

BYLAWS
of the
EAST BAY UNITY INTERGROUP
OF OVEREATERS ANONYMOUS

ARTICLE I: NAME

The name of this organization shall be East Bay Unity Intergroup of Overeaters Anonymous aka East Bay Unity OA. California Corporate ID No. D-0923768

ARTICLE II: PURPOSE

Section 1 – Primary Purpose

The primary purpose of East Bay Unity Intergroup of Overeaters Anonymous (East Bay Unity OA or Intergroup in this document) is to carry the message of recovery to those with the problems of compulsive eating, 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 the OA groups from which Intergroup is formed.

Section 2 – The Twelve Steps

The Twelve Steps are suggested for recovery in the Fellowship of Overeaters Anonymous. The Twelve Steps¹are:

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 a 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

¹Permission to use the Twelve Traditions of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

message to compulsive overeaters and to practice these principles in all our affairs.

Section 3 – The Twelve Traditions

The Twelve Traditions² are:

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 the 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 non-professional, but our service centers may employ special workers.
9. OA, as such, ought never to 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 our traditions, ever reminding us to place principles before personalities.

Section 4 – The Twelve Concepts of Service

The Twelve Concepts³ 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

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- 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 acts of government, and each shall always remain democratic in thought and action.

ARTICLE III: QUALIFICATIONS

Section I – Registration

- A. This Intergroup is a registered intergroup with the World Service Office of Overeaters Anonymous, as established by the World Service Conference Charter and qualifies as a land-based intergroup composed of groups within its region or groups within its geographical proximity. Intergroup No. 9100

Section II – Member Groups

- A. East Bay Unity OA has the autonomy to determine which groups may affiliate with it; that decision should always be guided by OA Traditions and Concepts.
- B. The geographical region that defines East Bay Unity OA is: Northern Alameda County and Contra Costa County in the state of California, USA.
- C. East Bay Unity OA endorses the definition of an OA group in Overeaters Anonymous, Inc. Bylaws, Subpart B, Article V, Section 1, as written and restated below, as it may be amended by a future World Service Business Conference.
 1. These points shall define an Overeaters Anonymous group:
 - a) As a group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service.
 - b) All who have the desire to stop eating compulsively are welcome in the group.
 - c) No member is required to practice any actions in order to remain a member or to

- have a voice (share at a meeting).
- d) As a group they have no affiliation other than Overeaters Anonymous.
- e) It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.

ARTICLE IV: INTERGROUP ASSEMBLY

Section 1 – Purpose

- A. East Bay Unity OA has no members as such. Any action which would otherwise require approval by the members shall require only the approval of the Intergroup Assembly and all rights which would otherwise vest in the members shall vest in the Intergroup Assembly, except as otherwise expressly provided herein.

- B. Intergroup Assemblies are a forum for the interchange of ideas and information among member groups.

Section 2 – Membership

- A. Membership of the Intergroup Assembly with voice and vote includes the following:
 - 1. The Intergroup officers.
 - 2. Intergroup representatives (IRs) or alternates, consisting of one member from each group.
 - 3. World Service Business Conference delegates.
 - 4. Region 2 representatives.
 - 5. Committee chairs.(NOTE: Every Intergroup Assembly member will have only one vote even if serving in multiple positions.)

- B. World Service Delegates and Region 2 Delegates are selected by the East Bay Unity OA Assembly to represent the Intergroup at the World Service Business Conference and Region 2 Assemblies. The maximum number of delegates shall be determined by the World Service and Region 2 guidelines, respectively; which allow one (1) WSBC delegate for every fifteen (15) (or portion of) affiliated meetings with its Intergroup and ONE (1) Region 2 Representative for every ten (10) groups (or portion of) affiliated with its Intergroup.

- C. The Intergroup Assembly may establish committees and service positions as are needed for the welfare and operation of the Intergroup.

Section 3 – Intergroup Representatives

- A. Each registered group shall be entitled to one Intergroup representative. Intergroup Representatives shall consist of one (1) member from each group affiliated with East Bay Unity OA.

