

BYLAWS
of
THE MID-HUDSON INTERGROUP
of
OVEREATERS ANONYMOUS

Region 6
Intergroup
No. 032-09206

ARTICLE I - NAME

The name of this organization shall be the Mid-Hudson Intergroup. It may also be referred to as MHV-ITG, or Intergroup or ITG.

ARTICLE II - PURPOSE

Section 1 - Purpose

The specific and primary purpose of this organization is to aid those with the problem of compulsive eating to overcome that problem through a 12-Step program of recovery and to serve and represent the OA groups from which the Intergroup is formed; and the general purpose and power is to promote the public health, and furnish charitable and cultural assistance to those with problems of obesity.

This Intergroup is organized exclusively for 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 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 practice these principles in all our affairs.

ARTICLE II, Section 3 - The Twelve Traditions

1. Our common welfare should come first; personal recovery depends on 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 of OA Service

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, 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 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.

ARTICLE II, Section 4 - The Twelve Concepts of OA Service (cont.)

8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the 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 in the MHV-ITG shall consist of the following:

- A. The Intergroup Board.
- B. Intergroup Representatives (IR) which shall consist of a delegate and an alternate from each member group within the Mid-Hudson geographic area which shall be limited to the following counties of New York State: Columbia, Dutchess, Greene, Orange, Sullivan, and Ulster.
- C. Group members not acting as IR's but elected or appointed to carry out specific duties, e.g., PI Chair.

Section 2 - Qualifications

Qualifications of eligibility for membership in the MHV-ITG.

- A. Those groups within the geographic definition of MHV-ITG that have formally registered with World Service Office (WSO) of Overeaters Anonymous and indicated their intention to belong to MHV-ITG may be considered members.
 - 1) A group is defined as any two (2) or more persons meeting together who practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous in compliance with the definition of a group as given in OA, Inc., Bylaws, Subpart B, Article V.
- B. Each group shall be entitled to one (1) vote through its elected IR.
- C. No group may be registered with another Intergroup.

ARTICLE III, Members (cont.)

Section 3 - Intergroup Representatives (IR's)

- A. Intergroup representatives shall be selected by the group conscience of the group they shall represent. Each IR shall be selected by any method deemed appropriate by their group. These IR's 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.
- B. It is recommended that IR's have a commitment to abstinence and six months of working the OA program.
- C. The primary responsibility of the IR, or alternate, is to represent their group at all meetings of the MHV-ITG, to act as a liaison between this Intergroup and their groups, to see that all communications pertaining to Intergroup are made available and where requested, read aloud to the group.

Section 4 - Vacancies or Resignations of IR's

Failure of an IR to attend two (2) consecutive meetings of this Intergroup may cause their position to be declared vacant. The Intergroup secretary shall notify 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 of MHV-ITG.
- B. Any member of the Fellowship who is not a duly elected representative or alternate.

ARTICLE IV - THE INTERGROUP BOARD

Section 1 - The Intergroup Board

The Board shall consist of a Chair, Vice Chair, Recording Secretary, Corresponding Secretary, Treasurer, World Service Conference Delegate(s), and Regional Representative(s). The immediate past Chair shall serve as an ex-officio member of the Intergroup Board for one year. This Intergroup Board shall serve as the Executive Board.

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. To be eligible for election to membership on the Mid-Hudson Intergroup Board, a person must at the time of the election:

ARTICLE IV - THE INTERGROUP BOARD, Section 3, A, Qualifications (cont.)

- 1) Be a member of an OA Group which meets the criteria of Article III, Section 2.
 - 2) Have been involved in working the OA program for a minimum of six (6) months and have made a commitment to abstinence.
- B. Familiarity with the Twelve Traditions.

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.
- C. In order to be elected to membership on the Intergroup Board, a nominee must be present at the election meetings and must receive a majority vote of the IR's.

