

**BYLAWS OF THE
NEW YORK STATE CAPITAL DISTRICT INTERGROUP
OF OVEREATERS ANONYMOUS
Intergroup 9079
Region 6
Revised 2/6/19 and 4/4/19***

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 (OA) is to aid those with the problems of compulsive eating through 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 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 Alcoholic Anonymous for adaptation granted by AA World Services, Inc.

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 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 Alcoholic Anonymous for adaptation granted by AA World Services, Inc.

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 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, by 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 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 NYSCD Intergroup by WSO. Intergroup provides a current listing of these meetings in print and on its web site.
- C. Region 6 Representatives, Region 6 Alternate Representative, and the WSBC Delegate.
- D. OA volunteers who carry out specific Intergroup duties (e.g., committee chair, project leader, or coordinator) as specified in the Intergroup *Policies & 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 Intergroup 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 OA 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 a temporary representative when the two regular and one alternate representatives are not available.

- A. Intergroup Representatives should be selected for willingness to serve, and 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 hired 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, called the Intergroup Board or simply the Board, 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 & Procedures*.

Each officer present has one vote at any Intergroup meeting or Board meeting. An individual may fill only one Board position at a time, except in the rare circumstance when one board member temporarily “covers” for another until another volunteer is found or the next election cycle takes place. Such a board member has only one vote.

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 & Procedures* to select Board members.

Section 3 – Qualifications for the Intergroup Board

Qualifications for election to the Intergroup Board including minimum abstinence and service requirements are detailed in the Intergroup *Policies & Procedures*.

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 the Intergroup *Policies & Procedures*.
 - 2. Understand responsibilities of the position as detailed in the Intergroup *Policies & Procedures*.
- C. The election cycle and process are detailed in the Intergroup *Policies & Procedures*.

Section 5 – Term of Office

Terms of office for Board members are specified in the Intergroup *Policies & Procedures*.

Section 6 – Responsibilities of the Intergroup Board

Intergroup Board member serve 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 & Procedures*, and regularly report on their activities to Intergroup.

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 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. Such a vote cannot be held without a meeting quorum.

Section 8 – Filling Vacancies

The process for filling vacancies is detailed in the Intergroup *Policies & Procedures*.

Article V – Region 6 Representatives and Alternate

The Region 6 Representatives and the Region 6 Alternate will meet the same qualifications and requirements as those for the Intergroup Board as specified in the Intergroup *Policies & Procedures* as well as any minimal requirements set by Region 6. The terms of office are also specified in the Intergroup *Policies & Procedures*.

The specific duties of Region 6 Representatives are detailed in the Intergroup *Policies & Procedures*.

Article VI – WSBC Delegate

The World Service Business Conference Delegate/Alternate (whether or not a member of the Intergroup Board) will meet the minimum requirements specified by World Service. The current WCSB Delegate requirements and responsibilities are detailed in the Intergroup *Policies & Procedures*.

ARTICLE VII – INTERGROUP MEETINGS

Section 1 – Regular Meetings

The Intergroup will meet monthly at a time and place specified by the current Intergroup *Policies & 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 Intergroup members. The Corresponding Secretary will notify all Board members and Intergroup Representatives of a special meeting and its purpose at least ten 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. Without a quorum, discussions and non-binding group consciences may take place, but no final vote or decision may be made.

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 & Procedures*. Committee chairs are considered Intergroup members, even if they are not meeting representatives.

ARTICLE IX – KEY INTERGROUP VOLUNTEER POSITIONS

Intergroup recognizes key service positions that are filled by individual volunteers. Detailed descriptions of the responsibilities and functions of these positions are provided in the Intergroup *Policies & Procedures*. These volunteers are considered Intergroup members.

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. Intergroup may accept donations from OA members, conforming to general practice of OA. The maximum allowable annual donation to the Intergroup by an individual OA member is set by vote of Intergroup and listed in the Intergroup *Policies & Procedures*.
- D. The acceptance of bequests or donations from any outside source is prohibited.
- E. The maximum allowable bequest to the Intergroup by an OA member is set by vote of the Intergroup and listed in the Intergroup *Policies & Procedures*.
- F. 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 including the budgeting cycle and process are detailed in Intergroup *Policies & 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 & Procedures*. The Intergroup *Policies & Procedures* details the current agreed upon meeting *disciplines*.

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 Intergroup at any regular or special Intergroup meeting, provided a copy of the proposed amendment has been submitted in writing and received by each group affiliated with Intergroup at least twenty days prior to the meeting in which action is to be taken on the amendment. A meeting quorum is necessary for such a vote.

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 that affect this Intergroup and/or groups within its service area will be referred to the Intergroup Board.
- B. Matters that 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 that 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 XIV – 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.

Recent Revision History

*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

*Approved.

*New revision by Intergroup to further separate bylaws from the Intergroup *Policies & Procedures*, begun summer 2018, initial Intergroup approval fall 2018, final revisions February 2019. Change in the Region 6 representative abstinence requirement reflected in the new Intergroup *Policies & Procedures*.

*Trustee identified needed minor wording changes: 3/19/19.

Resubmitted with changes 4/5/19. Also sent 2019 *Policies & Procedures*.

*Approved.