

**BYLAWS**  
**of the**  
**NORTHERN BLUE RIDGE AREA**  
**OVEREATERS ANONYMOUS INTERGROUP**

**ARTICLE I - NAME**

The name of this organization shall be the Northern Blue Ridge Area Overeaters Anonymous Intergroup, hereinafter known as Intergroup or NBRIG.

**ARTICLE II - PURPOSE**

**SECTION 1 - Purpose**

The primary purpose of NBRIG 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.

**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 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.

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

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 over eaters and to practice these principles in all our affairs.

### SECTION 3 -The Twelve Traditions<sup>2</sup>

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.

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

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 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 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 OAs 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, by 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.

### **ARTICLE III –INTERGROUP MEMBERS**

#### **SECTION 1- Intergroup Registration**

- A. Registration - Each IG shall be duly registered with the WSO by submitting:
  - 1. A completed intergroup registration form;
  - 2. Bylaws and/or a summary of its purpose and operating procedures, neither of which shall be in conflict with OA, Inc. Bylaws. At a minimum, such bylaws or summary of purpose shall include a statement indicating that its primary purpose is to aid those with the problems of compulsive eating through the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service, and to serve and represent the OA groups from which it is formed and complete registration information on each of its affiliated groups.

#### **SECTION 2-Membership**

- A. Membership of the Intergroup shall consist of the following:
- B. The Intergroup Board.
- C. Intergroup Representatives (IRs), which shall consist of one (1) member from each group within the geographic area. Visitors are welcome and are encouraged to participate in the discussion.
  - 1. Geographic area shall include those surrounding areas where OA groups express a willingness to affiliate with NBRIG
- D. Group members not acting as IRs but elected or appointed to carry out specific duties, e.g., Public Information (PI) chairman.

#### **SECTION 3-Qualifications**

##### **Qualifications of eligibility for membership in the Intergroup:**

- A. Those groups within the region or the geographic definition of Intergroup that have formally registered with 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, guided by the Twelve Concepts of OA Service.

2. All who have the 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.
6. A group may be formed by two (2) or more persons meeting together as set forth in Article IV, Section I of Overeaters Anonymous Inc., Bylaws Subpart B.

Composition. A group may be formed, as set forth in OA Bylaws Subpart B, Article V, Section 1, by two or more persons meeting together, either

1. in the same physical location (face-to-face);
2. through some form of electronic device (virtually); or
3. both.

B. Each group shall be entitled to vote(s) through its elected Intergroup Representatives IR(s).

C. No group may be registered with another Intergroup.

#### SECTION 4- Intergroup Representatives

- A. Intergroup Representatives (IRs) will be selected by the group conscience of the group they represent. An IR shall be selected by any method deemed appropriate by the member group. IRs shall serve for a period designated by their group, always subject to recall by the group they represent. Each group shall be free to designate an alternate representative when the necessity arises.
- B. IRs should be selected for willingness to serve, commitment to the Twelve Steps and Twelve Traditions of OA, and six (6) months of attending OA meetings on a regular basis.
- C. The primary responsibility of the IR, or alternate, is to represent their member group at all meetings of the Intergroup, to act as a liaison between this Intergroup and their member group, to see that communications pertaining to Intergroup are made available and, where requested, read aloud to the member group.
- D. If an IR cannot attend an intergroup meeting or find an alternate, the IR will notify an intergroup officer at least twenty-four (24) hours before the scheduled intergroup meeting.

#### SECTION 5-Membership with voice and no vote may be:

- A. Any employee.
- B. Any member of the Fellowship who is not a duly elected representative or alternate.

## **ARTICLE IV - THE INTERGROUP BOARD**

### **SECTION I -The Intergroup Board**

- A. The board shall consist of at least a chairperson, co-chairperson, secretary and treasurer.
- B. The immediate past chairman shall serve as a guide with no vote of the Intergroup Board for one year. The Intergroup Board may also include other positions such as the World Service business Conference delegate(s), committee chair(s)/regional representative(s). Their duties shall be set by policy adopted by the Intergroup and contained in the intergroup job descriptions.
- C. This Intergroup Board shall serve as the executive board.