Section 5 - Term of Office

- A. Board members shall be elected to serve for a period of two (2) years, commencing January 1 of the year following their election..
- B. Board members shall serve no more than two (2) consecutive terms in any given office position.
- C. After an interval of one (1) year, they may again be eligible for election to the same office position.
- D. Upon election to the Board, members shall cease to be a representative of their group and that group shall be invited to elect a new Intergroup Representative (IR).

Section 6 - Responsibilities of the Intergroup Board

- A. Chair:
- 1) Shall preside at all regular and special meetings of this Intergroup.
 - 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 insure that the general account of the Intergroup be audited annually.
 - 6) May be removed after two (2) consecutive and unexplained absences from meetings of this Intergroup. (See Article IV, Section 7 - Vacancies)

Article IV, Section 6 - Responsibilities of the Intergroup Board (cont.)

B. Vice Chair:

- 1) Shall preside at all regular and special meetings of this Intergroup in the absence of the Chair.
- 2) Shall chair the Budget committee.
- 3) Shall serve on the Bylaws committee.
- 4) May cast the deciding ballot when presiding in the absence of the Chair.
- 5) May attend all standing committee meetings.
- 6) May be removed after two(2) consecutive and unexplained absences from meetings of this Intergroup. (See Article IV, Section 7 - Vacancies.)

C. Treasurer:

- 1) Shall maintain a checking and savings account, if necessary for dispersal of Intergroup funds.
- 2) Shall submit financial reports at each regular Intergroup meeting.
- 3) Shall serve as member of the Budget committee.
- 4) May attend all standing committee meetings.
- 5) May be removed after two(2) consecutive and unexplained absences from meetings of this Intergroup. (See Article IV, Section 7 - Vacancies.)

D. Corresponding Secretary:

- 1) Shall direct correspondence to the appropriate officer or committee chair and maintain a file of outgoing correspondence.
- 2) Shall keep WSO informed of all changes to group information.
- 3) Shall provide an updated meeting list for inclusion in each issue of the newsletter.
- 4) Shall provide an updated phone chain listing for use in Intergroup phone notifications.
- 5) May attend all standing committee meetings.
- 6) May be removed after two(2) consecutive and unexplained absences from meetings of this Intergroup. (See Article IV, Section 7 - Vacancies.)

E. Recording Secretary:

- 1) 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.

Article IV, Section 6 - Responsibilities of the Intergroup Board, Paragraph E, Recording Secretary (cont.)

- 2) Shall maintain a file of all minutes of past meetings.
- 3) Shall distribute notices of all meetings of the Intergroup as described in Article V.
- 4) May attend all standing committee meetings.
- 5) May be removed after two (2) consecutive and unexplained absences from meetings of this Intergroup. (See Article IV, Section 7 - Vacancies.)

F. World Service Conference Delegate(s) or Alternate(s):

- 1) Shall attend the World Service Conference of Overeaters Anonymous.
- 2) In all areas, the WS Conference Delegate shall meet qualifications and requirements as outlined and defined in the Overeaters Anonymous, Inc. Bylaws, Subpart B.
- 3) Shall have one (1) year current abstinence.
- 4) Shall serve Overeaters Anonymous and the World Service Conference until the following Conference.
- 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 delegate.
- 6) Shall be willing to report, either orally or in writing as designated by the Intergroup, the actions of the conference to all groups the Intergroup represents; to keep the Intergroup and represented groups aware of WSO information; to communicate important information to the area.
- 7) May attend all standing committee meetings.
- 8) May be removed after two (2) consecutive and unexplained absences from meetings of this Intergroup. (See Article IV, Section 7 - Vacancies.)

G. Regional Representative(s) (RR's) or Alternate(s):

- 1) Shall attend all region assembly meetings.
- 2) In all areas, the RR shall meet all qualifications and requirements as outlined in the Region 6 Bylaws.
- 3) Shall have one (1) year current abstinence.
- 4) Shall serve Overeaters Anonymous and Region 6 for a full term as designated by the Region 6 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 be willing to report, either orally or in writing as designated by the Intergroup, the actions of the region assembly to all groups the Intergroup represents; to keep the Intergroup and represented groups aware of regional information; to communicate important information to the area.

