

Bylaws of the Louisville Metro Intergroup of Overeaters Anonymous Revised Summer, 2022

Article I – Name

The name of this organization shall be the Louisville Metro Intergroup, also known as LMI or Intergroup. LMI is made up of Representatives from local meetings, Elected Officers, and other approved Volunteer Service Positions that are necessary to the efficient work of the LMI (examples: Webmaster, Zoom Captain etc.). LMI is in Region 5 of the OA World Service Organization (WSO) and consists of meetings from the Louisville metropolitan area and affiliated meetings in Kentucky and Indiana. The mailing address of LMI is Louisville Metro Intergroup of OA, P.O. Box 7223, Louisville, KY 40257. The email address, posted on the website and used both for newcomers and as an email blast address for communication to current members, is togetherwgb@gmail.com.

Article II – Purpose

The primary purpose of LMI is to carry the message of recovery to those with the problem of eating compulsively, by fostering the practice of the Twelve Steps and the Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service, and to serve and represent member groups of LMI.

A. The Twelve Steps¹

The Twelve 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.

¹ The Steps may not be amended by LMI.

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.

B. The Twelve Traditions²

The Twelve Traditions of Overeaters Anonymous 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 servants, they do not govern.
3. The only requirement for OA membership is the 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 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.

C. The Twelve Concepts³

The Twelve Concepts of Overeaters Anonymous Service are:

1. The ultimate responsibility and authority for OA World Services reside in 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.

² The Traditions may not be amended by LMI.

³ The Concepts may not be amended by LMI.

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 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 of LMI

Section 1 - Membership

Membership of LMI with voice and vote consists of:

- A. Intergroup Representatives (one member from each qualified group)
- B. Officers of the Intergroup
- C. Those holding approved Volunteer Service Positions (must be serving on Intergroup currently to have a vote)
- D. World Service Delegates
- E. Region Representatives.

(Note: each LMI member will have only one vote even if serving in two roles.)

Section 2 –Group Qualifications

- A. Qualifications for group membership in LMI: Groups registered with the World Service Office (WSO) that are within our region or geographic proximity may affiliate with LMI, except that virtual groups registered with the WSO may affiliate without regard to geographic proximity. LMI has the autonomy to determine which groups may affiliate with it; that decision should always be guided by OA Traditions and Concepts.

- B. LMI 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, as follows.
 - 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 a 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) The group is affiliated as an Overeaters Anonymous group by registering with the World Service Office.

- C. Virtual groups (telephone and online groups that replicate face-to-face meetings through electronic media) may be an Overeaters Anonymous group if they:
 - 1) Otherwise meet the definition of an Overeaters Anonymous group;
 - 2) Are fully interactive; and
 - 3) Meet in real time.
 - 4.) Are registered with WSO.

Section 3– Intergroup Representatives

- A. Intergroup Representatives will be selected by their group conscience of the groups they represent.
- B. The duty of the Intergroup Representative is to represent their group at LMI meetings and to serve as a contact to carry communications between LMI and the represented group. See the OA pamphlet “OA Handbook Members, Groups, and Service Bodies: Recovery Opportunities,” page 22, for more information.

Article IV –Elected Members and Approved Volunteer Service Positions

Section 1 –LMI Elected Members and Approved Volunteer Service Positions

- A. Elected Members:
 - Officers: Two Co-Chairs, Secretary, Treasurer,
World Service Delegates
Region Representatives⁴
- B. Approved Volunteer Service Positions-Intergroup may recruit and approve volunteers from Intergroup or experienced OA members not currently on Intergroup to the positions listed below for one-year terms beginning at the July Intergroup meeting. Each year, Intergroup will confirm new or returning appointees to these positions:
 - Web Administrator
 - Meeting Lists Coordinator
 - Communication Coordinator

⁴ According to the Region 5 Bylaws, each intergroup is entitled to send Region 5 representatives according to the following formula: one Region 5 representative for every ten (10) groups or portion thereof currently registered with the World Service Office.

