

**BYLAWS OF THE  
NEW YORK STATE CAPITAL DISTRICT INTERGROUP  
OF OVEREATERS ANONYMOUS  
Intergroup 9079  
Region 6  
Revised 8/15/16, 3/29/17\***

**ARTICLE I – NAME**

The name of this organization is the New York State Capital District Intergroup (NYSCDIG), hereinafter known as Intergroup.

**ARTICLE II – PURPOSE**

**Section 1 – Statement of Purpose**

The primary purpose of NYSCDIG 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 its member groups.

**Section 2 – The Twelve Steps**

The Twelve Steps suggested for recovery in the Fellowship of Overeaters Anonymous 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.
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 people we had harmed and became willing to make amends to them all.
9. Made direct amends to 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 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 conscious. 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 of OA Service**

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 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 balance by carefully defined service authority; therefore, duplication of efforts is avoided.
11. Trusted administration of the World Service Office should always be assisted by the best standing committees, executive staffs, and consultants.

12. The spiritual foundation for OA service ensures that:
- A. no OA committee or service body will ever become the seat of perilous wealth or power;
  - B. sufficient operating funds, plus an ample reserve, will be OA's prudent financial principle;
  - C. no OA member will ever be placed in a position of unqualified authority;
  - D. all important decisions will be reached by discussion, vote and, whenever possible, by substantial unanimity ;
  - E. no service action will ever be personally punitive or an incitement to public controversy;
  - F. no OA service committee or service board will ever perform any acts of government, and each will always remain democratic in thought and action.

### **ARTICLE III – MEMBERS**

#### **Section 1 – Membership**

Membership of the Intergroup with voice and vote at meetings consists of the following:

- A. The Intergroup Board as specified in Article IV.
- B. Intergroup Representatives, 2 regular and 1 alternate members from each OA group with the qualifications specified in Section 2 and designated as belonging to NYSCDI by WSO. A current listing of these meetings is provided in Appendix I of the Policies and Procedures.
- C. Region 6 Representatives (and alternates) and the WSBC Delegate.
- D. OA members elected or appointed to carry out specific duties including but not limited to the “Key Intergroup Volunteers” listed in the current Intergroup Brochure (Appendix II of the Policies and Procedures).

An OA member who attends an Intergroup meeting not from categories A-D above is considered a *visitor*. Visitors are welcome and have voice in discussions, but no voting privileges.

## **Section 2 – Qualifications**

OA groups within the region or the geographic definition that have formally registered with World Service Office and indicated their intention to belong to Intergroup and that are not registered with another intergroup may be considered members with representation at meetings.

The NYSCDIG geographic area is comprised of the counties of Albany, Columbia, Essex, Rensselaer, Saratoga, Schenectady, Warren, and Washington. Other groups outside these counties may choose to affiliate with NYSCDIG.

An OA group is defined as the following:

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 (e.g., 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**

Each group in Intergroup is entitled to two votes through its elected representatives: one vote per each Intergroup Representative present. Any Intergroup Representative representing two meetings has only one vote.

Intergroup Representatives are selected by the group conscience of the group they represent. Each Intergroup Representative is selected by a method deemed appropriate by their group. These Intergroup Representatives serve for a period

designated by their group, always subject to recall by the group they represent. Each group is free to designate an alternate representative when the necessity arises.

- A. Intergroup Representatives should be selected for willingness to serve, commitment to the Twelve Steps, and Twelve Traditions of OA.
- B. The primary responsibility of the Intergroup Representative, or alternate, is to represent their group at all meetings of the Intergroup, to act as a liaison between this Intergroup and their group, to see that all communications pertaining to the Intergroup are made available, and, where requested, read aloud to the group.

#### **Section 4 – Intergroup Attendance**

A list of all Intergroup attendees is noted in the meeting minutes.

#### **Section 5 – Attendees with Voice and No Vote**

Attendees with voice and no vote may be:

- A. Any employee who is employed by Intergroup to work for us.
- B. A *visitor* as defined in Article III Section 1.

### **ARTICLE IV – THE INTERGROUP BOARD OF TRUSTED SERVANTS**

#### **Section 1 – The Intergroup Board of Trusted Servants**

The Intergroup Board of Trusted Servants consists of a Chair, Vice Chair, Recording Secretary, Corresponding Secretary, and Treasurer. This Board has responsibilities and provides services collectively and individually as detailed in the Intergroup Policies and Procedures.

