

GREATER SEATTLE INTERGROUP OF OVEREATERS ANONYMOUS

Bylaws

Amended last: October 7, 2025

ARTICLE I - NAME

The name of this fellowship shall be the **Greater Seattle Intergroup of Overeaters Anonymous**, (hereafter to be referred to as GSI and OA, respectively).

ARTICLE II – PURPOSE

Section 1 – Purpose

The primary purpose of this organization is to carry the message of OA to aid those with the problem of compulsive eating and to serve and represent the OA groups from which the Intergroup is formed.

Section 2 - The Twelve Steps¹

GSI shall be the guardian of the Twelve Steps, which are suggested for recovery in the Fellowship 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 people 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.

¹Permission to use the Twelve Steps of Alcoholic Anonymous for adaptation granted by AA World Services, Inc.

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 a result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Section 3 - The Twelve Traditions²

GSI shall be the guardian of the Twelve Traditions of OA:

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one 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 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 self-supporting, declining outside contributions.
8. OA 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. OA 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.

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

Section 4 - The Twelve Concepts of OA Service

GSI follows the Twelve Concepts listed below:

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.
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;
 - 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 – MEMBERSHIP

Section 1 - Membership

Membership of the Intergroup shall consist of the following:

- A. The Intergroup Board (defined in Article IV, Section 1).
- B. Intergroup Representatives (IRs) which shall consist of one member from each group registered with GSI.

Section 2 - Qualifications

Qualifications for membership in the Intergroup:

- A. Groups registered with the World Service Office (WSO) that are within its region or geographic proximity may affiliate with the Intergroup, except that virtual groups registered with the WSO may affiliate without regard to geographic proximity. 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 action 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.
- 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.
- C. Each Group shall be entitled to one vote through its elected IR.
- D. 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 when the necessity arises.
- B. Intergroup Representatives may vote for only one group at Intergroup meetings.
- C. Intergroup Representatives may not serve as elected officers of other OA intergroups.
- D. 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 – Committee Chairs

Committee Chairs may give reports, make motions, and debate but may not vote unless also as an intergroup member as defined elsewhere in this article.

Section 5 - Visitors

Any member of the Fellowship who is not a board member, representative or alternate is welcome and encouraged to participate in discussion, when recognized by the chair, but does not have a vote.

ARTICLE IV - THE INTERGROUP BOARD

Section 1 - Intergroup Board

- A. The Greater Seattle Intergroup Board shall be composed of:
 - 1) Chair
 - 2) Vice-Chair
 - 3) Secretary
 - 4) Treasurer
 - 5) Five (5) World Service Business Conference (WSBC) Delegates. WSBC Delegates shall also serve as Region One Representatives.
 - a. The actual number of GSI WSBC Delegates eligible to attend the World Service Business Conference is as specified in the Bylaws of OA, Inc., Subpart B.
 - b. The actual number of Region One Representatives eligible to attend the Region One Assembly is as specified in the Bylaws of Region One.
 - c. After determining the number of WSBC Delegates or Region One Representatives eligible and the number that GSI chooses to attend, those Delegates or Representatives willing and able to attend shall be selected in numerical order by Delegate/Representative. Thus Delegate #1, if able and willing, shall be selected to attend first, Delegate #2, second, Delegate #3, third, continuing until the determined number is obtained.
 - d. If by reason of vacancy or inability to attend, there is an insufficient number of eligible Delegates/Representatives to attend, GSI may select temporary replacement(s), provided that those Delegates or Representatives meet the eligibility requirements specified in the bylaws of OA, Inc., Subpart B and Region One, respectively.
- B. The Executive Board shall consist of the Chair, Vice-Chair, Secretary and Treasurer; they shall be empowered to make emergency decisions between regular meetings, at which time the decision would be ratified.

Section 2 - Nominations to the Intergroup Board

Nominations to the board may be made from the floor at the time of elections. A nominating committee may also be formed at the discretion of the Intergroup.

