

# **NASSAU COUNTY INTERGROUP of OVEREATERS ANONYMOUS**

REVISED DECEMBER 2020

## **ARTICLE I – NAME**

The name of this organization shall be the Nassau County Intergroup, hereinafter known as NCI

## **ARTICLE II – PURPOSE**

### **Section 1 – Purpose**

The primary purpose of Nassau 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 OA Service; and to serve and represent the OA groups from which it is formed.

### **Section 2 – The Twelve Steps**

**The Twelve Steps are suggested for recovery in the Fellowship 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.
- 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 3 – The Twelve Traditions**

**The Twelve Traditions of Overeaters Anonymous ensure the well-being of the groups.**

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. Our leaders are but trusted servants; they do not govern
3. The only requirement of 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 Overeaters Anonymous 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 Overeaters Anonymous 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 4: The Twelve Concepts of OA Service**

**The Twelve Concepts of OA Service are a set of service principles that help us apply the Steps and Traditions in our service work and define and guide the practices of the service structures that conduct the business of OA.**

1. The ultimate responsibility of 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 them 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 NCI shall consist of the following:

A. The Intergroup Board;

B. Intergroup representatives (IRs); who shall consist of one member from each group within the geographic area. Visitors are welcome and encouraged to participate in the discussion.

1) *Geographic area shall be defined* as the counties of Nassau and Queens, including Virtual meetings wishing to join a geographic region.

C. Group members not acting as IRs but elected or appointed to carry out specific duties, e.g. PI chair.

**Section 2 – Qualifications** --Qualifications of eligibility for membership in the NCI:

A. Those groups within the geographic definition of NCI that have formally registered with World Service Office and indicated their intention to belong to NCI may be considered members.

An OA group is defined as the following:

- 1) As a group, they meet together to practice the Twelve Steps and Twelve Traditions of OA, guided by the Twelve Concepts of Service...
- 2) All who have a 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.

**Each group shall be entitled to one vote through its elected IR(s). No group may be registered with another Intergroup.**

### **Section 3 – Intergroup Representatives**

**A.** Intergroup representatives shall be selected by the group conscience of the group they represent. Each IR shall be selected by any method deemed appropriate by their group. These IRs shall serve for a period designated by their group, always subject to recall by the group they represent. Each group shall be free to designate an alternate delegate when the necessity arises.

Virtual meetings (meetings which replicate face-to-face meetings through electronic media) may also select an intergroup representative as long as said virtual meetings:

- 1) otherwise meet the definition of Overeaters Anonymous groups;
- 2) are fully interactive.
  2. IRs should be selected for their willingness to serve, commitment to the Twelve Steps and Twelve Traditions of OA.
  3. The primary responsibility of the IR is to represent their group at all NCI meetings, to act as a liaison between NCI and their group, to see that all communications pertaining to NCI are made available and, where requested, read aloud to the group.

### **Section 4 – Membership with voice and no vote may be:**

- A. Any employee
- B. Any member of the Fellowship who is not a duly elected representative.
- C. Any visiting member, Regional or World Service Officer

## **ARTICLE IV – THE INTERGROUP BOARD**

### **Section 1 – The Intergroup Board**

**A.** The Board shall consist of at least a chair, vice-chair, treasurer, and secretary.

**B.** The immediate past chair shall serve as an ex-officio member of the Intergroup Board for one year.

The Intergroup Board may also include other positions such as the World Service Business Conference delegate(s), committee chairs(s), and regional representative(s). Their duties shall be set by policy adopted by the Intergroup and contained in the Intergroup job descriptions.

**C.** This Intergroup Board shall serve as the executive board. In the event the chair of the board should be unable to attend any meeting of the board, the past chair shall serve as chair for that meeting. If the past chair is not present, the next highest-ranking officer shall serve as follows: 1) Vice-chair 2) Secretary 3) Treasurer

### **Section 2 – Nominations to the Intergroup Board**

Nominations to the board may be made from the floor at the time of election.

### **Section 3 – Qualifications for the Intergroup Board**

1. Working the Twelve Steps of OA for one year.
2. Familiarity with the Twelve Traditions of OA.
3. Familiarity with the Twelve Concepts of OA Service.
4. One year of current abstinence: with the exception of the Secretary who must have six months abstinence and service.
5. Regular attendee of an active group for one year and to have been an IR for a period of one year.
6. The World Service Business Conference delegate/alternate shall have at least one year of current abstinence and meet the qualifications and requirements as outlined and defined in the Overeaters Anonymous, Inc. Bylaws, Subpart B, Article X, Section 3, and as required for election to the Board by Article IV, Section 4, of these bylaws.
7. The regional representative/alternate (whether or not a member of the Intergroup Board) shall meet qualifications and requirements as outlined and defined in the Region 6 Bylaws, and as required for election to the Board by Article IV, Section 4, of these bylaws.

