

**By-Laws
Connecticut Intergroup
Of
Overeaters Anonymous
Revised January 2014**

Preamble – General Warranties of Connecticut Intergroup of Overeaters Anonymous

In all its proceedings, Connecticut Intergroup of Overeaters Anonymous shall observe the spirit of OA Traditions, taking care that Intergroup and its officers never become the seat of wealth or power; that none of its trusted servants shall ever be placed in a position of unqualified authority over any others; that all important decisions shall be made by discussion, vote and, whenever possible, by substantial unanimity; that intergroup actions shall never be personally punitive or an incitement to public controversy; that the assembly shall act for the service of Overeaters Anonymous groups within its membership, and it shall never perform any acts of government; and that, like the fellowship of Overeaters Anonymous, the Intergroup and its officers shall always remain democratic in thought and action, placing principles before personalities.

I. Name

The name of this organization shall be Connecticut Intergroup (hereinafter referred to as CI) of Overeaters Anonymous.

II. Purpose

The purpose of CI of Overeaters Anonymous (hereinafter referred to as OA) shall be:

- A. To further the OA Program in accordance with the Twelve Steps*, Twelve Traditions**, and Twelve Concepts of OA Service***,
- B. To maintain a speaker list of OA members;
- C. To maintain phone service of the CI area with a local phone number;
- D. To maintain a post office box for correspondence;
- E. To update meeting lists of the area;
- F. To do general Twelfth Step work for OA
- G. To sponsor CI marathons and events, and any other venture to carry the OA message;
- H. To be part of Region 6 and to participate in Region 6 Assemblies, and to send delegates as representatives to Region 6 Assemblies;
- I. To provide delegates to World Service Office Business Conference;
- J. To provide a format for selection of Intergroup Officers.

*The Twelve Steps of Overeaters Anonymous 1

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. Became 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 a result of these steps, we tried to carry this message to compulsive overeaters and practice these principles in all our affairs.

1Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Service, Inc. Amendments cannot be made to these Twelve Steps, except as authorized by the amendment process of Article XIV of OA, Inc. Bylaws Subpart B.

****The Twelve Traditions of Overeaters Anonymous 2**

The Twelve Traditions 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, film, 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.

2Permission to use the Twelve Traditions of Alcoholics Anonymous for adaption granted by AA World Service, Inc. Amendments cannot be made to these Twelve Traditions, except as authorized by the amendment process of Article XIV of OA, Inc. Bylaws Subpart B.

*****The Twelve Concepts of OA Service 3**

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 the World Service Business Conference the active maintenance of our world services; thus, the 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 seal 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 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 acts of government, and each shall always remain democratic in thought and action.

Amendments cannot be made to the Twelve Concepts of OA Service.

THE NINE TOOLS OF RECOVERY

The tools are:

1. A Plan of Eating
2. Sponsorship
3. Meetings
4. Telephone
5. Writing
6. Literature
7. Anonymity
8. Service
9. Action Plan

DEFINITION OF ABSTINENCE AND RECOVERY

Abstinence in Overeaters Anonymous 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.

III. Meetings of CI

- A. CI shall meet monthly (or as deemed necessary), and this meeting shall be at a place. Date and time voted on by CI representatives.
- B. Roberts Rules of Order shall prevail and the meetings shall comply with OA, Inc. Bylaws, unless otherwise agreed to by group conscience.

IV. Membership of CI

The membership of CI shall consist of an Intergroup Representative from each group as defined in Article XVI of these bylaws, CI Representative(s) for Region 6 and CI World Service Conference Delegate(s).

- A. The selection of Intergroup Representatives shall be determined by each group and duly registered with CI secretary.
- B. Each Intergroup Representative(s) (hereinafter referred to as IR) shall serve for a period to be determined by their respective groups, subject always to recall by those groups they represent.

V. Voting Body of the CI

Any OA member attending any meeting of OA has the right to be heard at the discretion of the Chair.

