

# BYLAWS OF THE CONNECTICUT INTERGROUP OF OVEREATERS ANONYMOUS

REVISED MAY 2022

## ARTICLE I – NAME

The name of this organization shall be Connecticut Intergroup, hereinafter referred to as CTIG.

## ARTICLE II – PURPOSE

The primary purpose of Connecticut Intergroup of Overeaters Anonymous (CTIG) 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.

- 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:
  - 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 CTIG with voice and vote includes the following:

- A) Intergroup representatives (IRs) or Alternate, which consist of one member from each group.
- B) CTIG Officers.
- C) World Service Business Conference delegates.
- D) Region representatives.
- E) Committee chairs/co-chairs.

Each person above will have only one vote, even if they serve in two positions (e.g., an IR who is also a Committee chair).

### ***Section 2 – Qualifications for Group membership in CTIG***

#### A) Qualifications:

1. CTIG endorses the definition of an OA group in Overeaters Anonymous, Inc. Bylaws Subpart B, Article V, Section 1 as written and as may be amended by a future World Service Business Conference. These points shall define an OA group:
  - i. As a group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service.
  - ii. All who have the desire to stop eating compulsively are welcome in the group.
  - iii. No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting).
  - iv. As a group they have no affiliation other than Overeaters Anonymous.
  - v. It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.

#### Composition:

2. A group may be formed by 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) The group has registered with World Service its desire to be affiliated with CTIG.

- C) CTIG has the autonomy to determine which groups may affiliate with it; that decision should always be guided by OA Traditions and Concepts. Both land-based (in person) groups in geographical proximity to CTIG and virtual groups may affiliate with CTIG.

### ***Section 3 – Intergroup Representatives***

- A) The selection of Intergroup Representatives (IRs) shall be determined by their respective groups and registered with the CTIG recording secretary.
- B) Each IR shall serve for a period to be determined by their respective groups, subject always to recall by the groups they represent.
- C) The duties of the IR are to:
  - 1. Represent the group at CTIG meetings;
  - 2. Attend all CTIG monthly meetings and when unavailable, to send an alternate from their respective group;
  - 3. Make sure all business conducted at CTIG is communicated back to their respective groups;
  - 4. Bring questions or concerns from their groups to CTIG, and vice versa;
  - 5. When possible, participate on committees and other activities of CTIG.

## **ARTICLE IV – VOTING BODY OF CTIG**

- A) A simple majority of attending IRs shall govern for voting purposes with the exception of a Bylaw changes which require a two-thirds vote.
- B) Voting representatives shall be as follows:
  - 1. CTIG Representatives OR Alternates
  - 2. CTIG Officers
  - 3. CTIG Region 6 Reps
  - 4. CTIG Delegates to WSBC
  - 5. Committee Chairs/Co-chairs, even if they do not represent a group
- C) All voting representatives are entitled to one vote, even if they hold two CTIG positions (e.g., IR and Committee Chair).
- D) Any OA member may speak at a CTIG meeting when recognized by the chair, even if they are not a voting representative.

## **ARTICLE V - THE INTERGROUP (IG) BOARD**

### ***Section 1 – The Intergroup Board***

- A) The Board of CTIG shall consist of the Chair, Vice Chair, Treasurer, Recording Secretary and Corresponding Secretary, WSBC delegates and Region Representatives.
- B) The immediate past CTIG Chair shall serve as an ex-officio member of the CTIG Board for one year.
- C) Meetings shall be chaired by the CTIG Chair. 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 CTIG Board***

- A) Nominations shall take place annually at the November meeting and may also be made from the floor at the time of election. A nominating committee may be formed at the discretion of the IG Board.

## ***Section 3 – Qualifications for the CTIG 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.
- B) Be serving currently as a CTIG IR, Board or Committee member.
- C) Whenever possible Board members should have a minimum of one year of current abstinence except as follows (each person shall be the sole judge of his or her abstinence):
  - a. World Service Business Conference delegates 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.
  - b. Region representatives must comply with the abstinence and length of service specified in the Region 6 bylaws, currently six months abstinence.
- D) Be an active participant in a registered CTIG group, whenever possible for a period of one year or more.

