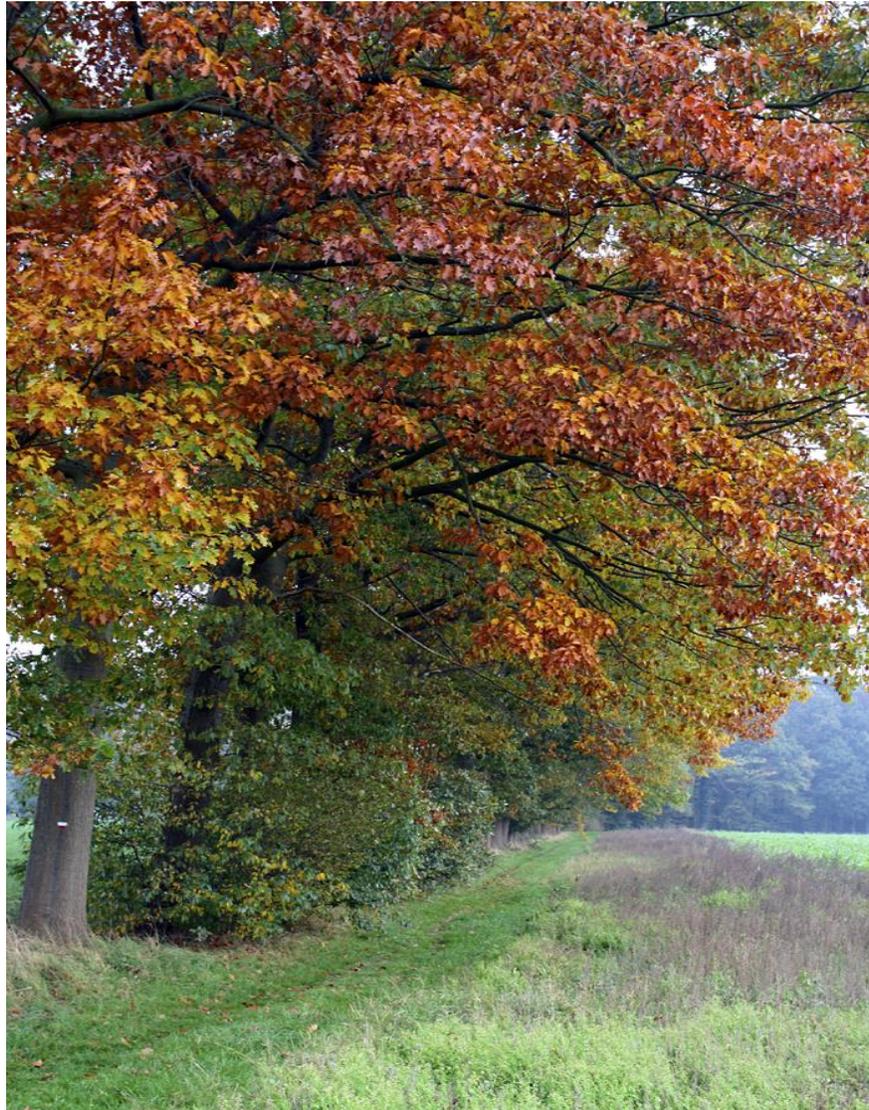


# **Revised By-Laws of Central Massachusetts Intergroup Of Overeaters Anonymous**



**Approved November 3, 2012  
Submitted to World Service by Region Chair 12/11/12  
Revised 1/9/14**

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## **Introduction**

We invite you to remember the Overeater's Anonymous Preamble is the spirit in which these Bylaws were developed.

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive eating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and to carry the message of recovery through the 12 Steps of OA to those who still suffer.

## **Article I - Name**

The name of this organization shall be Central Massachusetts Intergroup (CMI) of Overeaters Anonymous (OA), Inc.

## **Article II - Purpose**

The primary purpose of the Central Mass. Intergroup shall be:

1. To carry the OA message of recovery through service to member groups;
2. To foster the practices of the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service as stated in OA, Inc. Bylaws, Subpart B, Articles I, II, and III; and
3. To educate the public about the Overeaters Anonymous program which teaches the dangers of compulsive eating and methods of dealing with the problem.

It is intended that these Bylaws are not in conflict with OA, Inc. Bylaws.

## **Section 1 - The Twelve Steps<sup>1</sup> of Overeaters Anonymous**

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.

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<sup>1</sup> Permission to use and adapt the Twelve Steps of Alcoholics Anonymous granted by AA World Services, Inc.

