

# **OVEREATERS ANONYMOUS BYLAWS**

**FOR  
CENTRAL MIDLANDS INTERGROUP**

CMI BYLAWS 1973  
REVISED AUGUST 1986  
AMENDED OCTOBER 1988  
REVISED APRIL 1992  
AMENDED OCTOBER 1995  
REVISED DECEMBER 2001  
AMENDED NOVEMBER 2004  
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AMENDED SEPTEMBER 2011  
AMENDED APRIL 2012  
AMENDED AUGUST 2012  
AMENDED JUNE 2023

BYLAWS OF THE  
CENTRAL MIDLANDS INTERGROUP OF OVEREATERS ANONYMOUS

**OVEREATERS ANONYMOUS PREAMBLE**

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. Overeaters Anonymous is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

**OVEREATERS ANONYMOUS GROUP**

An Overeaters Anonymous group is any OA group that is registered with the World Service Office, according to the OA Bylaws, Article V, Section 1.5.

**OVEREATERS ANONYMOUS INTERGROUP**

Each Intergroup should be composed of groups within its Region or groups within its geographical or virtual proximity.

**SOUTHEASTERN OVEREATERS ANONYMOUS REGION 8** — Per the Bylaws of Overeaters Anonymous, Inc., Subpart B, Region 8 shall be the Southeast Region, as noted at [www.oaregion8.org/](http://www.oaregion8.org/), “What is Region 8?” and [www.oa.org](http://www.oa.org) Article VII — REGIONS, Section 1, b), 8.

**I. NAME AND PURPOSE OF THE ORGANIZATION**

- A. In order that the fellowship of Overeaters Anonymous may better function, there is hereby created the Central Midlands Intergroup of South Carolina.
- B. The purpose of the Central Midlands Intergroup (hereinafter referred to as CMI) is one of training and education, providing opportunities for members to strengthen their own personal recovery, and to serve as a supplement to sponsorship in ways that groups cannot. Using CMI as an "attraction", we increase member usefulness. The Change Process is Awareness, Acceptance, Action (for individuals, and intergroups). CMI would not undertake or discuss anything unless it met one of more of these strategic goals:
  - \* Help members strengthen recovery,
  - \* Increase number of sponsors,
  - \* Increase the number of newcomers,
  - \* Increase retention of members,
  - \* Help those in relapse,
  - \* Inspire service, AND
  - \* Increase outreach, esp to professionals
- This intergroup is in compliance with and qualifies as an exempt organization under Section 501(c)(3) of the Internal Revenue Code of 1954 (or the corresponding section of any future United States Internal Revenue law).
  - 1. The Twelve Steps of Overeaters Anonymous are listed under Appendix 1.
  - 2. The Twelve Traditions of Overeaters Anonymous are listed under Appendix 2.
  - 3. The Twelve Concepts of Overeaters Anonymous are listed under Appendix 3.
- C. No amendments can be made to the Twelve Steps of Overeaters Anonymous, Twelve Concepts of Overeaters Anonymous, or Twelve Traditions of Overeaters Anonymous.
- D. The CMI shall serve the groups in its area by providing services and activities and conducting business beyond the scope or ability of an individual group.
- E. CMI shall serve as guardian of the Twelve Steps and Twelve Traditions of Overeaters Anonymous.

**II. MEMBERSHIP OF THE CENTRAL MIDLANDS INTERGROUP**

**A. COMPOSITION OF THE CENTRAL MIDLANDS INTERGROUP**

- 1. Any Overeaters Anonymous group located within the Central Midlands area of South Carolina that finds their geographic, or virtual proximity convenient to joining CMI.

2. Any group wishing to affiliate with the CMI may do so by completing the Group Registration Form and sending it to the World Service Office. The group should elect from its group a Representative and alternate to represent its group at CMI meetings.

An Overeaters Anonymous group is defined as the following:

- a. As a group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous
  - b. All who have the desire to stop eating compulsively are welcome in the group.
  - c. No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting).
  - d. As a group, they have no affiliation other than Overeaters Anonymous.
  - e. A group may be formed by two (2) or more persons meeting together as set forth in Article V, Section 1 of Overeaters Anonymous, Inc., Bylaws Subpart B.
  - f. Groups compose the intergroups as set forth in Article VI hereof of Overeaters Anonymous, Inc., Bylaws Subpart B.
3. Each group shall be entitled to one vote through its elected Intergroup Representative.
  4. No group may be registered with another Intergroup.

