BYLAWS
OF
MANASOTA INTERGROUP, INC.

Overeaters Anonymous—Region 8
Intergroup Number 09240

Adopted September 13, 2025

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ARTICLE I – NAME

The name of this organization shall be the Manasota Intergroup, Inc., also known as Intergroup, IG, or MSI.

ARTICLE II – PURPOSE

The primary purpose of Manasota Intergroup of Overeaters Anonymous is to carry the message of recovery to those with the problem of eating compulsively and compulsive food behaviors, 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 MSI-affiliated groups.

Section 1 – 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 a*s 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.

Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc. MSI cannot amend the Steps.

Section 2 – 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 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.

Permission to use the Twelve Traditions of Alcoholics Anonymous for adaptation granted by AA World Services, Inc. MSI cannot amend the Traditions.

Section 3 – 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 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.

Permission to use the Twelve Concepts of OA Service granted by Overeaters Anonymous, Inc. MSI cannot amend the Concepts.

ARTICLE III – MEMBERS

Section 1 – Membership—Voice and Vote

A. Membership of MSI with voice and one vote includes the following:

1. The MSI Board.
2. Manasota Intergroup Representatives (IRs) consist of one member from each group.
3. Alternate IRs vote only when the IR is not present.
4. Committee Chairs.

B. The Chair votes only when necessary to break a tie. No member shall have more than one (1) vote.

C. Membership of MSI with voice and no vote includes the following:

All OA members are welcome at Manasota Intergroup Meetings. They may participate in discussions, but do not have a vote.

Section 2 – Qualifications

A. MSI is composed of two or more groups that have formed a service body to support and represent the groups that are affiliated with it.

B. Those groups that have formally registered with the World Service Office (WSO) and indicate their intention to affiliate with MSI, guided by OA Traditions and Concepts, will be considered for affiliation with MSI**.**

C. MSI 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**.**

D. These points shall define an Overeaters Anonymous group:
   1. As a group, they meet to practice the Twelve Steps and Twelve Traditions of OA, 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 OA.
   5. It has affiliated as an OA Group by registering with the World Service Office.

E. A group may affiliate with only one intergroup. The group shall be affiliated with the intergroup's region.

F. Any person may become a member of MSI Overeaters Anonymous who has a desire to stop eating compulsively.

Section 3 - Manasota Intergroup Representatives

Manasota Intergroup Representatives (IRs) shall be selected by the group conscience of the group they represent. IRs shall be selected by any method deemed appropriate by that group. These IRs shall serve for a period designated by their group. Each group shall be free to designate an Alternate IR when the necessity arises. A member may declare their status as the Alternate IR for a specific group at the start of an MSI Meeting, provided that no other representation is present.

ARTICLE IV – THE MSI BOARD

Section 1 – MSI Board

A. The MSI Board consists of the Chair, Vice Chair, Secretary, Treasurer, World Service Business Conference Delegate, and Region 8 Representative(s). The Immediate Past Chair shall serve as an ex officio Member of the MSI Board for a period of one (1) year.

B. Meetings shall be presided over by the Chair. In the event the Chair is unable to chair any meeting, the Vice Chair will lead the meeting. If the Vice Chair is unavailable and no substitute has been pre-planned to fill in for the Chair, the Secretary will open the meeting and conduct an election for a Temporary Chair for that one meeting.

Section 2 – Nominations to the MSI Board

Nominations to the board may be made from the floor up to the time of the election. A Nominating Special Committee may be formed at the discretion of the MSI Board.

Section 3 – Qualifications for the MSI Board

To qualify for election to the MSI 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. Each person shall be the sole judge of their abstinence and have six (6) months of current abstinence, except as follows:
   1. World Service Business Conference Delegates and Alternates must comply with the abstinence and length of service requirements in the OA, Inc., Bylaws, Subpart B, Article VIII, Section 3(c)(1). Current requirements are one year of current abstinence and at least two years of service beyond the group level.
   2. Region 8 Representative(s) and Alternates must comply with the abstinence and length of service specified in the Bylaws of Southeastern Overeaters Anonymous Region 8, Inc., Article III, Section 3 (B). Current requirements are a minimum of six (6) months' current continuous abstinence as defined by OA.