- B. Intergroup Representatives and their alternatives shall be selected by the group conscience of the group they represent, by any method deemed appropriate by that group. It is suggested that IRs serve a minimum of six (6) months. The primary responsibility of the IR is to represent the group at all meetings of the Intergroup Assembly and to act as a liaison between the Intergroup Assembly and their group. Intergroup representatives shall

provide reports of the Intergroup Assembly to their meeting group that they were elected to represent.

C. Each officer, delegate, or group is to have only one vote. No votes may be cast by proxy.

ARTICLE V: THE INTERGROUP BOARD

Section 1 – Board Membership

The Intergroup Board shall consist of:

- A. Chairperson, vice-chair, corresponding secretary, recording secretary and treasurer.
- B. World Service delegates and Region 2 representatives.
- C. Committee chairs and coordinators as determined by Intergroup Assembly.

Section 2 – Qualifications for Intergroup Board

- A. To qualify for membership on the Intergroup Board, an individual shall:
 1. Be working the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service to the best of their ability, and
 2. Have three (3) months of current abstinence (each person shall be the sole judge of their abstinence).
 3. Be a regular attending member of an affiliated group.
- B. It is suggested that the individual be working with a sponsor.
- C. World Service Business Conference delegates must comply with the abstinence and length of service requirements in the Overeaters Anonymous Bylaws, Subpart B, Article X, Section 3c.
 1. The current requirements are at least one year of current abstinence and at least two years of service beyond the group level.
 2. It is recommended that WSBC delegates attend R2 Assembly prior to attending their first WSBC.
- D. Region 2 representatives must comply with the abstinence and length of service specified in the Region's bylaws, which currently leaves the selection to the Intergroup Assembly.
- E. If a qualified candidate is unavailable, the above conditions may be modified for any Intergroup Board office by a vote of a majority of Intergroup Assembly members present.

Section 3 – Elections and Terms of Office

- A. Members of the Intergroup Board, Committee Chairpersons, and Coordinators shall be elected by a majority vote of the Intergroup Assembly. Nominations to the Board may be made from the floor at the time of election.
- B. The Chairperson, Corresponding Secretary, Events Chair, Web Editor, and Zoom Coordinator shall be elected at the December meeting and serve a one (1) year term from January through December.
- C. The Vice-Chairperson, Recording Secretary, Treasurer, Public Information and Outreach

Chair and Literature Coordinator shall be elected at the June meeting and serve a one (1) year term from July through June.

- D. World Service delegates shall be elected at the December meeting and Region 2 Reps shall be elected at the September meeting. Both positions have a two (2) year term.
- E. No one shall serve more than four (4) consecutive terms as a member of the Intergroup Board.
- F. No one may serve more than three (3) consecutive years in any one Intergroup Board or Committee Coordinator position.

Section 4 – Responsibilities of the Intergroup Board Members

- A. Serve as guardians of the Twelve Steps Traditions, and Concepts with respect to the functions of the Intergroup.
- B. Perform the duties of their offices in accordance with Intergroup policies and procedures.
- C. Serve as guardian of the Intergroup; participate in an annual financial audit.
- D. Intergroup Board Meetings
 - 1. The Intergroup Board may meet in between regular Intergroup Assembly meetings, either face-to-face or virtually when deemed appropriate by either the Chair or a majority of Intergroup officers.
 - 2. All members of the Intergroup Board shall be notified at least 48 hours prior to it meeting and be provided with an agenda in writing.
 - 3. A quorum of at least five (5) members of the Intergroup Board is required for a meeting to proceed.

Section 5 — Vacancies and Resignations

- A. Two (2) consecutive unexcused absences from the meeting by a member of the Intergroup Board or a Committee Chairperson/Coordinator may be taken as grounds for declaring the position vacant by a majority vote of the meeting. Absence from the meeting shall be considered unexcused if the Chairperson is not notified of such absence in advance of the meeting. In the absence of the Chair, the Vice-Chair should be notified.
- B. Any holder of an Intergroup Board service position may resign at any point for any reason by giving the chair of the Intergroup written notice.
- C. Any holder of a service position at Intergroup level may be recalled for due cause by a majority vote of the Intergroup meeting at a special meeting announced for that purpose or at any regular meeting.
- D. 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 term.

