



Northern Lights Intergroup

BYLAWS (March 2022)

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ARTICLE I – NAME

The name of this organization shall be ***Northern Lights Intergroup of Overeaters Anonymous***, hereinafter known as NLI.

ARTICLE II – GUIDELINES

Section A: Purpose

The primary purpose is to carry the message of recovery to those with the problem of compulsive eating through the Twelve Steps and Twelve Traditions of *Overeaters Anonymous* (OA) guided by the Twelve Concepts of OA Service and to serve and represent the OA groups.

Section B: The Twelve Steps of *Overeaters Anonymous*

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 C: The Twelve Traditions of *Overeaters Anonymous*

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 D: The Twelve Concepts of Service in *Overeaters Anonymous*

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 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 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 A – Membership

Membership of the Intergroup (IG) with voice and vote includes the following:

1. Board Members
2. Group Representatives (GRs), which shall consist of one GR or an Alternate from each group within the geographic area. Only one vote per group. Geographic area shall be defined as:
 - a. Northern Alberta
 - b. Northwest Territories
 - c. Any OA Group that wants to be part of NLI.
3. Committee chairs (if holding another board position, shall have only one vote).

Visitors are welcome and have voice but **no** vote.

Section B – Group Qualifications

1. NLI endorses the definition of an OA group in *May 2021 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*.

These points shall define an *Overeaters Anonymous* group:

- a. As a group, they meet to practice the Twelve Steps and Twelve Traditions of *Overeaters Anonymous*, guided by the Twelve Concepts of OA Service.
 - 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. It has affiliated as an *Overeaters Anonymous* group by registering with the *World Service Office*.
2. The composition of an intergroup:
 - a. Groups registered with the *World Service office (WSO)* that are within its region or geographic proximity may affiliate with an intergroup, except that virtual groups registered with WSO may affiliate without regard to geographic proximity.
 - b. Each intergroup has the autonomy to determine which groups may affiliate with it; that decision should always be guided by OA Traditions and Concepts.
 3. Virtual groups (groups which replicate face-to-face meetings through electronic media) may be an *Overeaters Anonymous* group if they:
 - a. Otherwise meet the definition of *Overeaters Anonymous* groups;
 - b. Are fully interactive, and
 - c. Meet in real time.
 4. No group may be registered with another Intergroup.
 5. Any registered NLI group upon a two-thirds vote of all registered NLI groups may be expelled from membership for break of Traditions
 6. Any member group wishing to withdraw from membership may do so upon a notice in writing to the Board through the Secretary. Deregistration process includes notification to the World Service Office, the Region One Chair, and the Region One Trustee. (Email is acceptable.)

Section C – Group Representatives (GR)

1. GRs and Alternates shall be selected by the group conscience of the group they represent.
2. GRs and Alternates shall serve for a period designated by the group.
3. Qualifications for GRs-and Alternates
 - a. Willingness to serve.
 - b. Commitment to the Twelve Steps and Twelve Traditions.
 - c. Six (6) months attendance at OA meetings.
4. Responsibilities of GRs and Alternates
 - a. Attend all NLI meetings,
 - b. Shall regularly attend their group's OA meetings.
 - c. Act as liaisons between NLI and their group by:
 - i. Bringing group suggestions/ideas/concerns to NLI.
 - ii. Bringing NLI suggestions/ideas/concerns to their groups.
 - iii. Distributing pertinent information to their groups.
 - d. Update meeting lists and contact person for their meeting with NLI and WSO.

ARTICLE IV – THE BOARD

Section A – Officers

1. The elected Board officers shall be:
 - Chair
 - Co-Chair
 - Treasurer
 - Secretary
 - Literature
 - Public Information
 - Special Events
 - Webmaster
 - Region One Representative
 - Region One Representative Alternative
 - World Service Delegate
 - World Service Delegate Alternative
2. Non-Elected Officers:
 - Past Chair
 - Committee Chairs or their Representatives

Section B – Nominations to the Board

1. Nominations to the board may be made:
 - a. From the floor at the time of election, and/or
 - b. By a nomination committee, and/or
 - c. By written submission to the Chair of NLI.
2. A nomination committee may be formed, at the discretion of NLI.

