

**MONTEREY COUNTY INTERGROUP OF OVEREATERS ANONYMOUS
MEETING AGENDA**

Wednesday, September 13, 2023, 5 P.M.

<https://us02web.zoom.us/j/83025542239?pwd=ZnRWaExHWW1WNlFMbzZpZTZad1JKdz09>

Passcode: 1960

The meeting will be recorded for recordkeeping purposes

- I. The Serenity Prayer
- II. The Ninth and Tenth Concepts
- III. Introduction of Jeremiah, Region 2 Chairperson
 - Role, Relationship between Region 2 and Monterey County Intergroup
 - Potential R2 support for Intergroup Initiatives
- IV. Approval of Minutes from July 12, 2023
- V. Old and Ongoing Business
 - A. Treasurer's Report (Christine)
 - B. Consider contribution toward meeting/event banner (Jody)
 - C. Website Report (Cindy)
 - D. Intergroup Rep Reports: (please report on any positions that need to be filled, format changes, questions, or concerns, change in contact person, decisions on going back to In-Person meetings, and continuing to pay rent)

Monday Noon: no IR
Wednesday Noon: Jean
Thursday 5:30 p.m.: Sarah
Friday noon: no IR
Saturday 9 a.m.: No IR
 - E. Region 2 Rep Reports:
Mary Grace
- VI. New Business
 - A. May 7-11, 2024 World Service Delegate Support Application
- VII.
- VIII. Good of the Order/Future Agenda Items
- IX. Adjourn

Next Meeting: Wednesday, September 13, 2023

5:00-6:00 p.m. PT

Via Zoom: ID 830 2554 2239 password

MONTEREY COUNTY INTERGROUP OF OVEREATERS ANONYMOUS
MEETING MINUTES

WEDNESDAY, May 10. 2023.

Present: Ann O., Cindy A, Sarah G., Mary Grace, Jean M., Thomas L., Christine E. Dawn C.

Minutes were approved as written.

Treasurer's Report:

Christine does not have a treasurer's report tonight. She will send it out tomorrow morning. She thought the meeting was next Wednesday. She has had no contributions in the past two months. We have some money from PayPal that she will deposit tonight.

Website Coordinator:

Cindy shared her screen with her report. She had previously sent it. We now have audio files on our website. She is willing to add more audio.

Analytics: Please see her analytics report.

Cindy has posted many events; you can sign up to be alerted by email when she updates the website by going to the Events page.

Intergroup Reps

Thursday-Sarah G. is the new IR for Thursday. Attendance is good, she said. There are two items that the Thursday meeting wanted to bring to Intergroup, and they are:

Would Intergroup like to purchase a Banner with the words Overeaters Anonymous in the usual font, and the OA logo, for the meeting to hang during the meeting, and to be used at Health Fairs, etc? The cost would be approximately \$100.00

Zoom Security-should intergroup change the host key as recommended by World Service?

Monday-no IR; Cindy said that there are (4-5) people attending. Ann and Cindy switch off being the secretary; one or the other is the security guard. Strictly virtual. The Zoom Host position is always filled; they haven't been bombed for at least a month since they attended the OA San Diego Zoom Security Classes.

Wednesday- Free Conference Call meeting, 3-5 people; core group of 3-4. Jeanne's phone number is on our website and she occasionally gets a call. They may have been bombed once.

Saturday-Cindy reports that they have a speaker/secretary on a week by week basis. There are 5-8 people attending. It's a great meeting. When there are new people they ask them something to try to figure out if they are legitimate. They were bombed a month or two ago.

Tom-has "Zoom fatigue". He finds it difficult to stay with Zoom meetings. He has checked with St. Timothy about starting a face to face meeting on Saturday morning. They said that would be fine. Jody is also feeling like getting a strictly face to face meeting started. Mary Grace said that intergroup need not be involved, that every group is autonomous. Ann said it is good to be in communication with and affiliated with intergroup. Ann has experience with a hybrid meeting in another fellowship that has excellent attendance in person.

