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**BY-LAWS OF NEW HAMPSHIRE INTERGROUP
OF OVEREATERS ANONYMOUS
WSO Group # 09190**

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Revised 11/19/08, 1/11/09, 2/1/09, 3/5/2012, 1/13/13, 12/8/13, 10/4/2015

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PREAMBLE

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9 Overeaters Anonymous is a fellowship of men and women who, through shared
10 experience, strength, and hope are recovering from compulsive overeating. We
11 welcome everyone who wants to stop eating compulsively.

12

13 There are no dues or fees for members; we are self-supporting through our own
14 contributions, neither soliciting nor accepting outside donations.

15

16 OA is not affiliated with any public or private organization, political movement,
17 ideology, or religious doctrine; we take no position on outside issues.

18

19 Our primary purpose is to abstain from compulsive eating and compulsive food
20 behaviors and to carry the message of recovery through the Twelve Steps of OA
21 to those who still suffer.

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ARTICLE I – NAME

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26 The name of this organization shall be New Hampshire Intergroup (hereinafter
27 referred to as NHI).

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ARTICLE II – PURPOSE

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32 Section 1 – Purpose

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34 The primary purpose of NHI of Overeaters Anonymous is to aid those with the
35 problem of eating compulsively to overcome the problem through the Twelve
36 Steps, Twelve Traditions and Twelve Concepts of OA service as stated in
37 Overeaters Anonymous Inc. Bylaws, Subpart B, by servicing and representing
38 the OA groups of which the New Hampshire Intergroup is composed. NHI is in
39 compliance with and qualifies as an exempt organization under Section 501c(3)
40 of the Internal Revenue Code of 1954 (or the corresponding section of any future
41 United States Internal Revenue Law).

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47 Section 2 – The Twelve Steps¹

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49 The Twelve Steps are suggested for recovery in the Fellowship of Overeaters
50 Anonymous. The Twelve Steps are:

- 51
- 52 1. We admitted we were powerless over food – that our lives had become
53 unmanageable.
54
 - 55 2. Came to believe that a Power greater than ourselves could restore us to
56 sanity.
57
 - 58 3. Made a decision to turn our will and our lives over to the care of God *as*
59 *we understood Him*.
60
 - 61 4. Made a searching and fearless moral inventory of ourselves.
62
 - 63 5. Admitted to God, to ourselves and to another human being the exact
64 nature of our wrongs
65
 - 66 6. Were entirely ready to have God remove all these defects of character.
67
 - 68 7. Humbly asked Him to remove our shortcomings.
69
 - 70 8. Made a list of all persons we had harmed and became willing to make
71 amends to them all.
72
 - 73 9. Made direct amends to such people wherever possible, except when to do
74 so would injure them or others.
75
 - 76 10. Continued to take personal inventory and when we were wrong, promptly
77 admitted it.
78
 - 79 11. Sought through prayer and meditation to improve our conscious contact
80 with God *as we understood Him*, praying only for knowledge of His will for
81 us and the power to carry that out.
82
 - 83 12. Having had a spiritual awakening as the result of these Steps, we tried to
84 carry this message to compulsive overeaters and to practice these
85 principles in all our affairs.
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4 ¹ Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World
5 Services, Inc. The OA Steps, Traditions or Concepts cannot be amended by an Intergroup.