Article IV, Section 6 - Responsibilities of the Intergroup Board,
Paragraph G, Regional Representative(s) (RR's) (cont.):

- 7) May attend all standing committee meetings.
- 8) May be removed after two (2) consecutive and unexplained absences from meetings of this Intergroup. (See Article IV, Section 7 - Vacancies.)

(Note: OA experience seems to indicate that greater continuity for service is achieved when the WS Conference Delegate and the RR are the same person.)

- H. During the period between Intergroup Board meetings, the authority and powers of the Mid-Hudson Intergroup shall be exercised by the Intergroup Chair, in consultation with the Intergroup Officers.

Section 7 - Vacancies and Resignations

- A. If a member of the MHV-ITG board fails to attend two (2) 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 the Chair of the Intergroup written notice.
- C. Any board member of this Intergroup may be removed from office for due cause by a two-thirds (2/3) vote of the IR's at a regular meeting of the board or a special meeting, convened as prescribed in Article V, Section 3, 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 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 3 and be aware of all responsibilities of that position as described and defined in Article IV.

ARTICLE V - MEETINGS

Section 1 - Regular Meetings

The Intergroup shall 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. 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).

ARTICLE V - MEETINGS (cont.)

Section 3 - Special Meetings

A special meeting may be called at any time by a majority vote of the Intergroup Board or by petition of 25% of Intergroup members by giving notice as prescribed in Article V, Section 4.

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 MHV-ITG newsletter, if any, or by mail, and at the prior Intergroup meeting.

Section 5 - Quorum

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

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. Standing committees may include but not be limited to:

A. Budget:

The budget committee shall prepare a proposed budget for the following year for review and discussion at the September meeting of Intergroup and subsequent submission to the November All-Members meeting for approval at that time. The budget committee shall review the treasurer's report at mid-year and report to Intergroup the status of compliance with the approved budget at the July Intergroup meeting. The budget committee shall audit all committee accounts upon receipt of the committee financial reports. The budget committee shall audit the Intergroup financial accounts annually prior to the first meeting of the new year.

B. Bylaws:

The bylaws committee shall prepare and submit to Intergroup such revisions to Intergroup Bylaws as may become necessary from time to time. No regular reports are required if no Bylaws amendments are under consideration.

C. Cassette/Tape Library:

The cassette/tape library committee shall maintain a library of OA-approved recorded material for release to groups of Mid-Hudson Intergroup or other Intergroup standing committees such as the Public Information, Special Events, or Professional Community & Institutions.

Article VI, Section 1 - Standing Committees (cont.)

D. Literature/Lifeline:

The literature/Lifeline committee shall maintain a supply of OA Conference- and OA Board-approved books and pamphlets for distribution to new groups, for sale at Intergroup events such as retreats and the annual meeting, and for purchase by groups needing reference materials. The literature donated to newly-formed groups upon their request shall not exceed \$30.00 in value and shall be comprised of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, *Alcoholics Anonymous* (the 'Big Book'), and Newcomers Packets. The chair of this committee shall also be the Intergroup contact for Lifeline subscription sales.

E. Newsletter:

The newsletter committee shall publish the PACE newsletter six (6) times a year, containing minutes of the most recent Intergroup meeting, an updated group meeting list and a directory of addresses appropriate for conducting OA business. The chair of this committee shall select an editor for the newsletter to be responsible for layout and editorial content in addition to the minimum requirements above. The chair of this committee shall insure that the publication of the newsletter is in accordance with Mid-Hudson Intergroup Bylaws with regard to advance notice requirements for Intergroup meetings.

F. Professional Community & Institutions:

The professional community & institutions committee shall be responsible for liaison between Mid-Hudson Intergroup and professionals such as doctors, social workers, etc. and hospitals and mental health agencies with regard to OA activities in the Mid-Hudson Intergroup region which includes Columbia, Dutchess, Greene, Orange, Sullivan, and Ulster counties. OA-Conference-approved information for distribution, as provided by Region 6 or World Service, shall be given the broadest possible dissemination.