Tom: we don't hear from the people who no longer come. Intergroup is not in charge of meetings but there is a function here to think creatively about the distribution of meetings.

Mary Grace: we have phone lists from previous meetings; we can call them (Twelfth Step within)

Region 2 convention slides—Susie didn't come. The slides are available by asking Mary Grace.

Region 2 Rep (Mary Grace): Public Information: ask colleges if we can attend health fairs, etc. The personal touch works best. She and Cindy have not yet approached any colleges.

Region 2 Assembly was on March 25. There were 9-10 reps from Mexico. There are over 900 OA groups in Mexico. WSO contributions are down by 30%. We need to send our 7th tradition and order books from them.

On April 29 Dear Abby recommended OA to the person writing to her. The response was less than hoped.

May 16 is the next PI meeting for Region 2. Please attend, says Mary Grace.

June 2-4 there's a HOW OA retreat at Villa Maria del Mar

Region 2 Convention will be July 7-9, in Costa Mesa, CA and on Zoom.

Facebook/Instagram Ad brought in a large number of newcomers. It was inexpensive. We aren't there yet, says Mary Grace. We don't have enough OA sponsors.

Region 2 has a Facebook page. We might be able to add some things to the Region 2 page.

Zoom Security- everyone should be muted except for the person speaking.

Chair of PI (Clare): she would give more information re: Zoom security also. There was some discussion about how to make meetings secure; Ann suggested that we postpone the security discussion until our next meeting. There is information available in the meantime from Ellen L. of San Diego intergroup and from Mary Grace and Cindy.

A new Friday meeting is starting this week at the First Baptist Church in Salinas. It will be hybrid. There is a lot of willingness to support the meeting. Ann purchased a new meeting packet. Should we put it into our one drive to make it available to all meetings? Would that be an infringement of copyright? We will talk about it next time.

Tom said that Saturday has a lot of literature and the meeting may be willing to donate it to the new Friday meeting.

Banner: Mary Grace wants to be sure that the church is okay with it being hung at their church and that we are not breaking tradition 6. Mary Grace would also like to see a schematic of the proposed banner.

Future agenda items: let's invite someone to our next meeting to talk to us about Security. July 12 at 5:00 p.m.

Host Key: Cindy said: every meeting that uses Zoom would need to know what the new key is. No decision was made about changing the host key at this time.

Meeting adjourned at 6:25 with the Serenity Prayer.

Minutes submitted by Jody E.

Delegate Support Fund **APPLICATION**

To: Intergroups and Service Boards
From: World Service Office
Subject: Delegate Support Fund Application for the 2024 World Service Business Conference

The 2024 World Service Business Conference (WSBC) will be held May 7-11, 2024, in Albuquerque, New Mexico, USA. Intergroups and service boards from all regions are invited to apply for assistance to send delegates to the Conference through the Delegate Support Fund.

The Delegate Support Fund was formed to administer the funds which, as per WSBC Policy 1993c helps to pay some of the costs incurred by delegates who attend World Service Business Conferences. Delegates selected to receive this financial support will be from OA intergroups and service boards in all regions.

In the spirit of unity, we encourage your service body to send delegates to the annual World Service Business Conference. It is critically important for the strength of OA worldwide that the voice of OA's entire community is heard at Conference. Decisions affecting OA for years to come are made each year at Conference, and input is needed from all intergroups and service boards so that these decisions truly represent OA as a whole.

If your intergroup or service board is interested in receiving assistance to send a delegate to the Business Conference in May 2024, please complete the attached Delegate Support Fund application. **Each application must be signed on page 3 by an intergroup or service board officer other than the delegate.** This form is then sent to your region for review and preliminary action. The completed application, including financial statement, must be received by your region board by October 1, 2023, or a date specified by your region bylaws.

