

**CENTRAL FLORIDA INTERGROUP OF
OVEREATERS ANONYMOUS
BYLAWS**

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CENTRAL FLORIDA INTERGROUP OF OVEREATERS ANONYMOUS BYLAWS

I. ARTICLE I - NAME

The name of this organization shall be the “Central Florida Intergroup of Overeaters Anonymous”(‘OACFI’). Central Florida Intergroup of Overeaters Anonymous is a registered 501c (3) non-profit organization.

II. ARTICLE II - PURPOSE

The primary purpose of OACFI is to; 1) aid those with the problem of compulsive eating, or other eating disorders, through the Twelve Steps of Overeaters Anonymous; and 2) to serve and represent the OA groups from which OACFI is formed in accordance with the Twelve Traditions and Twelve Concepts of OA service. The bylaws for the (OACFI) generally reference and incorporate the Policies and Procedures Manual for OACFI.

Section 1 - The Twelve Steps¹

The 12 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.

¹ Permission to use and adapt the Twelve Steps of Alcoholics Anonymous granted by AA World Services, Inc.

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Section 2 - The Twelve Traditions²

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 full 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 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.

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 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.

² Permission to use and adapt the Twelve Traditions of Alcoholics Anonymous granted by AA World Services, Inc.

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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 acts of government and each shall always remain democratic in thought and action.

ARTICLE III - MEMBERS

Section 1- OACFI Membership

- A. Those groups within the geographic definitions of OACFI or virtual groups that have formally registered with the World Service Office and indicated their intention to belong to OACFI may be considered members. An OA group is defined as follows:
 1. A group may be formed by two (2) or more persons meeting together: a) in the same physical location (land-based), b) through some form of electronic device (virtual), or c) both (hybrid) as set forth in ARTICLE V, Section 4 2 of Overeaters Anonymous Inc., Bylaws Subpart B3.
 2. As a group they meet to practice the Twelve Steps and Twelve Traditions of OA, guided by the Twelve Concepts of OA service.
 3. All who have the desire to stop eating compulsively are welcome in the group.
 4. No member is required to practice any actions in order to remain a member or to have a voice and share at a meeting.
 5. As a group, they have no affiliation other than OA.
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6. Each group shall be entitled to one (1) vote through its Intergroup Representative (IR) or Alternate.
7. No group may be affiliated with another Intergroup.

Section 2- Membership: Voice* and Vote**

A. Membership of OACFI with a voice and a vote includes the following:

1. Members of the OACFI Executive Board;
2. OACFI Representatives (IRs), one from each OACFI member group
3. World Service Business Conference (WSBC) Delegates;
4. Region 8 Representatives; and
5. Committee Chairpersons.
6. Service Position holders

B. Membership of OACFI with a voice include the following:

1. Parliamentarian
2. Any member of a registered OACFI member group.

*“Voice” is the right to address OACFI during a business meeting if acknowledged by the Chairperson.

**“Vote” is the right to vote on motions up for consideration at OACFI business meetings. Both Voice and Vote are permitted via virtual attendance at any OACFI business meeting.

C. Voting Members

1. Voting members include those listed in ARTICLE III, Section 2A.
2. Each group shall be entitled to one vote in the business meeting of OACFI.
 - a. When an IR holds a Service Position or is also a Committee Chairperson that IR only has one vote.
 - b. Representation of the group may be transferred to an alternate.
3. No one member shall serve as representative for more than one registered group.

ARTICLE IV - TRUSTED SERVANTS

Section 1 - Composition of the OACFI Executive Board

A. The OACFI Executive Board is the group of trusted servants tasked with leading OACFI in the carrying out of its duties. The Executive Board does not govern. The Executive Board consists of the Chairperson, Vice Chairperson, Secretary, and Treasurer. The past Chairperson shall serve as an ex-officio member for one (1) term.

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1. The Parliamentarian serves in an advisory capacity to the Board.
- B. All OACFI business meetings will be chaired by the Chairperson. In the event the Chairperson is unable to chair a business meeting, the chairing responsibilities will be assumed in the following order: Vice Chairperson, Treasurer, then Secretary. In the event the Secretary is not available, OACFI will select a temporary chairperson from among those in attendance. The selection will be by simple majority vote. In the absence of a quorum (See ARTICLE V, Section 5), this is a non-voting meeting.

Section 2 - Qualifications of Trusted Servants

- A. To qualify for election to-the **Executive Board** it is recommended that the candidate:

1. Be working the OA Twelve Steps, the OA Twelve Traditions, and the Twelve Concepts of OA Service to the best of their ability;
2. Have one (1) year of current abstinence as defined by OA World Service; working toward or maintaining a healthy body weight;
3. Be a regular member of an affiliated OACFI member group;
4. Have attended (physically or virtually) at least six (6) Intergroup meetings;
5. Have given service above the group level for a minimum of one (1) year; and
6. Have a good working understanding of current technology.