7
89 Section 3 – The Twelve Traditions²

- 90
- 91 1. Our common welfare should come first, personal recovery depends upon
92 OA unity.
- 93
- 94 2. For our group purpose there is but one ultimate authority – a loving God
95 as He may express Himself in our group conscience. Our leaders are but
96 trusted servants; they do not govern.
- 97
- 98 3. The only requirement for OA membership is a desire to stop eating
99 compulsively.
- 100
- 101 4. Each group should be autonomous except in matters affecting other
102 groups or OA as a whole.
- 103
- 104 5. Each group has but one primary purpose – to carry its message to the
105 compulsive overeater who still suffers
- 106
- 107 6. An OA group ought never endorse, finance or lend the OA name to any
108 related facility or outside enterprise, lest problems of money, property and
109 prestige divert us from our primary purpose.
- 110
- 111 7. Every OA group ought to be fully self-supporting, declining outside
112 contributions.
- 113
- 114 8. Overeaters Anonymous should remain forever nonprofessional, but our
115 service centers may employ special workers.
- 116
- 117 9. OA, as such, ought never be organized; but we may create service boards
118 or committees directly responsible to those they serve.
- 119
- 120 10. Overeaters Anonymous has no opinion on outside issues; hence the OA
121 name ought never be drawn into public controversy.
- 122
- 123 11. Our public relations policy is based on attraction rather than promotion; we
124 need always maintain personal anonymity at the level of press, radio,
125 films, television and other public media of communication.
- 126
- 127 12. Anonymity is the spiritual foundation of all these Traditions, ever reminding
128 us to place principles before personalities.
- 129
- 130

8 ² Permission to use the Twelve Traditions of Alcoholics Anonymous for adaptation granted by AA World
9 Services, Inc. The OA Steps, Traditions or Concepts cannot be amended by an Intergroup.

131 Section 4 – The Twelve Concepts³

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133 1. The ultimate responsibility and authority for OA world services reside in
134 the collective conscience of our whole Fellowship.

135

136 2. The OA groups have delegated to World Service Business Conference the
137 active maintenance of our world services; thus, World Service Business
138 Conference is the voice, authority and effective conscience of OA as a
139 whole.

140

141 3. The Right of Decision, based on trust, makes effective leadership
142 possible.

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144 4. The Right of Participation ensures equality of opportunity for all in the
145 decision-making process.

146

147 5. Individuals have the right of appeal and petition in order to ensure that
148 their opinions and personal grievances will be carefully considered.

149

150 6. The World Service Business Conference has entrusted the Board of
151 Trustees with the primary responsibility for the administration of
152 Overeaters Anonymous.

153

154 7. The Board of Trustees has legal rights and responsibilities accorded to
155 them by OA Bylaws Subpart A; the rights and responsibilities of the World
156 Service Business Conference are accorded to it by tradition and by OA
157 Bylaws Subpart B.

158

159 8. The Board of Trustees has delegated to its Executive Committee the
160 responsibility to administer the World Service Office.

161

162 9. Able trusted servants, together with sound and appropriate methods of
163 choosing them, are indispensable for effective functioning at all service
164 levels.

165

166 10. Service responsibility is balanced by carefully defined service authority;
167 therefore duplication of efforts is avoided.

168

169 11. Trustee administration of the World Service Office should always be
170 assisted by the best standing committees, executives, staffs, and
171 consultants.

12 ³ The OA Steps, Traditions or Concepts cannot be amended by an Intergroup.

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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 1 – Membership

The membership of NHI shall consist of the following:

- A. The NHI board.
- B. An intergroup representative and an alternate representative (hereinafter referred to as NHIR or NHIAR) from each OA group within the geographical boundaries of the NHI. Visitors are welcome and are encouraged to participate in the discussion.
- C. Group members not acting as NHIRs or NHIARs but elected or appointed to carry out specific duties, e.g., PI Chairman.

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218 Section 2 – Qualifications

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220 Qualifications of eligibility for membership in NHI:

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222 A. The New Hampshire Intergroup endorses the definition of an OA group
223 in Overeaters Anonymous, Inc. Bylaws Subpart B, Article V, Section 1,
224 as written and as it may be amended by a future World Service
225 Business Conference.

226

227 These points shall define an Overeaters Anonymous group:

228

229 1) As a group, they meet together to practice the Twelve Steps
230 and Twelve Traditions of Overeaters Anonymous, guided by
231 the Twelve Concepts of OA Service.

232

233 2) All who have a desire to stop eating compulsively are
234 welcome in the group.

235

236 3) No member is required to practice any actions in order to
237 remain a member or to have a voice (share at a meeting).

238

239 4) As a group, they have no affiliation other than Overeaters
240 Anonymous.

