOA shall not accept the responsibility for trusteeship over or enter into the distribution or allocation of funds set up outside of OA.

## **Section 2 – Prudent Reserve**

The Treasurer will maintain sufficient operating funds, plus a prudent reserve of 1 year to cover expected operational needs. Excess funds will be donated to Region 2 and World Service on a regular basis, or to other OA service bodies as directed by NBOA.

# **ARTICLE VIII – PARLIAMENTARY PROCEDURES:**

The rules contained in the current edition of Robert’s Rules of Order shall govern NBOA in all cases to which they are applicable and in which they are consistent with these Bylaws, The Twelve Steps, Twelve Traditions and the Twelve Concepts.

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

### **Section 1 – Amendments**

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 North Bay OA. 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.

### **Section 2 – Bylaw Reviews**

These bylaws shall be reviewed by a bylaw committee appointed by the Chair when deemed necessary by NBOA, but at least every 5 years.

## **ARTICLE X – DISSOLUTION**

### **Section 1 – Deregistration**

In order to deregister, NBOA will submit a written request to the World Service Office, Region 2 Chair and Region 2 Trustee Liaison.

### **Section 2 – Disbursement of Remaining Funds**

When NBOA ceases operation and all debts have been paid, all remaining funds shall be distributed to other Overeaters Anonymous service bodies or WSO in accordance with Tradition Six. No part of the net earnings of this association shall ever 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.

## **Approved by the North Bay OA Intergroup Board and Representatives**

Date: December 2, 2024