

BYLAWS of the CORK INTERGROUP OF OVEREATERS ANONYMOUS

ARTICLE 1 – NAME

The name of this organisation shall be the Cork Intergroup, hereinafter known as Intergroup, or Cork IG.

ARTICLE 11 – PURPOSE

Section 1 – Purpose

The primary purpose of Cork 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 member groups and/or Intergroups.

Section 2 – The Twelve Steps

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

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 practise these principles in all our affairs.

Section 3 – The Twelve Traditions

The Twelve Traditions of Overeaters Anonymous are:

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority – a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the 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 organised; 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

The Twelve Concepts of OA Service are:

1. The ultimate responsibility and authority for OA world service 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 Trustees with the primary responsibility for the administration of Overeaters Anonymous.
7. The Board of Trustees had 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 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 discussions, 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 remain democratic in thought and action.

ARTICLE III – MEMBERS

Section 1 – Membership

Membership of the Intergroup (IG) with voice and vote includes the following:

- A. The Intergroup Board.
- B. Intergroup representatives (IR's), which shall consist of 1 member, from each group.
- C. World Service Business Conference/Region delegates.
- D. Committee Chairs, (only one vote even if also serving as an IR).

Section 2 – Qualifications

Qualifications of eligibility for membership in the Intergroup

- A. Groups registered with the World Service Office (WSO) that are within its region or geographic proximity may affiliate with an Intergroup, except that virtual groups registered with the WSO may affiliate without regard to geographic proximity. These points shall define an Overeaters Anonymous group:
 - 1) As a group, they meet together to practice the Twelve Steps and Twelve Traditions of OA, guided by the Twelve Concepts of OA 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.
- B. The Cork Intergroup endorses the definition of an OA group in Overeaters Anonymous, Inc. Bylaws, Subpart B, Article V, Section 1, as written and as it may be amended by a future World Service Business Conference.
- C. No group may be registered with another Intergroup.

- D. Virtual groups (groups which replicate face-to-face meetings through electronic media) may be an Overeaters Anonymous group if they:
 - 1) Otherwise meet the definition of Overeaters Anonymous groups;
 - 2) Are fully interactive; and
 - 3) Meet in real time.

Section 3 Intergroup Representatives

- A. Intergroup representatives 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 IR's shall serve for a period designated by the group. They can also designate an alternate delegate when the necessity arises.
- B. IR's should be selected for having 1 months abstinence, willingness and a commitment to the Twelve Steps and Twelve Traditions of OA, length of time in program and length in service.
- C. The primary responsibility of the IR, or alternate, is to represent their group at all meetings of the Intergroup, to act as a liaison between this Intergroup and their group, to see that all communications pertaining to Intergroup are made available and, where requested, read aloud to the group.

ARTICLE IV – THE INTERGROUP BOARD

Section 1 - The Intergroup Board

- A. The board consists of the following officers: a chair, vice chair, secretary, treasurer, WSBC/Region delegate(s) and PI Co-ordinator.
- B. The immediate past chair shall serve as an ex-officio member of the Intergroup Board for one year. All other board members shall serve as ex-officio members for six months.
- C. Meetings shall be chaired by the chair of the board. In the event the chair is unable to chair any meeting, the vice chair will lead the meeting. In the event the vice chair is not available, the secretary will open the meeting and hold an election for a temporary chair.

Section 2 Nominations to the 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. Be working the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service to the best of her/his ability.

- B. Have 1 year of current abstinence (each person shall be the sole judge of her or his abstinence), except as follows:
 - 1) World Service Business Conference delegate/alternate must comply with the abstinence and length of service requirements in the OA, Inc. Bylaws, Subpart B, article X, Section 3c 1). Current requirements are one year current abstinence and at least two years of service beyond the group level.
 - 2) Region representatives must comply with the abstinence and length of service specified in the Region 9 bylaws.
- C. Be a regular member of an affiliated group for a period of 1 year.

Section 4 – Method of Election

- A. Elections shall be held annually at the September Intergroup meeting.
- B. To be eligible for election to the board, a 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. Nominees must be present at the election meeting and the candidate must receive a majority vote of ballots cast. Voting will be by ballot.

Section 5 – Term of Office

- A. Board members shall be elected to serve for a period of 1 year.
 - 1) Newly elected officers shall begin service at the Intergroup meeting following their election (November).
- B. Board members shall serve no more than 2 years consecutive terms in the same office. A member may serve again after a leave of 1 year from the position.
- C. Once elected, a board member may not serve also as a group representative at the intergroup.

Section 6 – Repsonsibilities of the Intergroup Board

Intergroup board members will serve as guardians of the Twelve Steps, Twelve Traditions and Twelve Concepts with respect to the functions of the intergroup. They will also serve as guardians of IG funds and participate in an annual financial audit.

The Intergroup Board shall provide a means of conducting the Intergroup business in the case of emergencies and/or between meetings of the Intergroup.

A. Chair

- 1) shall preside at all regular and special meetings of this Intergroup and Intergroup Board
- 2) shall be responsible for establishing the agenda for all Intergroup meetings.
- 3) May cast the deciding vote to make or break a tie.
 - a) May participate in a ballot vote.
- 4) shall ensure that the general account of the Intergroup be audited annually.
- 5) Shall perform all other duties as prescribed in the Intergroup policy

B. Vice Chair:

- 1) Shall lead the meeting when the Chair is unable to be at the Intergroup.
- 2) The vice Chair will also perform the duties as set out above during IG.