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242 5) It has affiliated as an Overeaters Anonymous group by
243 registering with the World Service Office.

244

245 6) Virtual groups (groups which replicate face-to-face meetings
246 through electronic media) may be an Overeaters
247 Anonymous group if they:

248

249 1. otherwise meet the definition of Overeaters
250 Anonymous groups;

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252 2. are fully interactive, and;

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254 B. The group has registered with World Service its desire to be
255 affiliated with New Hampshire Intergroup and has not registered an
256 affiliation with another intergroup.

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258 C. Each group shall be entitled to one (1) vote through its selected
259 NHIR.

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264 Section 3 – Intergroup Representatives

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266 A. Intergroup representatives shall be selected by the group
267 conscience of the group they represent. Each NHIR or NHIAR shall
268 be selected by any method deemed appropriate by their group.
269 These NHIRs or NHIARs shall serve for a period designated by
270 their group, always subject to recall by the group they represent.
271 Each group shall be free to designate an alternate delegate when
272 the necessity arises.

273

274 B. NHIRs or NHIARs should be selected for willingness to serve and
275 Commitment to the Twelve Steps and Twelve Traditions of OA.

276

277 C. The primary responsibility of the NHIR, or NHIAR, is to represent
278 their group at all NHI meetings, to act as a liaison between NHI and
279 their group, to see that all communications pertaining to NHI are
280 made available and, where requested, read aloud to the group.

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282 Section 4 – Membership with voice and no vote may be:

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284 A. Any member of the Fellowship who is not a duly selected
285 representative or alternate.

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288 **ARTICLE IV – THE INTERGROUP BOARD**

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290 Section 1 – The Intergroup Board

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292 A. The board shall consist of the officers: Chairman, Vice Chairman,
293 Secretary and Treasurer; and the Parliamentarian, World Service
294 Business Conference delegate(s) and Region Six representative(s).

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296 B. The immediate past chairman shall serve as an ex-officio member
297 of the NHI board for one year.

298

299 X. The NHI board shall serve as the executive board.

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301 Section 2 – Nominations to the NHI Board

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303 Nominations to the board may be made by resume submitted to NHI by the first
304 Sunday in April and/or from the floor at the time of election. A nominating
305 committee may also be formed, at the discretion of the Intergroup.

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Section 3 – Qualifications for the NHI board

- A. Working the Twelve Steps of OA
- B. Familiarity with the Twelve Traditions of OA
- C. Have a current recovery on all three levels, spiritual, emotional and physical, of at least six (6) months, each person being the sole judge of his/her own recovery.
- D. Regular attendee of an active OA group for a period of one (1) year and to have been an NHIR.
- E. The World Service Business Conference Delegate(s) shall meet qualifications and requirements as outlined and defined in the Overeaters Anonymous, Inc. Bylaws, Subpart B, Article X, Section 3c 1 and as required for election to the NHI Board by Article IV, Section 4, of these bylaws. The terms of WSBC delegate(s) shall be limited as per Overeaters Anonymous, Inc. Policy 2012d on rotation of service, which reads:

The following policy statement was adopted: The terms of WSBC delegates from intergroups and service boards shall be limited. After completing four consecutive years, service shall not exceed an additional two years. A one year rotation out of service shall then be observed. Request for a waiver of this limitation shall be submitted to the Board of Trustees. (Refer to Policy 1988a, 3b)

Section 4 – Method of Election

- A. Elections shall be held at the NHI Meeting in June.
- 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 the NHI job descriptions.

351 C. In order to be elected to membership on the NHI board, a nominee
352 must be present at the election meetings and must receive a
353 majority vote of the NHIRs present and voting.

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355 D. Voting will be by ballot.

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358 Section 5 – Term of Office

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360 A. Board members shall be elected to serve for a period of two (2)
361 years. Whenever possible while serving as a Board member, it is
362 suggested the person not also serve as a Group Representative.

