

**BYLAWS OF THE
TRIANGLE INTERGROUP
OF OVEREATERS ANONYMOUS**

ARTICLE I. NAME

The name of this organization shall be the Triangle Intergroup, hereafter known as Intergroup.

ARTICLE II. PURPOSE

Section 1. The primary purpose of the organization is to be of service to those who are abstaining or attempting to abstain from compulsive overeating, including persons who have problems of obesity, bulimia, anorexia, other eating disorders, and addictions to specific foods or foods in general and to carry the message of recovery to those who still suffer. The Intergroup aids persons with these problems through the Twelve Steps and Twelve Traditions of Overeaters Anonymous.

The Intergroup is also a clearinghouse through which groups and individuals may communicate quickly and efficiently with one another for the good of the program in the Intergroup area.

This Intergroup is organized exclusively for educational charitable, religious, and scientific purposes, including for such purposes the making of distributions to organizations that qualify as exempt organizations under Section 501 (c)(3) of the Internal Revenue Code of 1954 (or the corresponding provision of any future United States Internal Revenue Law).

Section 2. The 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 the 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 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 nonprofessional 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.

Section 4. The 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 of the Intergroup shall consist of the following:

- A. The Intergroup board
- B. Intergroup Representatives (IRs) which shall consist of one (1) member from each member group.

Section 2. Qualifications or eligibility for membership in the Intergroup.

- A. Those groups that have formally registered with the World Service Office and indicated their desire to belong to Intergroup may be considered members.
- B. Each group shall be entitled to one (1) vote through its chosen IR.
- C. No group may be registered with another Intergroup.
- D. A group shall meet the definition of a group as given in OA, Inc., Bylaws, Subpart B, Article V, Section 1.

Section 3. Intergroup Representatives (IRs).

- A. Each Intergroup representative shall be selected by the group conscience of the group he or she represents. Each IR shall be selected by any method deemed appropriate by his or her group. The IR shall serve for a period designated by his or her group, always subject to recall by the group he or she represents. Each group shall be free to designate an alternate delegate when the necessity arises.
- B. IRs should be selected on the basis of abstinence, attendance, length of time in program and desire and willingness to serve.
- C. The primary responsibilities of the IR or alternate, are to represent his or her group at all meetings of the Intergroup, to act as a liaison between this Intergroup and his or her group, to see that all communications pertaining to Intergroup are made available and, where requested, to read aloud to the group.
- D. An IR may not represent, or vote on behalf of more than one group.

Section 4. Vacancies or Resignations of Intergroup Representatives (IRs).

Failure of an IR to attend two (2) consecutive meetings of an Intergroup may cause his or her position to be declared vacant. The Intergroup secretary shall notify the representative group of any IR's absences. Action shall be at the discretion of said group.

Section 5. Membership with voice and no vote may be:

- A. Any employee.
- B. Any member of the Fellowship who is not an Intergroup representative, alternate, or committee chairperson.

ARTICLE IV. THE INTERGROUP BOARD

Section 1. Intergroup Board.

The Board shall consist of a chairman, vice-chairman, secretary, treasurer, WS Conference delegate(s), and regional representative(s). The immediate past chairman shall serve as an ex-officio member of the Intergroup Board for one year. This Intergroup Board shall serve as the executive board. Each Board member is entitled to one (1) vote.

Section 2. Nominations to the Intergroup Board.

Nominations to the Board may be made from the floor at the time of election. A nominating committee may also be formed, at the discretion of the Intergroup.

Section 3. Qualifications for the Intergroup Board.

- A. Working the Twelve Steps of the recovery program for one (1) year.
- B. Familiarity with the Twelve Traditions.
- C. Six months' current abstinence with the exception of the WS Business Conference delegates, Regional Representatives, Chair, and Treasurer. (See article IV, Section 6. A, E, and F.)
- D. Membership in OA for a period of one (1) year, a regular attendee of an active member group for a period of six (6) months, and past service as an IR. (See Article IV, Section 5, D.)

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, nominees 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.
- 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.
- D. Elections shall be determined by the Group Conscience of the Intergroup.

Section 5. Term of Office.

