

BYLAWS
of the
NORTH CASCADE INTERGROUP
OF OVEREATERS ANONYMOUS
As Amended January 19, 2019

Region No. 1
Intergroup No. 047-09132

ARTICLE I - NAME

The name of this organization shall be North Cascade Intergroup, hereinafter known as Intergroup.

ARTICLE II - PURPOSE

Section 1 - Purpose

The primary purpose of this organization is to aid those with the problem of compulsive eating through the Twelve Steps of Overeaters Anonymous, and to serve and represent the OA groups from which the Intergroup is formed. This Intergroup is in compliance with and qualifies as an exempt organization under Section 501(c)(3) of the Internal Revenue Code of 1954 (or the corresponding section of any future United States Internal Revenue Law).

Section 2 - The Twelve Steps¹

The Twelve Steps are suggested for recovery in the Fellowship of Overeaters Anonymous. The Twelve Steps are:

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.

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

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 our affairs.

Section 3 - The Twelve Traditions²

The Twelve Traditions are:

²Permission to use the Twelve Traditions of Alcoholics Anonymous for adaption granted by AA World Services, Inc

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.

Section 4 - The 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 the 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 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 when 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 shall consist of the following:

A. The Intergroup board, as defined in Article IV. See Article IV Section 6 for voice and vote rights. .

B. Intergroup representatives (IRs), which shall consist of member(s) from each group within the geographic area which has indicated its intent to belong to the Intergroup. Visitors are welcome and are encouraged to participate in the discussion.

1) Geographic area shall be defined as Northwestern Washington State south of the Canadian border and north of Seattle.

2) IRs (or their alternates in their stead) shall have voice and vote.

C. World Service Business Conference Delegate (with voice and vote.)

D. Region Representative (with voice and vote.) Should the Intergroup qualify for more than one Region Representative, a second representative may be elected, with voice and vote.

E. The WSBC Delegate position and a Region Representative position may be held by the same person.

Section 2 - Qualifications

Qualifications of eligibility for membership in the Intergroup.

A. Those groups within the region or the geographic definition of Intergroup that have formally registered with World Service Office and indicated their intention to belong to Intergroup may be considered members. An OA group is defined as the following:

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) A group may be formed by two (2) or more persons meeting together as set forth in Article V, Section I of Overeaters Anonymous, Inc., Bylaws Subpart B.

6) It has affiliated as an OA group by registering with the World Service Office.

B. Each group shall be entitled to vote(s) through its elected IR(s).

C. 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. Each IR shall be selected by any method deemed appropriate by his or her group. These IRs shall serve for a period designated by their groups, always subject to recall by the group they represent. Each group shall be free to designate an alternate delegate when the necessity arises.

B. IRs should be selected for good judgment, stability, willingness to serve, and commitment to the Twelve Steps and Twelve Traditions of OA.

C. The primary responsibility of the IR, or alternate, is to represent IR's group at all meetings of the Intergroup, to act as a liaison between this Intergroup and IR's group, to see that all communications pertaining to Intergroup are made available and, where requested, read aloud to the group.

D. The IR, when unable to attend, shall notify the group's alternate IR.

Section 4 - Absences of Intergroup Representatives

The Intergroup secretary shall notify representative group of any IRs' absences.

Section 5 - Other Members

Membership with voice and no vote is given to any member of the Fellowship who is not a duly elected representative or alternate.

ARTICLE IV - THE INTERGROUP BOARD

Section 1 - The Intergroup Board

- A. The board shall consist of at least a Chair, Vice chair, Past Chair, Secretary and Treasurer.
- B. The immediate past Chair shall serve as a member of the intergroup board, with voice and vote.
- C. The intergroup board shall serve as the executive board. In the event the Chair of the board should be unable to attend any meeting of the board, the next highest ranking executive officer in attendance shall serve as Chair for that meeting. The ranking of these officers shall serve as follows:
 - 1) Vice chair
 - 2) Treasurer
 - 3) Secretary
 - 4) Past Chair
- D. The Executive Board shall handle the business of the Intergroup between meetings.
- E. The Chair of the Board shall speak for the Intergroup in an emergency.

Section 2 - Nominations to the Intergroup Board

Nominations to the board may be made from the floor at the time of election. A nominating committee may also be formed, at the discretion of the intergroup.

Section 3 - Qualifications for the Intergroup board

A. Working the Twelve Steps of OA for at least one year.

B. Familiarity with the Twelve Traditions of OA.

C. Familiarity with the Twelve Concepts of OA Service.

D. Shall have taken steps four and five.

E. Regular attendee of an active group for a period of six months and to have served at the intergroup level as an IR for:

1) one year for the offices of Chair or Vice chair

2) 6 months for the offices of Secretary or Treasurer

F. The World Service Business Conference Delegate/Alternate (not a member of the intergroup board) shall have at least one (1) year of current abstinence and meet qualifications and requirements as outlined and defined in the Overeaters Anonymous, Inc. Bylaws, Subpart B, Article X, Section 3, and as required for election to the Board by Article IV, Section 4, of these bylaws. The WSBC delegate shall not serve more than four consecutive years. At least a one-year rotation out of service shall be observed before serving again as WSBC delegate.