363

364 1. On even-numbered years, Chairman, Secretary, World
365 Service Business Conference Delegate(s) and Region Six
366 Representative(s) shall be elected. On odd-numbered years,
367 Vice-Chairman, Treasurer and Parliamentarian shall be
368 elected.

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370 2. Newly elected officers shall begin service at the close of the
371 NHI meeting in which they were elected.

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373 B. Board members shall serve no more than two (2) consecutive
374 terms in the same office.

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376 C. After an interval of one (1) year, a member may again be eligible for
377 election to their prior office.

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379 Section 6 – Responsibilities of the NHI Board – Serve as guardians of the Twelve
380 Steps, Twelve Traditions, and Twelve Concepts with respect to the function of
381 the Intergroup.

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383 A. Chairman:

384

385 1. Shall preside at all regular and special meetings of NHI and
386 NHI board.

387

388 2. Shall be responsible for establishing the agenda for all NHI
389 meetings.

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391 3. May cast the deciding vote to make or break a tie, whether
392 by a hand vote or a ballot vote.

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394 4. Shall be an ex-officio member of and may attend all standing
395 committee meetings.

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5. Shall be authorized to co-sign checks.
 6. Shall provide a forum for the interchange of ideas and information between member groups.
- B. Vice Chairman:
1. Shall serve in the absence of the Chairman in accordance with Article IV, Section 6A of these bylaws
 2. Shall perform all other duties as prescribed in the NHI policy for job descriptions.
- C. Recording Secretary:
1. Shall see that minutes are kept of all NHI and NHI board meetings and that a copy of the NHI minutes is printed and distributed to each NHI member group. As a cooperative gesture, a copy of the minutes may be sent to the Region 6 Trustee.
 2. Shall collaborate and coordinate mailing lists with the Mailing Coordinator.
 3. Shall perform such other duties as may be outlined in the Policy and Procedures Manual of NHI.
- D. Treasurer:
1. Shall maintain a checking account established in the name of New Hampshire Intergroup for dispersal of NHI funds.
 2. Shall be the guardian of all funds received and disbursed.
 3. Shall submit financial reports each month at NHI meetings, and include current Year-to-Date totals for each line item.
 4. Shall oversee regular reviews of NHI financial reports.
 5. Shall perform all other duties as prescribed in the NHI policy for job descriptions.

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E. Parliamentarian:

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1. Shall settle questions of parliamentary rules and procedures.

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2. Shall interpret the rules on matters concerning NHI Bylaws and Charter.

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F. World Service Delegate(s):

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1. Shall represent NHI at the Annual World Service Business Conference.

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2. Shall provide a written report to NHI regarding the business that transpired at the Annual World Service Business Conference.

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3. Shall also serve as Region Six Representatives.

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F. Region Six Representative(s):

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1. Shall represent NHI at the Region Six Assemblies.

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464

2. Shall provide a written report to NHI regarding the business that transpired at the Region Six Assemblies

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468 Section 7 – Vacancies and Resignations

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A. If a member of the NHI board fails to attend three (3) consecutive meetings without prior notice, her/his office may be declared vacant by a majority of those members present and voting.

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B. Any board member may resign at any time for any reason by giving the Chairman of NHI written notice.

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C. Any board member of NHI may be removed from office for due cause (such as gross violation of the Traditions, unworthy conduct, return to compulsive overeating) by a two-thirds (2/3) vote of the NHIRs at a special meeting announced for that purpose.

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482 Section 8 – Filling of Vacancies

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A. Vacancies may be temporarily filled by the NHI board until the next regular Intergroup meeting. At the next regular meeting the

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486 vacancies shall be filled by a majority vote. Such persons chosen to
487 fill said vacancies shall serve for the remainder of the unexpired
488 term.

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490 B. A person chosen to fill any vacancy on the board shall meet the
491 qualifications as defined in Article IV, Section 3, and be aware of all
492 responsibilities of that position as described and defined in Article
493 IV.

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496 **ARTICLE V – MEETINGS**

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498 Section 1 – Regular Meetings

499

500 NHI shall meet the first Sunday of the month, or on such dates as the NHI board
501 shall designate. There will be no regular meeting scheduled for the months of
502 July and August.

