

By-Laws of the  
Chicago Western  
Intergroup Farout

(CHI-WIF)

Revised August, 2012

# **By-Laws of the Chicago Western Intergroup Farout (CHI-WIF) of Overeaters Anonymous**

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### **ARTICLE I - NAME**

The name of this organization shall be Chicago Western Intergroup Farout (CHI-WIF) of Overeaters Anonymous (Intergroup #013-09168).

## ARTICLE II – PURPOSE

The purpose of CHI-WIF:

- To aid those with the problem of compulsive eating through the 12 Steps of OA.
- To be guardian of the 12 Steps, 12 Traditions, and 12 Concepts of OA.
- To coordinate and facilitate OA activities common to its membership.
- To serve and represent the OA groups for which the Intergroup is formed.

### Section 1 – The Twelve Steps

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 our affairs.

### Section 2 – The Twelve Traditions

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.

### Section 3 – The Twelve Concepts

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 primary responsibility for the administration of CA.
7. The Board of Trustees has legal rights and responsibilities accorded to them by the OA Bylaws Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by tradition and by the 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 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 democratic in acts of government and each shall always remain thought and and action.

The Twelve Steps of Overeaters Anonymous and the Twelve Concepts of OA Service may not be altered or amended by Chicago Western Intergroup Farout. Any Amendments to the above stated area must follow the procedure listed in Article XIV, Section 1 e) of OA Inc. Bylaws Subpart B.

### ARTICLE III – OA GROUPS, INTERGROUP MEMBERS, VOTING

#### Section 1 – Definition of OA Groups

- A. 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 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 2 – Composition

- A. A group may be formed by two or more persons meeting together as set forth by OA ByLaws, Subpart B, Article V, Section I.
- B. Groups compose the intergroups as set forth in OA, Inc. Bylaws, Subpart B Article VI and VIII hereof.

#### Section 3 – Qualifications or eligibility for membership in the Intergroup

- A. Each group shall be entitled to send two (2) Intergroup Representatives (IR) or alternates.
- B. A group may be registered with only one Intergroup.

#### Section 4 – Intergroup Representatives (IRs)

- A. The selection of group representatives and/or alternates shall be determined by the group whom they represent. Group representatives and/or alternates shall serve for a period to be determined by their respective group, subject always to recall by the group they represent.
- B. It is suggested IRs establish a degree of stability in their recovery and be abstaining from compulsive eating.
- C. The primary responsibility of the IRs or alternates is to represent their group at all meetings of the Intergroup, to act as a liaison between this Intergroup and their group, to see that all communications pertaining to Intergroup are made available and, where requested, read aloud to the group.

#### Section 5 – The voting membership of CHI-WIF shall consist of:

- A. Duly elected Intergroup Representatives (IRs) or their alternates
- B. All Intergroup officers, excluding the Chairperson (except to break a tie)
- C. Elected committee chair people who are neither an elected IR nor an intergroup officer.

Section 6 – Member with voice and no vote may be

- A. Any employee of the Intergroup.
- B. Any member of the OA Fellowship who is not a duly elected representative or alternate.

Section 7 – Vacancies or Resignations of Intergroup Representatives

Failure of an IR to attend three (3) consecutive meetings of this Intergroup may cause his/her position to be declared vacant. The Intergroup Secretary shall notify the affected group's secretary, in writing. Action shall be at the discretion of said group.

**ARTICLE IV – OFFICERS – OVEREATERS ANONYMOUS**

Section 1 – Officers

The officers shall oversee the property and business affairs of CHI-WIF and the appropriation of its funds; approve all contracts, purchases, committee recommendations and reports; exercise all powers vested in it by law as outlined in the 12 Traditions of OA.

Section 2 – Nomination of Officers

Nominations of officers shall be submitted in writing prior to the May meeting or from the floor at the time of the election. Nominees must be present at the time of the election or have given prior consent to the current Chairperson that his/her name be placed in nomination. A nominating committee may also be formed at the discretion of the Intergroup.

Section 3 – Qualifications for Officers of Overeaters Anonymous

- A. Each officer shall have one (1) year of current abstinence and be working the OA Twelve Step Program of Recovery. Each person shall be the sole judge of his/her own abstinence.
- B. Working knowledge of the Twelve Traditions of Overeaters Anonymous and The Twelve Concepts of OA Service.
- C. Regular attendee of an active OA group for a period of one (1) year and has been involved with Intergroup for the past 12 months.

