

Bylaws Of Channel Islands Intergroup (OACIIG)

Of Overeaters Anonymous

Amended July 2023

I. Object of Organization

- A. To coordinate all OACIIG activities common to the various groups (as defined per OA, Inc. Bylaws, Subpart B, Article V) comprising its membership.
- B. To further the Overeaters Anonymous program in accordance with the **Twelve Traditions** of Overeaters Anonymous. Permission to use the Twelve Traditions of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.
 - 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.
- C. To further the Overeaters Anonymous program in accordance with the **Twelve Steps** of Overeaters Anonymous. Permission to use the Twelve

- World
- Steps of Alcoholics Anonymous for adaptation granted by AA Services, Inc.
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 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.
- D. To further the Overeaters Anonymous program in accordance with the **Twelve Concepts** of Overeaters Anonymous 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 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.
- E. To maintain a way that people can contact the Intergroup for assistance and referral for compulsive overeaters within the area.
- F. To publish a newsletter, at least bi-monthly, which will include articles of interest, announcements of upcoming Overeaters Anonymous activities, and a directory of meetings in the service area.
- G. Maintain a website containing upcoming events in our local area as well as throughout Region 2 and World Service, a directory of our meetings, past and present newsletters, contact information, our podcasts and any other relevant information.

II. Elected Positions

A. Service Board—Election of these officers to the Board of OACIIG will be held at the regular OACIIG meeting in October, unless otherwise changed by majority of the voting body of a meeting of the OACIIG. Terms for one year, with a maximum of one re-election to the same office (i.e., an officer may not serve more than two (2) years in a single office without interruption).

1. **Chairperson:** Chairs all OACIIG meetings, is unofficial member of all committees and along with the VICE-CHAIRPERSON helps oversees all OACIIG sponsored activities.
2. **Vice-Chairperson:** Fills in for absent chairperson, helps to oversee all OACIIG sponsored activities and updates group registration in cooperation with Overeaters Anonymous World Service Office (WSO).
3. **Recording Secretary:** Takes minutes at OACIIG meetings and distributes them electronically for approval at the next scheduled CIIG meeting.
4. **Business Secretary:** Collects and distributes mail from our PO Box, handles incoming and outgoing written correspondence of the OACIIG Board.
5. **Treasurer:** Creates and maintains the CIIG financial statements and pays expenses.

B. Delegates and alternative delegates of the Region 2 and World Service (R2/ WS)

1. They shall be elected for a two year term.
2. No delegate or alternate may run for re-election more than once in succession (i.e. a delegate may serve no more than a total of 4 years without interruption.)
3. The delegates will be elected on the formula determined by R2 and WS. See their websites for the most current formula.
4. They are not considered part of the Service Board

III. Volunteer Positions—Other positions to be volunteered by those attending the regular elections meeting in October, or as the positions become vacated. They are not considered part of the Service Board.

A. InterVoice Editor

B. Webmaster

C. Workshops and Retreats Coordinator

D. Outreach Coordinator

- E. The Service Board may appoint other coordinators or special committee chairpersons as needed

IV. Meetings

- A. OACII shall hold monthly meetings at a time and place designated by a majority of the voting members.
- B. An alternate time can be arranged by a majority of the Service Board members. Members must be notified of the changed time at least ten (10) days in advance of the regularly scheduled meeting.
- C. A special meeting may be called at any time, other than the regular monthly meeting, by a majority vote of the OACII Service Board or called by petition of a two-thirds majority of OACII members. Members must be notified at least ten (10) days in advance of the special meeting.
- D. The 12 Traditions and the 12 Concepts of OA Service will be read at the beginning of each OACII meeting.
and Alternate Delegates of the Region 2 and World Service (R2/WS) Business Conferences

V. Membership

- A. The OACII serves all Overeaters Anonymous groups in Santa Barbara and Ventura counties which choose CIIG affiliation. These points shall define an OA group:
 - 1. All who have a desire to stop eating compulsively are welcome in the group
 - 2. 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.
- B. The Board of Trustees of Overeaters Anonymous shall be considered a participating group.
- C. Each group is entitled to one representative and one alternate representative (i.e. one vote.)
- D. Each group representative and alternate shall serve for a period designated by their group, always subject to recall by the group itself. Recommended term is one (1) year.
- E. No individual may simultaneously represent more than one group.

VI. Voting

- A. The Chairperson or acting Chairperson only votes to break a tie.

- B. Board members have one vote each.
- C. R2/WS Delegates have one vote each.
- D. Alternate R2/WS Delegates will only have a vote if the Delegates are not present.
- E. Appointed, volunteer positions have one vote each.
- F. Group Representatives have one vote, providing they represent a registered group.
- G. A person has only one vote, despite the number of voting positions he/she may hold.
- H. Visitors cannot vote. They are more than welcome to attend meetings and participate in discussion.

VII. Absenteeism—Any person elected and/or appointed at the Intergroup level who misses two (2) consecutive Intergroup meetings without notification in one year will have his/her position vacated. The vacated position will be filled by a majority vote at the next regular Intergroup meeting. The elected/appointed individual shall serve the remainder of the term and be subject to re-election/reappointment at the end of the term.

VIII. Financial Structure

- A. The activities of the Intergroup shall be financed primarily by the contributions of its member groups.
- B. Secondary sources of income to the OACII may be from such occasional projects or activities as may be authorized by the OACII; such as, but not limited to marathons, retreats and workshops in accordance with Tradition Six.
- C. The OACII Service Board may accept donations from individual Overeaters Anonymous members, which conform with the WSO limit of five thousand dollars (\$5,000), subject to change by the Board of Trustees.
- D. The acceptance of bequests or donations from outside sources is prohibited.
- E. The OACII Service Board shall not accept the responsibility, Trusteeship, or enter into the distribution or allocation of funds set up outside of the OACII Service Board.
- F. Intergroup will pay, when possible, for all documented expenses related to its duties/activities, subject to prior or post approval of the voting body.

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IX. Amendments to Bylaws—These Bylaws may be amended at any time by a two-thirds (2/3) vote of the Voting Body present at any regular meeting or special meeting of the OACIIG, provided a copy of the proposed amendment(s) has been submitted to each group at least ten (10) days before the meeting at which the action is to be taken on the

amendment. Provided further, however, that no amendments shall be permitted to alter the content of the Twelve Traditions and Twelve Steps of Overeaters Anonymous and Twelve Concepts of OA Service, as set forth in paragraphs 1(b), (c) and (d) hereof, except as per OA, Inc. Bylaws, Subpart B, Article XIV, Section 1.

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

A. Upon the dissolution of the OACII, after paying or adequately providing for the debts and obligations of the OACII, the remaining assets shall be distributed to the WSO of Overeaters Anonymous and/or Region 2.

B. No part of the net earnings of the OACII shall ever inure to or be used for the benefit of or distribution to its members, trustees, or officers, or other private persons, except that the OACII 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.