

**ARTICLE I:
NAME AND PURPOSE**

SECTION 1 – NAME

The name of this organization will be South Central Pennsylvania Overeaters Anonymous Intergroup (hereafter known as SCPOAI).

SECTION 2 - PURPOSE

The primary purpose of this entity is to aid those with the problem of compulsive eating, to serve and represent the Overeaters Anonymous Groups (hereafter known as OA), and to act as Guardian of the 12 Steps and 12 Traditions from which the SCPOAI is formed. SCPOAI is in compliance with, and qualifies as, an exempt organization under Section 501 (c) (3) of the Internal Revenue Code 1954 (or corresponding provision on any current United States Internal Revenue law).

ARTICLE II:

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.

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

ARTICLE III:

TWELVE TRADITIONS OF OVEREATERS ANONYMOUS

1. Our common welfare should come first; personal recovery depends on 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 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 to 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.

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

ARTICLE IV:

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, executive 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.

The Twelve Concepts of OA Service as adopted by the World Service Business Conference in 1994.

ARTICLE V:

MEMBERSHIP AND REPRESENTATION

SECTION 1 – MEMBERSHIP

- A. SCPOAI is registered with the World Service Office of Overeaters Anonymous in accordance with OA Inc. Bylaws, Subpart B, Article VI, Section 2.
- B. Those OA Groups who have formally registered with Overeaters Anonymous World Service and indicated their intention to affiliate with SCPOAI shall be considered members.
- C. A group may be formed by two or more persons meeting together as set forth in OA Inc. Bylaws, Subpart B, Article V, Section 1.
 - 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.
 - 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.

SECTION 2 - SCPOAI INTERGROUP REPRESENTATIVES

- 1. Each SCPOAI Group is entitled to one (1) voting Intergroup Representative. Member Groups may designate Alternate Intergroup Representatives.
 - 1. The selection of SCPOAI Intergroup Representatives and alternates, and terms of service, will be determined by their respective Groups.
 - 2. The primary responsibilities of Intergroup Representatives and Alternates to SCPOAI are to represent their Group at SCPOAI, disseminating information from SCPOAI to their Group, and act as liaison between Intergroup and their respective Groups.
- 2. An Intergroup Representative shall have voice and vote for only one (1) Group.

ARTICLE VI:

SCPOAI SERVICE BOARD

SECTION 1 - FUNCTION

- A. The Service Board shall serve as the Executive Committee of SCPOAI. The duties of the Service Board members will be those functions as described more fully in the Policy Manual of SCPOAI.
- B. The Service Board shall be elected by the voting Intergroup Representatives (only one vote per person)
- C. The Service Board will be composed of Chair, Vice Chair, Recording Secretary, Treasurer, Assistant Treasurer, and Corresponding Secretary.
- D. The Chair shall have no vote on issues except to cast the deciding vote in the case of a tie.
- E. Each Service Board member may continue to represent his or her Group except the Chair, whose Group should choose a succeeding Intergroup Representative.
- F. Authority to speak under emergency circumstances for SCPOAI is given to the Chair, subject to approval of the Intergroup Representatives at the next regular meeting.

SECTION 2 - TERMS OF SERVICE

- A. Terms of service shall be one (1) year. Service Board members may serve two (2) consecutive terms in the same position. Service Board members may serve in other positions, however, no member shall serve on the Service Board for more than four (4) consecutive years.
- B. Any Service Board member may resign at any time for any reason by submitting a written notice to the Service Board.

- C. Any Service Board member who returns to compulsive eating will be considered resigned and their position vacant.
- D. If any member of the Service Board fails to attend two (2) consecutive SCPOAI Regular Meetings without prior notice or just cause, the office shall be declared vacant and the Chair shall notify the absentee member in writing.
- E. Service Board vacancies shall be filled as soon as possible either by election or appointment by the Chair, subject to ratification by the voting Intergroup Representatives at the next regular meeting.

SECTION 3 - QUALIFICATIONS

- A. Service Board members should be selected for judgment, experience, stability, willingness, and for faithful adherence to living within the concepts of the 12 Steps and 12 Traditions of Overeaters Anonymous.
- B. Nominees for the Service Board shall be abstinent for a minimum of 6 months upon acceptance of the nomination.
- C. Each person is the sole judge of his/her own abstinence.
- D. Nominees for the Service Board shall appear before the Intergroup Representatives at the November meeting to answer questions from the floor for 3-5 minutes.

ARTICLE VII:

REGIONAL REPRESENTATIVES

SECTION 1 – FUNCTION

SCPOAI shall participate in Region 7 Assemblies through its Regional Representatives and Alternate Regional Representatives. Duties and responsibilities of Regional Representatives (and Alternates) will be those functions described more fully in the Policy Manual of SCPOAI.

SECTION 2 - TERMS OF SERVICE

- A. Regional Representatives shall be elected for a term of two years.
- B. Regional Representatives shall not serve for more than two consecutive terms.
- C. Any Regional Representative or Alternate Regional Representative may resign at any time for any reason by submitting a written notice to the Service Board.
- D. Any Regional Representative or Alternate Regional Representative who returns to compulsive eating will be considered resigned and their service position vacant.
- E. Vacant Regional Representative positions shall be filled by the Alternate Regional Representatives.
- F. Vacant Alternate Regional Representative positions shall be filled as soon as possible either by election or appointment by the Chair, subject to ratification by the voting Intergroup Representatives at the next Regular Meeting.