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504 Section 2 – June Meetings

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506 The business of the June meeting shall include the election of officers and
507 rotation of service for Committee Chairs.

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509 Section 3 – Special Meetings

510

511 A special meeting may be called at any time by a majority vote of the NHI board,
512 or by petition of thirty-five percent (35%) of NHI member groups, by giving notice
513 as prescribed in Article V, Section 4.

514

515 Section 4 – Method of Notification

516

517 Notification of all meetings shall consist of notices prepared by the NHI secretary
518 and distributed to each group secretary and/or NHIR seven (7) days prior to the
519 date of the meeting. Notification may also be made by placing an announcement
520 in the NHI newsletter, posting an announcement on the NHI website, by mail or
521 electronic transmission, and announcing at the prior NHI meeting.

522

523 Section 5 – Quorum

524

525 A quorum shall be comprised of nine (9) voting members of which two (2) must
526 be officers.

527

528 Section 6 – Meeting procedure

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530 The short version of the Steps, the short version of the Traditions, and the next
531 Concept in its entirety shall be read at each meeting. Each meeting shall begin
532 and end with the Serenity Prayer.

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ARTICLE VI – COMMITTEES

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544 Section 1 – Standing Committees

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546 The following standing committees may be established as required to carry out
547 the purposes of NHI in the most effective and efficient manner. Standing
548 committees may include but not be limited to:

549

550 A. Newsletter (The Promises)

551 B. Event Flyer Committee

552 C. Public Information

553 D. Retreats

554 E. Sharathons

555 F. Back to Basics

556 G. Ways and Means

557 H. Budget

558 I. Website

559 J. Designated Downloader

560 K. Unity Day

561 L. Twelfth Step Within

562 M. Answering Service

563 N. Multimedia

564

565 Section 2 – Special Committees

566

567 The NHI board shall designate such special committees as are deemed
568 necessary for the welfare and operation of NHI.

569

570 Section 3 – Committee Appointments

571

572 The NHI Chair shall nominate a committee chair who meets the following
573 qualifications: A NHI board member or any OA member who is willing to serve
574 and meets the NHIR or NHIAR qualifications as outlined in Article 3, section 3B,

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32

575 may be nominated to chair a standing or special committee. Nominees must be
576 approved by a show of hands of a majority of the members present and voting.
577 Committee chairs are expected to submit a committee report to the Secretary
578 each month and attend NHI meetings or send a committee representative if
579 possible.

580

581 Section 4 – Committee Procedures

582

583 Each standing or special committee shall be responsible for calling and holding
584 meetings, and establishing its method of procedures, subject to the approval of
585 the NHI board and the guidelines of the Twelve Traditions of OA.

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590 Section 5 – Committee Responsibility

591

592 Any committee decision and/or vote which establishes or changes a policy, sets
593 a procedural plan for a special event, or expends funds in excess of the
594 approved budget, shall require approval by the NHI prior to implementation. Each
595 standing committee chairman shall submit a written report at the end of any
596 specific event coordinated by that committee. If any monies are expended from
597 an approved budget, a detailed and itemized report shall be included with the
598 committee report.

599

600 Section 6 – Nominating Committee

601

602 NHI may have a nominating committee to recommend persons to serve as
603 officers, Region Six Representatives, and World Service Business Conference
604 Delegates and persons to fill vacancies and to serve on the next nominating
605 committee. The number of members on the committee should be specified
606 [*suggest three to five*]. The chair of NHI shall not serve on the committee, but
607 may provide background information and input as requested by the committee.

608

609 Section 7 – Ex-officio Members

610

611 A. Past committee chairs may serve in an ex-officio capacity in their
612 respective committees.

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614 B. The NHI Chair is an ex-officio member of all committees except the
615 nominating committee.

