

BYLAWS OF THE MANASOTA INTERGROUP OF OVEREATERS ANONYMOUS

REGION 8

INTERGROUP NUMBER 09240

Adopted March 9, 2013

ARTICLE I – NAME

The name of this organization shall be the Manasota Intergroup, 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, 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.

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 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.

ARTICLE III – MEMBERS

Section 1 – Membership

Membership of the Intergroup (IG) with voice and one vote include the following:

- A) The IG Officers.
- B) Intergroup Representatives (IRs), which consist of one member from each group.
- C) World Service Business Conference Delegates.
- D) Region Representatives.
- E) Committee Chairs.

Note: All OA Members are welcome at Manasota Intergroup meetings. They may participate in discussions.

Section 2 – Qualifications

A. Those groups within the geographic proximity of MSI 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.

B. The 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. An OA Group is defined as:

- 1) As a group, they meet together to practice The Twelve Steps and Twelve Traditions of OA, guided by The Twelve Concepts of OA Service.
- 2) All who have a 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.

C. Each group shall be entitled to one vote through its elected Intergroup Representative (IR).

D. No group may be registered with another Intergroup.

Section 3 - Intergroup Representatives

A. 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 Delegate when the necessity arises.

B. IR should be selected for willingness to serve, commitment to the Twelve Steps and Twelve Traditions of OA, and The Twelve Concepts of OA Service.

C. The duty of the IR is to represent the group at Intergroup Meetings, to act as a liaison between MSI and that group, and to carry communications between the MSI and the Represented Group.

Section 4 - Membership with Voice and No Vote

Any member of the Overeaters Anonymous Fellowship not included in Manasota Intergroup Bylaws, Article III, Section 1.

ARTICLE IV – THE INTERGROUP (IG) BOARD***Section 1 – The Intergroup Board***

A. The Board consists of the following officers: Chair, Vice Chair, Secretary, Treasurer, World Service Business Conference Delegate & Region 8 Representative.

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, and it was not pre-planned to have a substitute fill in for the Chair, the Secretary will open the meeting and hold an election for a Temporary Chair for that one meeting.

Section 2 – Nominations to the Intergroup Board

Nominations to the Board may be made from the floor up to the time of elections. A Nominating Committee may be formed at the discretion of the IG Board.

Section 3 – Qualifications for the Intergroup Board

To qualify for election to the IG Board, an individual must:

A. Be working the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service to the best of his/her ability.

B. Have six (6) months of current abstinence. Each person shall be the sole judge of his/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 current abstinence and at least two years of service beyond the group level.

2) Region Representatives must comply with the abstinence and length of service specified in the Bylaws Of Southeastern Overeaters Anonymous Region-8, Inc., Article III, Section 3B. Current requirements are a minimum of six (6) consecutive months current abstinence.

C) Be a regular member of a MSI affiliated group.

Section 4 – Election of Board Members

A) Nominations will have been made, or 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 of ballots cast.

C) Voting will be by written ballot or show of hands, as decided by majority of those present.

Section 5 – Term of Office

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

B) Board Members 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.

C) Once elected, a Board Member may not serve as an IR.

Section 6 – Responsibilities of the 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 IG Policies and Procedures.

C) Serve as guardian of IG 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 from an IG Meeting more than two (2) times in a row without prior notification, he/she may be removed from the position by a majority vote of the ballots cast either at a Regular IG Meeting or a meeting announced for that purpose.

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

C) Any Board Member of this IG may be removed from office for due cause by a majority vote of the ballots cast 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 of the IG 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.

ARTICLE V - MEETINGS

Section 1 – Regular Meetings

The IG 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 November for the election of officers.

Section 3 – Special Meetings

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

Section 4 – Method of Notification

A. Regular Meetings - Monthly Manasota Intergroup Meeting time and location will be noted in MSI Newsletter and on

MSI Website.

B. Annual Meeting - Annual Manasota Intergroup Meeting time and location will be noted in MSI Newsletter and on MSI Website.

C. Special Meeting - The IG will provide at least 14 days notice to each member group if a Special Meeting is called. Notification to each Group Secretary and/or IR may be by mail, phone, or email, and placed on the IG Website. Placing an announcement in the IG Newsletter and/or announcing such at the prior IG Meeting if time allows, is also considered proper notification.

Section 5 - Quorum

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

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

C. The quorum for voting purposes at MSI Special Meetings shall be, at a minimum, two (2) Intergroup Officers and at least three (3) other voting members.

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.

Section 1 - Standing Committees

The following Standing Committees may be established as required to carry out the purposes of Manasota Intergroup in the most effective and efficient manner. Standing Committees may include but not be limited to:

- A) Newsletter
- B) Literature
- C) Public Information
- D) Twelve Step Within
- E) Committees deemed necessary to carry on Intergroup work

Section 2 - Special Committees

The Board shall designate Special Committees as are deemed necessary for the welfare and operation of the Intergroup.

Section 3 - Committee Appointments

The Chair shall appoint a Committee Chair from those IRs, any OA Member present or a Board Member to chair a Standing or Special Committee with approval of the majority of the members present and voting.

Section 4 - 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 5 - Committee Procedures

Each Standing or Special Committee shall be responsible for calling and holding meetings, and establishing its method of procedures, subject to the approval of the Intergroup Board and the guidelines of the Twelve Steps, Twelve Traditions and Twelve Concepts of OA.

Section 6 - Vacancies

Should a vacancy, resignation, or removal of a Committee Chair occur, all pertinent information shall be turned over to the Intergroup Chair. The Chair shall then appoint a new Committee Chair to serve.

Section 7 - Removal of Committee Chair

Any Committee Chair may be removed for due cause by a majority vote of the ballots cast at a Regular or Special Meeting announced for that purpose.

ARTICLE VII - PRUDENT RESERVE

The IG Treasurer will maintain a Prudent Reserve of no less than six (6) months operational expenses to cover expected operational needs. Consideration to upcoming WSBC Delegate & Region 8 Representative expenses will be reserved as well. Excess funds will be donated to OA Service Bodies as determined by the MSI.

ARTICLE VIII- PARLIAMENTARY PROCEDURE

The rules contained in the current edition of Robert's Rules of Order, Newly Revised shall govern this Intergroup in all cases to which they are applicable and in which they are not inconsistent with these MSI Bylaws, the Overeaters Anonymous, Inc. Bylaws, Subpart B or any special rules of order this Intergroup 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 any Regular or Special Meeting of the Intergroup. The proposed amendment must be communicated to each Group Secretary and/or IR by mail, phone, email, and/or placed on the IG Website 30 days prior to the voting meeting to amend these Bylaws. Placing an announcement in the IG Newsletter and/or announcing it at the prior IG 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 XIV, Section 1.

ARTICLE X - DISSOLUTION***Section 1 - Deregistration***

In order to deregister, an Intergroup must submit a written request to the World Service Office, Region Chair and Region Trustee.

Section 2 - Disbursement of Remaining Funds

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.

Section 3 – US Non-Profit with 501c (3) Status

Upon the dissolution of this association, after paying or adequately providing for the debts and obligations of association, the remaining assets shall be distributed in accordance with Overeaters Anonymous Traditions, to the World Service Office of Overeaters Anonymous, or to other Overeaters Anonymous Service Bodies. If no Registered OA Service Body exists, assets may be transferred to a non-profit fund, association, foundation, or corporation which is organized and operated exclusively for charitable, educational or religious and/or scientific purposes and which has established its tax exempt status under Section 501c (3) of the Internal Revenue Code.

No part of the net earnings of this association shall ever inure to be or 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.