

**BYLAWS OF THE GREATER KANSAS CITY AREA  
INTERGROUP OF OVEREATERS ANONYMOUS \***

**Region 4, Intergroup 09525**

**ARTICLE I – NAME**

The name of this organization shall be the Greater Kansas City Area Intergroup, hereinafter known as GKCAI.

**ARTICLE II – PURPOSE**

Section 1 – Purpose

The primary purpose of this organization is to aid those with the problem of compulsive eating and to serve and represent the OA groups from which the Intergroup is formed. This Intergroup is in compliance with and qualifies as an exempt organization under Section 501C(3) of the Internal Revenue code of 1954 (or the corresponding provision of any subsequent United States Internal Revenue Law).

Section 2 – The Twelve Steps

The <sup>1</sup> Twelve Steps are suggested for recovery in the Fellowship of Overeaters Anonymous. The Twelve Steps are:

1. We admitted that 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.

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<sup>1</sup> Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

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.

*This section may not be amended per Section 1, Article IX.*

### Section 3 – The Twelve Traditions

The <sup>2</sup> Twelve Traditions 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 services; 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 overeaters 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, or 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 nonprofessional, 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, and

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<sup>2</sup> Permission to use the Twelve Traditions of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

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.

*This section may not be amended per Section 1, Article IX.*

#### Section 4 – The Twelve Concepts of Service

The <sup>3</sup> 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 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, 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.

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- 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.

*This section may not be amended per Section I, Article IX.*

### ARTICLE III – MEMBERS

#### Section 1 – Membership

Membership of the Intergroup shall consist of the following:

- A. The Intergroup Board
- B. Intergroup Representatives (IR) which shall consist of 1 member from each group within the geographic area. Visitors are welcome and are encouraged to participate in discussion.
  - 1. Geographic area refers to the Greater Kansas City and outlying areas

#### Section 2 – Qualifications

The Greater Kansas City 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. This definition reads as follows:

#### ARTICLE V – OVEREATERS ANONYMOUS GROUPS

##### Section 1 – Definition

- 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 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.

6. 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.
  - b. 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.

Qualifications or eligibility for membership in the Intergroup.

- A. Those OA groups within the Region or the geographic definition of Intergroup that have formally registered with the World Service Office and indicated their intention to belong to the Intergroup may be considered members.
- B. Each group shall be entitled to one(1) voted through its elected IR.
- C. No group may be registered with another Intergroup.

#### Section 3 – Intergroup Representatives (IRs)

- A. Intergroup representatives shall be selected by the group conscience of the group they represent. Each IR shall be selected by any method deemed appropriate by their group. These IRs shall serve for a period designated by their group, always subject to recall by the group they represent. Each group shall be free to designate an alternate delegate with the necessity arises.
- B. IRs should be selected for willingness to serve, commitment to the Twelve Steps and Twelve Traditions of OA, and length of time in program.
- C. The primary responsibility of the IR, or alternate, 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 4 – Absences of Intergroup Representatives (IRs)

The Intergroup secretary shall notify representative groups of any IRs absences.

#### Section 5 – Membership with no voice and no vote may be:

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

## ARTICLE IV – THE INTERGROUP BOARD

### Section 1 – The Intergroup Board

- A. The Board shall consist of at least a Chairperson, Vice-Chairperson, Secretary and Treasurer.
- B. The immediate past Chairperson shall serve as an ex-officio member of the Intergroup Board for one year. The Intergroup Board may also include other positions such as the World Service Conference Delegates, committee chairs, and Regional Representatives. Their duties shall be set by policy adopted by the Intergroup and contained in the Intergroup job descriptions.
- C. The Intergroup Board shall serve as the Executive Board.

### Section 2 – Nominations to the Intergroup Board

Nominations to the Board must be made one month in advance of the election, at the meeting prior to the election meeting.

### Section 3 – Qualifications for the Intergroup Board

- A. Working the Twelve Steps of OA at least one year.
- B. Familiarity with the Twelve Traditions of OA.
- C. Familiarity with the Twelve Concepts of OA Service.
- D. Preferably one year of current abstinence for officers.
  - 1. Abstinence is defined as the action of refraining from compulsive eating and compulsive food behaviors while working towards of maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.
  - 2. In working Overeaters Anonymous' Twelve-Step program of recovery from compulsive overeating, members have found a number of tools to assist in achieving and maintaining abstinence and recover from the disease. The Tools of Recovery are a plan of eating, sponsorship, meetings, telephone, writing, literature, anonymity, service and a plan of action.
- E. Regular attendee of an active group for a least one year and to be or have been an IR or have relevant Intergroup experience for 1 year.
- F. Qualification for selection of World Service delegates/alternates shall be set by each intergroup provided that each delegate/alternate shall have at least one (1) year of current abstinence and at least two (2) years of service beyond the group level.

#### Section 4 – Method of Election

- A. Elections shall be held annually at a meeting specified for that purpose.
- B. To be eligible for election to the board, nominee must:
  - 1. Meet all qualifications as defined in Article IV, Section 3
  - 2. Understand responsibilities of the position as defined in Article IV, Section 6 and as defined in Intergroup job descriptions.
- C. In order to be elected to membership on the Intergroup Board, a nominee must be present at the election meetings and must receive a majority vote of the IRs present and voting.