- A. Board members shall be elected to serve for a period of one (1) year, with the exception of the WS Conference delegate(s) and the regional representative(s) RR who shall each be elected for a two (2) year term.
- B. Board members shall serve no more than two (2) consecutive terms.
- C. After an interval of one (1) year, any Board Member may be again eligible for election.
- D. Upon election to the Board, an IR shall cease to be a representative of his or her group; and that group shall choose a new Intergroup Representative (IR).

Section 6. Responsibilities of the Intergroup Board.

- A. Chairman:
 - 1. Shall have one (1) year current abstinence.
 - 2. Shall preside at all regular and special meetings of this Intergroup.
 - 3. Shall be responsible for establishing the agenda for all Intergroup meetings.
 - 4. May cast the deciding vote to break a tie.

5. May attend all standing committee meetings.
6. May be removed after two (2) consecutive and unexcused absences from meetings of this Intergroup. (see Article IV, Section 7.)
7. Shall serve as a WSO Delegate and a Regional Representative and may attend the World Service Conference of Overeaters Anonymous and all regional assembly meetings. Shall designate a qualified member to serve as alternate WSO Delegate or Regional Representative.

B. Vice Chairman:

1. Shall have six months current abstinence.
2. Shall serve in the absence of the chairman.
3. Shall assist the chairman whenever needed.
4. May attend all standing committee meetings.
5. May be removed after two (2) consecutive and unexcused absences from meetings of this Intergroup. (See, Article IV, Section 7.)

C. Secretary:

1. Shall have six months current abstinence.
2. Shall see that minutes are kept of all Intergroup meetings and that a copy of said minutes is printed and mailed to each Intergroup Representative (IR). As a cooperative gesture, a copy of minutes may be sent to the regional trustee and Chair of Region 8.
3. Shall maintain a file of all minutes of past meetings.
4. Shall direct correspondence to the appropriate officer or committee chairman and maintain a file of outgoing correspondence.
5. Shall distribute notices of all meetings of the Intergroup as described in Article V.
6. Shall keep WSO informed of all changes of group information.
7. May attend all standing committee meetings.
8. May be removed after two (2) consecutive and unexcused absences from meetings of this Intergroup. (See Article IV, Section 7.)

D. Treasurer:

1. Shall have one year's current abstinence.
2. Shall maintain a checking and savings account if necessary for dispersal of Intergroup funds.
3. Shall submit financial reports each month at the Intergroup meetings.
4. Shall serve as chairman of the Budget Committee (if such a committee exists).
5. Shall prepare and present a year-end report to the Intergroup at the December Intergroup meeting.
6. May attend all standing committee meetings.
7. May be removed after two (2) consecutive and unexcused absences from meetings of this Intergroup. (See Article IV, Section 7.)
8. Shall prepare and present an annual budget for the following year to the Intergroup at the November Intergroup meeting.

E. World Service Conference Delegate(s):

1. Shall have two (2) years current abstinence.
2. The Delegate has been attending Triangle Intergroup meetings, including as a visitor, for the past six (6) months and has served at the group or Intergroup level.
3. May attend the World Service Conference of Overeaters Anonymous.
4. In all areas, the WS Conference Delegate shall meet qualifications and requirements as outlined and defined in the Overeaters Anonymous, Inc. Bylaws, Subpart B, Article X, Section 3c.
5. Shall serve Overeaters Anonymous and the World Service conference until the following

Conference.

6. Shall serve no more than four (4) consecutive years, except for reasons to be decided by the group conscience of the Intergroup with respect to the delegate.
7. Shall be willing to report either orally or in writing as designated by the Intergroup, the actions of the Conference to all member groups; to keep the Intergroup and represented groups aware of WSO information; to communicate important information to the area.
8. May attend all standing committee meetings.
9. May be removed after two (2) consecutive and unexcused absences from meetings of this Intergroup. (See Article IV, Section 7.)

