

By-Laws
Connecticut Intergroup
Of
Overeaters Anonymous
Revised May 2016

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 and, 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 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 which are incorporated into these bylaws;
- 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 annually organize and support at least one CI marathon or event, or 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 the World Service Office Business Conference annually if finances allow;
- J. To provide a format for selection of Intergroup Officers.

The Twelve Steps of Overeaters Anonymous

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

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

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.

III. Meetings of CI

- A. CI shall meet on the third Monday of each month at a place designated by the Board and agreed to by vote of the Intergroup representatives;
- B. In the case of inclement weather or other reason the Board may, with sufficient notice to the Intergroup representatives, change the monthly meeting to a teleconference.
- C. A minimum quorum to conduct business will be five (5) voting representatives.

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 and registered by each group with the CI recording 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 may speak at a CT IG meeting when recognized by the Chair.

- A. A simple majority of attending IRs shall govern for voting purposes with the exception of a vote taken pursuant to Section XIII.

Note: Each group shall be entitled to one vote.

- B. Voting representatives shall be as follows:

1. Intergroup Representative or Alternate;
2. Officers of Intergroup except for the Chair, even if they do not represent a group, but if they do they have only one vote per question being considered.
3. Committee chairs of standing committees even if they do not represent a group, but if they do they have only one vote per question being considered.
4. The Chair, but only in the event of a tie.

VI. Nomination and Election of Officers

- A. The officers of CI shall consist of a:

- Chair

- Vice Chair
- Recording Secretary
- Treasurer
- 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 to become an officer in CI shall be as follows:
1. Active participant in duly registered CI group;
 2. Serving currently as an Intergroup Representative;
 3. Working the Twelve Steps and upholding the Twelve Traditions of Overeaters Anonymous;
 4. Whenever possible, a regular attendee of an active CI group for a period of one (1) year for the Chair, Vice Chair, Secretary, Treasurer, WSBC and Region 6 Delegate positions.
 5. Whenever possible, officers should have a minimum of one (1) year of current abstinence.

VII. Duties and Responsibilities of CI Officers

A. The Chair of CI:

1. Presents the agenda
2. Is responsible for running the meeting and directing business.
3. Casts the deciding vote in the event of a tie;
4. Represents CI to outside entities;
May not serve as an Intergroup representative simultaneously while serving as Chair.

B. The Vice Chair of CI:

1. Assumes the duties of the Chair, only in the event of the Chair's absence.
2. Is responsible for meeting with committee chairs on a regular basis to ensure committee work is proceeding as planned;

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 unapproved minutes by email to only those CI Representatives who are currently in good standing;
3. Takes attendance at each meeting and confirms a quorum;
4. Maintains an updated list of all CI Representatives, Alternates and Groups

D. The Treasurer of CI

1. Maintains a checking account established in the name of CT IG;
2. Is guardian of all funds received and disbursed;
3. Submits a written report at all monthly Intergroup meetings of contributions and expenditures;
4. Is chair of the finance committee, and in conjunction with it prepares and presents a budget for the following calendar year;
5. Submits a complete accounting of group donations identified by group at the conclusion of each quarter;
6. Maintains past treasury reports and provides them to the intergroup upon reasonable request;
7. Disburses funds in accordance with established procedures in the Policy and Procedures addendum to these bylaws.

D. The Corresponding Secretary of CI:

1. Sends out necessary correspondence as deemed appropriate by intergroup.
- Is responsible for checking that the P.O.Box is checked at regular intervals and mail distributed to appropriate parties within intergroup.

VIII. Duties and Responsibilities of CI Representatives

- A. To attend all CI monthly meetings, and when unavailable, to send an alternate from their respective group.
- B. To make sure all business conducted at intergroup is communicated back to their respective groups.
- C. To bring questions or concerns from their groups to intergroup.
- D. If possible to participate in one of intergroup's standing committees.

IX. Region 6 Representatives (hereinafter referred to as R6R's): Eligibility, Election, and terms of Office

- A. R6R's will be elected at the December meeting of CI and will serve for the entire calendar year following. In the event R6R positions remain unfilled after the December election the chair may select qualified individuals to serve for the entire calendar year.
- B. Whenever possible, R6R's shall be active members of CI for a minimum of one year, either as group representatives or officers;
- 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 be currently abstinent from compulsive overeating for a minimum of one year.
- D. Shall actively be a member of a CI-affiliated group. If a current R6R misses three (3) consecutive CI meetings (unexcused), it is the option of CI to elect a new delegate.

R6R's will be reimbursed for attendance at R6 Assemblies per the terms of the Policies and Procedures attachment to these bylaws.

X. World Service Business Conference Delegates (WSD's): Eligibility, Election and terms and conditions of office

- A. Whenever possible, a WSD shall be an active member of CI for a minimum of one year, either as a group representative or as an officer;
- B. A WSD shall have at least 2 years of current, continuous abstinence.
- C. A WSD shall have at least two (2) years of service above the group level.
- D. A WSD shall have held the position of Region delegate for a minimum of one year, and shall have attended both assemblies during that year. WSD's shall be elected annually in December for a one year term. .
- E. To be eligible he or she must meet the minimum WSO requirements for a WSD and:
 - 1. Shall be a current member of a CI affiliated group;
 - 2. Shall currently serve as an IR unless the WSD is an Officer of intergroup.
- F. If a current WSD misses two (2) consecutive CI meetings (unexcused), it is the option of CI to choose a new delegate.
- G. Reimbursement for the OA World Service Business Conference will be per the attached policy in the Policies and Procedures section of these bylaws

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 & Policies & Procedures (P&P's)

These Bylaws and P&P's may be amended at any meeting of CI by a 2/3 majority of voting members in attendance provided such proposed change was announced at the 2 CI meetings prior to the vote. 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, the intergroup must submit a written request to the World Service Office, Region chair and Region trustee.

XV. Conformity with OA World Service

- 1) 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.