

**BYLAWS OF THE NORTHERN VIRGINIA INTERGROUP OF
OVEREATERS ANONYMOUS**

Revised February 2020

ARTICLE I – NAME

The name of this organization shall be the Northern Virginia Outreach Intergroup also known as Intergroup or NOVAIG.

ARTICLE II – PURPOSE

The primary purpose of NOVAIG 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.

A) 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 to practice these principles in all affairs.

B) 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.

ARTICLE II—Purpose, cont.

- 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 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.

C) Twelve Concepts

The Twelve Concepts of OA Service are:

- 1) The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
- 2) The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.
- 3) The right of decision, based on trust, makes effective leadership possible.
- 4) The right of participation ensures equality of opportunity for all in the decision-making process.
- 5) Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
- 6) The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
- 7) The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.
- 8) The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.
- 9) Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
- 10) Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.
- 11) Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.
- 12) The spiritual foundation for OA service ensures that:

ARTICLE II–Purpose, cont.

- 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 of the intergroup (IG) with voice and vote includes the following:

- A) The IG officers of the Board.
- B) Intergroup representatives (IRs), which may consist of one (1) member from each group.
- C) World Service Business Conference delegates
- D) Region representatives.
- E) Committee chairs. (NOTE: A committee chair, like every other IG member, will have only one vote even if also serving as an IR.)

Section 2 – Qualifications

- A) Qualifications for group membership in an intergroup: 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.

Each intergroup has the autonomy to determine which groups may affiliate with it; that decision should always be guided by OA Traditions and Concepts.

- B) NOVAIG endorses the definition of an OA group, as written and as it may be amended by a future World Service Business Conference, in Overeaters Anonymous, Inc. Bylaws, Subpart B, Article V:

“Section 1 – Definition

These points shall define an Overeaters Anonymous group:

- 1) As a group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous, 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.

ARTICLE III—Members, cont.

- 5) It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.

Section 2 – Composition

- a) A group may be formed as set forth in Article V, Section 1, but two or more persons meeting together, either
 - i) in the same physical location (face to face);
 - ii) through some form of electronic device (virtually); or
 - iii) both.
- b) Groups compose the intergroups and service boards set forth in Articles VI and VII hereof.”

Section 3 – Intergroup Representatives

- 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 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 when the necessity arises.
- B) The primary responsibility of the IR, or alternate, is to represent their group at all meetings of the Intergroup, to act as liaison between this Intergroup and their groups, to see that all communications pertaining to Intergroup are made available and/or read aloud to the group.
- C) Voice but no vote will be given to any visiting member of the Fellowship who is not a duly elected member of NOVAIG.

ARTICLE IV – THE INTERGROUP (IG) BOARD

Section 1 – The Intergroup Board

- A) The board consists of the following officers: Chair, Vice Chair, Secretary, Treasurer
- B) The immediate past chair may serve as an ex-officio member of the Intergroup Board for one year, and the past Treasurer may serve as an ex-officio member of the Intergroup Board for three months. This Intergroup Board shall serve as the Executive Board/Intergroup Operations.
- C) The number of World Service delegates and Region 7 representatives will be in accordance with the ratios defined in current World Service and Region 7 Bylaws.
- D) All outgoing Board members shall turn over all records and files to the new incumbents within 30 days. Those records and files not needed by the new incumbent shall be destroyed.
- E) 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.
- F) Matters which affect this IG and/or groups within its service area shall be referred to the Board of this IG. Matters which relate to OA as a whole shall be referred to World Service Board of Trustees.

Section 2 – Nominations to the IG Board

- A) Nominations to the board may be made from the floor at the time of election. A nominating committee may be formed at the discretion of the IG board.
- B) At the meeting prior to the scheduled election of new IG officers, Intergroup, acting as a committee of the whole, will prepare a slate of candidates from among the total IG membership. Nominees will include one or more individuals for each position who have expressed a willingness to serve in the designated capacity. Any office that becomes vacant due to resignation of the incumbent, or for other reasons, shall be filled at an Intergroup meeting by special election from among the qualified members. The individual elected will fill out the remainder of the term of office.
- C) Nominees for Region 7 representatives and World Service delegates shall be elected no later than the fourth quarter of the calendar year. Nominees will include one or more individuals for each position who have expressed a willingness to serve in the designated capacity. Any representative or delegate position that becomes vacant due to resignation of the incumbent, or for other reasons, may be filled by the alternate and a new alternate may be elected immediately. The new delegate will fill out the remainder of the term of office.