#### Section 5 – Term of Office

- A. Board members shall be elected to serve for one year.
- B. Board members shall serve no more than 2 consecutive terms.
- C. After an interval equivalent to time in elected office, a member may be again eligible for election.
- 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 – Responsibilities of the Intergroup Board

- A. Chairperson
  - 1. Shall preside at all regular and special meetings of this Intergroup and Intergroup Board
  - 2. Shall be responsible for establishing the agenda for all Intergroup meetings
  - 3. May cast the deciding vote to make or break a tie
    - a. May not participate in a ballot vote
  - 4. May attend all standing committee meetings.
- B. Vice Chairperson
  - 1. Shall serve in the absence of the Chairperson
  - 2. Shall perform all other duties as assigned or that s/he volunteers to do.
- C. Secretary
  - 1. Shall see that minutes are kept at all Intergroup and Intergroup Board meetings and that a copy of the Intergroup minutes is printed and mailed to each Intergroup Representative (IR). As a cooperative gesture, a copy of minutes may be sent to the Regional Trustee.
  - 2. Shall maintain a file of all minutes of past meetings.
  - 3. Shall assist in distribution of the newsletter.

D. Treasurer

1. Shall maintain a checking and savings account, if necessary, for dispersal of Intergroup funds.
2. Shall submit financial reports each month at the Intergroup meetings.
3. Shall be the cosignatory with one other Board member or an appointee of the Board.
4. Shall assist, when called upon and able, to keep financial records for any Intergroup special function or project.

E. Other Board Positions

Special and standing committee chairpersons and special-duty members (such as Public Information Officer) may be established as voluntary and/or appointed positions as required.

Section 7 – Vacancies and Resignations

- A. If a member of the Intergroup Board fails to attend 2 consecutive meetings without prior notice, his/her office may be declared vacant by a majority of those members present and voting.
- B. Any board member may resign at any time for any reason by giving the Chairperson of the Intergroup Board written notice.
- C. Any Board member of this Intergroup may be removed from office by two-thirds vote of all eligible voting members at a 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. Such persons chosen to fill said vacancies shall serve for the remainder of the unexpired term.
- B. 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

The Intergroup shall meet monthly 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 October for 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 by giving notice as prescribed in Article V, Section 4, or by the other voting members.

### Section 4 – Method of Notification

Notification of all meetings shall consist of notices prepared by the Intergroup secretary and distributed to each group secretary and/or IR two weeks prior to the date of the meeting. Notification may also be made by placing an announcement in the Intergroup newsletter, or by mail, and at the prior Intergroup meeting.

### Section 5 – Quorum

A quorum is all voting members present.

## ARTICLE VI – COMMITTEES

### Section 1 – Standing Committees

The following standing committees may be established as required to carry out the purposes of the Intergroup in the most effective and efficient manner.

- A. Newsletter
- B. Public Information
- C. Other committees deemed necessary to carry on Intergroup work.

### Section 2 – Special committees

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

### Section 3 – Committee Appointments

The Chairperson shall appoint a committee chairperson from those IRs present who meet IR qualifications. A Board member or any OA member present meeting IR qualifications may be appointed to chair a standing or special committee with approval of the majority of the members present and voting.

### Section 4 – 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 OA.

### Section 5 – Committee Responsibility

Any committee decision 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 prior approval by the Intergroup. Each standing and special committee chairperson shall submit a written report to the Intergroup monthly and at the end of any specific event coordinated by that committee. When any monies are expended from an approved budget, a detailed and itemized financial report shall be included with the committee report.

### Section 6 – Nominating Committee

The Intergroup may have a nominating committee to recommend persons to serve as officers, regional representatives, and WSO delegates and persons to fill vacancies and to serve on the next nominating committee. The number of members on the committee should be between three and five. The Chairperson of the Intergroup shall not serve on the committee, but may provide background information and input as requested by the committee.

### Section 7 – Ex-officio Members

- A. Past committee chairpersons may serve in an ex-officio capacity in their respective committees.
- B. The Intergroup Chairperson is an ex-officio member of all committees except the nominating committee.

### Section 8 – 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 monthly and following any event for which monies were expended or received.
3. The committee chairperson shall arrange for an audit of the committee account during the final month of each year. The audit shall take place at the same time as the audit for the general account of the Intergroup.

#### Section 9 – 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.

#### Section 10 – Removal of Committee Chairpersons

A Committee Chairperson shall be removed from office on recommendation of the Intergroup Chairperson with approval of two-thirds of all voting members. Removal may be based on unworthy conduct, return to compulsive overeating, or non-attendance.

### ARTICLE VII – 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 Six.
- C. The Intergroup may accept donations from OA members, conforming with the general practice of OA.
- D. The maximum allowable annual donation to the Intergroup by OA members is to be limited to five thousand dollars (\$5,000).
- 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 allocations of funds set up outside of Overeaters Anonymous.

#### Section 2 – Prudent Reserve

There shall be no accumulation of funds beyond current necessities, with retention of only a prudent reserve for contingencies. Funds in excess shall be donated to Region 4 and to the World Service Office semi-annually as budgeted and directly by the Intergroup.

## ARTICLE VIII – PARLIAMENTARY AUTHORITY

### Section 1

The rules contained in the current edition of Robert's Rules of Order Newly Revised shall govern this Intergroup 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 this Intergroup may adopt.

## ARTICLE IX – AMENDMENTS TO THESE LAWS

### Section 1

These bylaws, with the exception of Article II, Sections 2, 3 and 4, maybe amended at any time by a vote of two-thirds of all voting members present. Copies of the proposed amendments must be 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.

## ARTICLE X – MAJOR POLICY MATTERS

### Section 1

- A. Matters which affect this Intergroup and/or groups within its service area shall be referred to the Board of this Intergroup.
- B. Matters which related to Overeaters Anonymous as a whole which affect Subpart A of the bylaws of Overeaters Anonymous, Inc. shall be referred to the 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 the Twelve Concepts of Service shall be referred to the World Service Business Conference.

## ARTICLE XI – DISSOLUTION

### Section 1

Upon 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 Region 4.

Section 2

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 reasonable compensation for the services rendered and to make payment and distribution in furtherance of the express purposes for which it is formed.