

BYLAWS OF THE WASHINGTON DC AREA INTERGROUP OF OVEREATERS ANONYMOUS (#09015)

Revised May 2025

ARTICLE I – NAME

The name of this organization shall be the Washington DC Area Intergroup of Overeaters Anonymous, also known as DC Intergroup, and in this document as Intergroup.

ARTICLE II – PURPOSE

The primary purpose of DC Intergroup 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 Intergroups.

The Intergroup is guided by the following principles. Click the link to see them.

- A) [The Twelve Steps of Overeaters Anonymous](#)
- B) [The Twelve Traditions of Overeaters Anonymous](#)
- C) [The Twelve Concepts of OA Service](#)

ARTICLE III – MEMBERS

Section 1 – Membership

Membership of the Intergroup with voice and vote includes the following:

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

Section 2 – Qualifications

- A) Intergroups are composed of two or more groups that have formed a service body for the purpose of supporting and representing these groups that are affiliated with it. Each state/ province/country may have at least one service body (Intergroup or national service board). In a state/province/country having only one group, that group may function as an Intergroup . An Intergroup may affiliate with one national service board if it exists, shall be affiliated with one region, and may participate in one or more language service boards. If the Intergroup affiliates with a national service board, that

Intergroup may choose to affiliate with the national service board's region or choose to remain in the currently assigned region.

- B) The DC Intergroup is affiliated with Region 7 of the World Service Organization.
- C) The DC Intergroup 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.
- D) 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.
 - 5. It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.

Section 3 – Intergroup Representatives

- A) Intergroup representatives will be selected by the group conscience of the group they represent.
- B) The duty of the Intergroup representative is to represent the group at Intergroup meetings and to serve as a contact to carry communications between the Intergroup and the represented group.
- C) Intergroup representatives are encouraged to serve on Intergroup committees.

ARTICLE IV – THE INTERGROUP BOARD

Section 1 – The Intergroup Board

- A) The board consists of the following officers: chair, vice chair, corresponding secretary, recording secretary, and treasurer.
- B) Meetings shall be chaired by the chair of the Intergroup. 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, another board member will open the meeting.

Section 2 – Nominations to the Intergroup Board

A nominating committee may be formed at the discretion of the Intergroup board to fill all open positions. Nominations to the board will be communicated by the nominating committee before elections are held.

Section 3 – Qualifications for the Intergroup Board, World Service Delegates and Regional Representatives

To qualify for election to the Intergroup board, WSBC delegates or Regional Reps, an individual must:

- A) Be working the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service to the best of their ability.
- B) The board members must have 6 months of current abstinence (each person shall be the sole judge of their abstinence) and must have attended Intergroup meetings regularly.
- C) World Service Business Conference delegates must comply with the abstinence and length of service requirements in the OA, Inc. Bylaws, Subpart B, Article VIII, Section 3c.
 - 1). Current requirements are one-year current abstinence and at least two years of service beyond the group level.

- D) Region representatives must comply with the abstinence and length of service specified in the region's Bylaws, 6 months, and any other criteria specified.
- E) All Intergroup members must be a regular member of an affiliated group.

Section 4 – Election of Board Members

- A) Elections will be finalized in the November Intergroup meeting. See the Washington DC Area OA Policy Manual for the election process.
- B) Nominees will be introduced to the Intergroup members prior to voting in a process defined by the Washington DC Area OA Policy Manual for the election process. Nominees must receive a majority vote of ballots cast.
- C) Voting may be by electronic ballot cast either in the November meeting or over time from September through October as determined by the Washington DC Area OA Policy Manual describing the election process.

Section 5 – Term of Office

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

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 Washington DC Area OA Policy Manual.
- C) Serve as guardian of Intergroup funds; may participate in an annual financial audit.
- D) Provide a forum for the interchange of ideas and information among member groups.

Section 7 – Vacancies and Resignations

- A) If a board member is absent from an Intergroup meeting more than two consecutive times in one year without notifying the chair, they may be removed from the position by a majority vote of the ballots cast either at a regular Intergroup 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 the Intergroup written notice.
- C) Any board member of this Intergroup 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 Vacancies

- A) Vacancies shall be filled by a majority vote at the next meeting or special meeting of the Intergroup after the vacancy occurs. Such persons chosen to fill said vacancies shall serve for the remainder of the unexpired term.
- B) Anyone serving more than half of an unexpired term shall be considered to have served a full term.
- C) A person chosen to fill any vacancy on the board shall meet the qualifications as defined in Article IV, Section 4.

ARTICLE V – MEETINGS

Section 1 – Regular Meetings

The Intergroup will meet at a minimum, bi-monthly (every other month), at a time and place designated by the board.

Section 2 – Annual Meeting

An annual meeting shall be held in the month of November to announce the results of the rolling electronic balloting or to hold 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 a quorum of Intergroup members, provided a minimum of 5 days notice is provided to the membership.

Section 4 – Meetings by Virtual Conference

Members of the Intergroup may participate in a meeting through use of electronic means, so long as all members participating in such a 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 Intergroup members in a meeting in the manner provided in this Section constitutes presence in person at such meeting.

Section 5 – Method of Notification

The Intergroup will provide at least five days' notice to each member group.

Section 6 – Quorum

The quorum for voting purposes shall be, at a minimum, one Intergroup officer and at least 3 other voting members. Voting on issues at each meeting will be by group conscience.

Section 7 – 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 Intergroup board.

ARTICLE VII – PRUDENT RESERVE & DISCRETIONARY BUDGET

1. The Intergroup treasurer will maintain a prudent reserve of at least 3 months of typical expenses to cover expected operational needs and a discretionary budget for the chair as defined below. Excess funds will be donated to OA service bodies as determined by the Intergroup.

2. The Intergroup treasurer will maintain the chair's discretionary budget with a range of \$200 to \$400, to use for reasonable small requests in support of meetings, needs of committees, and other one-time expenses. The chair will consult with at least one board member in their decision.

ARTICLE VIII – PARLIAMENTARY PROCEDURE

The Intergroup meetings shall be held using agreed upon good meeting practices as described in The Washington DC Area OA Policy Manual. Robert's Rules of Order will not be used as per the Intergroup's vote.

ARTICLE IX – AMENDMENTS TO THESE BYLAWS

These bylaws may be amended every 5 years as per the responsibility of the vice chair. (See responsibilities in Washington DC OA Policy Manual.) Within the intervening years the vice chair will collect issues and may bring changes needed more immediately to the Intergroup meeting for a vote.

The proposed amendment must be communicated in email to the member's Intergroup email list. The board will define the voting process for changes to Bylaws. Amendments to the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA may only be made as per OA, Inc. Bylaws, Subpart B, Article XII, Section 1.

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 trustee liaison.

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 World Service Office in accordance with Tradition Six.