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.

## ***Section 2 - The Twelve Traditions<sup>2</sup> of Overeaters Anonymous***

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.

## ***Section 3 - The Twelve Concepts of OA Service<sup>3</sup>***

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.

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<sup>2</sup> Permission to use and adapt the Twelve Traditions of Alcoholics Anonymous granted by AA World Services, Inc.

<sup>3</sup> Permission to use OA's Twelve Concepts of Service granted by OA World Services, Inc.

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 acts of government, and each shall always remain democratic in thought and action.

## **Article III – Members**

### ***Section 1 – Membership in Central Mass. Intergroup***

The membership of the intergroup with voice and vote includes the following:

- A) Central Mass. Intergroup Officers; and Service Position holders.
- B) One Intergroup Representative (IR)/Alternate (AR) from each group belonging to Central Mass. Intergroup;
- C) Region 6 Representative(s)/Alternate(s) (RR/RA); and
- D) World Service Business Conference Delegate(s)/Alternate(s) [WSBC(D)/WSBC(A)].

### ***Section 2 – Voting***

Central Mass. Intergroup members holding more than one intergroup position shall still be entitled to only one vote.

### **Section 3 – Group Qualifications of Eligibility for Membership in CMI**

The Central Mass. Intergroup endorses the definition of an OA group in Overeaters Anonymous, Inc. Bylaws, Subpart B, Article V, Section 1, as written below, and as it may be amended by a future World Service Business Conference.

A) 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 (WSO).

B) 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.

### **Section 4 – Intergroup Representatives**

- A) An Intergroup Representative (IR) will be selected from the group conscience of the group they represent.
- B) The duties of the Intergroup Representative are to represent the group at intergroup meetings and to serve as a contact to carry communications between the intergroup and the home meeting.

## **Article IV – The Intergroup**

### **Section 1 – Elected Intergroup Positions**

- A) Central Mass. Intergroup consists of the following Officers: Chairperson, Vice-Chairperson, Recording Secretary, Correspondence Secretary, and Treasurer;
- B) The intergroup also includes other Service Positions such as Webmaster, Professional Outreach/Public Information, Newsletter Editor, Committee Chairs, Region 6 Representative(s), and World Service Business Conference Delegate(s).

### **Section 2 – Qualifications for Intergroup Positions**

- A) The candidate must be working the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service to the best of their ability.
- B) To be eligible for nomination and election to an intergroup position, the member shall be known at the time of nomination for their judgment, stability, and willingness.
- C) To be elected and to hold an Intergroup Officer position, it is suggested that a member be maintaining three months of current abstinence (Each person shall be the sole judge of his or her abstinence).

- D) Region 6 Representatives must have at least (6) months of current abstinence and at least one year of service to CMI at the time of nomination. (Each person shall be the sole judge of his or her abstinence).
- E) 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 (1) current abstinence and at least two years of service beyond the group level. (Each person shall be the sole judge of his or her abstinence).
- F) A person may not hold two (2) Officers' positions at the same time with the exception of Recording and Correspondence Secretary, which may be held as a combined office. However, a person may be an Officer *and* a R6 Representative or WSBC Delegate at the same time.
- G) When a member accepts an Officer's position (Chair, Vice-Chair, Recording Secretary, Correspondence Secretary, Treasurer), such member must give up their position as a group representative.

### **Section 3 – Nomination to an Intergroup Position**

- A) Nominations will take place annually at the September meeting.
- B) Any voting CMI member may nominate themselves or another member to a position for which the nominee is qualified.
- C) Nominees must be present at the September meeting or provide correspondence to the Intergroup Chairperson of their desire to be nominated for specific position(s).

### **Section 4 – Election to an Intergroup Position**

- A) Intergroup elections will take place annually at the October meeting.
- B) Nominations for any position which does not already have a candidate, may be made from the floor at the October meeting.
- C) Candidates must be present at the October meeting or have provided correspondence to the Intergroup Chairperson of the reason for their unexpected absence.
- D) Candidates must receive a majority vote to be elected.

### **Section 5 – Assumption of Intergroup Position Responsibilities**

- A) Officers and Intergroup Service Position holders shall begin their Term following adjournment of the October meeting.
  - 1. Region 6 Representatives will assume their duties the following year for the Spring and Fall Assemblies.
  - 2. WSBC Delegate(s) will accept their responsibilities the following year for the Conference.