Section 4 – Method of Election

- A. Elections shall be held at the May meeting or a meeting specified for that purpose.
- B. Each nominee shall present qualifications for office in person or in writing prior to the election.
- C. To be eligible for election, the nominee must meet all the qualifications, understand responsibilities, and receive a majority vote of the members voting and present.

Section 5 – Term of Office

- A. Board members shall be elected to serve for a period of one (1) year (beginning and ending at the June Intergroup meeting), with the exception of the Treasurer, who is elected for a two (2) year term.
- B. Board members shall serve no more than two (2) 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 a representative of their group and that group shall elect a new Intergroup representative.

Section 6 – Responsibility of Officers are defined in the Standing Rules of the Intergroup

Section 7 – Vacancies and Resignations

- A. If an officer of the Intergroup fails to attend three (3) consecutive meetings, his/her office may be declared vacant by a majority of those members present and voting.
- B. Any officer returning to compulsive overeating shall resign.
- C. Any officer of CHI-WIF may be removed from office for due cause by a majority vote of those members present at a meeting announced for that purpose.
- D. Any officer may resign at any time for any reason by giving the Chairperson of the Intergroup written notice.

Section 8 – Filling of Vacancies

- A. 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 unexpired term.
- B. A person chosen to fill any vacancy shall meet the qualifications as defined in Article IV, Section 3 and be aware of all responsibilities of that position as described in the Standing Rules of the IG.

## **ARTICLE V – WSO DELEGATES/REGION REPS**

Section 1 – WSO Conference Delegate(s)/Alternates' Qualifications

- A. In all areas, the WSO Delegate shall meet qualifications and requirements as outlined and defined in the Overeaters Anonymous, Inc. Bylaws, Subpart B, Article X, Section 3 (to be updated as required by WSO)

Section 2 – WSO Conference Delegate(s)/Alternates' Duties

- A. Shall attend the World Service Business Conference of OA.
- B. Shall report in writing to the Intergroup, the actions of the Conference and to all the groups the Intergroup represents; to keep the Intergroup and the represented groups aware of WSO information; and to communicate important information to the area.
- C. In addition to WSO requirements, delegates and equal number of alternates shall be elected at the November meeting and be listed in order of selection in the minutes of the meeting in which they are elected.
- D. May attend all standing committee meetings as an ex-officio member.
- E. May be removed after three (3) consecutive absences from the meetings of the Intergroup and may resign at any time for any reason by giving the chairperson of the Intergroup written notice.
- F. May be removed for due cause by a majority of those members present and voting.
- G. When a vacancy occurs, a person shall meet all qualifications as defined in Article IV, Section 3. A vacancy can be filled at any time.

Section 3 – Regional Representative(s) (RR)/Alternates

- A. Shall attend all Region V Assemblies.
- B. In all areas, an RR shall meet the qualifications and requirements as outlined in The Region 5 Bylaws, Article V (to be updated as required by Region V).

- C. Shall serve no more than four (4) consecutive years, except for reasons to be decided by the group conscience of the Intergroup with respect to the delegate.
- D. Shall report in writing to the Intergroup, the actions of the Assembly and to all groups the Intergroup represents; to keep the Intergroup and represented groups aware of Region V information; to communicate important information to the area.
- E. May attend all standing committee meetings as an ex-officio member.
- F. May be removed after three (3) consecutive absences from the meetings of this Intergroup and may resign at any time for any reason by giving the chairperson of the Intergroup written notice. NOTE: OA experience seems to indicate that greater continuity of service is achieved when the WSO Delegates and Region Reps are the same persons.
- G. May be removed for due cause by a majority vote of the members present and voting.

**ARTICLE VI – MEETINGS**

Section 1 – Regular Meetings

The Intergroup shall meet monthly at a time and place designated by the majority of those members present and voting.

Section 2 – Annual Meetings

- A. One month prior to nominations and elections, notification will be made to IRs to consider filing vacancies.
- B. An annual meeting will be held in May for the election of officers.
- C. WSO Delegates/Region Reps shall be elected at the November meeting when current delegates term of office expires.

Section 3 – Special Meetings

A special meeting may be called at any time by a majority vote of the Intergroup officers by giving notice as prescribed in Article VI, Section 4.