Section 3 - Qualifications for the Intergroup Board

To be elected to the Greater Seattle Intergroup board, a person, at the time of election must:

- A. Be a regular member of an active OA group served by the GSI.
- B. Be abstinent from eating compulsively.
- C. Be practicing the Twelve Steps and Twelve Traditions to the best of their ability and have given away their fourth step inventory.
- D. Be currently serving or have served as a group representative or alternate.
- E. Intergroup Board members shall be selected for judgment, stability, experience, and willingness to serve.
- F. WSBC delegates must also meet the abstinence and other requirements as established in Overeaters Anonymous, Inc., Bylaws Subpart B.
- G. Executive Board members may be elected as a WSBC delegate, retaining their position on the executive board if they so chose.

Section 4 - Method of Election

- A. Elections shall be held annually at the November meeting.
- B. To be eligible for election to the board, nominees 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 meeting and must receive a majority vote of the Intergroup members present and voting.

Section 5 - Term of Office

- A. The service board members will be elected as follows:
 - 1) Odd-numbered years in November:
 - a. Chair
 - b. Vice-chair
 - c. Even-numbered WSO delegates
 - 2) Even-numbered years in November:
 - a. Secretary
 - b. Treasurer
 - c. Odd-numbered WSO delegates
- B. Term of office shall be two years and responsibilities shall commence in January following the November election.
- C. Upon assuming an elected office on the Board, members shall cease to be a representative of their group; that group shall elect a new Intergroup Representative.

- D. No Intergroup Board member shall serve more than two full consecutive terms in the same office.

Section 6 - Responsibilities of the Intergroup Board

A. Chair

- 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 attend all standing committee meetings.
- 4) Shall perform all duties as prescribed in the Intergroup policy for job descriptions.
- 5) Shall appoint a parliamentarian to advise the Chair and the Intergroup in the use of appropriate procedure at business meetings and the interpretation of governing documents.

B. Vice-Chair

- 1) Shall serve in the absence of the Chair.
- 2) Shall serve as Events Coordinator for the Intergroup.
- 3) Shall, in the event that the Chair is determined to be unable to discharge his/her duties and responsibilities by a majority vote of the remaining board members, assume those duties and responsibilities until the Chair notifies the Board that he/she is able to resume those duties and responsibilities. If there is a dispute between the Chair and the Board about his/her ability to resume the duties and responsibilities, the determination shall be made by the voting members of the Intergroup.
- 4) Shall perform all duties as prescribed in the Intergroup policy for job descriptions.

C. Secretary

- 1) Shall see that minutes are kept of all Intergroup and Intergroup Board meetings.
- 2) Shall duplicate and distribute the minutes to each member group and Intergroup board member.
- 3) Shall maintain a file of all minutes of past meetings.
- 4) Shall perform all duties as prescribed in the Intergroup policy for job descriptions.

D. Treasurer

- 1) Shall record contributions and other income; maintains all GSI bank accounts in US funds, if necessary, and disperses Intergroup funds. Maintains up-to-date financial information including balancing all accounts monthly.
- 2) Shall submit financial reports each month at the Intergroup meeting, and for inclusion in the Google account, and an annual financial statement.

- 3) Shall be cosignatory with two other Board members or an appointee of the Board.
 - 4) Shall maintain an Intergroup mailing address to receive donations and retrieves mail at least monthly.
 - 5) Shall perform all other duties as prescribed in the Intergroup policy for job descriptions.
- E. WSBC Delegates and Alternate Delegates
- 1) Shall attend monthly Intergroup meetings to give regular reports of activities.
 - 2) Shall attend the annual World Service Business Conference and Region One Assembly, when designated.
 - 3) Shall assist and serve an assigned number of groups within the Intergroup.
 - 4) Shall perform all other duties as prescribed in the Intergroup policy for job descriptions.
 - 5) Intergroup board members are encouraged to support each other in their ongoing growth towards spiritual, emotional and physical recovery.

Section 7 - Vacancies and Resignations

- A. If a member of the Intergroup Board fails to attend three meetings during the calendar year, his/her office may be declared vacant by a majority of those IRs and board members present and voting.
- B. Any board member may resign at any time for any reason by giving the Chair of the Intergroup written notice.
- C. Any board member of the Intergroup may be removed from office by a two-thirds vote of those present and voting at a special meeting announced for that purpose.