C. Be a regular member of an MSI-affiliated group.

Section 4 – Election of MSI Board

A. Nominees must be present at the election meeting. A nominee who is absent from the election meeting may remain eligible for election, provided they have given prior notice of their willingness to serve to a Member of the MSI Board.

B. To be elected, the candidate must receive a majority of votes cast.

C. The Chair shall determine whether the voting method is conducted anonymously or by a visible vote, unless a voting member requests an anonymous vote.

Section 5 – Term of Office

A. The term of office for a Member of the MSI Board is two (2) years, starting on the day of election.

B. Members of the MSI Board may serve no more than two (2) consecutive terms in the same position. A member may serve again after a leave of one (1) year from the position.
   1. World Service Business Conference Delegate service is limited to no more than six continuous years before requiring a minimum of one year's rotation out of service. Request for waiver of this limitation shall be submitted to the Board of Trustees.

Should the individual be elected as either a Region Chair or Trustee, the one-year rotation out of service would not apply.

C. Once elected, a Member of the MSI Board may not serve as an IR.

Section 6 – Duties and Responsibilities of MSI Board

The duties and responsibilities of the MSI Board shall be as defined in Articles III and IV of the Manasota Intergroup, Inc., Policy and Procedure Manual.

Section 7 – Vacancies and Resignations

A. If a Member of the MSI Board is absent from an MSI Meeting more than two (2) times in a row without prior notification to a Member of the MSI Board, they may be removed from the position by a majority vote at a Regular or Special MSI Meeting announced for that purpose.

B. Any Member of the MSI Board may resign at any time for any reason by giving the MSI Chair notice.

C. Any Member of the MSI Board may be removed from office for due cause by a majority vote at a Regular or Special MSI Meeting announced for that purpose.

Section 8 – Filling of Vacancies

A. Vacancies shall be filled by a majority vote at the next Regular or Special MSI 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 MSI Board shall meet the qualifications defined in Article IV, Section 3 of these bylaws.

ARTICLE V - MSI MEETINGS

MSI and MSI-affiliated group meetings may be held in person, virtually, or in a hybrid format, as determined by their group conscience.

Section 1 – Regular MSI Meetings

MSI shall meet monthly at a set date, time, and manner determined by a majority vote of the voting members.

Section 2 – Annual MSI Meetings

An Annual MSI Meeting shall be held in the month of November for MSI elections.

Section 3 – Special MSI Meetings

A Special MSI Meeting may be called at any time by a majority vote of the MSI Board, or by a quorum of MSI Members, provided sufficient notice is given to the membership.

The Special MSI Meeting will not include any business other than the specific purpose for which the meeting is called.

Section 4 – Method of Notification

A. Regular MSI Meetings - Monthly MSI Meeting date, time, and manner will be noted in the MSI Meeting Minutes and Agenda, sent out to the MSI Email List, within seven (7) days prior to the meeting, and included on the MSI Website.

B. Annual MSI Meeting - Annual MSI Meeting date, time, and manner will be noted in the MSI Meeting Minutes and Agenda, sent out to the MSI Email List within thirty (30) days prior to the meeting, and included on the MSI Website**.** Email notification shall include service opportunities and nomination information.

C. Special MSI Meeting - The MSI will provide at least fourteen (14) days' notice of the meeting date, time, manner, and the purpose of the meeting, clearly stated, sent out to the MSI Email List, if a Special MSI Meeting is called.
   1. In urgent circumstances, a Special MSI Meeting may be called with not less than forty-eight (48) hours' notice, provided all voting members are notified by direct communication (e.g., phone, text, or email) of the meeting date, time, manner, and the purpose of the meeting is clearly stated. Only the business stated in the notice shall be conducted.

Section 5 – Quorum

A. The quorum for voting purposes at Regular MSI Meetings shall be those voting members present.

B. The quorum for voting purposes at Annual MSI Meetings shall be those voting members present.

C. The quorum for voting purposes at Special MSI Meetings shall be, at a minimum, two (2) Members of the MSI Board and at least three (3) voting members not on the MSI Board.

ARTICLE VI - MSI COMMITTEES

The MSI Board may establish Standing and Special Committees as are needed for the effectiveness and operation of MSI. All committees are accountable to the MSI Board. Committee Chairs may form subcommittees as necessary to carry out defined objectives and delegate responsibilities.

Any member of an MSI-affiliated group is eligible to serve on any MSI Committee.

