

(adopted 02/2025)

**BYLAWS
of the
CENTRAL ARKANSAS INTERGROUP OVEREATERS ANONYMOUS
INTERGROUP #09138**

ARTICLE I – NAME

The name of this organization shall be Central Arkansas Intergroup Overeaters Anonymous, hereinafter known as CAIOA.

ARTICLE II – PURPOSE

The primary purpose of CAIOA 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 intergroup.

A. The 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 the 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 of our affairs.

(Permission to use and adapt the Twelve Steps of Alcoholics Anonymous granted by AA World Service, Inc. The steps cannot be amended by the Intergroup.)

B. 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 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 opinions on outside issues, hence the OA name ought never be brought 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.

(Permission to use and adapt the Twelve Traditions of Alcoholics Anonymous granted by AA World Service, Inc. The Traditions cannot be amended by the Intergroup.)

C. The Twelve Concepts of OA Service

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 World Service Office.
9. Able and 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 CAIOA'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;
 - f. and no OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

(Bylaws of Overeaters Anonymous Subpart B. Reprinted by permission of Overeaters Anonymous, Inc. The Twelve Concepts of OA Service cannot be amended by the Intergroup.)

ARTICLE III - MEMBERS

Section 1 – Membership

Membership of the CAIOA with voice and vote shall consist of the following:

- A. The CAIOA board (See Article IV for definition).
- B. Intergroup Representatives (IRs), which shall consist of one member from each group that has formally registered with World Service Office and indicated their intention to belong to CAIOA.
- C. In the absence of a group's IR, the Alternate IR elected by that group may vote.
- D. World Service Business Conference delegates.
- E. Region Representatives.
- F. Intergroup Committee Chairs.

Section 2 – Qualifications

Qualifications of eligibility for membership in CAIOA:

- A. Those groups that have formally registered with World Service Office and indicated their intention to belong to Intergroup may be considered members.
- B. CAIOA 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. 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.
 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 OA.
5. It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.

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 and Alternates

A. Intergroup Representatives shall be selected by the group conscience of the group they represent.

B. The duty of the Intergroup Representative is to represent the group at IG meetings and to serve as a contact to carry communications between the IG and the home meeting.

Section 4 - Membership with Voice but no Vote.

Any member of the OA Fellowship who is not a duly elected IR, Alternate IR, permanent committee chair, or CAIOA board member, shall be entitled to a voice but no vote at CAIOA meetings.

ARTICLE IV - CAIOA BOARD

Section 1 - CAIOA Board

A. The board shall consist of at least a Chair, Vice Chair, Secretary, and Treasurer.

B. The immediate past chair shall serve as an ex-officio member of the CAIOA board for one year. The CAIOA board may also include other positions such as the World Service Business Conference delegate(s) and regional representative(s).

C. This CAIOA board shall serve as the executive board. In the event the Chair of the board should be unable to attend any meeting of the board, the next highest-ranking executive officer in attendance shall serve as chair for that meeting. The ranking of these officers shall be as follows:

1. Vice Chair
2. Secretary
3. Treasurer

Section 2 - Nominations to the CAIOA 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 CAIOA.

Section 3 - Qualifications for the CAIOA Board.

A. Working the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service to the best of their ability.

B. Have 6 months of current abstinence or the commitment to fulfill the abstinence requirement with approval by group conscience (each person shall be the sole judge of his or her abstinence).

1. 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.

2. Region Representatives must comply with the abstinence and length of service specified in the Region 8's Bylaws (currently one year abstinence and at least two years of service beyond the group level.)

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. The candidate must receive a majority vote for election.

C. To ensure anonymity, voting will be by ballot whether in person or electronically.

Section 5 - Term of Office

A. The term of office for a board member is two years.

B. Board members shall serve no more than two consecutive terms in the same office.

C. After an interval of one term, a member may again be eligible for election to their prior office.

D. Upon election to the board, members shall cease to be an IR or Alternate IR of their group and that group shall elect a new IR/Alternate IR.

Section 6 - Responsibilities of the CAIOA Board.

A. Serve as guardians of the Twelve Steps, Twelve Traditions and Twelve Concepts with respect to the functions of the intergroup board.

B. Perform the duties of their offices in accordance with intergroup board policies and procedures.

C. Serve as guardian of intergroup board funds; participate in annual financial audit.

D. Provide a forum for the interchange of ideas and information between member groups.

Section 7 – Vacancies and Resignations

A. If any member of the CAIOA board fails to attend three (3) consecutive meetings without prior notice, his/her office may be declared vacant by a majority vote of the quorum. (See Article V, Section 4 for the definition of a quorum)

B. In the event that a board member dies during his/her term in office, that office shall be considered vacant and may be filled at the next CAIOA meeting.

C. Any board member may resign at any time for any reason by giving the CAIOA Chair written notice.

D. Any board member of CAIOA may be removed from office for due cause by a majority vote of the quorum at a special meeting announced for that purpose.

Section 8 – Filling of Vacancies

A. Vacancies shall be filled by a majority vote at the meeting in which the vacancy occurred or at the next meeting or special meeting of CAIOA. Such person chosen to fill said vacancies shall serve for the remainder of the unexpired term.

B. An unexpired term that is less than 50% completed shall be considered a consecutive term in accordance with Section 5, Part B. An unexpired term that is greater than 50% completed shall not be considered a consecutive term in accordance with Section 5, Part B.

C. 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

CAIOA shall meet not less than eight (6) times during a year 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 November for the election of officers. This meeting may be held in conjunction with a regular CAIOA business meeting if such meeting occurs in November.

Section 3 – Special Meetings

A. A special meeting may be called at any time by a majority vote of the CAIOA board, or by petition of five (5) CAIOA voting members, by giving notice as prescribed in Article V, Section 4.

B. The Intergroup board will provide at least seven (7) days' notice to each member group.

Section 4 - Quorum

Those voting members present at any meeting of CAIOA shall constitute a quorum for all proceedings of CAIOA so long as at least one intergroup officer and at least three other voting members are in attendance.

Section 5 – Meeting Procedure

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

ARTICLE VI – COMMITTEES

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

ARTICLE VII - PRUDENT RESERVE

The IG treasurer will maintain a prudent reserve of 40% to cover expected operational needs. Excess funds will be donated to OA service bodies as determined by the IG.

ARTICLE VIII – PARLIAMENTARY PROCEDURE

The rules contained in the current edition of Robert’s Rules of Order Newly Revised shall govern CAIOA in all cases to which they are applicable and in which they are not inconsistent with these bylaws, the Twelve Traditions of OA, or any special rules of order CAIOA may adopt.

ARTICLE IX - AMENDMENTS TO THESE BYLAWS

Changes to the bylaws can be proposed by board members and committee chairs. The bylaws may be amended at any time by a 2/3 majority vote of quorum present at any regular or special meeting of CAIOA, provided a copy of the proposed amendment has been submitted in writing to each Intergroup Representative at least one month prior to the meeting in which action is to be taken on the amendment.

No amendments will be made to the Twelve Steps and Twelve Traditions except as per OA, Inc. Bylaws, Subpart B, Article XIV, Section 1c.

ARTICLE X – DISSOLUTION

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 an OA region.