### **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 their ability.
- B. Desire to stop eating compulsively and committed to emotional, spiritual and physical recovery.
- D. Regular attendee of an active group for a period of six (6) months.
- E. The World Service Business Conference Delegate (whether or not a member of the Intergroup Board) shall meet qualifications and requirements as outlined and defined in the Overeaters Anonymous, 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.) and as required for election to the Board by Article IV, Section 4, of these bylaws. (Each person shall be the sole judge of his or her abstinence.)
- F. The regional representative (whether or not a member of the Intergroup Board) shall meet qualifications and requirements as outlined and defined in the Region #7 Bylaws, and as required for election to the board by Article IV, Section 4, of these bylaws. (Current Region 7 requirements are that representatives shall have 6 months current abstinence.)

### SECTION 4 - Method of Election

- A. Elections shall be held annually at a meeting specified for that purpose.
- B. To be eligible for election to the board, nominee must:
  - 1. Meet all qualifications as defined in Article IV, Section 3.
  - 2. Understand responsibilities of the position as defined in Article IV, Section 6, and as defined in the intergroup job descriptions.
- C. In order to be elected to membership on the Intergroup Board, a nominee must be present at the election meetings and must receive a majority vote of the IRs present and voting with the exception of extreme circumstances.

### SECTION 5 - Term of Office

- A. Board members shall be elected to serve for a period of one (1) year. After the first year, a Board member may be elected for second term.
- B. Board members should serve no more than two (2) consecutive terms in the same office.
- C. After an interval of one (1) year, a member may again be eligible for election to their prior office.
- D. Upon election to the board, members shall cease to be a representative of their group and that group shall elect a new Intergroup Representative.

### SECTION 6 -Responsibilities of the Intergroup Board

**A. Chairperson:**

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 reviewed annually.

**B. Co-Chairperson:**

1. Shall serve in the absence of the chairperson.
2. Shall perform all other duties as prescribed in the intergroup policy for job descriptions.

**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 for job descriptions.

**D. Treasurer:**

1. Shall maintain the checking account, for dispersal of intergroup funds.
2. Shall submit financial reports each month at the intergroup meetings,
3. Shall be cosignatory with one (1) other board member or an appointee of the board.
4. Shall perform all other duties as prescribed in the intergroup policy for job descriptions.

**E. The Intergroup Board shall provide a means of conducting the intergroup business in the case of emergencies and/or between meetings of the Intergroup.****SECTION 7 -Vacancies and Resignations**

- A. If a member of the Intergroup Board fails to attend two (2) consecutive meetings without prior notice or substitute present, 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 verbal notice to an office of the Intergroup Board.
- C. Any board member of this Intergroup may be removed from office for due cause by a majority vote of the IRs at a special meeting announced for that purpose.

**SECTION 8 -Filling of Vacancies**

- A. Vacancies shall be filled by a majority vote at a 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 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 June 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, or by petition of two thirds of the 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 30 days prior to the date of the meeting. Notification may also be made by email prior to the 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.

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### **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. Each committee is responsible to the Intergroup board.

#### SECTION 2 - Special Committees

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

#### SECTION 3 - Committee Appointments

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

#### SECTION 4 - Committee Procedures

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

#### SECTION 5 - Nominating Committee

The Intergroup may have a nominating committee to recommend persons to serve as officers, IRs and WSBC delegates and persons to fill vacancies and to serve on the next nominating

committee. The chairman of the Intergroup shall not serve on the committee, but may provide background information and input as requested by the committee.

#### SECTION 6 - Ex-officio Members

- A. Past committee chairmen may serve in an ex-officio capacity in their respective committees.
- B. The Intergroup Chair is an ex-officio member of all committees except the nominating committee.

#### SECTION 7 -Committee Bank Account

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

- A. The committee chairman and the treasurer of the Intergroup shall be cosigners on the account. Two signatures shall be required on all checks.
- B. The committee chairman shall keep all financial records and shall present a detailed, itemized report of transactions to the Intergroup within 60 days following any event for which monies were expended or received.
- C. The committee chairman may arrange for an informal review of the committee account during the final month of each year. The audit may take place at the same time as the review for the general account of the Intergroup.