Applications may be mailed, or electronically transferred (fax/email) to your region. Their review shall be completed, including funding available from the region. The form(s) must then be received by the World Service Office by **November 1, 2023**. Incomplete applications and those received after this date will not be considered. Priority will be given to those intergroups and service boards that have not been able to send delegates to previous WSBCs. For detailed funding guidelines, please refer to page 2. Funded applicants must complete the "actual" expense column within thirty days of attending WSBC and return a completed copy with receipts along with any unused funds to the World Service Office.

Notification of Delegate Support Fund awards will be sent in November 2023. An email will be sent to the delegate email address listed on the application. As fund requests sometimes exceed fund availability, a delegate waiting list is created. It is imperative that each recipient notify the World Service Office (WSO) of its intention to accept the award by the date given in the award letter. If the WSO does not have your response, the funds may be awarded to other intergroups and service boards on the waiting list. **Funds will be disbursed in early 2024 after the delegate's Conference registration has been received.** Please contact the World Service Office if you have any questions. We look forward to receiving your Delegate Support Fund application, and to seeing your delegate at Conference in Albuquerque.

Delegate Support Fund Allocation

Board Reference Manual, Section VI – World Service Events, Subpart C-15 – Delegate Support Fund (DSF) Allocation

1. Contributions to the DSF will be accumulated on an annual basis. If the amount of this fund does not reach U\$5,000 in any given year, the amount will be augmented to at least US\$5,000 by the World Service budget.
2. Only intergroups or service boards that demonstrate need for assistance using the application form downloadable on oa.org will be considered.
3. Requests for assistance to fund a single delegate from an intergroup or service board will be prioritized as follows:
 - a. Intergroups or service boards that have never sent a delegate to Conference.
 - b. Intergroups or service boards that have only been represented at one previous Conference, provided the *same* delegate will be attending for their second time.
 - c. Intergroups or service boards that have not been recently represented, priority will be determined by the length of absence. Secondary preference will be given to intergroups or service boards that have not previously received support.
4. DSF assistance will include the registration fee, estimated room/board costs (shared room basis), cost of transportation to the Conference site, and costs for technology needs (appropriate computer device and internet access) for the duration of WSBC. (If purchased, technology devices would become property of the intergroup/service board.)
5. Assistance for interpretation will be the amount of the funding at the discretion of the DSF Committee.
6. Both the Service Body Financial Report and the “Amount contributed by Service Body” will be used in allocation considerations.
7. In the event of extenuating circumstances, the intergroup/service board may provide a letter with their application requesting suspension of normal priority guidelines. The letter should clearly explain the reason for special consideration.
8. DSF monies will not be awarded to fund a second delegate from an attending intergroup, language service board, or special focus service board.
9. DSF monies will be awarded to fund a second delegate from an attending national service board (NSB) when that NSB can afford to fund one delegate but are financially unable to send a second when they are entitled to send multiple delegates.
10. In the spirit of Seventh Tradition self-support, it is requested that – where feasible – each applicant intergroup or service board provide *some* portion of the delegate expenses from their available treasury, and/or offer to conduct a fundraising event within their larger service body to help defray their Conference delegate expenses.
11. Each intergroup or service board should also request financial assistance from within its region or parent service body, before and besides requesting assistance from the Fund. The DSF is committed to bringing as many delegates to Conference from intergroups and service boards as is financially feasible. This is most effectively done when financial aid and fundraising support are provided from multiple levels within the Fellowship.
12. Unused funds will be rolled over to the next year.

Delegate Support Committee Considerations

When reviewing applications, the Delegate Support Committee also takes into consideration the following:

1. Delegate registration fee
2. Reasonable cost of transportation to/from WSBC site
3. Deadline date for applications

Please note that OA does not fund tours, spousal expenses/activities, or other types of extracurricular activities during WSBC.

DELEGATE SUPPORT FUND APPLICATION

Our intergroup/service board requests assistance from the Delegate Support Fund to send a delegate to the Annual World Service Business Conference in Albuquerque, New Mexico, USA.