G. The regional representative/alternate (not a member of the intergroup board) shall meet qualifications and requirements as outlined and defined in the Region 1 Bylaws, and as required for election to the board by Article IV, Section 4, of these bylaws.

Section 4 - Method of Election

A. Elections to the Intergroup board shall be held annually at a meeting specified for that purpose.

B. To be eligible for election to the board, nominee must:

1) Meet all qualifications as defined in Article IV, Section 3.

2) Understand responsibilities of the position as defined in Article IV, Section 6, and as defined in the intergroup job descriptions.

C. In order to be elected to membership on the intergroup board, a nominee must be present at the election meeting and must receive a majority vote of the votes cast. Should circumstances prevent a nominee to be present at the election meeting, the nominee may designate a proxy to act in his/her stead in order to facilitate the election.

D. If there is only one nominee for a position, a voice vote may be taken.

E. Election of World Service Business Delegate/Alternate shall be held at an Intergroup meeting at least one hundred twenty days prior to the World Service Business Conference he or she is to attend.

Section 5 - Term of Office

A. Board members shall be elected to serve for a period of one year. The exceptions are the World Service Business Conference Delegate/Alternate and the Regional Representative/Alternate who shall be elected to serve for a period of two years.

1) Newly elected officers shall begin service immediately following the Intergroup meeting in which they were elected.

2) WSBC Delegate and Region Representative, although elected in January, shall begin service the subsequent July 1.

B. Board Members shall serve no more than two consecutive terms in the same office.

C. After an interval of one year, a member may again be eligible for election to his or her prior office.

D. Upon election to the board, a member shall cease to be a representative of his or her group and that group shall elect a new intergroup representative.

Section 6 - Responsibilities of the Intergroup Board

A. Chair:

- 1) shall preside at all regular and special meetings of this intergroup and intergroup board.
- 2) shall be responsible for establishing the agenda for all intergroup meetings.
- 3)
 - a) may cast the deciding vote in intergroup meetings to make or break a tie.
 - b) has voice but shall not otherwise participate in votes in intergroup meetings
 - c) shall have voice and vote for board meetings and matters
- 4) may attend all standing committee meetings.

B. Vice chair:

- 1) shall serve in the absence of the Chair.
- 2) shall have voice and vote at intergroup and board meetings
- 3) shall perform all other duties as prescribed in the intergroup policy for job descriptions.

C. Secretary:

- 1) shall see that minutes are kept of all intergroup and intergroup board meetings and that a copy of the intergroup minutes is printed and mailed to each member group within thirty days of the Intergroup meeting. 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 have voice and vote at intergroup and board meetings
- 4) shall perform all other duties as prescribed in the intergroup policy for job descriptions.

D. Treasurer:

- 1) shall maintain a checking and savings account, if necessary, for dispersal of intergroup funds.
- 2) shall submit financial reports each quarter at the intergroup meetings.
- 3) shall be cosignatory with at least one other board member or an appointee of the board.
- 4) shall have voice and vote at intergroup and board meetings.
- 5) shall perform all other duties as prescribed in the intergroup policy for job descriptions.

E. The intergroup board shall provide a means of conducting the intergroup business in the case of emergencies and/or between meetings of the intergroup.

F. World Service Business Conference Delegate/Alternate shall attend the World Service Business Conference and represent the Intergroup. The delegate shall take into consideration advisory votes on issues taken by the Intergroup but shall not be bound by the Intergroup vote. The delegate should listen to floor debate with an open mind and vote his/her conscience.

G. Regional Representative shall attend the Region 1 Assembly and represent the Intergroup. The representative shall take into consideration advisory votes on issues taken by the Intergroup but shall not be bound by the Intergroup vote. The representative should listen to floor debate with an open mind and vote his/her conscience.

Section 7 - Vacancies and Resignations

A. If a member of the intergroup board fails to attend two consecutive meetings without prior notice, his/her office may be declared vacant by a majority of those members present and voting.

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 two thirds vote of the IRs at a special meeting announced for that purpose.

Section 8 - Filling of Vacancies

A. Vacancies shall be filled by a majority vote at that meeting in which the vacancy occurred, or at the next meeting or special meeting of the intergroup. Such persons chosen to fill said vacancies shall serve for the remainder of the unexpired term.

B. Vacancies that occur between meetings shall be filled by appointment by the Chair. Such persons chosen to fill said vacancies shall serve until the next meeting

C. 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 shall meet quarterly at a time and place designated by the Intergroup board.

Section 2 - Annual Meetings

An annual meeting shall be held in the month of January for the election of officers.

Section 3 - Special Meetings

A special meeting may be called at any time by a majority vote of the intergroup board, or by petition of three intergroup members, by giving notice as prescribed in Article V, Section 4.

Section 4 - Method of Notification

Notification of all meetings shall consist of notices prepared by the intergroup secretary and distributed to each group secretary and/or IR thirty days prior to the date of the meeting. Notification may also be made by placing an announcement in the intergroup newsletter, if any, or by mail, and at the prior intergroup meeting.