### **Section 4 – Method of Election**

**A.** Elections shall be held annually at a meeting specified for that purpose.

**B.** To be eligible for election to the Board, nominee must:

- 1) Meet all qualifications as defined in Article IV, Section 3.

2) Understand responsibilities of the position as defined in Article IV, Section 6, and as defined in the Intergroup job descriptions.

**C.** In order to be elected to membership on the Intergroup Board, a nominee must be present at the election meeting and must receive a majority vote of the IRs present and voting.

### **Section 5 – Term of Office**

**A.** Board members shall be elected to serve for a period of two years.

1) On even-numbered years the chair and secretary shall be elected. On odd-numbered years the vice chair and treasurer shall be elected.

2) Newly elected officers shall begin service at the Intergroup meeting following their election.

**B.** Board members shall serve no more than two consecutive terms in the same office.

**C.** After an interval of two years, a member may again be eligible for election to their prior office.

**D.** Upon election to the board, members shall cease to be a representative of their group they represent and that group shall choose a new IR.

### **Section 6 – Responsibilities of the Intergroup Board**

***The Executive Board shall be required to attend all monthly Intergroup meetings***

#### **CHAIR**

1) shall preside at all regular and special meetings of NCI and Intergroup Board

2) shall be responsible for establishing the agenda for all NCI meetings;

3) may cast the deciding vote to make or break a tie may participate in a ballot vote;

4) may attend all standing committee meetings,

5) shall ensure that the general account of the Intergroup be audited annually.

#### **B. Vice-Chair:**

1) shall serve as Acting Chair in the absence of the Chair;

2) shall preside at any Intergroup meetings in the absence of the Chair.

#### **C. Secretary:**

1) shall see that minutes are kept of all Intergroup and Board meetings and that a copy of the Intergroup minutes is printed and emailed to each IR. As a cooperative gesture, a copy of the minutes shall be sent to the regional trustee,

2) shall maintain a file of all minutes of past meetings,

#### **D. Treasurer:**

1) shall maintain a checking for dispersal of Intergroup funds,

- 2) shall submit financial reports each month at the Intergroup meetings,
- 3) shall be co-signatory with one other board member.

**E.** The Intergroup Board shall conduct business, in the case of an emergency: between meetings, via email, phone or regular mail.

### **Section 7 – Vacancies and Resignations**

**A.** If a member of the Intergroup Board fails to attend three consecutive meetings without prior notice, his/her office may be declared vacant by a majority of those members present and voting.

**B.** Any board member may resign at any time for any reason by giving written notice.

**C.** Any board member may be removed from office for due cause by a majority vote of the IRs at a special meeting announced for that purpose.

### **Section 8 – Filling of Vacancies**

**A.** Vacancies shall be filled by a majority vote at that meeting in which the vacancy occurred, or at the next meeting or at a special meeting of the Intergroup. Such persons chosen to fill said vacancies shall serve the remainder of the term of the position vacated.

**B.** A person chosen to fill any vacancy on the Board shall meet the qualifications as defined in Article IV, Section 3, and be aware of all responsibilities of that position as described and defined in Article IV.

## **ARTICLE V Intergroup Meetings**

**Section 1** – The Intergroup shall meet once per month at a time and place designated by a majority of the voting members. The NCI may hold Virtual meetings as long as it is necessary. This is mandated by the New York State . The NCI may hold Virtually or Hybrid meetings as determined by a majority of the voting members

### **Section 2 – Annual Meetings**

An annual meeting shall be held in November for the election of IG Board Members as specified in Article IV, Section 4.

### **Section 3 – Special Meetings**

A special meeting may be called by a majority vote or of the Intergroup Board, by giving notice as prescribed in Article V, Section 4.

### **Section 4 – Method of Notification**

Notifications consist of notices prepared by the Intergroup secretary and distributed to each IR at least one week prior to the date of the meeting. Notification of all meetings

placed on the website, and announced at the prior Intergroup meeting is also considered proper notification.

### **Section 5 – Quorum**

Those voting members present at any meeting of this Intergroup shall constitute a quorum for all proceedings ~~of the intergroup.~~

### **Section 6 – Meeting Procedure**

It is suggested that every meeting begin and end with the Serenity Prayer. In addition that OA's Preamble be recited and that OA's Twelve Steps, Twelve Traditions, and Twelve Concepts of Service be read at every meeting.