#### B. SERVICE BOARD OF CMI

1. Elected officers eligible to hold only one position per term and cast one vote
  - a. chairperson
  - b. vice chairperson
  - c. secretary
  - d. treasurer

#### C. INTERGROUP REPRESENTATIVE

- a. One Representative and one alternate from each participating group with each group having one vote. Visitors are welcome and are encouraged to participate in the discussion.
- b. Each group shall decide the term of office for its respective Intergroup Representative. For greater continuity, it is suggested that the Group Representative serve for at least a six-month term.
- c. Each Intergroup Representative shall be selected by the group conscience of the group he/she represents. Each Intergroup Representative shall be selected by any method deemed appropriate by his/her group.
- d. The primary responsibility of the Intergroup Representative, or alternate, is to represent his/her group at all meetings of Intergroup, to act as liaison between this Intergroup and his/her group, to see that all communications pertaining to Intergroup are made available and, where requested, read aloud to the group.

#### D. NON-BOARD MEMBERS

- a. Group members not acting as Intergroup Representatives are appointed to carry out specific duties, e.g. OASIS Editor.

#### E. VOTING

- a. Only the CMI Board Officers and Intergroup Representatives or alternates may vote at any business meeting of CMI or by electronic ballot about any business of CMI. Manner of voting to be determined by CMI.
- b. Membership with voice and no vote
  1. Any Standing Committee Chair, Regional Representative(s), Regional Representative(s) elect, World Service Business Conference Delegate(s), World Service Business Conference Delegate(s) elect
  2. Any member of the Fellowship who is not a duly elected Representative or alternate
- c. All members are welcome and are encouraged to participate in the discussions *only*.
- d. The CMI Chairperson calls for a vote. The Chairperson votes in case of a tie.

### III. CMI MEETINGS

A. Regular CMI Meetings will be held once each month.

Meeting dates, times and locations may be changed by a vote of the CMI. Any changes must be

- voted on at least one month prior to the meeting. Notifications of all meetings shall consist of notices prepared by the Intergroup Representative 10 days prior to the date of the meeting.
- B. The election of CMI officers shall be held annually at a regular CMI meeting in the month of November and shall officially take office in January for a twelve month term. The officers-elect shall be present at the December Intergroup meeting for the purpose of changeover.
- C. A Special meeting may be called at any time by a majority vote of the intergroup Board, or by majority vote of Intergroup members, by giving notice as prescribed in Section III, Subsections A, D and E.
- D. Those voting members present at any meeting of this Intergroup shall constitute a quorum.

#### IV. STANDING COMMITTEES

A. STANDING COMMITTEES

The Chairperson, together with the CMI Service Board, shall appoint such committees deemed necessary for the welfare and operation of the Intergroup. Standing committees may include, but are not limited to:

1. Information Technology
2. Intergroup Outreach
3. Newcomers
4. Newsletter
5. Professional Outreach
6. Twelfth-Step Within
7. Young People
8. Other committees deemed necessary to carry on Intergroup work

B. SPECIAL COMMITTEES

The Board shall designate such special committees as are deemed necessary for the welfare and operation of the Intergroup.

C. COMMITTEE PROCEDURES

Each standing or special committee shall be responsible for calling and holding meetings, and establishing its method of procedures, subject to the approval of the Intergroup Board and the guidelines of the Twelve Traditions of Overeaters Anonymous.

D. COMMITTEE RESPONSIBILITY

Any committee and/or vote which establishes or changes a policy, sets a procedural plan for a special event, or expends funds in excess of the approved budget, shall require approval by the Intergroup prior to implementation. Each standing committee chairperson shall submit a **written report** to CMI at the next CMI meeting. If any monies are expended from an approved budget, a detailed and itemized report shall be included with the committee report.

E. NOMINATING COMMITTEE

The intergroup may have a nominating committee to recommend persons to serve as Board members and committee chairpersons. The number of members on the committee should be three to five.

F. COMMITTEE BANK ACCOUNT

If it is deemed necessary by the Board that a committee shall open a bank account, the following procedure shall be followed:

1. The committee chairperson and the Treasurer of the Intergroup shall be cosigners on the account. Two signatures shall be required on all checks.
2. The committee chairperson shall keep all financial records and shall present a detailed, itemized report of transactions to the Intergroup at the next CMI meeting following any event for which monies were expended or received.

G. VACANCIES

Should a vacancy, resignation, or removal of a committee chairperson occur, all pertinent information shall be turned over to the Intergroup chairperson. The Chairperson shall then appoint a new committee chairperson to serve the remainder of the unexpired term.

H. REMOVAL OF COMMITTEE CHAIRPERSON

A committee chairperson may be removed from office by a two-thirds (2/3) vote of the Intergroup Board.