- A. A simple majority of attending IRs shall govern for voting purposes, unless otherwise specified within these Bylaws.

Note: Each group shall be entitled to one vote.

- B. Voting representatives shall be as follows:
 - 1. Intergroup Representative or Alternate;
 - 2. CI Region 6 Representative(s) or Alternate(s);
 - 3. WSBC Delegate(s) or Alternate(s).
- C. No Representative/Alternative will be recognized as a voting member after three (3) consecutive absences.

VI. Nomination and Election of Officers

- A. The officers of CI shall consist of a:
 - Chair
 - Vice Chair
 - Recording Secretary
 - Treasurer

- Corresponding Secretary

And may include:

- Assistant Recording Secretary
- Assistant Treasurer
- Assistant Corresponding Secretary

- B. Nominations of CI Officers shall take place annually in November.
- C. Election of CI Officers shall be held annually in December and newly elected officers shall assume their responsibilities following the adjournment of that meeting to serve for a term of one (1) year.
- D. Any vacancy on the Board of Officers of CI prior to regular end of the term of said office shall require a special election. Both nomination and election shall take place at the same meeting.
- E. Eligibility for an office in CI shall be as follows:
 1. Active participant in duly registered CI group;
 2. Serving currently as a Group Representative;
 3. To be working the Twelve Steps and upholding the Twelve Traditions of Overeaters Anonymous;
 4. Whenever possible, a regular attendee of an active group for a period of one (1) year for the Chair, Vice Chair, Secretary, Treasurer, WSO and Region 6 Delegate positions, and six(6) months attendance for all Assistant positions;
 5. Whenever possible, officers should have a minimum of one (1) year of current abstinence and assistants should have six (6) months, with each person being the sole judge of his or her abstinence.

VII. Duties and Responsibilities of CI Officers

A. The Chair of CI:

1. Chairs the meeting
2. Presents the agenda
3. Directs motions
4. Casts the deciding vote in the event of a tie
5. Speaks in the name of CI in case of emergency

B. The Vice Chair of CI:

Assumes the duties of the Chair, only in the event of the Chair's absence.

C. The Recording Secretary of CI:

1. Takes the minutes of the meeting and keeps a record of them during his/her term
2. Duplicates and distributes such minutes to CI Representatives
3. Takes attendance at each meeting
4. Keeps an up-to-date list of all CI Representatives, Alternates and Groups

D. The Assistant Recording Secretary of CI:

Assumes the duties of the Recording Secretary, only in the event of the Recording Secretary's absence.

E. The Treasurer of CI

1. Maintains a checking account established in the name of OA;
2. Is guardian of all funds received and disbursed;
3. Submits a written report at all meetings of CI regarding all contributions and expenditures;
4. Submits a complete accounting of CI funds at the annual election of Officers

F. The Assistant Treasurer of CI:

Assumes the duties of the Treasurer, only in the event of the Treasurer's absence.

G. The Corresponding Secretary of CI:

1. Receives and handles all CI correspondence and mailings of materials;
2. Duplicates and distributes any other material deemed necessary for proper coordination and functioning of CI;
3. Is in frequent contact with the Recording Secretary of CI to coordinate all correspondence.

H. The Assistant Corresponding Secretary of CI:

Assumes the duties of the Corresponding Secretary, only in the event of the Corresponding Secretary's absence.

VIII. Duties and Responsibilities of CI Representatives:

- A. To be at CI monthly meetings, and when not, to send an alternate from their respective group.
- B. To make sure all information goes back to their respective group.
- C. To bring to CI questions or concerns from their groups.

IX. Region 6 Representatives (hereinafter referred to as RR6): Eligibility, Selection, and Terms and conditions of Office

- A. Whenever possible, RR6's shall have CI experience currently or previously of not less than six (6) months.
- B. Whenever possible, RR6's shall serve a term of not less than two (2) years and not more than four (4) years consecutively.
- C. To be eligible he or she:
 1. Shall have gone through the Twelve Steps with a Step Sponsor and be living in Steps 10,11 and 12;
 2. Shall actively participate in a duly registered CI group;
 3. Shall currently serve as a Group Representative, unless RR6 is also an CI Officer.