#### SECTION 8 - Vacancies

Should a vacancy, resignation, or removal of a committee chairman occur, 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 9 - Removal of Committee Chairman

A committee chairman may be removed from office by a two-thirds (2/3) vote of the Intergroup Board. Removal is based on non-attendance, and inability to effectively carry out the purpose for that committee.

### **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 an amount set by vote of the Intergroup and listed in the intergroup policy manual. (Note: Current World Service Business Conference policy (adopted in 2013) is that a member may contribute up to \$5,000 per year to the general fund, up to \$5,000 per year to any special fund and up to \$5,000 per year to honor the memory of a deceased member.)
- 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. There is currently no limit to a bequest from the will of a deceased member subject to change by the World Service Business Conference- Policy 2013.)
- 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.

## **ARTICLE VIII-PARLIAMENTARY AUTHORITY**

### **SECTION I**

The rules contained in the current edition of *Robert's Rules 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 Twelve Traditions or any special rules of order this Intergroup may adopt.

## **ARTICLE IX -AMENDMENTS TO THESE BYLAWS**

**SECTION I.** NBRIG bylaws may be amended at any time using the following process:

A. The proposed change shall be presented at any NBRIG meeting with the reasons for the change. Presentation of the changes shall be submitted in writing to each affiliated group no later than 30 days prior to the intergroup meeting in which action is to be taken on the amendment.

B. A 2/3 vote of authorized voting members is required for a bylaw amendment to be adopted.

**SECTION 2.** Amendments to Article II, Sections 2, 3, and 4 (12 Steps, 12 Traditions, and 12 Concepts of Service); Art.III, Sec. I (IG Registration);Art.III, Sec (Group Definition):Art IV, Sec.3E (WSBC Delegate Requirements) of these Bylaws, which are quoted directly from OA Bylaws Subpart B shall only be made upon receipt of official notification by the Board of Trustees and/or the World Service Office. In that event, the changes shall be considered editorial; the changes shall be made immediately and NBRIG member groups shall be notified. In addition, parts of these bylaws which are quoted directly from the WSBC Policy manual shall also be considered editorial.

## **ARTICLE X - MAJOR POLICY MATTERS**

### **SECTION I**

- A. Matters which affect this Intergroup and/or groups within its service area shall be referred to the board of this Intergroup,
- B. Matters which relate to Overeaters Anonymous as a whole which affect subpart A of the Bylaws of Overeaters Anonymous Inc., shall be referred to the Board of Trustees.
- C. Matters 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 and/or the Board of Trustees.
- D. Any group may spend up to \$25 for supplies without prior NBRIG approval in order to be reimbursed. Any purchases above \$25 where reimbursement will be requested must be voted on and approved by the NBRIG.

## SECTION 2 - Prudent Reserve

There shall be no accumulation of funds beyond current necessities, with retention of only a prudent reserve for contingencies. Funds in excess shall be donated to Region #7 and the World Service Office monthly as budgeted and directed by the Intergroup.

## **ARTICLE XI - DISSOLUTION**

### **SECTION I- Deregistration**

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

### **SECTION 2- Disbursement of Remaining Funds**

When this intergroup ceases operation and all debts have been paid, all remaining funds shall be distributed to other Overeaters Anonymous service bodies or the WSO in accordance with Tradition Six.

### **SECTION 3- US Non-Profit with 501c (3) Status**

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 #7, or to a non-profit fund, association, foundation or corporation, which is organized and operated exclusively for charitable, education, religious, and/or scientific purposes and which has established its tax-exempt status under section 501( c)(3) of the Internal Revenue code. Note: This applies only to the USA. Intergroups/NSBs outside the USA must comply with local laws. In accordance with Overeaters Anonymous Traditions, such non-profit fund, association, foundation or corporation should be either the OA World Service Office or another OA service body.

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 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.