Zoom Captain
LMI Newcomer Advocate
LMI Outreach Advocate
Retreat Chair

Section 2 – Nominations for Elected Members

Nominations for Elected Members shall be made from the floor the month prior to elections. A nominating committee may be formed at the discretion of LMI.

Section 3 – Qualifications for the Elected Members

- A. Each Elected Member must be a regular member of an affiliated group and commit to be actively practicing the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service.
- B. Each Intergroup Officer will be a regular member of an affiliated group and the Co-Chair nominees shall have current or prior Intergroup experience.
- C. Nominees for Co-Chair shall have one year of abstinence at the date of nomination. All other Officer nominees (Secretary and Treasurer) shall have six months of abstinence at the date of nomination.
- D. A nominee for any Elected Member position shall be the sole judge of his/her abstinence.
- E. Nominees for Regional Representatives and alternates shall meet the qualifications and requirements as outlined in the Region 5 Bylaws, namely that each representative: shall be elected to a two-year term; shall be selected for judgment, experience, stability, willingness, and for faithful adherence to the Twelve Steps, Twelve Traditions, and Twelve Concept of Overeaters Anonymous; shall have at least one year of current abstinence upon submitting their qualifications (permission for any exception may be requested from Region 5 Executive Board at least fifteen (15) days prior to the Region 5 Assembly), and as required for election under these Bylaws. The number of Region Representatives is determined by Region 5.
- F. The World Service Delegate must meet the abstinence and length of service requirements in the OA, Inc. Bylaws, Subpart B, Article X, Section 3c 1), which are currently one year of abstinence and at least two years of service beyond the group level.
- G. Group conscience may waive abstinence and/or attendance requirements for Co-Chairs, secretary, or treasurer. Permission for an exception to the Region Representative or World Service Delegate requirements may be requested from Region 5 or the World Service Office, as applicable.

Section 4 – Method of Election

- A. Nominations for all Elected Members shall be taken at the June Intergroup meeting for a July election, except that nominations for World Service Delegate shall be taken in December for a January election to give the Delegate time to prepare for the World Business Conference. Elected Members will begin their new duties immediately after the January or July meeting, as applicable.
- B. One Co-Chair, Secretary and one Regional Representative shall be elected in even numbered years. One Co-Chair, World Service Delegate, one Regional Representative and Treasurer shall be elected in odd numbered years. As long as Region 5 allots LMI two Representatives, they will act as alternates for one another when needed. However, if at

any time, LMI representation is reduced to one person, then an Alternate Representative will be elected at the same time as the designated Representative, in July of even numbered years.

- C. All nominees shall be present at the nomination meeting and/or the election meeting.
- D. Voting shall be by closed vote, simple majority. The Co-Chairs will tally the votes.

Section 5 – Term of Service

- A. The term of service for all Elected Members shall be two years. The term of service for an appointed Volunteer Service Position shall be one year, subject to reappointment.
- B. No Elected Member may serve more than two consecutive full terms in one position. If a person is elected to fill a vacancy for less than a full term, that person may be elected to two full terms following the end of their interim appointment. Also, an Elected Member may run again after a two-year period has lapsed.
- C. Once elected or appointed, both Elected Position members and those who hold Volunteer Positions who are also Intergroup Representatives are encouraged to recruit a new Intergroup Representative from their meeting.

Section 6 – Responsibilities of all Intergroup Members

- A. Serve as guardians of the Twelve Steps, Twelve Traditions and Twelve Concepts with respect to the functions of the Intergroup.
- B. Perform the duties of their offices or positions in accordance with LMI Policies and Procedures.
- C. Serve as stewards of LMI funds.
- D. Provide a forum for the interchange of ideas and information among member groups.
- E. It is suggested that every Intergroup Representative get actively involved with helping Intergroup meet its annual goals, such as increasing OA membership through outreach, volunteering to help with workshops or other events, or contributing to meetings by helping to edit proposed documents etc.
- F. LMI may support other groups, attend meetings that need support, provide literature for workshops and other events, donate literature to new groups, host special occasions for the fellowship as a whole, provide funds to groups to buy literature, etc.