Section 8 - Filling of Vacancies

- A. If the Chair position becomes vacant, the Vice-Chair will automatically fill the unexpired term.
- B. Other vacancies shall be filled by a majority vote at that meeting in which the vacancy occurred, or at any subsequent meeting of the Intergroup. Such persons chosen to fill said vacancies shall serve for the remainder of the unexpired term.
- C. A person chosen to fill any vacancy on the 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 in Article IV.

ARTICLE V - MEETINGS

Section 1 - Regular Meetings

Regular meetings of the Greater Seattle Intergroup shall be held monthly on the first Tuesday, unless otherwise ordered by the membership.

Section 2 - Annual Meeting

An Annual meeting shall be held in the month of November for the election of officers.

Section 3 - Special Meetings

A special meeting may be called at any time by the Chair or a majority vote of the Intergroup Board by giving notice as prescribed in Article V, Section 4.

Section 4 – Electronic Meetings

When authorized by the Executive Board with three (3) days notice, any meeting of the intergroup may be conducted by means of a conference telephone or similar communications equipment by means of which all persons participating in the meeting can hear each other at the same time, and participation by such means shall constitute presence in person at a meeting.

Section 5- Method of Notification

- A. Notification of regular meetings shall consist of notice placed in the directory and in the Intergroup newsletter, when published, and an announcement at the prior Intergroup meeting.
- B. Notification of special meetings will be made by phone, e-mail or mail at least two weeks prior to the day of the meeting.

Section 6– Voting

- A. Each IR has one vote on any matter.
- B. Each member of the Intergroup Board has one vote, including the Chair, who may vote in any ballot vote or any time in which the outcome of the vote may be affected by the Chair's vote.

Section 7 - Quorum

Those voting members present at any meeting of this Intergroup shall constitute a quorum for all proceedings

ARTICLE VI - COMMITTEES

Section 1 - Standing Committees

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

- A. Bylaws
- B. Events
- C. Website
- D. Public Information and Professional Outreach (PIPO)
- E. 12th Step Within
- F. Literature
- G. Meeting Liaison
- H. Podcast/Media
- I. Finance

Section 2 - Special Committees

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

Section 3 - Committee Appointments

- A. The chair of standing and special committees shall be appointed by the Intergroup.
- B. The committee chair of each committee shall appoint its members.

Section 4 - Committee Procedures

Each standing or special committee shall be responsible for calling and holding meetings and establishing its method of procedures.

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 an established budget shall require prior approval by the Intergroup. When any monies are expended, an itemized financial report shall be submitted to the Treasurer for reporting.

Section 6 - Nominating Committee

The Intergroup may have a nominating committee to recommend persons to serve on the Intergroup Board. The Chair 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

The Intergroup Chair is an ex-officio member of all committees, except the Nominating Committee.

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 \$5,000.00.
- 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 of Overeaters Anonymous.

ARTICLE VIII - PARLIAMENTARY AUTHORITY

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 Twelve Traditions or any special rules of order this Intergroup may adopt.

ARTICLE IX - AMENDMENTS TO THESE BYLAWS

These bylaws, with the exception of Article II, Section 2 (The 12 Steps), Section 3 (The 12 Traditions), and Section 4 (The 12 Concepts of OA Service), may be amended at any time by a two-thirds vote of the IRs and board members present and voting at any regular or special meeting of the Intergroup, provided that notification of the proposed amendment is given in person, or by mail, phone or electronic transmission to the secretary, IR, or other contact person for each group affiliated with GSI at least ten (10) days 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 relate 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 12 Steps and 12 Traditions shall be referred to the World Service Business Conference.

ARTICLE XI - DISSOLUTION

Section 1 - Distribution of Assets

Upon the dissolution of this association, after paying or adequately providing for the debts and obligations of the association, the remaining assets shall be distributed as follows: 60% to Region I Assembly of Overeaters Anonymous, 40% to Overeaters Anonymous, Inc.

Section 2 - Restrictions on Use of Net Earnings

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

ARTICLE XII - BOARD OF DIRECTORS LISTED IN CORPORATION FILINGS

The Chair, Vice-Chair, Secretary, and Treasurer shall be listed as the members of the Board of Directors in corporate filings, and the Treasurer shall be listed as the Registered Agent.