

# BYLAWS OF THE TIDEWATER INTERGROUP OF OVEREATERS ANONYMOUS

*May 15, 2020*

## ARTICLE I – NAME

**The name of this organization shall be the Intergroup also known as Tidewater Intergroup (TWIG).**

## ARTICLE II – PURPOSE

The primary purpose of TWIG 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 and/or Intergroups.

### 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.
- 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 vote includes the following:

- A) The IG officers.
- B) Intergroup representatives (IRs), which consist of one member from each group.
- C) World Service Business Conference delegate
- D) Region representatives
- E) Committee chairs. (NOTE: A committee chair, will have only one vote even if also serving as an IR.)

#### ***Section 2 – Qualifications***

A) Qualifications for group membership in an intergroup: A land-based intergroup is composed primarily of groups within its region or groups within its geographical proximity. A virtual intergroup is composed primarily of virtual groups. With permission, a land-based group may affiliate with a virtual intergroup and a virtual group may affiliate with a land-based intergroup.

B) The Intergroup accepts the definition of an OA group in Overeaters Anonymous, Inc. Bylaws, 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 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 3 – Intergroup Representatives***

A) Intergroup representatives (IR) will be selected by 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 represented group.

## **ARTICLE IV – THE INTERGROUP (IG) BOARD**

### ***Section 1 – The Intergroup Board***

A) The board consists of the following officers: Chair, Vice Chair, Secretary, Treasurer.

B) The IG board also includes World Service Business Conference Delegate and Regional Representative(s).

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 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 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 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 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 region's bylaws (currently 6 months' abstinence.)

C) Be a regular member of an IG-affiliated group.

D) TWIG board members and representatives to the WSBC and Region 7 regularly attend local TWIG-affiliated meetings and events.

### ***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 of ballots cast.

C) Voting will be by ballot.

D. TWIG elections will be held at the November meeting each year.

***Section 5 – Term of Office***

A) The term of office for intergroup officers is one (1) year, commencing on January 1<sup>st</sup> and terminating on December 31<sup>st</sup>.

B) World Service Delegate (s) and Region 7 Representative (s) who are elected for a two (2) year term.

C) Board members may serve no more than 2 consecutive terms in the same position. A member may serve again after a leave of one year from the position.

D) Once elected, a board member may not serve also as a group representative at the intergroup.

***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 two (2) consecutive times without prior notice, 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 written notice.

C) Any board member of this IG may be removed from office for due cause by a 2/3 vote of the ballots cast at a regular or special meeting announced for that purpose.

D) An Officer of this IG is expected to offer his/her resignation upon a relapse into compulsive eating.

***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.

*In the event a regularly scheduled TWIG meeting in which nominations or elections are to take place is canceled, the membership shall perform that function at the next regularly scheduled or specially scheduled meeting.*

## **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, of no less than seven days, is provided to the membership.

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

Notification will be done by email, phone, and posting on oatidewater.org.

### ***Section 5 – Quorum***

The quorum for voting purposes shall be, at a minimum, three (3) Board members and at least two (2) other voting members.

## **ARTICLE VI - COMMITTEES**

The Board may establish committees as needed for the welfare and operation of the intergroup. Each committee is responsible to the IG board. There is no abstinence requirement.

## **ARTICLE VII – PRUDENT RESERVE**

The IG treasurer will maintain a prudent reserve to cover expected operational needs for a period of three months. Excess funds will be donated to OA service bodies as determined by the IG.

## **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 Bylaws, OA, Inc. Bylaws, the Twelve Traditions of OA, 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 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 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.

## **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. The remaining funds will be divided evenly between Region 7 and World

Tidewater # 9136