Section 1 - Standing Committees

Standing Committees carry out the purposes of MSI and handle ongoing responsibilities in the most effective and efficient manner. Standing Committees may include, but not

be limited to:

A. Public Information/Professional Outreach
B. Twelfth Step Within
C. Online Meeting Support

Section 2 - Special Committees

Special Committees may be deemed necessary for a specific task, a limited purpose, or a short-term project.

Section 3 - Committee Chair Appointments

The MSI Chair shall appoint a Standing or Special Committee Chair from among the IRs, OA members present, or the MSI Board, with the approval of the majority vote of the voting members present. An appointee who is absent from the meeting may remain eligible for approval, provided they have given prior notice of their willingness to serve to a Member of the MSI Board.

Section 4 – Qualifications for Committee Chairs

To qualify as a Committee Chair, 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 three (3) months of current abstinence.

C. Be a regular member of an MSI-affiliated group.

Section 5 – Term of Office

A. The term of office for a Committee Chair is one (1) year, starting on the day of appointment.

B. Committee Chairs may serve no more than two (2) consecutive terms in the same position. A member may serve again after a leave of one (1) year from the position.

Section 6 - Duties and Responsibilities of MSI Committee Chairs

The duties and responsibilities of the MSI Committee Chairs shall be as defined in Articles V and VI of the Manasota Intergroup, Inc., Policy and Procedure Manual.

Section 7 – Vacancies and Resignations

A. If a Committee Chair is absent from an MSI Meeting more than two (2) times in a row without prior notification to a Member of the MSI Board, they may be removed from the position by a majority vote at a Regular or Special MSI Meeting announced for that purpose.

B. Any Committee Chair may resign at any time for any reason by giving the MSI Chair notice.

C. Any Committee Chair of MSI may be removed from office for due cause by a majority vote at a Regular or Special MSI Meeting announced for that purpose.

Section 8 – Filling of Vacancies

A. When a vacancy occurs, the MSI Chair shall appoint a Standing or Special Committee Chair from among the IRs, OA members present, or the MSI Board, with the approval of the majority vote of the voting members present. Such persons chosen to fill said vacancies shall serve for the remainder of the unexpired term.

B. A person chosen to fill any Committee Chair vacancy shall meet the qualifications defined in Article VI, Section 4 of these bylaws.

Section 9 – Disbanding a Committee

A. Standing Committees established by the MSI Board may be disbanded by a majority vote of the MSI Board if the committee has been inactive or has not met for a period of more than one (1) year.

B. Special Committees shall automatically disband upon completion of their assigned purpose and the presentation of the final report. If a Special Committee has been inactive or has not met for a period of more than one (1) year, it may be disbanded by a majority vote of the MSI Board.

ARTICLE VII - PRUDENT RESERVE

The MSI Treasurer will maintain a Prudent Reserve of no less than six (6) months of operational expenses to cover expected operational needs. Consideration of the upcoming WSBC Delegate and Region 8 Representative(s) expenses, in addition to the General Liability Insurance, if applicable, will be reserved. Excess funds will be donated to Overeaters Anonymous WSO and Region 8, as determined by MSI.

ARTICLE VIII - PARLIAMENTARY AUTHORITY

All MSI Business Meetings shall be conducted in accordance with the current edition of *Robert's Rules of Order*, *Newly Revised*, where not in conflict with the law, these MSI Bylaws, the Overeaters Anonymous, Inc., Bylaws, Subpart B, or any Standing Rules for MSI Meetings that MSI may adopt.

ARTICLE IX - AMENDMENTS TO THESE BYLAWS

These bylaws may be amended at any time by a majority vote of the voting members present at a Regular or Special MSI Meeting. Any MSI voting member may propose a motion for new business or a bylaw amendment. The proposals must be communicated to all voting members by email, at least thirty (30) days prior to the meeting at which the vote will occur. Announcing a proposal at the preceding MSI Meeting is also

considered proper notification.

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

ARTICLE X – DISSOLUTION

Section 1 – Deregistration

To deregister, MSI must submit a written request to the World Service Office, Region Chair, and Region Trustee.

Section 2 – Disbursement of Remaining Funds

When MSI ceases operation and all debts have been paid, all remaining funds shall be distributed to Overeaters Anonymous WSO and Region 8, in accordance with Tradition Six.