### **Section 6 – Term Duration and Limit**

- A) Officers and Intergroup Service Position holders shall serve for a term of one (1) year, with the exception of the Treasurer, who shall serve for two (2) years.
  - 1. Region 6 Representatives shall serve for a term of two (2) years.
  - 2. WSBC Delegate(s) shall serve for a term of two (2) years.
- B) No person shall serve more than two (2) consecutive terms in the same office.

- C) After a hiatus of one (1) year, a person may again be eligible for election to the previously held office or service position.

### **Section 7 – Duties of Central Mass. Intergroup Officers**

- A) Serve as guardians of the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service with respect to the functions of the intergroup;
- B) Perform the duties of their offices in accordance with intergroup policies and procedures;
- C) Serve as guardians of intergroup funds; and
- D) Provide a forum for the interchange of ideas and information between member groups.

### **Section 8 – Responsibilities of CMI Officers**

#### **A) Chairperson**

- 1. Creates agenda for each meeting;
- 2. Presides at all regular and special meetings of the intergroup;
- 3. Acts as liaison between the intergroup, Region 6, and World Service;
- 4. Is authorized to co-sign Central Mass. Intergroup checks; and
- 5. Votes only in the case of a tie, thereby casting the deciding vote.

#### **B) Vice Chairperson**

- 1. In the absence of the Chairperson, Vice Chairperson shall perform all duties of the Chairperson;
- 2. Ensures compliance with all record keeping and documentation; requirements of R6 and WSO as stated in Sub Part B of Overeaters Anonymous Bylaws, Article VI, Section 2;
- 3. Coordinates and facilitates reports required of R6 Representative(s) and WSBC Delegate(s); and
- 4. Periodically audits the Treasurer's report.

#### **C) Recording Secretary**

- 1. Records accurate minutes of intergroup regular monthly meetings, special meetings, and meeting(s) held for the purpose of amending the CMI Bylaws;
- 2. Distributes minutes to CMI members one week before the next intergroup regular monthly meeting; and
- 3. Maintains a copy of each approved set of Minutes for future reference and retrieval.

#### **D) Correspondence Secretary**

- 1. Maintains and verifies the complete registration information on each CMI-affiliated group and provides any updates to World Service Office on a quarterly basis;
- 2. Answers correspondence not otherwise handled by another Officer, Service Position holder, Committee Chair, Region Representative, or WSBC Delegate;
- 3. Chairs the CMI meeting in the absence of the Chair and Vice Chair;
- 4. Prior to each CMI meeting distributes a sign-in sheet listing each member group; and
- 5. Maintains a mailing list of CMI member groups' contact persons.

#### **E) Treasurer:**

1. Maintains a checking account established in the name of Central Massachusetts Intergroup of Overeaters Anonymous;
2. Keeps accurate records of all financial transactions;
3. Submits a financial report at intergroup regular monthly meetings including all contributions, expenditures, and balance of funds;
4. Is authorized to sign Central Mass. Intergroup checks; and
5. Receives and directs any and all incoming mail.

### **Section 9 – Vacancies and Resignations**

- A) If a member holding an elected intergroup position is absent from an IG meeting more than three (3) consecutive times, he/she may be removed from the position by a majority vote of the members.
- B) Any member holding an elected intergroup position may resign at any time for any reason by giving the chairperson of the intergroup written notice.
- C) A vacancy of a CMI intergroup position shall be filled by an appointment made by the remaining officers, for an interim period or until a special election is held.
- D) The office shall be filled by a special nomination and election at the next IG meeting after the vacancy occurs. Such persons chosen to fill the vacancies shall serve for the remainder of the unexpired term.
- E) A Nominating Committee may be formed at the discretion of CMI Officers if a vacancy occurs *during the year*.

## **Article V – Meetings**

### **Section 1 – Regular Meetings**

- A) Regular meetings of CMI are to be held monthly, unless otherwise decided by Group Conscience.
- B) Minutes must be recorded at CMI regular meetings by the Recording Secretary or a Recording Secretary ProTem.

### **Section 2 – Special Meetings**

- A) A special meeting, other than the regular meeting, may be called at any time by the Chairperson, by a majority of the CMI officers, or by a petition of at least five (5) member groups, by giving notice as prescribed in Article V, Section 3.
- B) Minutes must be recorded at CMI special meetings by the Recording Secretary or a Recording Secretary ProTem.

