

BYLAWS OF THE GREEN MOUNTAIN NORTH INTERGROUP OF OVEREATERS ANONYMOUS

ADOPTED 01/17/2010

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Overeaters Anonymous states the following regarding diversity which will be updated to coincide with OA, as needed:

No matter what your problem with food — compulsive overeating, under-eating, food addiction, anorexia, bulimia, binge eating, or overexercising — we have a solution.

As we extend the heart and hand of the OA Fellowship to those who still suffer, let us be mindful of OA's Unity With Diversity Policy, which respects our differences, yet unites us in the solution to our common problem. Whatever problem you may have with food, you are welcome at this meeting, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait.

Should this definition be amended by OA then GMNI's bylaws shall be automatically updated to reflect this change.

ARTICLE I — NAME

The name of this organization shall be the Green Mountain North Intergroup also known as GMNI.

ARTICLE II — PURPOSE

The purpose of Green Mountain North Intergroup of Overeaters Anonymous is to further the Overeaters Anonymous program to serve and provide support to member groups.

A) Twelve Steps

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) 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 affairs.

B) 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 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) Twelve Concepts

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, 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 (IG) with voice and vote includes the following:

- A) The IG officers.
- B) Intergroup representatives (IRs), which consist of one member from each group.
- C) World Service Business Conference delegates
- D) Region representatives
- E) Committee chairs. (NOTE: A committee chair, like every other IG member, will have only one vote even if also serving as an IR.)

Section 2 — Qualifications

- A) Qualifications for group membership in an intergroup: Groups registered with the World Service Office (WSO) that are within Northern Vermont and nearby areas may affiliate with an intergroup, except that virtual groups registered with the WSO may affiliate without regard to geographic proximity.

Each intergroup has the autonomy to determine which groups may affiliate with it; that decision should always be guided by OA Traditions and Concepts.

- B) The Green Mountain North Intergroup endorses the definition of an OA group in Overeaters Anonymous, Inc. Bylaws, Subpart B, Article V, Section 1, as written and as it may be amended by a future World Service Business Conference. Should this definition be

amended by the World Service Business Conference GMNI's bylaws shall be automatically updated to reflect this change.

- C) 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.

Section 3 — Intergroup Representatives

- A) Intergroup representatives (IR) will be selected by the group conscience of the group they represent.
- B) The duty of the IR is to represent the group at IG meetings and to serve as a contact to carry communications between the IG and the represented group.
- C) GMNI does not require any length of abstinence in order to be an Intergroup representative. Individual meetings can set abstinence requirements for the Intergroup representative they elect if they so choose with each person being the sole judge of their recovery.
- D) GMNI neither defines nor places any restrictions on the length of term of service for Intergroup Representatives. Nor does GMNI limit the number of terms that an Intergroup representative may serve. However, individual meetings may choose to define the length of an IR's term of service or limit the number of terms which may be served if they so choose.

ARTICLE IV - THE INTERGROUP (IG) BOARD

Section 1— The Intergroup Board

- A) The board consists of the following officers: a chair, vice chair, secretary, and treasurer.
- B) The IG board may also include other positions such as World Service Business Conference (WSBC) delegates, committee chairs or regional representatives. In order for a WSBC delegate, regional representative, or committee chair to become a member of the intergroup board they must meet the following requirements:
 - a) Become elected to the position of WSBC delegate, regional representative, or committee chair for a minimum of a two-year term.
 - b) Have attended two of the last three scheduled Intergroup meetings. Attendance at Intergroup can pre-date their election to WSBC delegate, regional representative, or committee chair.
 - c) Petition intergroup to become elected to the intergroup board for the remaining duration of their term.
 - d) Become elected by intergroup to serve on the board.

Following election to the board, any WSBC delegate, regional representative, or committee chair will serve on the intergroup board for only so long as they continue their duties as WSBC delegate, regional representative, or committee chair. Once the elected term(s) as WSBC delegate, regional representative, or committee chair ends, so will their membership in the intergroup board unless the member is elected into another position that allows for continued board membership.

If a member meets all above requirements and serves on the intergroup board, their membership on the board need not end if their term ends if the member is re-elected to the same position for a second term. In these cases, their membership on the Intergroup board will end at the end of their second term in that position (i.e. WSBC delegate, regional representative, or committee chair).

- C) Meetings shall be chaired by the chair of the board. In the event the chair is unable to chair any meeting, the vice chair will lead the meeting. In the event the vice chair is not available, the secretary will open the meeting and hold an election for a temporary chair.

Section 2 — Nominations to the IG Board

Nominations to the board may be made from the floor at the time of election. A nominating committee may be formed at the discretion of the IG board.

Section 3 — Qualifications for the Intergroup Board

To qualify for election to the IG board, an individual must:

- A) Have declared themselves as practicing the Twelve Steps to the best of their ability.
- B) Have declared themselves as committed to the Twelve Traditions of Overeaters Anonymous and Twelve Concepts of OA Service to the best of their ability.
- C) Emotional and spiritual growth as a result of incorporating into their lives the Twelve Steps and Twelve Traditions as a new way of living.
- D) 30 days of abstinence from compulsive eating or compulsive food behaviors, each person being the sole judge of their recovery (each person being the sole judge of their recovery), except as follows:
 - 1) 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 current abstinence and at least two years of service beyond the group level. Should this definition be amended by the World Service Business Conference GMNI's bylaws shall be automatically updated to reflect this change.
 - 2) Region representatives must comply with the abstinence and length of service specified in the region's bylaws Region Six Bylaws [Section IV. Membership of R6A]. Additionally, GMNI requires that the region representatives have six months of membership and regular participation in the OA program. Should this definition be amended by the World Service Business Conference GMNI's bylaws shall be automatically updated to reflect this change.
- E) Be a regular member of an affiliated group.