F. Regional Representative(s) (RRs):

1. Shall have one (1) year current abstinence.
2. May attend all region assembly meetings.
3. In all areas, the RR shall meet all qualifications and requirements as outlined in the Region No. 8 Bylaws.
4. Shall serve Overeaters Anonymous and Region No. 8 for the term designated by the region bylaws.
5. Shall serve no more than four (4) consecutive years, except for reasons to be decided by the group conscience of the Intergroup with respect to the RR.
6. Shall report, either orally or in writing as designated by the Intergroup, the actions of the region assembly to all member groups, keep the Intergroup and represented groups aware of region information; and communicate important information to the area.
7. May attend all standing committee meetings.
8. May be removed after two (2) consecutive and unexcused absences from meetings of this Intergroup. (See Article IV, Section 7.)

Section 7. Vacancies and Resignations.

- A. If a member of the Intergroup fails to attend two (2) consecutive meetings of the Board or of the Intergroup 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 the chairman of the Intergroup written notice.
- C. Any board member of this Intergroup may be removed from office by a two-thirds (2/3) vote at an Intergroup meeting, provided that notice of such proposed action has been given at the immediately preceding Intergroup meeting.

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 special meeting of the Intergroup. 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 2 and be aware of all responsibilities of that position as described and defined in Article IV, Section 6.

ARTICLE V. Meetings

Section 1. Regular Meetings.

The Intergroup shall meet monthly 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. Consideration shall be given to set such time of said meeting to be held prior to 120 days prior to the WS Conference allowing adequate time for election of the WS Conference delegate(s).

Section 3. Special Meetings.

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

B. Although the Executive Board may call special meetings when needed, such meetings may also be called by a petition of any half or more of the member IRs. In order to call such a meeting, copies of the signed petition shall be mailed to all IRs and Board members, specifying the date and time.

C. Special meetings shall employ an abridged order of business:

1. Agenda (limited to the topics for which the meeting was called).
2. Committee Reports (only for those germane to the agenda).
3. New Business (limited to motions germane to the agenda).

Section 4. Method of Notification.

Notification of all meetings shall consist of notices prepared by the Intergroup secretary and distributed to each group secretary and/or IR ten (10) days prior to the date of the meeting. Notification may also be made by placing an announcement in the Intergroup newsletter, if any, or by mail and at the prior Intergroup meeting. Notification may also be made, if necessary, by telephone.

Section 5. Quorum.

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

Section 6. Operational Authority.

A. Between Intergroup meetings all operational authority shall reside with the Executive Board.

B. All actions taken under this authority shall be reported to the next regular Intergroup meeting under old business.

C. Acceptance of such reports shall be deemed automatic unless specific objection is raised by an IR.

D. Motions to rescind or disavow such actions require a two-thirds (2/3) majority of IRs who are present to pass, unless they are determined to be in clear violation of the Twelve Traditions or the Bylaws, which may be determined by simple majority.

Section 7. Emergency Response.

A. In any emergency requiring an immediate response from Triangle Intergroup, the Chair shall speak for the group. In the event that the Chair cannot be contacted, any two available Board members shall act together instead of the Chair.

B. If none of the above are available, any three IRs may act in consultation with each other.

- C. Any such emergency response, if not taken by the Chair, shall be reported to the Chair at the earliest opportunity.
- D. The Chair may rescind or disavow such action if necessary.
- E. The Chair may, at his or her discretion, call an emergency meeting of the Triangle Intergroup to hear a report of such emergency actions, or may report to the next regular meeting.
- F. Failing objection, acceptance of such report is automatic.
- G. A two-thirds (2/3) vote of IRs who are present is required to rescind or disavow emergency action of the Chair or his/her alternates.

ARTICLE VI. COMMITTEES

Section 1. Standing Committees.

The following standing committees may be established as required to carry out the purposes of Intergroup in the most effective and efficient manner. Other committees may be established as deemed necessary by the Intergroup.

Public Information and HIPM Committee Bylaws Committee
Speakers/Sponsors Committee Newsletter Committee
Special Events Committee Retreat Committee
Ways & Means Committee Group Outreach Committee
Literature Committee

Section 2. Committee Appointment

- A. The board shall designate such committees as are deemed necessary for the welfare of the Intergroup.
- B. Any OA member present may be appointed to chair a standing committee with the approval of the established quorum and following prerequisites:
 1. Membership in OA for six months
 2. 30 days abstinence from compulsive eating.

Section 3. Committee Procedures.