G. Public Information:

The public information committee shall be responsible for maintaining the accuracy of notices concerning OA meetings and other activities in the press or broadcast media. This committee shall conduct information days and other events as appropriate and may represent OA at health fairs and similar activities.

H. Special Events:

The special events committee shall form such committees as are necessary to conduct such events as will promote the physical, emotional and spiritual recovery of OA members. Examples include retreats and marathons. Such events shall be self-supporting, paying for all expenses out of donations received at the events, in keeping with the Seventh Tradition.

I. Twelfth Step Within:

The Twelfth Step Within committee shall provide for means of enhancing the delivery of the message of OA recovery to those struggling within the fellowship and to those who have left the fellowship.

J. Other:

Committees, standing or special, deemed necessary to carry on special work shall be established as required.

Article VI, Committees (cont.)

Section 2 - Committee Appointments

The Board shall designate such committees as are deemed necessary for the welfare and operation of the Intergroup. The Chair shall appoint a committee chair from those IR's present who meet IR qualifications. Any OA member present meeting IR qualifications may be appointed to chair a standing committee with approval of the established quorum. The chair so appointed shall have the same voting privilege accorded to IR's.

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 chair shall submit a written report to the Intergroup preferably at each regular meeting, but at least semi-annually and at the end of any specific event coordinated by that committee. If any monies are expended, a detailed and itemized report shall be included with the report.

Section 5 - Ex-officio Members

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

Section 6 - Committee Bank Account

A. If it is deemed necessary by the Board that a committee shall open a bank account, the following procedure shall be followed:

- 1) The committee chair and the Treasurer of the Intergroup shall be cosigners on the account. Two signatures shall be required on all checks.
- 2) The committee chair 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 chair 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 Chair. The Chair shall then appoint a new committee chair to serve the remainder of the unexpired term.

Article VI, Committees (cont.)

Section 8 - Removal of Committee Chair

A Committee Chair of this Intergroup may be removed from office for due cause by a two-thirds (2/3) vote of the IR's at a regular meeting of the Board or a special meeting, convened as prescribed in Article V, Section 3, for that purpose.

ARTICLE VII - SOURCE OF FUNDS

Section 1 - Source of Funds

- A. Voluntary contributions of the member groups shall be the primary source of funds.
- B. Secondary source of income may be such occasional projects or activities as may be authorized by the Intergroup according to Tradition Six.
- C. The Intergroup may accept donations from OA members, conforming with the general practice of OA.
- D. The maximum allowable annual donation to the Intergroup by OA members is to be limited to five hundred dollars (\$500).
- E. The acceptance of bequests or donations from any outside source is prohibited.
- F. The maximum allowable bequest to the Intergroup by OA members is to be limited to an amount set by vote of the Intergroup and listed in the Intergroup policy manual. (Note: The bequest limit for WSO is currently one hundred thousand dollars (\$100,000) subject to change by the Board of Trustees.)
- G. 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

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 6 and the WSO on a regular basis as directed by the Intergroup.

ARTICLE VIII - PARLIAMENTARY AUTHORITY

Section 1

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 in which they are not inconsistent with these bylaws, the Twelve Traditions, OA, Inc., Bylaws, Subpart B, or any special rules of order this Intergroup may adopt.

ARTICLE IX - AMENDMENTS TO THESE BYLAWS

Section 1

These bylaws may be amended at any time by a two-thirds (2/3) vote of the IR's 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, except that the text of Article II, Sections 2, 3 and 4 shall not be amended unless necessary to bring such text into conformity with OA, Inc., Bylaws, Subpart B.

ARTICLE X - MAJOR POLICY MATTERS

Section 1

Matters which affect this Intergroup and/or groups within its service area shall be referred to the board of this Intergroup. Matters which relate to Overeaters Anonymous as a whole shall be referred to the World Service Board of Trustees.

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 a non-profit fund, association, foundation or corporation, which is organized and operated exclusively for charitable, education 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 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.