Please – Print Legibly

Intergroup/Service Board Name	Intergroup/Service Board #
Address	Region #
City	State/Province
Country	Postal Code
Contact Name	Telephone #
Address	Email Address
City	State/Province
Country	Postal Code
Delegate Name	Delegate Telephone #
Intergroup/Service Board Officer Signature/Title	Delegate Email Address

SUPPORT FUND TABULATION TABLE	In US Dollars Projected Costs:	Within 30 days post WSBC** Actual Costs
Expenses: Airfare	\$	\$
Round trip Mileage to airport @ US\$.14	\$	\$
Long-term parking	\$	\$
Transportation to hotel	\$	\$
Hotel Room (maximum US\$455)*	\$	\$
Food (maximum US\$230)	\$	\$
Registration Fee US\$175	\$	\$
Interpretation Services (please include quote from service provider)	\$	\$
TOTAL EXPENSES	\$	\$
Less amount contributed by intergroup/service board	(\$)	\$
Less amount contributed by other sources: (neighboring intergroups, region, fundraising, service board)	(\$)	\$
Amount of money requested from Delegate Support Fund	\$	

*Funding is based on the delegate sharing a room with at least one other delegate. If the delegate chooses to room alone, he/she is responsible to pay the difference between the cost of a single room and half of a shared room. Estimated lodging for five nights, Tuesday through Saturday, double occupancy (including taxes) is \$455 per person. Estimated meals for five days are \$230.

****Within 30 days of attending WSBC, please complete the actual costs and return a copy of page 3 with receipts and any excess funds.**

(NOTE: Intergroup/service board must attach the latest financial statement for the application to be considered. The form provided on page 5 may be helpful.)

Will applying delegate be your only WSBC delegate this year? Yes No

Does delegate understand that they will participate in committee work beginning on Wednesday and stay through the final business meeting on Saturday morning? Yes No

Is delegate aware that committee commitment continues for the entire year through to the next WSBC? Yes No

Will the delegate meet the requirements of two years of service beyond the group level and one year of continuous abstinence before the start of conference? Yes No

FOR Region USE ONLY (circle 1): 1 2 3 4 5 6 7 8 9 10 V

Does your region provide financial support for WSBC delegates? _____

Does this service body participate in your region? _____

Years funded by region to WSBC: _____

Amount funded by region for WSBC 2024: _____

FOR WSO USE ONLY

Years intergroup/service board represented at Conference: _____

Years funded: _____

Years this delegate has attended WSBC? _____

Completed Application must be received at the WSO no later than November 1, 2023.

World Service Office
Attn: Sandy Zimmerman
Delegate Support Fund
PO Box 44727, Rio Rancho, New Mexico 87174-4727 USA T
(505) 891-2664 szimmerman@oa.org

INTERGROUP/SERVICE BOARD'S FINANCIAL STATEMENT

A financial statement for the period January 1, 2023, through August 31, 2023 must be included with your application for funds. **Please use this form – US currency only.**

Cash on hand January 1, 2023		USD \$ _____
Plus	Income received:	
	Contributions	\$ _____
	Fundraisers	\$ _____
	Assemblies	\$ _____
	Sales	\$ _____
	Other	\$ _____
Less	Expenses paid:	
	Rent	\$ _____
	Utilities	\$ _____
	Newsletter	\$ _____
	Travel	\$ _____
	Literature	\$ _____
	Other	\$ _____
Cash on hand August 31, 2023		USD \$ _____
Minus amount of Prudent Reserve:		\$ _____
Please list any other outstanding financial commitments:		\$ _____
		\$ _____
		\$ _____
Total Available Cash on hand August 31, 2023		USD \$ _____

Monterey County Intergroup of Overeaters Anonymous
Addendum to Bylaws
May 14, 2016.

