

OVEREATERS ANONYMOUS  
ROCK RIVER INTERGROUP BY LAWS  
(Formerly known at Greater Rockford Intergroup)

ARTICLE I -- NAME

The name of this organization shall be Rock River Intergroup of Overeaters Anonymous (hereafter referred to as RRI).

ARTICLE II – PURPOSE

Section 1 – Purpose

The primary purpose of RRI is to aid those with the problem of compulsive overeating through the Twelve Steps of Overeaters Anonymous, and to serve and represent the OA groups from which the Intergroup is formed. This Intergroup is in compliance with and qualifies as an exempt organization under Section 501 c(3) of the Internal Revenue Code of 1954 \*or corresponding section of any future United States Internal Revenue Law.)

Section 2 – The Twelve Steps<sup>1</sup>

The Twelve Steps are suggested for recovery in the Fellowship of Overeaters Anonymous. The Twelve Steps are:

1. We admitted that we were powerless over food - that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God, as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory, and when we were wrong promptly admitted it.

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<sup>1</sup> Permission to use the twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

11. We 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 a result of these steps, we tried to carry this message to other compulsive overeaters and to practice these principles in all our affairs.

The Twelve Steps cannot be amended by RRI or any other Intergroup.

### Section 3 – The Twelve Traditions<sup>2</sup>

1. We admitted that we were powerless over food - that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God, as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
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8. We made a list of all persons we had harmed and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory, and when we were wrong promptly admitted it.
11. We 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 a result of these steps, we tried to carry this message to other compulsive overeaters and to practice these principles in all our affairs.

The Twelve Traditions cannot be amended by RRI or any other Intergroup.

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<sup>2</sup> Permission to use the twelve Traditions of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

## Section 4 – The Twelve Concepts

The Twelve Concepts of OA Service are:

1. The ultimate responsibility and authority of 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 By-laws 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, staff and consultants.
12. The spiritual foundation of OA service ensures that:
  - A. No OA committee or service body shall ever become the set of perilous wealth or power
  - B. Sufficient Operating funds, plus an ample reserve, shall be OA's prudent financial principles
  - 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.

The Twelve Concepts cannot be amended by RRI or any other Intergroup.

## ARTICLE III – MEMBERS

### Sections 1 – Membership

Membership of the Intergroup shall consist of the following

- A. The Intergroup Board
- B. Intergroup Representatives (IRs), which 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 Rockford and surrounding communities within 30 miles.
  - 2. Group members not acting as IRs as IRs but elected or appointed to carry out specific duties.

### Section 2 – Qualifications

Qualifications of eligibility for membership in the Intergroup

- A. Those groups within the geographical definition of Intergroup that have formally registered with the World Service Office and indicated their intention to belong to Intergroup 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
  - 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 share at the meeting.
  - 4. As a group, they have no affiliation other than OA.
  - 5. A group may be formed by two (2) or more persons meeting together as set forth in Articles IV, Section 1 of OA, Inc. Bylaws Subpart B.
- B. Each Group shall be entitled to vote through its elected IRs.
- C. 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
- B. The primary responsibility of the IR is to represent their group at all meetings of Intergroup, to act as a liaison between Intergroup and their group, to see that all communications pertaining to Intergroup are made available to the group.
- C. IRs should be selected for willingness to serve, length of time in program, and commitment to the Twelve Steps and Twelve Traditions of OA.

## ARTICLE IV – THE INTERGRUOP BOARD

### Section 1 – Officers

The Executive Committee shall consist of a Chairperson, Vice Chairman, Secretary and/or Recording Secretary, Treasurer, and Immediate past Chairperson(s) as ex officio. Each member of the Executive Committee shall hold only one office.

### Section 2 – Nomination of Officers

Nominations shall be submitted to the membership in writing at the meeting preceding the election.

### Section 3 – Qualification for Officers

At the time of election, each nominee shall:

- A. Be a working the Overeaters Anonymous twelve-step program of recovery for at least one year.
- B. Familiarity with the Twelve Traditions of OA and Twelve Concepts of OA service.
- C. Have at least ninety (90) days of abstinence from compulsive overeating (each person shall be the sole judge of his or her own abstinence).
- D. Be a regular attendee of Overeaters Anonymous
- E. The World Service Business Conference Delegate/Alternate shall have at least one (1) year of current abstinence and at least two (2) years of service above the group level and meet qualifications and requirements as outlined and defend in the Overeaters Anonymous, Inc. Bylaws, Support B, Article X, Section 3, and as required for election to the Board of Article IV, Section 4, of the Bylaws.