Each officer present has one (1) vote at any Intergroup meeting or Board meeting. An individual may fill only one Board position at a time.

#### **Section 2 – Nominations to the Intergroup Board**

A nominations and elections process takes place annually according to the current schedule specified in the Intergroup Policies and Procedures to select Board members.

### **Section 3 – Qualifications for the Intergroup Board**

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

- A. Worked the Twelve Steps of OA for three (3) months.
- B. Familiarity with the Twelve Traditions of OA.
- C. Three (3) months current abstinence.

*Abstinence is defined as the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.*

Each person is the judge of his or her recovery, including abstinence.

- D. Been a regular attendee of an active group for a period of one (1) year.
- E. Served as an Intergroup Representative for a period of six (6) months.

Once elected, Board members are expected to:

- A. Maintain abstinence.
- B. Maintain membership in an active home group.

### **Section 4 – Method of Election**

- A. Elections are held annually at a meeting specified for that purpose.
- B. To be eligible for election to the Board, a 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 further detailed in the Intergroup Policies and Procedures.
  - 3. Requirements for Board members may be waived by a 2/3 vote in each case when there is no one available who meets the requirements. It is suggested that such a Board member be called “Acting,” e.g., “Acting Chair.”
- C. To be elected to the Intergroup Board, a nominee is expected to be present and must receive a majority vote of the Intergroup members present and voting. If an interested candidate cannot be present, he or she may submit a written statement to Intergroup that addresses their qualifications.

Intergroup may choose to vote on such an applicant in absentia or postpone the vote to a later meeting when the candidate can attend and address any questions Intergroup may have.

### **Section 5 – Term of Office**

- A. Board members are elected to serve for a period of one (1) year, beginning at the Intergroup meeting following the month of their election.
- B. Board members serve no more than two (2) consecutive terms in the same office.
- C. After an interval of one (1) year, a member may again be eligible for election to their prior office.
- D. To assure rotation of Trusted Servants, after a period of five (5) consecutive years serving on the Intergroup Board, an individual will spend an interval of one at least (1) year off the Board.
- E. Upon election to the Board, members will cease to be a representative of their group, and that group will elect a new Intergroup representative.

### **Section 6 – Responsibilities of the Intergroup Board**

The Intergroup Board serves as guardians of the Twelve Steps, Twelve Traditions and Twelve Concepts with respect to the functions of Intergroup. Board members perform the duties of their individual offices in accordance with Intergroup Policies and Procedures.

The Intergroup board provides a means of conducting the Intergroup business in the cases of emergency and/or between meetings of the Intergroup. Authority has been given to the Chair to speak on behalf of Intergroup in cases of emergency.

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

- A. If a member of the Intergroup Board fails to attend two (2) consecutive Intergroup 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 Intergroup may be removed from office for due cause by a 2/3 vote of those members present at a regular meeting or at a special meeting announced for the purpose.

### **Section 8 – Filling Vacancies**

- A. Vacancies are 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 serve for the remainder of the unexpired term.
- B. A person chosen to fill any vacancy on the Board will meet the qualifications as defined in Article IV, Section 3, and will be aware of all responsibilities of that position as detailed in the Intergroup Policies and Procedures.

### **Article V – Region 6 Representatives**

The Region 6 Representatives and Alternate will meet the same qualifications and requirements as those for the Intergroup Board. However, the term of office is two years, i.e., attendance at four (4) assemblies, and a Region 6 Representative may continue to serve as an Intergroup Representative. The Region 6 Representative may serve at most two consecutive two-year terms (four years). The specific duties of Region 6 Representatives are detailed in the Intergroup Policies and Procedures.

### **Article VI – WSBC Delegate**

The World Service Business Conference Delegate/Alternate (whether or not a member of the Intergroup Board) will have at least one (1) year of current abstinence and at least two (2) years of service above the group level as outlined and defined in the OA Bylaws, Subpart B, Article X, Section 3, Paragraph C, subparagraph 1. “(Permission for any exception in qualifications for valid reasons, if deemed credible by the trustees, may be received by applications to the World Service Office.)” The specific duties of WSBC Delegate are detailed in the Intergroup Policies and Procedures.