### **Section 3 – Method of Notification**

The intergroup will provide at least ten (10) calendar days' notice to each member group by email or phone. **If** the purpose of the special meeting is to discuss Amendment(s) to the Bylaws, the notification period specified in Article X will apply.

### **Section 4 – Meeting Facilitation**

Meetings shall be chaired by the Chairperson. In the event the Chairperson is unable to chair any meeting, the Vice Chair will lead the meeting. In the event the Vice Chair is not available, the Correspondence Secretary will lead the meeting. In the event the

Correspondence Secretary is not available, the Recording Secretary will *open* the meeting and ask for a volunteer Chairperson ProTem.

### **Section 5 – Quorum**

At a CMI meeting held upon proper notification, four (4) voting members in addition to one (1) officer shall constitute a quorum for all proceedings of the intergroup; and a simple majority shall govern for voting purposes.

### **Section 6 – Meeting Procedure**

It is suggested that each CMI meeting opens and closes with the Serenity Prayer. In addition, it is suggested that a selection from either the Twelve Traditions or Twelve Concepts of OA Service be read at the opening.

## **Article VI – Committees**

The Chairperson, together with the CMI officers, shall appoint such committees as required in order to carry out the purpose of the intergroup.

- A) Committee members shall be determined by volunteers solicited from CMI members groups.
- B) Each Committee shall elect a Chairperson from among the Committee's members.
- C) Active committees shall send a representative to report at all regularly scheduled CMI meetings.
- D) Any committee chair not present at two (2) consecutive intergroup meetings, who has not made arrangements for the proper functioning of the committee during the absence, shall be contacted by a CMI Officer; and a new committee chairperson shall be elected by the Committee's members.

## **Article VII – Financial Structure**

### **Section 1 – Source of Income**

The activities of the intergroup shall be financed primarily by contributions of its member groups.

- A) Secondary source of financial income may be from such occasional projects or activities as authorized by the intergroup.
- B) The intergroup may accept donations from OA members, conforming with the general practice of OA.
- C) The acceptance of bequests or donations from any outside source is prohibited.
- D) The intergroup shall not accept the responsibility, trusteeship, or enter into the distribution or allocation of funds set up outside of the intergroup.

### **Section 2 – Prudent Reserve**

The intergroup Treasurer will maintain a prudent reserve, determined by the voting majority of intergroup members, to cover expected operational needs. Excess funds will be donated to OA Region 6 and the World Service Office as determined by the IG.

### **Section 3 – Use of Funds**

No part of the net earnings of this association shall ever inure to, be used for the benefit of, or be distributed to its members, officers or other private persons, except that the association shall be empowered to pay reasonable compensation for services rendered and to make payment and distribution in furtherance of the express purposes for which it is formed.

### **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, the Twelve Traditions, the Twelve Concepts, OA, Inc. Bylaws, Subpart B, or any special rules of order this intergroup may adopt.

### **Article IX – Proper Routing of Policy Matters**

#### **Section 1 – CMI Member Groups**

- A) Matters which affect CMI member groups shall be referred to the intergroup for resolution
- B) Issues arising from CMI member groups that cannot be resolved at the intergroup level shall be referred to Region 6 for resolution.

#### **Section 2 – Intergroup**

Matters which arise within the intergroup that cannot be resolved shall be referred to Region 6 for resolution.

### **Article X – Amendments to These Bylaws**

These bylaws may be amended at any time by two-thirds (2/3) of the voting members present, who are not abstaining from voting, at any regular or special meeting of the intergroup. The proposed amendment must be communicated in writing and received by each member group at least thirty (30) calendar days prior to the meeting in which action is to be taken on the amendment, except that the text of **Article II, Sections 1, 2, and 3**, shall not be amended unless necessary to bring such text into conformity with OA, Inc., Bylaws, Subpart B, Articles I, II and III.

### **Article XI – Application of these Bylaws**

It is intended that these Bylaws serve as a guide for the conduct of CMI and are to be followed whenever possible. Temporary deviations from these guidelines may be deferred to the group conscience of CMI for action.

### **Article XII – Dissolution**

In accordance with OA Bylaws, Subpart B, Article VI, Section 3c, in order to deregister this Intergroup, a written request must be submitted to the World Service Office, region chair and region trustee.

When this intergroup ceases operation and all debts have been paid, any remaining funds and assets shall be distributed to other Massachusetts OA Intergroups, as applicable.

Re-submitted to WSO on 1/9/14 by:

CMI Bylaws Committee:

Nancy H., Chairperson

Austine R.

Lynda V. (in memoriam)