## ***Section 4 – Election of Board Members***

- A) Elections shall be held annually at the December meeting and newly elected Officers shall assume their responsibilities following the adjournment of that meeting.
- B) Nominees must be present at the election meeting. For election, the candidate must receive a majority vote of ballots cast.
- C) Voting will be by ballot. If only one person is nominated for a position, the Chair may “declare the person elected by unanimous consent” if the voting members agree. If all candidates run unopposed, the Chair may “declare the slate elected by unanimous consent” if the voting members agree.
- D) Any Officer vacancy on the Board prior to regular end of the term shall require a special election. Both nomination and election shall take place at the same meeting. Vacancies for Region 6 Representatives and WSBC Delegates shall be filled per Section 9 below.

## ***Section 5 – Term of Office***

- A) The term of office for a Board member is one year starting at the adjournment of the December election meeting.
- B) Board members may serve no more than three consecutive terms in the same position. A member may serve again after a leave of one year from the position.

## ***Section 6 – Responsibilities of CTIG Officers***

### **A) The Chair of CTIG:**

1. Presents the agenda.
2. Is responsible for running the meeting and directing business.
3. Represents CTIG to outside entities.
4. Participates in an annual financial review with the Treasurer.
5. May not serve as an Intergroup representative simultaneously while serving as Chair.

### **B) The Vice Chair of CTIG:**

1. Assumes the duties of the Chair in the event of the Chair's absence.
2. Automatically becomes the Chair in the event the Chair resigns or is removed.
3. Is responsible for meeting with committee chairs on a regular basis to ensure committee work is proceeding as planned.

### **C) The Recording Secretary of CTIG:**

1. Takes the minutes of the meeting and keeps a record of them during his/her term.
2. Duplicates and distributes such unapproved minutes by email to CTIG Representatives no later than three days before the successive intergroup meeting.
3. Takes attendance at each meeting and confirms a quorum.
4. Maintains an updated list of all CTIG members and Groups.

### **D) The Treasurer of CTIG**

1. Maintains a checking account established in the name of CTIG.
2. Is guardian of all funds received and disbursed.
3. Submits a written report at all monthly Intergroup meetings of contributions and expenditures.
4. Submits a complete accounting of group donations identified by group at the conclusion of each quarter, if not more frequently.
5. Maintains past Treasury reports and provides them to the intergroup upon reasonable request.
6. Disburses funds in accordance with established procedures in the Policy and Procedures addendum to these bylaws.
7. Participates in an annual financial review with the Chair.
8. May be responsible for checking the CTIG P.O. Box at regular intervals and making sure mail is distributed to appropriate parties within intergroup.

### **E) The Corresponding Secretary of CTIG**

1. Sends out necessary correspondence as deemed appropriate by intergroup.
2. May be responsible for checking the CTIG P.O. Box at regular intervals and making sure mail is distributed to appropriate parties within intergroup.

### ***Section 7 – Board Member Vacancies and Resignations***

- A) If a Board member is absent from a CTIG meeting more than three times in six months, they may be removed from the position by a majority vote of the ballots cast either at a regular CTIG meeting or a meeting announced for that purpose.
- B) Any Board member may resign at any time for any reason by giving the chair of CTIG written notice.
- C) Any CTIG Board Member may be removed from office for due cause by a 2/3 vote of the ballot cast at a regular or special meeting announced for that purpose.

### ***Section 8 – Filling of Board Vacancies***

- A) Any Officer vacancy prior to regular end of the term shall require a special election. Both nomination and election shall take place at the same meeting; vacancies shall be filled by a majority vote. Such persons chosen to fill said vacancies shall serve for the remainder of the unexpired term.
- B) The exception to the above is that the vice chair automatically becomes the Chair if the Chair resigns or is removed.
- C) Vacancies for Region 6 Representatives and WSBC Delegates shall be filled per Section 9 below.
- D) A person chosen to fill any vacancy on the Board shall meet the qualifications as defined in these Bylaws.

### ***Section 9 –Region 6 Representatives and WSBC Delegates***

#### **A. Region 6 Representatives (RSRs)**

- 1. R6R's will be elected at the December meeting of CTIG and will serve for the entire calendar year following. In the event R6R positions remain unfilled after the December election the chair may select qualified individuals to serve for the entire calendar year.
- 2. Whenever possible, R6R's shall be active members of CTIG for a minimum of one year, either as a group representative, committee chair or Officer;
- 3. To be eligible the prospective R6R must meet the minimum Region 6 requirements for a Region Rep and:
  - 1. Shall be a current member of a CTIG affiliated group
  - 2. Shall have gone through the Twelve Steps with a Step Sponsor and be living in Steps 10, 11 and 12;
  - 3. Whenever possible, shall have at least one year of current, continuous abstinence.
- 4. If a current R6R misses three (3) consecutive CTIG meetings (unexcused), it is the option of CTIG to choose a new delegate.
- 5. R6R's will be reimbursed for attendance at R6 Assemblies per the terms of the Policies and Procedures attachment to these bylaws.
- 6. R6R's responsibilities include attending the Region 6 Assemblies that are held twice a year, participating in a Region 6 Assembly committee and reporting back to CTIG on information and decisions resulting from each Assembly meeting.