- D. If a current RR6 misses two (2) consecutive CI meetings (unexcused), it is the option of CI to choose a new delegate.
- E. RR6's will be reimbursed for CI-approved trips and normal and reasonable expenses incurred while carrying out the duties of RR6, as follows:
 - 1. Reimbursement of up to \$30.00 per day for meals;
 - 2. Reimbursement for mileage, according to the current IRS volunteer rate, or the actual cost of gas and oil and parking and tolls 4;
 - 3. Reimbursement for telephone calls made to those who are necessary to contact in order for the RR6 to fulfill the duties of the position 5;
 - 4. Reimbursement for miscellaneous expenses, such as postage and envelopes, that were consumed while carrying out the RR6 duties;
 - 5. Reimbursement for out-of-the-ordinary expenses, such as lodging, car rental and airfare, presented to CI for majority approval thirty (30) days prior to the expenditure;
 - 6. Reimbursement for unexpected expenses incurred while on a trip, and presented within thirty (30) days of returning.

4A mileage log should accompany the receipts and should be presented to the Treasurer within thirty (30) days. ***Carpooling is encouraged.

5A telephone log should accompany receipts and should be presented to the Treasurer for processing.

X. World Service Business Conference Delegates (WSBC): Eligibility, Selection, and Terms and Conditions of Office

- A. Whenever possible, WSBC shall have CI experience currently or previously of not less than one (1) year.
- B. WSBC shall have at least one (1) year of current abstinence.*
- C. WSBC shall have at least two (2) years of service above the group level.*
- D. Whenever possible, WSBC shall have Region 6 experience of at least six (6) months.
- E. Whenever possible, WSBC shall serve a term consisting of four (4) years.
- F. To be eligible he or she:
 - 1. Shall have worked the Twelve Steps with a Step Sponsor and be living in Steps 10,11 and 12;
 - 2. Shall actively participate in a duly registered CI group;
 - 3. Shall currently serve as a Group Representative, unless the WSBC is also an officer.
- G. If a current WSBC misses two (2) consecutive CI meetings (unexcused), it is the option of CI to choose a new delegate.
- H. Reimbursement for OA World Service Business Conference will be given for normal expenses, up to a level of available funds. 6

XI. Financial Policy

CI shall be financed primarily by the contributions of its member groups. CI may accept donations from members in accordance with the Twelve Traditions of Overeaters Anonymous.

XII. Major Policy Issues

Major policy issues affecting OA as a whole shall be referred to OA World Service Board of Trustees.

XIII. Amendments to CI Bylaws

These Bylaws may be amended at any meeting of CI by a 2/3 majority quorum, providing authorized delegates were informed two (2) weeks prior to the proposal. Amendments to the Twelve Steps, Twelve Traditions and the Twelve Concepts of OA Service may only be made as per OA Inc. Bylaws Subpart B, Article XIV Section 1.

XIV. Payment of Debts Upon CI Dissolution

Debts and financial obligations of CI shall be met first. Then, any remaining assets shall be given to the OA World Service Office.

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

6Receipts should be presented to the Treasurer within thirty (30) days.

*Permission for any exception in qualifications for valid reasons, if deemed credible by the trustees, may be received by application to the World Service Office.

XV. Conformity with OA World Service

All matters pertaining to CI that are not specifically stated in these Bylaws will conform to the OA World Service Charter and the Bylaws of Overeaters Anonymous, Inc.

XVI. OA Group Definition

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 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 OA.
5. It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.

Virtual groups (groups which replicate face -to-face meetings through electronic media) may be an Overeaters Anonymous group if they:

- 1) Otherwise meet the definition of Overeaters Anonymous groups;
- 2) Are fully interactive; and
- 3) Meet in real time.