

**BYLAWS OF THE SOUTHERN ALBERTA INTERGROUP  
ASSOCIATION OF OVEREATERS ANONYMOUS**

*REVISED JUNE 2021*

**ARTICLE I – NAME**

The name of this organization shall be the **Southern Alberta Intergroup Association of Overeaters Anonymous** also known as **SAI**.

**ARTICLE II – PURPOSE**

The primary purpose of SAI is to carry the message of recovery, by fostering the practice of the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service; and to serve and represent member groups.

A) Twelve Steps

The Twelve Steps suggested for recovery in the Fellowship of Overeaters Anonymous are as follows:

- 1) We admitted we were powerless over food—that our lives had become unmanageable.
- 2) Came to believe that a Power greater than ourselves could restore us to sanity.
- 3) Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
- 4) Made a searching and fearless moral inventory of ourselves.
- 5) Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
- 6) Were entirely ready to have God remove all these defects of character.
- 7) Humbly asked Him to remove our shortcomings.
- 8) Made a list of all persons we had harmed, and became willing to make amends to them all.
- 9) Made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10) Continued to take personal inventory and when we were wrong, promptly admitted it.
- 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 affairs.

B) Twelve Traditions

The Twelve Traditions of Overeaters Anonymous are:

- 1) Our common welfare should come first; personal recovery depends upon OA unity.
- 2) For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

- 3) The only requirement for OA membership is 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.

C) Twelve Concepts

The Twelve Concepts of OA Service are:

- 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 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, 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 1 – Membership***

Membership of SAI with voice and vote includes the following:

- A) Elected Officers;
- B) Committee chairs, and;
- C) Group Representatives, which consist of one (1) member from each group.

Each Elected Officer, Committee Chair and Group Representative will have one (1) vote and may only serve in one (1) position.

At the Annual General Meeting, any member of the SAI Fellowship in attendance has a voice and one (1) vote.

### ***Section 2 – Qualifications***

Groups registered with the World Service Office (WSO) that are within SAI's geographic boundaries may affiliate with SAI. Each intergroup has the autonomy to determine which groups may affiliate with it; that decision should always be guided by OA's Traditions and Concepts.

The geographic boundaries of SAI are: the Canada–US border; the Alberta–Saskatchewan border; the Alberta–British Columbia border; the northern boundary of the City of Red Deer.

The following defines an Overeaters Anonymous group:

- 1) members 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;
- 3) no member is required to practice any actions in order to remain a member;
- 4) the group has no affiliation other than Overeaters Anonymous; and,
- 5) the group is affiliated with WSO.

## **ARTICLE IV – THE SAI BOARD**

### ***Section 1 – The SAI Board***

The SAI Board consists of the following:

- A) Elected Officers:
  - 1. Chair

2. Co-Chair
  3. Secretary
  4. Treasurer
  5. World Service Delegate
  6. Region One Representative
  7. Literature Chair
  8. Public Information Chair
  9. Web Chair
  10. Retreat and Marathon Chair
  11. 12<sup>th</sup> Step Within Chair
- B) Committee Chairs:
1. Telephone Chair
  2. Archivist
- C) Group Representatives;
- D) Past Chair.
- E) The SAI Board may also include any other positions as needed.

Any SAI Board member may also serve on a short-term special purpose committee.  
The Executive Board consists of Chair, Co-Chair, Secretary and Treasurer.

### ***Section 2 – Qualifications for SAI Board Officers***

To qualify for election as an SAI Board Officer, an individual must:

- A) be working the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service to the best of their ability;
- B) be a regular member of an affiliated group for a minimum of one (1) year;
- C) have served at the group level for a minimum of six (6) months;
- D) have six (6) months of continuous abstinence (each person shall be the sole judge of their abstinence) except as follows:
  - 1) the World Service Business Conference Delegate(s) must comply with the abstinence and length of service requirements in the OA, Inc. Bylaws, Subpart B, Article X, Section 3c.
    - a. Current requirements are one (1) year continuous abstinence and at least two (2) years of service beyond the group level.
- E) Nominees failing to meet the above abstinence requirements may be elected by three-fourths (3/4) majority of the ballots cast.

### ***Section 3- Election of Board Officers***

- A) Nominations to the SAI Board are to be made by application prior to the election.
- B) Nominees must be present to be elected.
- C) Voting will be by ballot or anonymous survey.
- D) A nominee must receive the majority vote of ballots cast to be elected.

### ***Section 4- Term of Office***

- A) The term of office for an Elected Officer is two (2) years.
- B) An Elected Officer may serve no more than two (2) consecutive terms in the same position. They may serve again after a leave of one (1) year from the position.