#### Section 4—Election of Officers

- A. Election shall be held annually at the October RRI meeting.
- B. Nominees must be present at the election meeting or have notified the Chairperson(s) of their reason for being absent, or that member will be dropped from the election. Nominee must receive a majority vote to be placed in office.

#### Section 5 – Term of Office for Officers

- A. Officers shall be elected to serve for a period of one year and may not serve more than two full terms, or finish one unexpired term and one full term in each office.
- B. A period of one year must transpire before a person may be reelected to the same office.

#### Section 6—Duties of Officers

- A. Chairperson(s) – shall include, but not be limited to the following
  - 1. Shall preside at all regular and special meetings for RRI.
  - 2. Shall be responsible for preparing the agenda for the RRI meeting.
  - 3. May cast the deciding vote to make or break a tie in balloting only.
  - 4. May attend all standing committee meetings as ex officio
  - 5. Shall miss no more than two consecutive meetings of RR.
  - 6. May be elected as representative to Region and WSO.
- B. Vice Chairman – shall include, but not be limited to the following:
  - 1. Shall serve in the absence of the chairman
  - 2. Shall perform all other duties as prescribed in the intergroup policy job for descriptions.
  - 3. Shall miss no more than two consecutive meetings of RRI.
  - 4. May be elected as representative to Region and WSO.
- C. Secretary(s) – shall include, but not be limited to the following:
  - 1. Shall see that the minutes are kept of all RRI meetings and that a copy of said minutes are printed and distributed to each RRI representative prior to the following month's meeting.
  - 2. Shall maintain a file of all minutes of past meetings
  - 3. Shall direct correspondence to the appropriate office or committee chairperson and maintain a file of outgoing correspondence.
  - 4. Shall distribute notices of all meetings of RRI as described in Article V.
  - 5. Shall keep WSO informed of all changes of group information
  - 6. May attend all standing committee meetings

7. Shall miss no more than two consecutive meetings of RRI.
  8. May serve as representative to Region and SWO.
- D. Treasurer – shall include, but not be limited to the following:
1. Shall maintain a checking and savings account, if necessary for the dispersal of RRI funds.
  2. Shall submit financial reports each month at the RRI meeting.
  3. Shall serve as chairperson of the Budget committee.
  4. May attend all standing committee meetings.
  5. Shall miss no more than two consecutive meetings of RRI.
  6. May serve as representative of Region and WSO.

### Section 7 – World Service Business Conference

Delegates and Regional Reps, WSO Delegates and Region Reps May:

- A. Attend the World Service Conference and all Region V Assemblies of Overeaters Anonymous.
- B. Have at least one year of current abstinence.
- C. Be elected for a two0year term
- D. Serve no more than two consecutive terms, except for reasons to be decided by the group conscious of RRI.
- E. Be willing to communicate all important information, either verbal or in writing as designated by RRI, the actions of World Service Conference and Region V Assembly to Intergroup and other represented groups.
- F. Shall be regularly attending RRI meetings at the time of service.

### Section 8 -- Vacancies

- A. If a member of the RRI Board fails to attend two consecutive meetings without prior notice, his/her office shall be declared vacant by a majority of those members present and voting.
- B. If a committee chairperson, WSO Delegate, and Region Representative of RRI fails to attend two consecutive meetings without prior notice, his/her office shall be declared f=vacant by a majority of those members present and voting.
- C. Vacancies shall be filled by a majority vote at the meeting in which the vacancy occurred, or at the next regular meeting of RRI. Such person(s) chosen to fill said vacancy(s) shall serve for the remainder of the unexpired term.

- D. A person chosen to fill any vacancy on the Board shall meet the qualifications as defined at Article III, Section 3 and be aware of all responsibilities of the position.

#### Section 9 – Resignations

Any Board Member may resign at any time for any reason by giving the chairperson(s) or the Intergroup written notice.

#### Section 10 – Removal

Any Board Member of RRI may be removed from office by a 2/3 vote of the Intergroup Representatives at a special meeting announced in writing at least five days in advance for that purpose. That person would be given an official notice of the meeting ten days in advance.