- B. To qualify for election as a **World Service Delegate** it is recommended that the candidate:

1. Be working the OA Twelve Steps, the OA Twelve Traditions, and the Twelve Concepts of OA Service to the best of their ability;
2. Have one (1) year of current abstinence as per OA World Service*; working toward or maintaining a healthy body weight;
3. Be a regular member of an affiliated OACFI member group;
4. Have attended (physically or virtually) at least six (6) Intergroup meetings;
5. Have given service above the group level for a minimum of two (2) years as per OA World Service*.
6. Have a good working understanding of current technology.

* “Qualifications for selection of World Service delegates/alternates shall be set by each inter group, region (in case of region delegates), or service board

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provided that each delegate/alternate shall have at least one year of current abstinence and at least 2 years of service beyond the group level. (Permission for any exception in qualifications for valid reason, if deemed credible by the trustees, may be received by application to the World Service Office.)”

- OA Inc. Bylaws, Subpart B ARTICLE VIII , Section 3c 1.

- C. To qualify for election as a **Region Eight Representative** it is recommended that the candidate:
1. Be working the OA Twelve Steps, the OA Twelve Traditions, and the Twelve Concepts of OA Service to the best of their ability;
 2. Have six (6) months of current abstinence as defined by OA World Service; working toward or maintaining a healthy body weight.
 3. Be a regular member of an affiliated OACFI member group;
 4. Have attended (physically or virtually) at least three (3) Intergroup meetings; and
 5. Have a good working understanding of current technology.

Section 3 - Election of Trusted Servants

A. Elections

1. Elections for the offices of Chairperson, Treasurer, Region 8 Representative 1 & 3, and WSBC Delegate #1, will be held at the December OACFI meeting on odd-numbered years (ex. 2021).
2. Elections for the offices of Vice Chairperson, Secretary, Region 8 Representative 2 & 4, and WSBC Delegate #2, will be held at the December OACFI meeting on even-numbered years (ex. 2022).

B. Nominations

1. Nominations shall be taken at the regular October OACFI meeting and the regular November OACFI meeting prior to election. Nominations will be closed at the close of the November OACFI meeting.
2. Nominations may be made by any member of OA (physically or virtually) present, in the form of an oral motion, seconded by another OA member after the motion is recognized by the Chairperson.
3. Candidates for positions must meet all qualifications as defined in ARTICLE IV, Section 2 and understand responsibilities as defined in ARTICLE IV, Section 5.

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4. Candidates must be (physically or virtually) present at either the meeting they are nominated, or at the December OACFI meeting.
5. Each candidate for office will be given 3 minutes to address Intergroup concerning their qualifications for office. Voting OACFI members will then be allotted 10 minutes to ask the candidate questions concerning their qualifications for office. The Chairperson will moderate and the Parliamentarian will keep time.
6. Candidates who are not (physically or virtually) present for election may have an OACFI member with voice read a statement prepared by the candidate (no more than 3 minutes allowed). In this instance, no questions will be entertained by that candidate.

C. Voting

1. Voting will be conducted in an in-person meeting by written ballot or in a virtual meeting in a manner that allows for the greatest voter confidentiality. Votes will be counted by the Parliamentarian and announced as soon as practicable.
2. A candidate must be elected by a majority vote.
3. Newly elected Board Members take office at the next OACFI meeting.

Section 4 - Terms of Office

- A. The term of office for an Executive Board Member is two (2) elected years.
 1. Executive Board Members may serve no more than two (2) consecutive terms in the same position, but a member may serve again after a leave of one (1) year.
 2. Once elected, an Executive Board member may not serve concurrently as an Intergroup Representative.
- B. The term of office for a World Service Delegate is two (2) elected years.
- C. The term of office for a Region 8 Representative is two (2) elected years.

Section 5 - Responsibilities of the Executive Board

- A. Serve as guardians of the Twelve Steps, Twelve Traditions, and Twelve Concepts with respect to the function of OACFI.
- B. Perform the duties and responsibilities in accordance with these Bylaws and the OACFI Policies and Procedures Manual.

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- C. Serve as guardian of OACFI funds; participate in annual financial audit.
- D. Provide a forum for exchange of ideas and information among OACFI members and groups.
- E. The specific section in the Policy and Procedure Manual for OACFI dealing with the responsibilities of the OACFI Board is referenced and incorporated for this particular section.

Section 6 - Vacancies and Resignations

- A. If a member of the OACFI Board fails to attend (physically or virtually) two consecutive meetings without prior notification, the office will be declared vacant.
- B. Any Trusted Servant may resign at any time for any reason by giving the Chairperson of Intergroup written notice.
- C. Any Trusted Servant of OACFI may be removed from office for due cause (i.e. not practicing the Twelve Steps) by a majority vote of the IRs at a regular Intergroup monthly meeting.