## **ARTICLE VI – COMMITTEES Section 1 – Standing Committees**

The following committees may be established as required to carry out the purposes of Intergroup in the most effective manner. Standing committees may include but not be limited to:

A. Public Information/Public Outreach B. Literature C.12 Step Within D Workshop, E, Other committees deemed necessary to carry on Intergroup work.

### **Section 2 – Special Committees**

The Board shall designate such special committees as are deemed necessary for the welfare and operation of the Intergroup.

### **Section 3 – Committee Appointments**

The chair shall appoint a committee chair from those IRs present who meet IR qualifications. A Board member or any OA member present meeting IR qualifications may be appointed to chair a standing or special committee with approval of the majority of the members present and voting.

### **Section 4 – Committee Procedures**

Each standing or special committee shall be responsible for calling and holding meetings, and establishing its method of procedures, subject to the approval of the Intergroup Board and the guidelines of the Twelve Traditions of OA.

### **Section 5 – Committee Responsibility**

Any committee decision and/or vote which establishes or changes a policy, sets a procedural plan for a special event, or expends funds in excess of the approved budget, shall require approval by the Intergroup prior to implementation. Each standing committee chair shall submit a written report to the Intergroup at each monthly meeting and at the end of any specific event coordinated by that committee. If any monies are expended from an approved budget, a detailed and itemized report shall be included with the committee report.

### **Section 6 – Ex-Officio Members**

A. Past committee chairs may serve in an ex-officio capacity in their respective committees

**B.** The Intergroup chair is an ex-officio member of all committees.

## **Section 7 – Vacancies**

Should a vacancy, resignation, or removal of a committee chair occur, all pertinent information shall be turned over to the Intergroup chair. The chair shall then appoint a new chair for the remainder of the term.

## **Section 8 – Removal of Committee chair**

A committee chair may be removed from office by a two-thirds (2/3) vote of the Intergroup Board. Removal is based on return to compulsive overeating and inappropriate behavior.

## **ARTICLE VII – FUNDS**

### **Section 1 – Source of Funds**

**A** Voluntary contributions of the member groups shall be the primary source of funds.

**B.** Secondary sources of income may be derived from occasional projects or activities as may be authorized by NCI according to Tradition Six.

**C.** NCI may accept donations from OA members, conforming to the general practice of OA.

4. The maximum allowable annual donation to NCI by OA members is limited to \$5,000.
5. The acceptance of bequests or donations from any outside source is prohibited.
6. The maximum allowable bequest to NCI by OA members is limited to \$100,000.
7. NCI shall not accept the responsibility for trusteeship over, or enter into the distribution or allocation of funds set up outside of Overeaters Anonymous.

## **Section 2 – Prudent Reserve**

There shall be no accumulation of funds beyond current necessities, with retention of only a prudent reserve for contingencies. Funds in excess shall be donated to Region annually as budgeted and directed by NCI

## **ARTICLE VIII – PARLIAMENTARY AUTHORITY**

The rules contained in the current edition of Robert's Rules of Order Newly Revised shall govern NCI in all cases to which they are applicable and in which they are not inconsistent with these bylaws, the Overeaters Anonymous, Inc. Bylaws, Subpart B or any special rules of order NCI may adopt.

## **ARTICLE IX – MAJOR POLICY MATTERS**

### **Section 1 BYLAWS**

These bylaws, with the exception of Article II, Sections, 2, 3, and 4, may not be amended at any time. Other bylaws may be amended by a majority vote of the IRs and board members present at any regular or special meeting of NCI, provided a copy of the proposed amendment has been submitted in writing and received by each group affiliated with NCI at least one month prior to the meeting in which action is to be taken on the amendment.

This includes:

**A.** Matters that affect NCI and/or

**B.** that relate to Overeaters Anonymous as a whole which affect Subpart A of the Bylaws of Overeaters Anonymous, Inc. shall be referred to the Board of Trustees.

**C.** Matters that affect Subpart B of the Bylaws of Overeaters Anonymous, Inc., or which relate to the Twelve Steps, Twelve Traditions and Twelve Concepts shall be referred to the World Service Business Conference.

## **ARTICLE XI – DISSOLUTION**

Upon the dissolution of NCI, after paying or adequately providing for the debts and obligations of the association, the remaining assets shall be distributed according to Tradition Six, which guides us to disperse the funds only to other OA service bodies. Such distribution shall be made to the World Service Office of Overeaters Anonymous, Region 6 and/or registered OA service body.