- E. If a position on a needed committee, or a coordinator position, becomes vacant, the Chair can appoint a person to fill that vacancy until the next Intergroup meeting.
- F. A person chosen to fill any vacancy on the Board shall meet the qualifications as defined by Article V, Section 2 in this document.
- G. If after an elected board member or committee coordinator becomes disqualified for the position through loss of abstinence, he or she wishes to continue in that position, it will be permitted if abstinence has been regained by the next meeting.

Section 6 – Modifications

The above conditions may be modified for any Intergroup Board office, Committee Coordinator position, and World Service or Region 2 delegate by a majority vote of the Intergroup Assembly, except when in contradiction with OA Inc. Bylaws.

ARTICLE VI: ASSEMBLY MEETINGS

Section 1 — Meetings

- A. Twelve regular meetings shall be held annually, on the first Saturday of the month, when possible. Date, time, and meeting place shall be published in the East Bay Unity OA meeting schedule or on the eastbayoa.org website.
- B. Temporary meeting changes of date, time, and/or location may be made upon two (2) weeks written notice to all member groups and Intergroup Board members and by a 2/3 majority vote of Intergroup Board members.
- C. Special meetings may be called by the Chair or Vice-chair upon two (2) weeks written notice to all member groups and Intergroup Board members, or by a 2/3 vote of Intergroup upon thirty (30) days written notice to all member groups and Intergroup Board members.
- D. A published agenda for all Intergroup meetings will be issued to the representatives and Intergroup Board members.

Section 2 – Quorum

The Intergroup Assembly members present at any meeting shall constitute a quorum.

Section 3 – Participation

Non-voting members of the Intergroup and invited guests are welcome to participate in discussions.

Section 4 – Conduct of Meetings

Intergroup Assembly meetings shall be conducted by following *Robert's Rules of Order*, unless the Intergroup Assembly determines a decision by group conscience, as described by the WSO of OA Inc., would be a more appropriate method. Concept 12 (d) all important decisions shall be reached by discussion, vote and whenever possible, by substantial unanimity.

ARTICLE VII: INTERGROUP FINANCES

Section 1 – Prudent Reserve

There shall be no accumulation of funds beyond budgeted necessities, with retention of only a prudent reserve for contingencies. A prudent reserve equals 3 months of average costs plus enough funds to cover the cost of the premium of the insurance policy held by Intergroup to protect its member groups. Funds in excess shall be donated to Region 2 and the World Service Office in January and July as budgeted and directed by the Intergroup.

Section 2 – Audit

East Bay Unity OA shall conduct an audit once every calendar year, as directed by the Intergroup Board.

Section 3 – Tax-exempt Status

- A. East Bay Unity OA is in compliance with and qualifies as an exempt organization under Section 501 (c) (3) of the Internal Revenue Code of 1954 (or the corresponding section of any future United States Internal Revenue Law).
- B. Tax exempt No. 9781831, Tax ID No. 23-7283018.

ARTICLE VIII: INTERGROUP BYLAW AMENDMENTS

Section 1 – Procedure

- A. These bylaws may be amended at any time by a two-thirds vote of the voting members present and voting at any regular or special meeting of the Intergroup Assembly. The proposed amendment must be communicated in writing to each member group at least 30 days prior to the voting meeting.
- B. Amendments to the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA may only be made as stated in the OA, Inc. Bylaws, Subpart B, Article XIV, Section 1.

ARTICLE IX: INTERGROUP DISSOLUTION

Section 1 – Procedure

- A. 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 #2, or to a nonprofit 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.
- B. 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.

These Bylaws were amended from the 2010 bylaws and approved by a vote of the Intergroup Assembly on November 7, 2020. Previous versions of the bylaws were made in 2005, 2002, 1993, 1989, 1987, 1983.