Section 4 – Method of Notification

Notification of all meetings shall consist of notices prepared by the Intergroup Secretary, distribution to each group secretary and/or IR ten (10) days prior to the date of the meeting, and an announcement shall be placed in Intergroup newsletters.

Section 5 – Quorum

Two Intergroup Officers and at least one other voting member who is not an officer of the Intergroup shall constitute a quorum of all proceedings of the Intergroup. A simple majority shall govern voting purposes.

**ARTICLE VII – COMMITTEES**

Section 1 – Committees

The following committees may be established to carry out the purposes of the Intergroup in the most effective and efficient manner. Committees may include but not be limited to:

- |                          |                               |
|--------------------------|-------------------------------|
| Budget/Audit             | Outreach (Previously PI/HIPM) |
| Bylaws                   | Special Events/Activities     |
| Newsletter (Butterflyer) | Twelfth Step Within           |



#### Section 2 – Committee Appointments

CHI-WIF shall designate such committees as deemed necessary for the welfare and operation of the Intergroup. This Intergroup shall elect a committee chairperson from those IRs present who meet IR qualifications. Committee chairperson's term shall be concurrent with the current intergroup chairperson's term.

#### Section 3 – Committee Procedures

Each standing committee may prescribe its own rules for calling and holding meetings and its methods of procedure, subject to the guidelines of the Traditions of Overeaters Anonymous.

#### Section 4 Committee Responsibility

Each standing committee chairperson shall submit a report to the intergroup preferably monthly but at least quarterly. If any moneys are expended at the end of any specific event coordinated by that committee, a detailed and itemized written report shall be submitted.

#### Section 5 – Ex-Officio Members

Past committee chairpersons may serve in an ex-officio capacity in the respective committees.

#### Section 6 – Vacancies

Should a vacancy, resignation or removal of a committee chairperson occur in any standing committee, all pertinent information shall be turned over to the Intergroup chairperson. The Intergroup chairperson shall then appoint a new committee chairperson to serve the remainder of the unexpired term. The committee chairperson may resign at any time for any reason with written resignation to the Intergroup chairperson.

### **ARTICLE VIII– SOURCE OF FUNDS**

#### Section 1 – Source of Funds

- A. Voluntary contributions of the member groups shall be the primary source of funds.
- B. Secondary source of income may be such occasional projects or activities as may be authorized by the Intergroup according to Tradition 6.
- C. The Intergroup may accept donations from OA members, conforming to the general practice of OA.
- D. The maximum allowable annual donation to the Intergroup by an OA member is to be limited to one thousand (1000) dollars.
- E. The acceptance of bequests or donations from any outside source is prohibited.
- F. The Intergroup shall not accept the responsibility for trusteeship over, or enter into the distribution or allocation of funds set up outside of Overeaters Anonymous.

#### Section 2 – Allocation of Funds

There shall be no allocation of funds beyond current necessities, with retention of only a prudent reserve for contingencies. Funds in excess will be donated to Region V and the World Service Office on a regular basis as directed by the Intergroup.

## **ARTICLE IX – PARLIAMENTARY AUTHORITY**

The rules contained in the current edition of Modified Robert's Rules of Order shall govern this Intergroup in all cases to which they are applicable and in which they are not inconsistent with these Bylaws, OA Inc. Bylaws, Subpart B, or any special rules of order this Intergroup may adopt.

## **ARTICLE X – AMENDMENTS TO THESE BYLAWS**

These Bylaws with the exception of Article II, Section A, B, and C may be amended at any time by a two-thirds (2/3) vote of the voting membership present at any regular or special meeting of the Intergroup, provided a copy of the proposed amendments has been submitted in writing and received by each group affiliated with this Intergroup at least twenty (20) days prior to the meeting in which action is to be taken on the amendment.

## **ARTICLE XI – MAJOR POLICY MATTERS**

Matters which affect the Intergroup and/or groups within its service area shall be referred to this Intergroup. Matters which relate to OA as a whole shall be referred to the World Service Board of Trustees.

## **ARTICLE XII – DISSOLUTION**

### **Section 1 – Distribution of Assets**

Upon the dissolution of the association, after paying or adequately providing for the debts and obligations of the association, the remaining assets shall be distributed to the Region to which this Intergroup belongs.

### **Section 2 – Further Instructions**

No part of the net earnings of this association shall ever be used for the benefit of, or the distribution 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.