I. DISILLUSIONMENT OF STANDING COMMITTEES

A standing committee chairperson may be removed from office by a two-thirds (2/3) vote of the Intergroup Board.

V. FORMATION OF THE CMI SERVICE BOARD

A. ELECTION OF OFFICERS FOR CMI SERVICE BOARD

1. Elections shall be held annually as designated in Section III, Subsection B **(in November)**.
2. CMI Service Board Officers shall be elected by a vote of the current Service Board Officers and Intergroup Representatives.
3. Elections shall be by vote and a simple majority shall prevail.
4. In order to be elected to membership on the Intergroup Board, a nominee must be present at the election meetings.
5. Nominations to the Board may be made from the floor at the time of election.

B. At a CMI meeting, special elections may be held to fill vacancies provided proper notification (at least 10 days prior to notice) is given with a written announcement of the special election. An Interim officer may be appointed until such election.

C. TERMS OF OFFICE

1. All elections shall be for a one-year term, with the exception of the Regional Representative(s) and WSO Delegate(s) which shall be for two years. Also serving a two-year term will be the Region Representative Elect and the WSO Delegate Elect, whose terms will be served concurrently with the Region Representative and WSO Delegate. Upon completion of the terms of the Region Representative and WSO Delegate, the Region Representative Elect and the WSO Delegate Elect then become the Region Representative and the WSO Delegate.
2. Officers are eligible for re-election, but **no person shall serve more than four (4) consecutive years in the same position.**
3. **After an interval of one year, a member may again be eligible for election to his/her prior office.**
4. **Upon election to the Board, no other voting position shall be held.**

D. ELIGIBILITY FOR OFFICE

1. Understand responsibilities of the position as defined in the Intergroup job descriptions in the Policies and Procedures Manual.
2. It is further suggested that the individual be familiar with Overeaters Anonymous Intergroup procedures.
  - a. WSO Delegate(s) and WSO Delegate(s) Elect need to have prior service at Intergroup and Region level.
  - b. Region Representative(s) and Region Representative(s) Elect need to have prior experience at Intergroup level.
  - c. Chairperson needs to have prior experience at the Intergroup level.
3. Be familiar with the Twelve Steps, Twelve Concepts and Twelve Traditions of Overeaters Anonymous.
4. It is further suggested that the individual be a participating member of a WSO registered group for a period of 6 months and has been active in CMI for at least six months. The individual attends his/her home group regularly for a period of 6 months, has been an Intergroup Rep for 6 months, and works to achieve recovery on all three levels: spiritual, emotional, and physical.

5. Working the Twelve Steps of Overeaters Anonymous for 6 months.
6. Attend every CMI meeting for the term of office. If absence is unavoidable, the Chairperson should be notified prior to the CMI meeting and someone appointed to do their duties or give their report at said meeting.
7. The WSO Delegate and WSO Delegate Elect shall meet qualifications and requirements as outlined and defined in the Overeaters Anonymous, Inc. Bylaws, Subpart B, and as required for election by Section V, Subsection A.
8. The World Service Business Conference Delegate/alternate (**whether or not a voting member of the Intergroup Board**) shall have at least one (1) year of current abstinence and meet qualifications and requirements as outlined and defined in the Overeaters Anonymous, Inc. Bylaws, Subpart B, Article X, Section 3, and as required for election to the Board by Section V, Subsection A, of these bylaws.
9. The regional representative/alternate (**whether or not a voting member of the Intergroup Board**) shall meet qualifications and requirements as outlined and defined in the Region 8 Bylaws, and as required for election to the Board by Section V, Subsection A, of these bylaws.
10. Each Board member (Chair, Vice Chair, Secretary, and Treasurer) **shall have at least 6 months current abstinence.** Abstinence requirements for Regional Representative/Alternate are defined by Region 8, and abstinence requirements for WSBC Delegate/Alternate are defined by WSBC as specified in sub-part 9.

## VI RESIGNATION / REMOVAL / VACANCIES OF THE BOARD

### A. VACANCIES AND RESIGNATION FROM OFFICE

1. In the event the Chairperson resigns office, the Vice-Chairperson will assume the duties of the office of Chairperson for the remainder of the term of office.
2. If a member of the Intergroup Board **fails to attend three consecutive meetings without prior notice** to the Chairperson, their office may be declared vacant by a majority of those members present and voting.
3. Any Board member may resign at any time for any reason by giving the Chairperson of the Intergroup written notice.