Section 5 - Quorum

Those voting members present at any meeting of this intergroup shall constitute a quorum for all proceedings of the intergroup.

ARTICLE VI - COMMITTEES

Section 1 - Standing Committees

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:

A. Newsletter

B. Public Information

C. Other committees deemed necessary to carry on intergroup work

Section 2 - Special Committees

The board shall designate such 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 present who meet IR qualifications. A board member or any OA member present meeting IR qualifications may be appointed to Chair a standing or special committee with approval of the majority of the members present and voting.

Section 4 - 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 Traditions of OA.

Section 5 - Committee Responsibility

Any committee decision and/or vote which establishes or changes a policy, sets a procedural plan for a special event, or expends funds in excess of the approved budget, shall require approval by the intergroup prior to implementation. Each standing committee Chair shall submit a written report to the intergroup, at least one hundred twenty days from the end of any specific event coordinated by that committee. If any monies are expended from an approved budget, a detailed and itemized report shall be included with the committee report.

Section 6 - Nominating Committee

The intergroup may have a nominating committee to recommend persons to serve as officers, IRs, and WSBC delegates and persons to fill vacancies and to serve on the next nominating committee. The number of members on the committee shall be at least three. The Chair of the intergroup shall not serve on the committee, but may provide background information and input as requested by the committee. It is not required to nominate more than one person for each position.

Section 7 - Ex-officio Members

A. Past committee Chairs may serve in an ex-officio capacity in their respective committees.

B. The intergroup Chair is an ex-officio member of all committees except the nominating committee.

Section 8 - Committee Bank Account

A. If it is deemed necessary by the board that a committee shall open a bank account, the following procedure shall be followed:

1) The committee Chair and the treasurer of the intergroup shall be cosigners on the account. Two signatures shall be required on all checks.

2) The committee Chair shall keep all financial records and shall present a detailed, itemized report of transactions to the intergroup board thirty days following any event for which monies were expended or received.

3) The committee Chair shall arrange for an audit of the committee account during the final month of each year. The audit shall take place at the same time as the audit for the general account of the intergroup.

Section 9 – Vacancies

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

Section 10 - Removal of Committee Chairman

A committee chairman may be removed from office by a two-thirds (2/3) vote of the intergroup board. Removal is based on unworthy conduct or non-attendance.

ARTICLE VII - SOURCE OF FUNDS

Section 1 - Source of Funds

- A. Voluntary contributions of the member groups shall be the primary source of funds.
- B. Secondary source of income may be such occasional projects or activities as may be authorized by the Intergroup according to Tradition Six.
- C. The Intergroup may accept donations from OA members, conforming to the general practice of OA.
- D. The maximum allowable annual donation to the Intergroup by OA members is to be limited to an amount set by vote of the intergroup and listed in the Intergroup policy manual.
- E. The acceptance of bequests or donations from any outside source is prohibited.
- F. The maximum allowable bequest to the Intergroup by OA members is to be limited to an amount set by vote of the Intergroup and listed in the intergroup policy manual.
- G. The intergroup shall not accept the responsibility for trusteeship over, or enter into the distribution or allocation of, funds set up outside of Overeaters Anonymous.

Section 2 - Prudent Reserve

There shall be no accumulation of funds beyond current necessities, with retention of only a prudent reserve for contingencies. Funds in excess shall be donated to Region # 1 and the World Service Office annually as budgeted and directed by the Intergroup.

ARTICLE VIII - PARLIAMENTARY AUTHORITY

Section 1

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 bylaws, the Twelve Traditions or any special rules of order this intergroup may adopt.

ARTICLE IX - AMENDMENTS TO THESE BYLAWS

Section 1

These bylaws, with the exception of Article II, Sections 2, 3 and 4, may be amended at any time by a majority vote of the IRs and board members present at any regular or special meeting of the intergroup, provided a copy of the proposed amendment has been submitted in writing and received by each group affiliated with this intergroup at least thirty days prior to the meeting in which action is to be taken on the amendment.

Section 2

These bylaws are intended to comply with OA, Inc.'s bylaws.

ARTICLE X - MAJOR POLICY MATTERS

Section 1

A. Matters which affect this intergroup and/or groups within its service area shall be referred to the board of this intergroup.

B. 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.

C. Matters which affect Subpart B of the Bylaws of Overeaters Anonymous, Inc., or which relate to the Twelve Steps, Twelve Traditions and Twelve Concepts shall be referred to the World Service Business Conference.

ARTICLE XI - DISSOLUTION

Section 1

Upon the dissolution of this association, after paying or adequately providing for the debts and obligations of the association, the remaining assets shall be distributed to the World Service Office of Overeaters Anonymous, and/or to Region 1, or to a non-profit fund, association, foundation or corporation, which is organized and operated exclusively for charitable, education, religious and/or scientific purposes and which has established its tax-exempt status under Section 501(c)(3) of the Internal Revenue Code.

Section 2

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.

Section 3

In order to deregister, the intergroup must submit a written request to the World Service Office, region chair and region trustee.