Section 7 - Filling the Vacancies

- A. Vacancies shall be filled by the Chairperson accepting nominations from qualified persons (physically or virtually) at that meeting in which the vacancy occurs and at the next meeting or special meeting of the Intergroup. Said nominees shall be given an opportunity to speak at the following OACFI meeting and the voting members of Intergroup shall fill the vacancy by majority vote at that time. In the absence of qualified nominees, the chair may appoint qualified alternates and persons to fill said vacancies and serve for the remainder of the unexpired term. Appointed Trusted Servants are eligible to be *nominated* and *elected* to full terms as specified in ARTICLE IV, Section 4 following their appointment.
- B. A person chosen to fill any vacancy of the OACFI Board shall meet the qualifications as defined in ARTICLE IV, Section 2 and be aware of all responsibilities of that position as described and defined ARTICLE IV, Section 5.

ARTICLE V – OACFI MEETINGS

Section 1 - Regular Meetings

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- A. OACFI shall meet monthly at a time and place designated by a majority of the voting members.
- B. An individual IG meeting may be cancelled by a majority vote at any regular or special IG meeting.
- C. At no time will the membership meet less than 10 times per calendar year.

Section 2 - Annual Meetings

The meeting held in December shall be recognized as an annual meeting for the election of Executive Board, WSBC delegates, and Region 8 Representatives as defined in OACFI Policies and Procedures Manual.

Section 3 - Special Meetings

A special meeting may be called at any time by a majority vote of the Executive Board or by petition of at least ten OACFI members by giving notice as prescribed in Article V, Section 4.

Section 4 - Method of Notification

- A. Notification of all meetings shall consist of notices prepared by the Intergroup Secretary and distributed to all Intergroup meeting attendees one week prior to the date and time of the meeting via email.
- B. In addition to email, notification may be made by placing an announcement on the OACFI website, in the monthly newsletter, and/or at the prior OACFI meeting.

Section 5 - Quorum

- A. A minimum of two elected OACFI Executive Board members and any combination of five IR's, Service Position holders, and/or Committee Chairs shall constitute a quorum for all monthly proceedings of the OACFI.
- B. The Parliamentarian shall advise the meeting Chairperson of the presence of a quorum. In the absence of the Parliamentarian, the meeting Chairperson shall determine the presence of a quorum.
- C. In the absence of a quorum, the meeting may still proceed as outlined in ARTICLE IV, Section 1B.

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ARTICLE VI - SERVICE POSITIONS AND COMMITTEES

- A. OACFI Board may establish Service Positions and Committees as are needed for the welfare and operation of OACFI.
 - 1. Each Service Position or Committee is responsible to the OACFI Board and will report to OACFI monthly.
 - a. The responsibilities of each Service Position or Committee are outlined in the OACFI Policies and Procedures Manual.

ARTICLE VII - PRUDENT RESERVE

- A. Voluntary contributions of the member groups shall be the primary source of funds.
- B. OACFI will maintain a Prudent Reserve defined as 40%-60% of the annual budget to cover expected operational needs.
 - 1. Excess funds will be donated annually to OA service bodies as determined by the Intergroup.

ARTICLE VIII - PARLIAMENTARY AUTHORITY

The rules contained in the current edition of *Robert's Rules of Order* shall govern OACFI in all cases to which they are applicable and in which they are not inconsistent with these Bylaws, the Overeaters Anonymous, Inc. Bylaws, Subpart B, the Twelve Traditions or any special rules of order OACFI may adopt.

ARTICLE IX - AMENDMENTS TO THESE BYLAWS

- A. These bylaws, with the exception of ARTICLE II, Sections 1, 2, and 3, may be amended at any time by a two-thirds majority of the eligible voting members present at any regular or special meeting of OACFI.
- B. A copy of the proposed amendments must be submitted in writing at a regular or special meeting of Intergroup at least ten days prior to the meeting in which the action is to be taken on the amendment.

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ARTICLE X - DISSOLUTION

Section 1 - Deregistration

In order to deregister as an Intergroup, OACFI must submit a written request to the World Service Office, the Region 8 Chair, and the Region 8 Trustee.

Section 2 – Disbursement of Remaining Funds

Upon the dissolution of OACFI and after paying or adequately providing for the debts and obligations of the Intergroup, the remaining assets shall be distributed to OA Region 8, and/or the World Service Office of Overeaters Anonymous.

Section3 - US Non-Profit with 501c (3) Status

- A. Upon dissolution of the association, after paying or adequately providing for the debts and obligations of association, the remaining assets shall be distributed to the World Service Office of Overeaters Anonymous, or to a non-profit fund, association, foundation, or cooperation which is organized and operated exclusively for charitable, educational or religious and/or scientific purposes and which has established its tax exempt status under Section 501c (3) of the Internal Revenue Code. In accordance with Overeaters Anonymous Traditions, such non-profit fund, association, foundation or corporation should be either the OA World Service Office or another OA service body.
- B. No part of the net earnings of this association shall ever inure to or be used for the benefit of, or be distributed to its Members, Trustees, Officers, or other private persons, except that the Association shall be empowered to pay reimbursement expenses related to dissolution and to make payment and distribution in furtherance of the express purposes for which it is formed.