Each standing committee may prescribe its own rules for calling and holding meetings and its method of procedures, subject to the guidelines of the Twelve Traditions of OA.

Section 4. Committee Responsibility.

Each standing committee chairman shall submit an oral or written report to the Intergroup, preferably monthly, but at least quarterly, and at the end of any specific even coordinated by that committee. If any monies are expended, a detailed and itemized report should be included with the report.

Section 5. Ex-officio Members.

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

Section 6. Committee Bank Account.

If it is deemed necessary by the board that a committee other than the Retreat Committee shall open a bank account, the following procedure shall be followed:

1. The committee chairman and the treasurer of the Intergroup shall be co-signers on the account. Two signatures shall be required on all checks.
2. The committee chairman shall keep all financial records and shall present a detailed, itemized report of transactions to the Intergroup one (1) month following any event for which monies were expended.
3. The committee chairman shall arrange for an audit of the account during the final month of each year. The audit shall take place at the same time as the audit for the general account of the Intergroup.

Section 7. Vacancies.

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

Section 8. Retreat Committee.

A. The Retreat Committee shall have two officer positions: Chairman and Registrar. Both positions require six (6) months current abstinence. If an officer position of the Retreat Committee becomes vacant, the remaining officer shall fulfill the responsibilities of that position until the position is filled. If both service positions become vacant, the Triangle Intergroup Board shall fill the responsibilities of the Retreat Committee.

B. The Retreat Committee will maintain a separate bank account from the Triangle Intergroup under the following guidelines:

1. The Retreat Committee Registrar shall be responsible for the Retreat Committee bank account and shall maintain a record of all transactions related to the account.
2. The Retreat Committee Registrar, with assistance from the Retreat Committee Chairman, shall provide a detailed financial report to the Triangle Intergroup Treasurer within one month of the completion of any retreat.
3. The Retreat Committee Registrar shall provide, on demand from the Triangle Intergroup Treasurer, any necessary audit information.
4. The Triangle Intergroup, after consulting with the Retreat Committee, shall determine the minimum balance to be retained in the Retreat committee bank account for maintaining an operating budget to cover expenses for future retreats. Any balance in excess of this amount shall be donated to the Triangle Intergroup at the conclusion of any retreat.

ARTICLE VII. SOURCE OF FUNDS

Section 1. Source of Funds.

- A. Voluntary contributions of the member groups shall be the primary source.
- B. Secondary sources of income may be such occasional projects or activities as may be authorized by the Intergroup according to Tradition Seven.
- C. The Intergroup may accept donations from OA members, conforming with general practice of OA.
- D. The maximum allowable annual donation to the Intergroup by OA members is to be limited to one thousand dollars (\$1000).
- E. The acceptance of bequests or donations from any outside source is prohibited.
- F. The Intergroup 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. Accumulation of Funds.

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

Section 3. Checking Account Signature

To facilitate operations, only the treasurer's signature will be required on checks.

ARTICLE VIII. PARLIAMENTARY AUTHORITY

Section 1. Parliamentary Rules

The rules contained in the current edition of Robert's Rules of Order shall govern this Intergroup in all cases to which they are applicable and consistent with these bylaws, the Twelve Traditions, or any special rules of order this Intergroup may adopt.

Section 2. Multiple Office Holding

Triangle Intergroup shall permit the holding by one person of more than one board office, but no more than two at the same time. But no board member shall represent a group, and no IR shall represent more than one group. No person shall have more than one vote.

ARTICLE IX. AMENDMENTS TO THESE BYLAWS

These bylaws, except for Article II, Sections 2, 3 and 4, may be amended at any time by a two-thirds (2/3) vote of the IRs and board members present at any regular or special meeting of the Intergroup, provided a copy of the proposed amendment has been submitted in writing and received by each group affiliated with this Intergroup at least twenty (20) days prior to the meeting in which action is to be taken on the amendment.

ARTICLE X. 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 a 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.

Section 2. No part of the net earnings of this association shall ever inure to or be used for the benefit of, or be distributed to its members, trustees, officers, or other private persons, except that that association shall be empowered to pay reasonable compensation for service rendered and to make payment and distribution in furtherance of the express purposes for which it is formed.