### B. REMOVAL FROM OFFICE

1. In the event a Board member fails to perform his/her duties and responsibilities as stated in the Policy and Procedures Manual, it may be deemed necessary to remove that person from his/her elected office so that CMI may continue to be of maximum service to its members and may continue to be in accordance with its purpose of organization.
2. If, after assistance and loving encouragement is given to said Board member and the majority of duties and responsibilities are still not being performed by the Board member, a recall petition may be submitted to the Chairperson by any voting member of CMI.
3. Following presentation and debate, a recall proposal shall be considered adopted by a majority vote of those Board members and Intergroup Representatives present.
4. Adoption of a recall petition shall result in immediate vacancy of the office considered.

### C. FILLING OF BOARD VACANCIES

1. 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.
2. A person chosen to fill any vacancy on the Board shall meet the qualifications as defined in Section V, Subsection D, and be aware of all responsibilities of that position as described and defined in Section V.

## VII FINANCES

### A. SOURCES OF FINANCES

1. Monthly donations to CMI from groups (Suggested sixty percent of contributions from individual groups) shall be the primary source of funds.
2. Secondary sources of income may be such occasional projects or activities as may be authorized by the Intergroup according to Tradition Six.
3. The 7<sup>th</sup> Tradition of Monthly Intergroup meetings.
4. The acceptance of bequests or donations from any outside source is prohibited.
5. The maximum allowable **bequest or donation** to CMI by an Overeaters Anonymous member is to be limited to an amount set by vote of the Intergroup and listed in the CMI policy manual.

### B. CHECK SIGNERS

The Chair, Vice Chair, Secretary, and Treasurer have the authority to sign checks.

### C. DISTRIBUTION OF CMI FUNDS

There shall be no accumulation of funds beyond current necessities, with retention of only a prudent reserve for contingencies as defined by WSO. Ten percent goes to Region 8, thirty percent goes to World Service Organization, and the remaining sixty percent stays with CMI to be budgeted biannually as directed by CMI.

### D. PRUDENT RESERVE

CMI shall retain a Prudent Reserve in the amount of money it cost to run CMI the preceding year.

## VIII ARTICLE VIII - FOR NEW CONTENT

## IX AMENDMENT(S) TO BYLAWS

- A. These Bylaws, with the exception of Appendix I, II, and III, may be amended at any time by a single majority vote Of the Intergroup Representatives and Board members present at any regular or special meeting of the Intergroup, provided a copy of the proposed amendment has been submitted in writing and received by each group affiliated with this Intergroup at least one month prior to the meeting in which action is to be taken on the amendment.
- B. If the Intergroup Representative is not present when these proposed Bylaws are presented, the proposed Bylaw changes will be mailed to the Intergroup Representative or in the absence of an Intergroup Representative, to the Group Secretary.

## X MAJOR POLICY MATTERS

- A. Matters which affect CMI Intergroup and/or groups within its service area shall be referred to the Board of CMI.
- B. Matters which relate to Overeaters Anonymous as a whole which affect Subpart A of the Bylaws of Overeaters Anonymous, Inc., shall be referred to the World Service Board of Trustees.
- C. Matters which affect Subpart B of the Bylaws of Overeaters Anonymous, Inc., or which relate to the Twelve Steps, Twelve Traditions, and Twelve Concepts shall be referred to the World Service Business Conference.
- D. Copies of Subpart A of Bylaws of Overeaters Anonymous, Inc., and Subpart B of Bylaws of Overeaters Anonymous, Inc., shall be held by the Intergroup Secretary.

## **XI POLICY AND PROCEDURES MANUAL**

- A. All policy and procedures that affect the working of CMI shall be kept in the Policy and Procedures Manual by the Secretary of CMI.

## **XII DISSOLUTION CLAUSE**

- A. Upon the dissolution of this Association, any assets that remain after payment of all liabilities will be split with fifty percent to go to Region 8 and fifty percent to go to the World Service Office. Literature and supplies will go to either Region 8 or the World Service Office based on CMI's decision.
- B. No part of the net earnings of this association shall ever inure to be or 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 reasonable compensation for services rendered and to make payment and distribution in furtherance of the express purposes for which it is formed.



## APPENDIX 3 . 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 whenever 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.

## APPENDIX 2 : THE TWELVE TRADITIONS

1. Our common welfare should come first; personal recovery depends upon Overeaters Anonymous 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 Overeaters Anonymous membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or Overeaters Anonymous as a whole.
5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.
6. An Overeaters Anonymous group ought never endorse, finance, or lend the Overeaters Anonymous name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every Overeaters Anonymous group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. Overeaters Anonymous, 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 Overeaters Anonymous 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.

## APPENDIX 5 : 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 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, staff 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 acts of government, and each shall always remain democratic in thought and action.