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617 Section 8 – Vacancies

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619 Should a vacancy, resignation, or removal of a committee chairman occur, all
620 pertinent information shall be turned over to the NHI Chair. The Chair shall then
621 nominate a new committee chair to serve the remainder of the unexpired term,
622 and the appointment must be approved by a show of hands of the majority of the
623 members present and voting.

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625 Section 9 – Removal of A Committee Chairman

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627 A committee chairman may be removed from office for due cause (such as gross
628 violation of the Traditions, unworthy conduct, or failure to attend three (3)
629 consecutive meetings without prior notice or without sending a representative of
630 the committee) by a two-third (2/3) vote of the NHIRs present and voting.

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ARTICLE VII – SOURCE OF FUNDS

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639 Section 1 – Source of Funds

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- 641 A. Voluntary contributions of the member groups shall be the primary
642 source of funds.
- 643
- 644 B. Secondary source of income may be such occasional projects or
645 activities as may be authorized by NHI according to Tradition Six.
- 646
- 647 C. NHI may accept donations from OA members, conforming with the
648 general practice of OA.
- 649
- 650 D. The maximum allowable annual donation to NHI by OA members is
651 to be limited to an amount set by the World Service Office and
652 listed in the Intergroup policy manual.
- 653
- 654 E. The acceptance of bequests or donations from any outside source
655 is prohibited.
- 656
- 657 F. The maximum allowable bequest to NHI by OA members is to be
658 limited to an amount set by the World Service Office and listed in
659 the Intergroup policy manual.
- 660
- 661 G. NHI shall not accept the responsibility for trusteeship over, or enter
662 into the distribution or allocation of, funds set up outside Overeaters
663 Anonymous.

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665 Section 2 – Prudent Reserve

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667 There shall be no accumulation of funds beyond current necessities, with
668 retention of only a prudent reserve for contingencies. Funds in excess shall be
669 donated to Region Six and the World Service Office quarterly as budgeted and
670 directed by NHI.

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673 ARTICLE VIII – PARLIAMENTARY AUTHORITY

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675 Section 1

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677 The rules contained in the current edition of *Robert's Rules of Order*
678 *Newly Revised* shall govern NHI in all cases to which they are applicable and in
679 which they are not inconsistent with these bylaws, the Overeaters Anonymous,
680 Inc. Bylaws, Subpart B, the Twelve Traditions or any special rules of order NHI
681 may adopt.

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683 ARTICLE IX – AMENDMENTS TO THESE BYLAWS

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685 Section 1

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687 These bylaws, with the exception of Article II, Sections 2, 3 and 4, may be
688 amended at any time by a two-thirds (2/3rds) vote of the NHIRs and board
689 members present at any regular or special meeting of NHI, provided a copy of
690 the proposed amendment has been submitted via email or hardcopy to each
691 group affiliated with NHI at least twenty-one (21) days prior to the meeting in
692 which action is to be taken on the amendment.

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695 ARTICLE X – MAJOR POLICY MATTERS

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697 Section 1

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699 A. Matters which affect NHI and/or groups within its service area shall
700 be referred to the board of NHI.

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702 B. Matters which relate to Overeaters Anonymous as a whole which
703 affect Subpart A of the Bylaws of Overeaters Anonymous, Inc.,
704 shall be referred to the Board of Trustees.

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706 B. Matters which affect Subpart B of the Bylaws of Overeaters
707 Anonymous, Inc., or which relate to the Twelve Steps, Twelve

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Traditions and Twelve Concepts shall be referred to the World Service Business Conference.

ARTICLE XI – DISSOLUTION

Section 1

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 to the World Service Office of Overeaters Anonymous, and/or to Region Six, or to a non-profit fund, association, foundation or corporation, which is organized and operated exclusively for charitable, education, religious and/or scientific purposes and which has established its tax-exempt status under Section 501©(3) of the Internal Revenue Code.

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

Section 3

The 2012 WSBC adopted procedures for deregistration of an intergroup (OA, Inc. Bylaws, Subpart B, Article VI, section 3c)

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752 In order to deregister, an intergroup must submit a written request to the World
753 Service Office, region chair and region trustee.