## B. WSBC Delegates (WSD's)

1. WSDs will be elected at the December meeting of CTIG and will serve for the entire calendar year following. In the event WSD positions remain unfilled after the December election the chair may select qualified individuals to serve for the entire calendar year.
2. Whenever possible, a WSD shall be an active member of CTIG for a minimum of one year, either as a group representative, committee chair or as an Officer;
3. To be eligible, the prospective WSD must meet the minimum WSO requirements for a WSD and:
  - a. Shall be a current member of a CTIG affiliated group
  - b. Shall have gone through the Twelve Steps with a Step Sponsor and be living in Steps 10,11 and 12;
  - c. shall have at least two years of current, continuous abstinence.
  - d. shall have at least two years of service above the group level
  - e. Shall have held the position of R6R for a minimum of one year, and shall have attended both assemblies during that year.
4. If a current WSD misses two (2) consecutive CTIG meetings (unexcused), it is the option of CTIG to choose a new delegate.
5. Reimbursement for the OA World Service Business Conference will be per the terms of the Policies and Procedures attachment to these bylaws.
6. WSD's responsibilities include attending the World Service Business Conference during their term, participating in a WSBC committee and reporting back to CTIG on information and decisions resulting from the WSBC.

## ARTICLE VI – MEETINGS

### *Section 1 – Regular Meetings*

CTIG shall meet once a month at a place or using virtual/electronic means as designated by the Board and agreed to by vote of CTIG representatives;

1. In the case of inclement weather or other reason the Board may, with sufficient notice to CTIG representatives, change the monthly meeting to another location or virtual platform;
2. A minimum quorum to conduct business will be five (5) voting representatives.

### *Section 2 – Meetings by Virtual Conference*

Members of CTIG may participate in a meeting through use of electronic means, so long as all members participating in such meeting can hear one another and have a way to participate in any voting. Materials presented during the meeting shall be made available to those participating virtually. Participation by IG members in a meeting in the manner provided in this Section constitutes presence in person at such meeting.



## **ARTICLE VII – COMMITTEES**

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

## **ARTICLE VIII – FINANCES AND PRUDENT RESERVE**

CTIG shall be financed primarily by the contributions of its member groups. CTIG may accept donations from members in accordance with current OA guidelines. Any fund-raising events should be conducted according to OA guidelines.

Financial procedures should be within the framework of OA's Treasury Guidelines for Intergroup. The Treasurer will maintain a prudent reserve of no less than three months of average operating expenses. Excess funds not being held in reserve for CTIG approved initiatives or events will be donated to OA Region 6 or World Service as determined by CTIG.

## **ARTICLE IX – AMENDMENTS TO CTIG BYLAWS AND POLICIES & PROCEDURES**

These Bylaws may be amended at any meeting of CTIG by a 2/3 majority of voting members in attendance provided such proposed change was announced at the 2 CTIG meetings prior to the vote. Amendments to the Twelve Steps, Twelve Traditions and the Twelve Concepts of OA Service may only be made as per OA Inc. Bylaws Subpart B, Article XIV Section 1.

Ongoing changes to the Policies and Procedures, operating plans and strategic plans may be made at any meeting of CTIG by a majority vote of those in attendance.

## **ARTICLE X – CONFORMITY WITH OA WORLD SERVICE**

All matters pertaining to CTIG that are not specifically stated in these Bylaws will conform to the OA World Service Charter and the Bylaws of Overeaters Anonymous, Inc.

## **ARTICLE XI – 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.

### ***Section 2 – Disbursement of Remaining Funds***

When this intergroup ceases operation, all debts and financial obligations of CTIG shall be met first. Then, any remaining funds shall be distributed to other Overeaters Anonymous service bodies or the WSO in accordance with Tradition Six.