C. Secretary:

- 1) shall see that minutes are kept of all Intergroup and Intergroup Board meetings and that a copy of the Intergroup minutes is printed and mailed to each Intergroup representative. As a cooperative gesture, a copy of the minutes may be sent to the regional trustee.
- 2) Shall maintain a file of all minutes of past meetings.
- 3) Shall perform all other duties as prescribed in the Intergroup policy

D. Treasurer:

- 1) shall maintain a checking and savings account, if necessary, for dispersal of Intergroup funds.
- 2) Shall submit financial reports each month at the Intergroup meetings.
- 3) Shall be cosignatory with the Board members.
- 4) Shall perform all other duties as prescribed on the Intergroup policy for job descriptions.

E. PI Co-ordinator:

- 1) Shall chair the PI committee meeting at Intergroup and other special meetings.

- 2) Shall receive a specified contribution as agreed by IG for 2 hours PI work each week. This does not include speaking at public events.
- 3) Delegate the jobs involved within PI committee e.g. answering emails and printing meeting lists.
- 4) Delegate and oversee the updating of website.
- 5) Organise and get speakers for public meetings (monthly, annually, and schools etc) This does not include treatment centre PI meetings).
- 6) Liaise with Health Care Professionals to spread the OA message.
- 7) Create and arrange publication of flyers.

F. WSBC/ Region Delegate:

- 1) Reviews and updates bylaws in accordance with WSBC and Region 9's bylaws.
- 2) Represent Cork Intergroup at region and WSBC level.
- 3) Take part in WSBC and Region 9 activities and/or committee's at annual meetings.
- 4) Report back to IG with information and new ideas.
- 5) Liaise with Cork IG secretary for voting on motions/proposals for the WSBC.

Section 7 – Vacancies and Registrations

- A. If a member of the Intergroup Board fails to attend 2 consecutive meetings without prior notice his/her office may be declared vacant by a majority vote of the ballots either at a regular IG meeting or a meeting announced for that purpose.
- B. Any board member may resign at any time for any reason by giving the chairperson of the Intergroup written notice.
- C. Any board member of this Intergroup may be removed from office for due cause by a majority rule vote of the IR's 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 special meeting of the Intergroup. Such persons chosen to fill said vacancies shall for the remainder of the un-expired 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 in Article IV.

ARTICLE V – MEETINGS

Section 1 – Regular Meetings

The Intergroup shall meet January, March, May, July, September, and November each year on the second Saturday of the month from 11am-1pm in La Verna Hall, Grattan Street, Cork.

The Intergroup Board will meet prior to this from 10am-10:50am and every other month on the second Saturday from 10:30am-12:30pm in a chosen venue.

Section 2 – Annual Meetings

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

Section 3 – Special Meetings

A special meeting may be called at any time by a majority vote of the Intergroup Board.

Section 4 – Method of Notification

The IG will provide at least 7 days notice to each member group.

Section 5 – Quorum

The quorum for voting purposes shall be, at a minimum 2 intergroup board members and at least 2 other voting members.

Section 6 – Meeting Procedure

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

ARTICLE VI – COMMITTEES

Section 1 – Standing Committees

The Board may establish committees as are needed for the welfare and operation of the Intergroup. Each committee is responsible to the IG board.

Section 2– Committee Appointments

The chair shall appoint a committee chairperson 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 committee with approval of the majority of the members present and voting.

Section 3– Committee Procedures

Each standing committee shall be responsible for calling and holding meetings, and establishing its method of procedures, subject to the approval of the majority of the members present and voting.

Section 4– 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 to implementation. Each standing committee chair shall submit a written report to the Intergroup, by the following Intergroup meeting, or at least by any specific event coordinated by that committee. If any monies are expended from an approved budget, a detailed and itemised report shall be included with the committee report.

Section 5– Ex-officio Members

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

Section 6 – 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 committee chairperson to serve the remainder of the term.

Section 7 – Removal of Committee Chairperson

A committee chair may be removed from office by a majority vote of the Intergroup Board. Removal is based on unworthy conduct, return to compulsive eating, non-attendance etc.

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 authorised by the Intergroup according to Tradition Six.
- C.** The Intergroup may accept donations from OA members confirming to the general practice of OA.

Section 2 – Prudent Reserve

There shall be no accumulation of funds beyond current necessities, with retention of only a prudent reserve for expected operational needs. The IG treasurer will maintain a prudent reserve of 2 months expenses. Funds in excess shall be donated to Region 9 and the World Service Office annually as budgeted and directed by the Intergroup.

ARTICLE VIII– PARLIAMENTARY AUTHORITY

The rules contained in the current edition of *Robert's Rule of Order Newly Revised* shall govern this Intergroup 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 this Intergroup may adopt.

ARTICLE IX– AMENDMENTS TO THESE BYLAWS

These Bylaws, with the exception of Article 11, Sections 2,3, and 4, may be amended at any time by a majority vote of the IRs and board members present at any regular or special meeting of the Intergroup.

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, and/or to Region 9

Section 2

No part of the net earning 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.

Section 3

In order to deregister, an intergroup must submit a written request to the World Service Office, region chair and region trustee.

Cork Intergroup Secretary

Cork Intergroup Chairperson