Section 3 – Qualifications for the Intergroup Board

To qualify for election to the IG board, an individual must:

- A) Be working the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service to the best of his/her ability for one year.
- B) Have six (6) months of current abstinence and continually maintain abstinence throughout the entire term of office. (NOVAIG endorses the Statement on Abstinence and Recovery as it appears, as amended, in CEM 1988b.):
 - 1) World Service Business Conference delegates shall have served as a Region Rep to at least two (2) Region 7 Assemblies and must comply with the abstinence and length of service requirements in the OA, Inc. Bylaws, Subpart B, Article X, Section 3c a). 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, currently six (6) months, and other requirements specified in the region’s bylaws (Article VII, A thru F)
- C) Be a regular member of an affiliated group.

Section 4 – Election of Board Members

- A) Nominations may be made from the floor at the time of election.
- B) Nominees must be present at the election meeting or submit a written statement of intent to the IG membership. For election, the candidate must receive a majority vote of ballots cast.
- C) Voting will be by ballot and will be destroyed following the election.

Section 5 – Term of Office

- A) The term of office for a board member is one (1) year starting on January 1st.
- B) Board members may serve no more than two (2) consecutive terms in the same position. A member may serve again after an interval of one (1) year from the position.
- C) Once elected, a board member may not serve also as a group representative at the Intergroup.

Section 6 – Responsibilities of the Intergroup Board Members

- A) Serve as guardians of the Twelve Steps, Twelve Traditions, and Twelve Concepts with respect to the functions of the intergroup.
- B) Perform the duties of their offices in accordance with IG policies and procedures. (See NOVAIG Procedures Manual)
- C) Serve as guardian of IG funds; participate in an annual financial review.
- D) Provide a forum for the interchange of ideas and information among member groups.

Section 7 – Vacancies and Resignations

- A) If an officer of the Intergroup Board fails to attend two (2) meetings without prior notice to the Chair or a total of four (4) meetings per year, he/she may be removed from the position by a majority vote of the ballots cast either at a regular IG meeting or a meeting announced for that purpose. Attendance at the World Service Business Conference and Regional Assemblies are not considered absences. (NOTE: See NOVAIG Procedures Manual for Delegate and Region Rep attendance requirements.)
- B) Any board member may resign at any time for any reason by giving the chair of the IG written notice.
- C) Any board member of this IG may be removed from office for due cause by a two-thirds (2/3) vote of the ballots cast at a regular or special meeting announced for that purpose.

Section 8 – Filling of Vacancies

- A) Vacancies shall be filled by a majority vote at the next meeting or special meeting of the IG after the vacancy occurs. 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.

ARTICLE V – MEETINGS

Section 1 – Regular Meetings

The IG will 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 no later than the fourth quarter of each calendar year for the election of officers, Region 7 Representatives, WSBC Delegates, and alternates.

Section 3 – Special Meetings

A special meeting may be called at any time by the IG Chair or a majority vote of the IG board, or by a quorum of IG members, provided sufficient notice is provided to the membership.

Section 4 – Method of Notification

Notification of all meetings shall consist of emailed notices prepared by the IG Secretary and distributed to each IR several days prior to the date of the meeting. Notification may also be made by placing an announcement in the IG newsletter, if any, or at the prior IG meeting.

ARTICLE V–Meetings, cont.

Section 5 – Quorum

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

Section 6 – Meeting Procedure

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

ARTICLE VI – 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. (NOTE: See NOVAIG Procedures Manual for current Committees.)

ARTICLE VII – PRUDENT RESERVE

The IG treasurer will maintain a prudent reserve of at least three (3) months expected operational needs. Excess funds may be donated to OA service bodies as determined by the IG. Voluntary contributions of the member groups shall be the primary source of funds. A secondary source of income may be such occasional projects or activities as may be authorized by IG according to Tradition Six. IG may accept donations from OA members, conforming to the general practice of OA. (The maximum allowable donation is \$1000.) The acceptance of bequests or donations from any outside source is prohibited.

**ARTICLE VIII – PARLIAMENTARY
PROCEDURE**

The rules contained in the current edition of Roberts' Rules of Order shall govern IG 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 IG may adopt. In any case of conflict, the bylaws of OA Inc. shall supersede these bylaws.

ARTICLE IX – AMENDMENTS TO THESE BYLAWS

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. The proposed amendment must be communicated in writing to each group's IR at least 20 days prior to the voting meeting. Amendments to the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA may only be made as per OA, Inc. Bylaws, Subpart B, Article XIV, Section 1. Changes to NOVAIG 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.

ARTICLE X – DISSOLUTION

Section 1 – Deregistration

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

ARTICLE X–Dissolution, cont.

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.

No part of the net earnings of this association shall ever inure to be or be used for 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 expressed purpose for which it was formed.