### **Section 5- Qualifications for Committee Chairs**

These positions are appointed by the Chair so the qualifications may be amended at the Chair's discretion.

- A) Be working the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service to the best of their ability;
- B) be a regular member of an affiliated group for a minimum of six (6) months;
- C) have served at the group level for a minimum of three (3) months.
- D) Appointees must be present to be appointed.

### **Section 6- Group Representatives**

Group Representatives will be selected by the group conscience of the group they represent.

### **Section 7- Responsibilities of the SAI Board Members**

- A) Serve as guardians of the Twelve Traditions and Twelve Concepts of OA Service with respect to the functions of SAI.
- B) Perform the duties of their position in accordance with SAI Policies and Procedures.
- C) Serve as guardians of SAI funds.
- D) Provide a forum for the interchange of ideas and information amongst affiliated groups.

### **Section 8- Resignations and Removals**

- A) Any Board member may resign at any time for any reason by giving the Chair written notice.
- B) If a Board member is absent from an SAI meeting more than four (4) times in one (1) year, they may be removed from their position by a majority vote of ballots cast either at a regular SAI meeting or a meeting announced for that purpose.
- C) Any Board member may be removed from their position for just cause by a two-thirds (2/3) majority vote of the ballots cast either at a regular SAI meeting or meeting announced for that purpose.

### **Section 9- Vacancies**

- A) Those elected into vacated officer positions shall serve for the remainder of the unexpired term.
- B) Term of Office provision in Article IV Section 4 applies when filling vacancies, except as follows:
  - a. For vacancies filled less than six (6) months before the expiration of the current term, the SAI Board may waive the Term of Office requirements by group conscience.

## **ARTICLE V – MEETINGS**

### **Section 1 – Regular Meetings**

- A) The SAI Board will meet monthly at a time and place designated by a majority of the voting members.
- B) If the Chair is absent, the Co-Chair will lead the meeting. If both are absent, the Secretary will open the meeting and appoint a temporary Chair.

### **Section 2 – Annual General Meetings**

An Annual General Meeting (AGM) shall be held in the month of June for the election of Officers, appointment of Committee Chairs and annual Bylaw Review.

### **Section 3 – Special Meetings**

A Special Meeting may be called at any time by a majority vote of the SAI officers, or by a quorum of the SAI Board, provided a minimum of seven (7) days' notice is given to the membership.

### **Section 4 – Method of Notification**

A) The Chair or Secretary will provide at least seven (7) days' notice to the Board (via email) and to the fellowship (via the SAI website) for Regular or Special Meetings.

B) The Chair or Secretary will provide at least thirty (30) days' notice to the Board (via email) and to the fellowship (via the SAI website) for the AGM.

### **Section 5 – Quorum**

The quorum for voting purposes is three (3) Elected Officers and at least four (4) other voting members.

### **Section 6 – Meeting Procedure**

The Twelve Steps and the Twelve Traditions shall be read at the beginning of each meeting.

## **ARTICLE VI – PROJECT TEAMS**

The Board may establish Project Teams (ex. Retreat Planning Project Team) as needed for the welfare and operation of the intergroup. Each Project Team is responsible to the SAI Board. The Project Team leader has a voice at SAI Board meetings.

## **ARTICLE VII – PRUDENT RESERVE**

SAI will maintain a prudent reserve to cover at least six (6) months expected operational needs. Excess funds will be donated to OA service bodies as outlined in the SAI Policies and Procedures.

## **ARTICLE VIII – PARLIAMENTARY PROCEDURE**

All meetings shall be conducted in accordance with the current edition of *Robert's Rules of Order, Newly Revised*, except when inconsistent with SAI Bylaws, Policies and Procedures, the Twelve Traditions and/or the Twelve Concepts of OA Service.

## **ARTICLE IX – AMENDMENTS TO SAI BYLAWS**

SAI Bylaws may be amended at any time by a two-thirds (2/3) majority vote. The proposed amendment must be communicated in writing to each affiliated group at least thirty (30) days prior

to the vote. At the time of voting, those in attendance may choose to accept the amendments as presented or propose changes as a result of discussion without requiring thirty (30) days' notice to the membership. Amendments to the Twelve Steps, the Twelve Traditions and the Twelve Concepts of OA Service may only be made as per OA, Inc. Bylaws, Subpart B, Article XIV, and Section 1.

## **ARTICLE X – DISSOLUTION OF SAI**

### ***Section 1 – Deregistration***

In order to deregister, the SAI Board must submit a written request to the World Service Office, Region One Chair and Region One Trustee.

### ***Section 2 – Disbursement of Remaining Funds***

After all debts have been paid, any remaining funds shall be distributed to other Overeaters Anonymous service bodies in accordance with Tradition Six.