Section 7 – Vacancies and Resignations

- A. An Elected Member may be removed for due cause (e.g., violation of the Twelve Traditions and Twelve Concepts of OA Service, absenteeism) by a two-thirds (2/3) vote at a regular or special meeting announced for that purpose.
- B. An Elected Member may resign at any time for any reason by giving the Chair notice.
- C. Vacancies shall be filled by a majority vote at the next meeting or special meeting of the Intergroup after the vacancy occurs. Such persons chosen to fill the vacancies shall serve for the remainder of the unexpired term.

Article V – Meetings

- A. The Intergroup meeting shall be held monthly at a time and place designated by a majority of the voting members.
- B. Meetings shall be chaired by a Co-Chair. In the event no Co-Chair is available to chair the meeting, the Secretary will open the meeting and hold an election for a temporary Co-Chair.
- C. Generally, Intergroup meetings shall be conducted in accordance with *Robert's Rules of Order, Newly Revised*.
- D. There is no requirement for a specific number of members to be present to conduct business.
- E. A special meeting may be called at any time by a majority vote of the Elected Members, provided at least seven (7) days' notice is provided to the membership.
- F. The concept of the current month from the Twelve Concepts shall be read at the beginning of each LMI meeting.

Article VI – Committees

- A. Intergroup may establish special or standing committees as are needed for the welfare and operation of LMI. Examples may include but are not limited to: Executive Committee, Finance Committee, Retreat Committee. These committees (with the exception of the Retreat Committee) are typically called by the Co-Chairs on a need-to-meet basis for a specific purpose-either for planning or for completing work delegated by the larger Intergroup body. Membership will depend on the purpose.
- B. The Retreat Committee Chair (or a designee) shall report to Intergroup at least once per quarter.

Article VII – Projects

- A. In addition to Committees, Intergroup may form "Project groups" as needed to sponsor specific events or to perform specific tasks.
- B. All project groups will be chaired by a member of Intergroup or by a member of the LMI community who accepts responsibility to report to Intergroup.
- C. LMI encourages all project groups to include members of the LMI community in carrying out their work.

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 in accordance with Tradition Seven.
- 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 OA members is to be limited in accordance with World Service practices.

- 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 Overeaters Anonymous.

Section 2 – Prudent Reserve

There shall be no accumulation of funds beyond current necessities, with retention of only prudent reserve for contingencies. (See the Twelve Concepts of OA Service.) Excess funds shall be donated to Region 5 and the World Service Office in January as directed by Intergroup.

Article IX – Amendments to These Bylaws

- A. Amendments to these Bylaws may be proposed by any LMI member or group. The proposed amendment must be submitted in writing to the Chair of Intergroup and distributed in writing at a regular Intergroup meeting, to be voted on at the following Intergroup meeting.
- B. A two-thirds (2/3) majority of the voting members present and entitled to vote shall be necessary for adoption of an amendment to these Bylaws.
- C. Bylaws shall be reviewed by the Bylaws Committee in January of every odd calendar year.

Article X – Dissolution

- A. In order to deregister as an Intergroup, LMI must submit a written request to the World Service Office, region chair and region trustee.
- B. Upon dissolution of Intergroup, after paying or adequately providing for the debts and obligations of Intergroup, the remaining assets shall be distributed to other Overeaters Anonymous service bodies or the WSO.
- C. In accordance with Tradition 8, no member of LMI and no officer or person connected with the Intergroup shall receive at any time any earnings or pecuniary profit from the operation of this Intergroup except that LMI shall be empowered to pay reasonable compensation for services rendered and to make payment and distribution in furtherance of the expressed purpose for which it was formed.