Section C – Qualifications

1. Each Board Member shall:
 - a. Have at least one (1) year of current membership in OA,
 - b. Have a minimum of six (6) months of abstinence and/or recovery:

A revised Abstinence and Recovery Policy was adopted at World Service Business Conference 2021. OA's revised policy states:
"WSBC 2021 accepts the following:
Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.
Spiritual, emotional, and physical recovery is the result of living and working the *Overeaters Anonymous* Twelve Step program on a daily basis."
(Business Conference Policy Manual, 1988b [amended 2019, 2021])
 - c. Be regularly attending OA meetings,
 - d. Willingness to serve at the intergroup level,
 - e. Have served or be serving at the group level, and
 - f. Be practicing the *Twelve Steps*, *Twelve Traditions*, and the *Twelve Concepts of Service in Overeaters Anonymous* to the best of their ability.
2. The World Service Delegate must comply with the abstinence and length of service requirements in the *OA, Inc. Bylaws, Subpart B, Article X, Section 3 C 1*. Current requirements are one (1) year of current abstinence and at least two (2) years of service above the group level. (Above the group level means going to Intergroup, helping with a workshop or retreat, attending Region, or being on a committee for Intergroup.)

Section D – Responsibilities

1. Attend all Board Meetings and review Google Docs in order to be informed before the meeting and submit reports monthly via Google Docs.
2. Continue to maintain abstinence, attend meetings and practice the *Twelve Steps*, *Twelve Traditions* and *Twelve Concepts of OA Service* to the best of their ability.
3. Notify Chair or Co-Chair 48 hours prior to the meeting, if unable to attend.
4. Perform their duties and responsibilities as set out in the latest NLI Roles and Responsibilities.
5. Serve as guardians of the *Twelve Steps*, *Twelve Traditions* and *Twelve Concepts* with respect to the functions of the IG.
6. Serve as guardian of funds and participate in an annual financial audit.
7. Provide a forum for the interchange of ideas and information for member groups.

Section E – Elections

1. Shall be held yearly at the Annual General Meeting during the NLI Spring Retreat.
2. To be eligible for election to the Board, the nominees must:
 - a. Meet all qualifications as defined in *Article IV Section 3*, and
 - b. Understand the roles and responsibilities of the position as set out in the latest NLI Roles and Responsibilities.
3. Nominees must be present and receive a majority vote.
4. Voting shall be done by secret ballot. If there is only one nominee, that person will be unanimously accepted.

Section F – Term of Office

1. Board members shall be elected for a two (2) year period and not serve more than two (2) consecutive terms in the same position.
2. In even numbered years, these positions shall be elected:
 - the chair,
 - secretary,
 - public information,
 - webmaster,
 - Region One Representative and
 - alternate Region One Representative.
3. In odd numbered years, these positions shall be elected:
 - the co-chair,
 - treasurer,
 - literature,
 - special events, and
 - World Service Delegate and
 - alternate World Service Delegate.

Section G – Vacancies and Resignations

1. Any board member may resign at any time for any reason by giving the chair of NLI written notice.
2. If a board member is absent (with or without notice) from a meeting more than two (2) times in a fiscal year, the member may be removed from the position by a two-thirds (2/3) vote of the ballots cast either at a regular meeting or a meeting announced for that purpose.
3. Any board member may be removed from office for due cause by a two-thirds (2/3) vote of all NLI members present at a regular meeting or a special meeting

announced for that purpose. This will be followed by written notification to the board member.

4. Should any board member not be able to fulfill their roles and responsibilities, another person who meets the requirements of the position may be elected for the position.

Section H – Filling of Vacancies

1. The position shall be filled by majority vote at the next regular or special meeting of NLI.
2. The person elected to fill the vacancies shall:
 - a. Meet board qualifications (*Article IV, Section C*)
 - b. Be aware of all responsibilities of that position, and
 - c. Serve for the remainder of the unexpired term.