SECTION 3 - QUALIFICATIONS

- A. Regional Representatives should be selected for judgment, experience, stability, willingness, and for faithful adherence to living within the concepts of the 12 Steps and 12 Traditions of Overeaters Anonymous.
- B. Nominees for Regional Representatives shall be available to serve as World Service Business Conference Delegates.
- C. Nominees for Regional Representatives shall have at least two years of service above the group level.
- D. Nominees for Regional Representative shall be abstinent for a minimum of one (1) year upon acceptance of nomination.
- E. Each person is the sole judge of his/her own abstinence.
- F. Alternate Regional Representatives shall have the same qualifications as Regional Representatives. Alternate Regional Representatives should be available to serve as Regional Representatives.

ARTICLE VIII:

WORLD SERVICE BUSINESS CONFERENCE DELEGATES

- A. SCPOAI shall participate in the World Service Business Conference of Overeaters Anonymous through its World Service Delegates.
- B. World Service Delegates shall be selected by the voting Intergroup Representatives. They will be chosen from the current Regional Representatives at least 120 days prior to the annual World Service Business Conference of Overeaters Anonymous and their names forwarded immediately upon selection to the World Service Office of Overeaters Anonymous.
- C. Qualifications for selection of World Service delegates/alternates shall be set by SCPOAI 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. (Permission for any exception in qualifications for valid reasons, if deemed credible by the trustees, may be received by application to the World Service Office.)

ARTICLE IX:

SCPOAI MEETINGS

SECTION 1 - MEETINGS OF THE BODY

- A. SCPOAI shall hold regular meetings on such date and at such time and place as shall be determined by the Body, except that there shall be no fewer than six (6) regular meetings per year.
- B. Meetings of the Body otherwise may be held or eliminated as the Chair or membership may deem wise.
- C. A special meeting of the body may be called by petition of three (3) groups or two (2) Service Board members. Notice of such special meeting shall be given to all groups within SCPOAI.
- D. At a Regular or Special Meeting of the Body, Intergroup Representatives from 25% of regular SCPOAI Groups shall constitute a Quorum for business to be conducted.

SECTION 2 - ANNUAL MEETING

- A. The annual meeting of SCPOAI shall be held November of each year at such time and place as shall be determined by the Body.
- B. A quorum must be present for elections to be conducted.
- C. The election of the Service Board, Regional Representatives and World Service Delegates shall take place at the annual November meeting.

ARTICLE X:

NOMINATIONS AND ELECTIONS

SECTION 1 - NOMINATIONS

- A. At the August meeting, the Chair shall appoint a Nominating Committee.
- B. The duties of the Nominating Committee shall be to receive and present nominations at either the October regular meeting or disseminate nominations by mail to all registered groups (through group secretary listings) during the first week of October.
- C. Nominees must consent to inclusion on the ballot
- D. Nominations from the floor may be presented at any time before the nominations are duly closed at the November meeting.

SECTION 2 - ELECTIONS

- A. Voting shall be by secret ballot except in the case of a vote of acclamation.
- B. Only Intergroup Representatives or their Alternates may vote.
- C. Nominees shall be present at the meeting when elections are held.

ARTICLE XI:

STANDING COMMITTEES

Standing Committees and their functions will be those necessary for the conduct of SCPOAI business. They shall be designated by name and function in the SCPOAI Policy Manual.

ARTICLE XII:

FUNDING

SECTION 1 - SOURCE OF FUNDS

- A. Voluntary contributions of SCPOAI Member Groups shall be a source of funds.
- B. Other income may come from such projects or activities as may be authorized by SCPOAI within the guidelines of Traditions Six and Seven.
- C. SCPOAI may accept donations from OA members. Maximum allowable donations per member shall be limited to the amount set by OA World Service Inc. at the time of the donations.
- D. Acceptance of bequests or trusts from any non-OA member is prohibited.

SECTION 2 - FUND ACCUMULATION

- A. There shall be no accumulation of funds beyond current budgetary needs, allowance for future expenses and a prudent reserve for contingencies.
- B. Funds in excess may be donated to OA Groups, Region Seven or World Service Inc.
- C. OA funds shall not be used for the financial benefit of any member or elected representatives except as reimbursement for authorized expenses.

ARTICLE XIII:

AMENDMENTS

- A. With the exception of the 12 Steps, 12 Traditions, and 12 Concepts of OA Service, these Bylaws may be amended.
- B. All proposed Bylaw amendments shall be submitted in writing to the Chair for review and recommendation.
- C. Proposed Amendments determined by the Service Board to be in conformity with Overeaters Anonymous Inc. Bylaws and OA Traditions, and not in conflict with the purposes of SCPOAI, shall be presented to the SCPOAI Body at a Regular Meeting at least one (1) month prior to a vote on the proposed amendments.
- D. Amendments to Articles II, III, IV (steps, traditions and concepts); Article V, Section 1 (group definition and IG registration); Article XIII (Bylaws amendments); and Article VIII, Section C (WSBC delegate qualifications) of these Bylaws which are quoted directly from OA Bylaws, Subpart B shall only be made upon receipt of official notification by the Board of Trustees and/or the World Service Office. In that event, the changes shall be considered editorial; the changes shall be made and all member groups of this intergroup shall be notified.

ARTICLE XIV:

PARLIAMENTARY PROCEDURE

- A. Robert's Rules of Order shall govern the proceedings of SCPOAI in all cases not provided for in these Bylaws, Overeaters Anonymous, Inc. Bylaws, Subpart B, or any other special rule SCPOAI may adopt.
- B. The Chair may appoint a Parliamentarian to assist in these matters.

ARTICLE XV:

DISSOLUTION

Upon dissolution of this South Central PA - OA Intergroup, after paying or adequately providing for the debts and obligations of the Intergroup, the remaining assets shall be distributed to Region Seven Inc. and/or Overeaters Anonymous World Service Inc. or their successor organizations. No part of the net earnings of the organization shall inure to the benefit of, or be distributable to its members, trustees, directors, officers or other private persons of a sale or dissolution of the organization.