Responsibilities of the Intergroup Board

A. Chairman

1. shall preside at all regular and special meetings of this intergroup and Intergroup Board.
2. shall be responsible for establishing the agenda for all Intergroup meetings.
3. *may* cast the deciding vote to make or break a tie.
4. may attend all standing committee meetings.
5. shall pick up, read and distribute (as deemed necessary and desirable) the OA related mail from the post office box

B. Vice Chairman

1. shall serve in the absence of the chairman.
2. shall update the phone message as necessary

C. Secretary

1. shall see that minutes are kept of all Intergroup and Intergroup Board meetings and that a copy of the Intergroup minutes is printed and mailed (or e-mailed) or given to each Intergroup Representative and the Board Chairman. As a cooperative gesture, a copy of the minutes may be sent to the Regional Trustee.
2. shall maintain a file of all minutes of past meetings
3. shall maintain an updated list of all meetings, and distribute it to all meetings.
4. shall maintain a current e-mail list of Board Members

D. Treasurer

1. shall maintain a checking account, if necessary, for dispersal of Intergroup funds.
2. shall submit financial reports at each scheduled intergroup meeting.
3. shall be cosignatory with one other board member or an appointee of the board
4. shall collect bank statements, bills, and group donations from the post office box and process as needed

E. Web Site Coordinator

1. shall update the meeting list on the oa.org web site
2. shall update the content on the oamonterey.org web site as necessary
3. shall respond to e-mails received at the oamonterey.org web site

E. Region 2 Representative

1. shall attend Region 2 assemblies a minimum of once a year and report back to Intergroup.

F. World Service Business Conference Delegate

1. shall attend the World Service Business Conference in Albuquerque annually (as funding allows) and report back to Intergroup.

**BYLAWS OF THE
MONTEREY COUNTY INTERGROUP OF
OVEREATERS ANONYMOUS**

Adopted on September 24, 2015.

ARTICLE I - NAME

The name of this organization shall be the **Monterey County Intergroup** also known as **Intergroup of Monterey County**.

ARTICLE II - PURPOSE

The primary purpose of **Monterey County Intergroup of Overeaters Anonymous** is to carry the message of recovery to those with the problem of eating compulsively, by fostering the practice of the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of QA Service; and to serve and represent member groups and/or intergroups.

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(s) 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 its region or geographic proximity 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 **Intergroup of Monterey County** 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.
- 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.
- D) 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 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.

ARTICLE IV - THE INTERGROUP (IG) BOARD

Section 1 - The Intergroup Board

- A) The board consists of the following officers: **chair, vice chair, secretary and treasurer.**
- B) The IG board may also include other positions such as World Service Business Conference delegates, committee chairs or regional representatives.
- 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/or the Intergroup Board

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

- A) Be working the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service to the best of his/her ability **for a period of at least six months.**
- B) Have **no specific period** of current abstinence except as follows (each person shall be the sole judge of his or her abstinence):
 - 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.
 - 2) Region representatives must comply with the abstinence and length of service specified in the region's bylaws (**in 2015, there are no specific abstinence requirements for service at the Region level. This could change in the future, so check with Region 2 when applicable).**
- C) 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.

Section 5-Term of Office

- A) The term of office for a board member is **one year, starting on the intergroup meeting following their election.**
- B) Board members may serve no more than **two** consecutive terms in the same position. A member may serve again after a leave of **one year** from the position.
- C) Once elected, a board member may not serve also as a group representative at the intergroup.

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 audit.
- 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 **three** times in **one calendar year**, he/she may be removed from the position by a majority vote of the ballots cast either at a regular IG meeting or a meeting announced for that purpose.
- 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 **majority** 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 **every other month** 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 **November** 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 **fourteen** days notice to each member group.

Section 5 - Quorum

The quorum for voting purposes shall be, at a minimum, **two** intergroup officer(s) and at least **one** other voting member.

Section 6 - Meeting Procedure

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

ARTICLE VI - COMMITTEE

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 **six months** to cover expected operational needs. Excess funds will be donated to OA service bodies as determined by the IG.

ARTICLE VIII - PARLIAMENTARY PROCEDURE

NOTE: 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*.

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 **thirty** days 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.