#### Section 11 – Alternative WS Conference Delegate(s) and Alternative Region Rep(s)

The RRI membership can designate an alternative delegate or representative to attend the World Service Conference or Region Assembly meeting. If elected delegate(s)/representative(s) cannot attend, the alternate must meet qualifications as defined in Article III, Section 6.

### ARTICLE V – MEETINGS

#### Section 1

RRI shall meet monthly at a time and place designated by a majority of voting members.

#### Section 2

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

#### Section 3

Either the Chairperson(s) or two members of the RRI may call a special meeting. A special notice must be mailed to group representatives at least 10 days in advance of the meeting.

#### Sections 4

Each group representative shall serve for the period of time designated by their group, always subject to recall by the group they represent.

#### Section 5

The voting membership of RRI shall consist of Board Members, and one representative per member group. Visitors are encouraged to participate in the discussion.

#### Section 6

At a RRI meeting, those OA group representatives present shall constitute a quorum, and a simple majority shall govern voting purposes except where otherwise noted.

### ARTICLE VI – COMMITTEES

#### Section 1

- A. RRI shall provide for the establishment of standing committees in order to carry out the purposes of the Intergroup in the most effective and efficient manner.
- B. Each committee shall select a chairperson who shall hold office in concurrence with the term of the Intergroup Chairperson.

#### Section 2

All standing committees may prescribe their own rules for calling and holding meetings and their method of procedures, subject to the guidelines of the twelve traditions of Overeaters Anonymous.

#### Section 3

Each standing committee chairperson shall submit a report to the Intergroup on a monthly basis and at the end of any specific event coordinated by the committee. A detailed and itemized financial report will be included if applicable.

#### Section 4

Should a vacancy, resignation or removal occur in any standing committee, all pertinent information and data shall be turned over to the Intergroup Chairperson. The Chairperson shall then appoint a new committee then appoint a new committee Chairperson to serve the remainder of unfulfilled term.

## ARTICLE VII – SOURCE OF FINANCES

### Section 1

- A. The primary source of financing shall be as follows:
- B. Voluntary contributions of the member groups shall be the primary source of funds.
- C. Secondary sources of income may be made from such occasional projects of activities as may be authorized by RRI according to Tradition 6.
- D. RRI May accept donations from OA members, conforming to the general practice of OA.
- E. The maximum allowable annual donation of RRI by OA members is limited to five hundred dollars (\$500).
- F. The acceptance of bequests or donations from outside sources is prohibited.
- G. RRI shall not accept the responsibility, trusteeship or enter into the distribution or allocations of funds set up.

### Section 2

There shall be no accumulation of funds beyond current necessities, with the retention of only a prudent reserve for contingencies. Funds in excess will be donated to Region V and the World Service Office on a regular basis as directed by RRI.

## ARTICLE VIII – PARLIAMENTARY AUTHORITY

### Section 1

The rules contained in the current edition of Robert’s Rules of Order Newly Revised(Tenth Addition) shall govern this Intergroup in all cases to which they are applicable and in which they are not inconsistent with these bylaws, the Overeater Anonymous, Inc. Bylaws Subpart B or Any special rules of order this Intergroup may adopt.

## ARTICLE IX –AMENCMENTS TO THESE BYLAWS

These bylaws may be amended at any time in a 2/3 vote of the RRI Representatives and Board Members present at any regular meeting of RRI provided a copy of proposed amendment has been submitted in writing and received by each group affiliated with RRI at least 21 days prior to the meeting in which action is to be taken on the amendment.

## ARTICLE X MAJOR POLICY MATTERS

### Section 1

- A. Matters which affect RRI and/or groups with its' service area shall be referred to the RRI Board.
- B. Matters which relate to Overeaters Anonymous as a whole which affect Subpart A of Bylaws of Overeaters Anonymous, Inc., shall be referred to the Board of Trustees.
- C. Matters which 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

### Section 1

Upon the dissolution of this association, after paying or adequately providing for the debts and obligations of the association, the remaining assets shall be distributed to the World Service Office of Overeaters Anonymous, or to nonprofit, 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 501 c (3) of the Internal Revenue Code.

### Sections 2

No part of the net earnings of this association shall ever inure to be or used for the 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 express purposes for which it is formed.