ARTICLE V – MEETINGS

- A. Regular general meeting of NLI shall be held monthly on the second Saturday of the month virtually via a Zoom link.
- B. The board may select an alternate date with advance notice to all Board Members.
- C. All meetings shall be conducted in accordance with the latest edition of Robert's "Rules of Order".
- D. Minimum quorum requirements are: seven (7) people, of which a minimum of four (4) are to be Board members.
- E. The Executive Committee shall consist of Chair, Co-Chair, Secretary, and Treasurer; in the event that there is a vacancy or unavailability of any member of the committee the next executive in line may appoint another NLI member to take the place of the missing member of the board.
 1. The Executive Committee may call an emergency meeting to execute important time-sensitive matters arising between board meetings.
 2. This meeting may be called by any Executive Committee member, if the Chair is not available.
 3. This meeting may also be conducted by phone or conference call or virtually via a Zoom link.

ARTICLE VI – FINANCIAL REVIEW

- A. The books, accounts and records of the Treasurer shall be reviewed:
 1. Once a year by a duly qualified accountant or
 2. By two (2) members of the fellowship.
- B. The financial statement resulting from the review of the books for the previous year shall be submitted:
 1. At the latest by the March regular meeting.
 2. The fiscal year end shall be December 31st.
- C. The books and records are open to be inspected by any member of the fellowship.

ARTICLE VII – COMMITTEES

Section A - Standing Committees

A Standing Committee is a permanent and regular committee that may be established as required to carry out the purposes of the Intergroup in the most effective and efficient manner.

Section B - Special Committees

A Special Committee is a committee established by the Board for a limited time period to perform a particular study or investigation or task as decided by the Board.

Section C - Committee Appointments

The chair shall appoint a committee chair from those GRs (group reps) or board members present. Any OA member present, meeting GR qualifications, may be appointed to chair a standing or special committee, with approval of the majority of the members present and voting.

Section D - 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 E - 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 approval by the Intergroup prior to implementation.

Each special committee chair shall submit a written report to the Intergroup within two (2) months of the end of any specific event coordinated by that committee. If any monies are expended from an approved budget, a detailed and itemized report shall be included with the committee report.

ARTICLE VIII – FINANCIAL STRUCTURE

- 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 NLI according to Tradition Six.
- C. NLI may accept donations from OA members conforming with the general practice of OA.
 - 1. NLI shall maintain a bank account for dispersal of funds;
 - 2. Cheques will require any one signature of one of the following three (3) Executive members: Chair, Co-Chair and Treasurer.
 - 3. Electronic Funds Transfers (EFT) can be received by the treasurer.
 - 4. EFT can be sent by Treasurer to *Region One* or *World Service* per Motion to be made at an NLI meeting. For purchase of literature, the consent of at least one of the members of the Executive Committee will be necessary.
- D. No person serving on NLI shall receive any remuneration for services rendered.

ARTICLE IX – DISSOLUTION

Upon the dissolution of this organization, after paying or adequately providing for the debts and obligations of this organization, the remaining assets shall be distributed to *World Service Organization* and to *Region One*. In order to complete deregistration, NLI must submit a written notice to the *World Service Office, Region One Chair* and *Region One Trustee*. (Email is acceptable).

ARTICLE X – MAJOR POLICY MATTERS

- A. Matters which affect NLI and/or group/s within its service area shall be referred to NLI.
- B. Matters which relate to *Overeaters Anonymous* as a whole or which affect *Subpart A* of the *Bylaws of Overeaters Anonymous, Inc.* shall be referred to the Board of Trustees.

ARTICLE XI – AMENDMENTS TO THESE BYLAWS

These bylaws may be amended at any time by a two-thirds (2/3) vote of the voting members present at any regular or special meeting of NLI. The proposed amendments must be communicated in writing to each member group at least twenty-one (21) days prior to the meeting.

Amendments to the *Twelve Steps*, *Twelve Traditions* and *Twelve Concepts of OA Service* may only be made by the *World Service Business Conference*.

The above amended bylaws are hereby accepted:

Dated this _____ day of _____, _____.

Name (Signed, Printed, and Position)

Name (Signed, Printed, and Position)

Name (Signed, Printed, and Position)