Section 4 — Election of Board Members

- A) Nominations may be made from the floor at the time of election.
- B) Nominees must be present at the election meeting. For election, the candidate must receive a majority vote of ballots cast.
- C) Voting will be by ballot or a show of hands.

Section 5 — Term of Office:

- A) The term of office for a board member is two years starting on date elected.
- B) Board members may serve no more than two consecutive terms in the same position. A member may serve again after a leave of two years from the position.
- C) Once elected, a board member may not serve also as a group representative at the intergroup.
- D) Additionally, the term of office for the both World Service Business Conference delegates and region representatives is two years, may serve no more than two consecutive terms, and may serve again after a leave of two years from the position.

Section 6 — Responsibilities of the Intergroup Board Members

- A) Serve as guardians of the Twelve Steps, Twelve Traditions and Twelve Concepts with respect to the functions of the intergroup.
- B) Perform the duties of their offices in accordance with IG policies and procedures.
- C) Serve as guardian of IG funds; participate in an annual financial review and an independent audit, if needed.
- D) Provide a forum for the interchange of ideas and information among member groups.

Section 7— Vacancies and Resignations

- A) If a board member is absent from an IG meeting more than half of the regularly scheduled meetings, he/she may be removed from the position by a majority vote, by ballots cast if so determined, of the members.
- B) Any board member may resign at any time for any reason by giving the chair of the IG written notice.
- C) Any board member of this IG may be removed from office for due cause by a two-thirds vote of the ballot cast at a regular or special meeting announced for that purpose.

Section 8 — Filling of Vacancies

- A) Vacancies shall be filled by a majority vote at the next meeting or special meeting of the IG after the vacancy occurs. Such persons chosen to fill said vacancies shall serve for the remainder of the unexpired term.
- B) A person chosen to fill any vacancy on the board shall meet the qualifications as defined in Article IV, Section 3.

ARTICLE V - MEETINGS

Section 1— Regular Meetings

The IG will meet at least once every two months at a time and place designated by a majority of the voting members.

Section 2 — Annual Meetings

An annual meeting shall be held in the month of September for the election of officers.

Section 3 — Special Meetings

A special meeting may be called at any time by a majority vote of the IG board, or by a quorum of IG members, provided sufficient notice is provided to the membership.

Section 4 — Method of Notification

The IG will provide at least two weeks notice to each member group.

Section 5 — Quorum

Those voting members present at any meeting of this Intergroup constitute a quorum.

Section 6 — Meeting Procedure

The Twelve Concepts shall be read and the Twelve Steps and Twelve Traditions may be read at the beginning of each meeting.

ARTICLE VI - COMMITTEES

The board may establish committees as are needed for the welfare and operation of the intergroup. Each committee is responsible to the IG board.

ARTICLE VII - PRUDENT RESERVE

The IG treasurer will maintain a prudent reserve of equal to one year operating expenses to cover expected operational needs. Excess funds will be donated to OA service bodies as determined by the IG.

ARTICLE VIII - PARLIAMENTARY PROCEDURE

In accordance with the recommendation of WSO, Green Mountain North Intergroup recognizes that intergroups may conduct the business of their groups by any method they choose. Once chosen, however, the method should be adopted in the bylaws so that members may be confident that the rules will not be changed as circumstances change to benefit some at the expense of others. The parliamentary authority common in use throughout Overeaters Anonymous is the most current available edition of Robert's Rules of Order, Newly Revised; however, GMNI will conduct the business of the group by Consensus as outlined in the Overeaters Anonymous World Service document "*Guidelines for a Group Conscience Meeting*" Section 7 titled "*Making Decisions*".

ARTICLE IX-AMENDMENTS TO THESE BYLAWS

These bylaws may be amended at any time by a two-thirds vote of the voting members present and voting at any regular or special meeting of the intergroup. The proposed amendment must be communicated in writing to each member group at least two-months prior to the voting meeting. Amendments to the Twelve Steps, Twelve Traditions and Twelve Concepts of OA may only be made as per OA, Inc. Bylaws, Subpart B, Article XIV, Section 1.

ARTICLE X - DISSOLUTION

Section 1— Deregistration

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

Section 2 — Disbursement of Remaining Funds

When this intergroup ceases operation and all debts have been paid, all remaining funds shall be distributed to other Overeaters Anonymous service bodies or the WSO in accordance with Tradition Six.

Section 3 — US Non-Profit with 501c (3) Status

Upon the dissolution of this association, after paying or adequately providing for the debts and obligations of association, the remaining assets shall be distributed to the World Service Office of Overeaters Anonymous, or to a non-profit fund, association, foundation, or corporation which is organized and operated exclusively for charitable, educational or religious and/or scientific purposes and which has established its tax exempt status under Section 501c (3) of the Internal Revenue Code. In accordance with Overeaters Anonymous Traditions, such non-profit fund, association, foundation or corporation should be either the OA World Service Office or another OA service body.

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