## **ARTICLE VII – MEETINGS**

### **Section 1 – Regular Meetings**

The Intergroup will meet monthly at a time and place specified by the current Intergroup Policies and Procedures. The regular meeting schedule of Intergroup will be announced on Intergroup’s list of local recovery meetings.

### **Section 2 – Special Meetings**

A special meeting may be called at any time by a majority vote of the Intergroup Board, or by petition of six (6) Intergroup members. The Secretary will notify all Board members and Intergroup Representatives of a special meeting and its purpose at least ten (10) days before said meeting.

### **Section 3 – Quorum**

The meeting quorum for voting purposes is one Intergroup Board member and at least three other voting members.

## **ARTICLE VIII – COMMITTEES**

Intergroup may establish committees as needed for its welfare and operations. Each committee is responsible for calling and holding its own meetings and for regularly reporting its activities to Intergroup. Specific responsibilities are detailed in Intergroup Policies and Procedures. Committee chairs are frequently considered “Key Intergroup Volunteers” as described in Article IX.

## **ARTICLE IX – KEY INTERGROUP VOLUNTEER POSITIONS**

Intergroup recognizes key service positions that are filled by volunteers rather than the Board nomination and election process. A list of these positions is in the current Intergroup Brochure. Detailed descriptions of the responsibilities and functions of these positions are detailed in the Intergroup Policies and Procedures.

## **ARTICLE X – FINANCIALS**

### **Section 1 – Source of Funds**

- A. The primary source of Intergroup funds is voluntary contributions from the member groups.
- B. A secondary source of income may be occasional projects or activities as authorized by Intergroup in accordance with Tradition Six.
- C. The Intergroup may accept donations from OA members, conforming to 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 Policies and Procedures.
- E. The acceptance of bequests or donations from any outside source is prohibited.
- F. The maximum allowable bequest to the Intergroup by an OA member is to be limited to an amount set by vote of the Intergroup and listed in the Intergroup Policies and Procedures.
- G. The Intergroup will 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 will be no accumulation of funds beyond current necessities and those funds encumbered for specific purposes, with retention of only a prudent reserve for contingencies.

### **Section 3 – Financial Management and Operations**

Specifics of financial management and operations are detailed in Intergroup Policies and Procedures.

## **ARTICLE XI – PARLIAMENTARY AUTHORITY**

The rules contained in the current edition of *Robert's Rules of Order, Newly Revised* will govern this Intergroup in all cases to which they are applicable and in which they are not inconsistent with these Bylaws, the Twelve Traditions, the Overeaters Anonymous, Inc. Bylaws, Subpart B, or any special rules of order this Intergroup may adopt in its Policies and Procedures.

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

### **Section 1 – Amendments**

These Bylaws, with the exception of Article II, Sections 2, 3, and 4, may be amended at any time by a 2/3 vote of the Intergroup members 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 Intergroup at least twenty (20) days prior to the meeting in which action is to be taken on the amendment.

### **Section 2 – Registration**

Intergroup will submit a new copy of its bylaws to the WSO whenever the bylaws are changed, not just for significant updates or revisions.

## **ARTICLE XIII – MAJOR POLICY MATTERS**

Major policy matters should be referred appropriately as follows:

- A. Matters which affect this Intergroup and/or groups within its service area will be referred to the Intergroup Board.
- B. Matters which relate to Overeaters Anonymous as a whole, which affect Subpart A of the Bylaws of Overeaters Anonymous, Inc., will be referred to the World Service 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 will be referred to the World Service Business Conference.

## ARTICLE XI – DISSOLUTION

### **Section 1**

If this Intergroup is dissolved, after paying or adequately providing for all debts and obligations, the remaining assets will be distributed to the World Service Office of Overeaters Anonymous (70%) and to Region 6 (30%).

### **Section 2**

No financial resources of this Intergroup will ever be used for the benefit of, or be distributed to, its members, trusted servants, or other private persons, except to pay reasonable compensation for approved member expenses as well as services rendered by those outside the OA fellowship.

\*Approval: 12/12/15, 1/9/16 Intergroup meetings

Final editing: 6/15/16

Sent to WSO: 7/5/16

WSO requests change re removal of virtual groups definition

\*WSO-requested change approved by Intergroup: 8/13/16

Resubmitted to WSO: 8/15/16

Compliance approval received back : 8/26/16

\*Trustee requested slight format change: 3/29/17

Resubmitted with format change, content unchanged: 3/30/17