

**BYLAWS OF  
SOUTHEASTERN OVEREATERS  
ANONYMOUS  
REGION 8, INC.**

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**Bylaws  
of  
Southeastern Overeaters Anonymous Region 8, Inc.**

**ARTICLE I – NAME**

The name of this organization shall be Southeastern Overeaters Anonymous Region 8, Inc. herein referred to as Region 8, or SOAR 8.

**ARTICLE II – PURPOSE**

**Section 1**

The specific primary purpose of this organization is to aid those with the problem of compulsive eating and compulsive food behaviors through the Twelve Steps of Overeaters Anonymous, and to serve and represent the OA Intergroups , National Service Boards, and Language Service Boards from which the Assembly is formed in accordance with the Twelve Traditions and Twelve Concepts of OA service.

- A. Region 8 is in compliance with and qualifies as an exempt organization under Section 501(c)(3) of the Internal Revenue Code of 1954.
- B. Region 8 shall maintain communication virtually for the transactions of its business. The Executive Board and Standing Committee Chairs will be accessible by telephone, email, and virtual means of communication.

**Section 2 – The Twelve Steps<sup>1</sup>**

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.

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<sup>1</sup> Permission to use and adapt the Twelve Steps of Alcoholics Anonymous granted by AA World Service, Inc. The Steps cannot be amended by the Region.

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 the 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 of our affairs.

### **Section 3 – The Twelve Traditions<sup>2</sup>**

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 full 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 never be brought 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.

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<sup>2</sup> Permission to use and adapt the Twelve Traditions of Alcoholics Anonymous granted by AA World Service, Inc. The Traditions cannot be amended by the Region.

12. Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

#### **Section 4 – The Twelve Concepts of OA Service:<sup>3</sup>**

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 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; all important decisions shall be reached by discussion, vote, and whenever possible, by substantial unanimity;
  - d. no service action shall ever be personally punitive or an incitement to public controversy; and
  - e. no OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

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<sup>3</sup> Bylaws of Overeaters Anonymous Subpart B. Reprinted by permission of Overeaters Anonymous Inc. The Twelve Concepts of OA Service cannot be amended by the Region.

## **ARTICLE III – MEMBERS**

### **Section 1 – Membership**

The membership of this association shall consist of the following:

- A. Region 8 Representatives or Alternates from each Intergroup and other Service Bodies within the geographic boundaries. Region 8 shall consist of The Caribbean Islands, Central America, South America U.S. Southeastern Region: Alabama, Arkansas, Florida, Georgia, Louisiana, North Carolina, Mississippi, Puerto Rico, South Carolina, Tennessee, The U.S. Virgin Islands.
- B. Region 8 Board Members
- C. Chairs of Region 8 Standing Committees

### **Section 2 – Representative Qualifications**

- A. Representatives to Region 8 Assemblies must:
  - 1. Be a member of an Intergroup, National Service Board, or Language Service Board within the geographic definition of Region 8;
  - 2. Be a member of an Intergroup, National Service Board, or Language Service Board which is registered with the World Service Office of OA; and
  - 3. Have a current Certificate of Eligibility on file with the Region 8 Secretary.
- B. Each member Intergroup and/or National/Language Service Board shall be entitled to one (1) vote in the Region 8 Business Assembly for each ten (10) groups or parts thereof as participants. Region 8 Representatives shall not be bound by the wishes of their Intergroup or National/Language Service Board but vote for that which is in the best interest of Overeaters Anonymous as a whole.
- C. No Intergroup or National/Language Service Board may be registered with or be a member of another region.
- D. Qualified Representatives as described in Article III, Section 2, A, above, may attend Region Assemblies either in person or virtually.

### **Section 3 – Region 8 Representatives**

- A. Region 8 Representatives shall be selected by the group conscience of the Intergroup or National/Language Service Board they represent. Each Region 8 Representative shall serve for a period designated by their Intergroup or National/Language Board always subject to recall by those whom they represent. Each Service Body shall be free to designate an Alternate to serve as Representative when the necessity arises.
- B. Region 8 Representatives should be selected for sound judgment, experience, stability, willingness to serve and for faithful adherence to the program of the Twelve

Steps of Overeaters Anonymous and the Twelve Traditions. A Region 8 Representative should have a minimum of 6 month's current continuous abstinence as defined by OA, while practicing the 12 Steps and 12 Traditions of OA.

- C. The primary responsibility of the Region 8 Representative or Alternate is:
1. to represent their local Service Body at all meetings of the Region 8 Business Assembly.
  2. to act as liaison between the Region 8 Business Assembly and their respective Service Body.
  3. to ensure that all communications pertaining to Region 8 are made available and where requested, read aloud to their Service Body.

#### **Section 4 – Attendance of Region 8 Representatives**

The Region 8 Secretary shall notify Intergroups and National/Language Service Boards and those Service Bodies represented at the previous Business Assembly session at least 45 days prior to an upcoming Region 8 Business Assembly.

#### **Section 5 – Attendees Who May Speak to the Assembly, But Have No Vote**

Upon recognition by the Chairman pertinent information may be shared with the assembly by:

- A. Any member of the Fellowship who is not listed in Article III, Section 1
- B. The Region 8 Trustee
- C. Any employee
- D. Individuals requested to do so by the Chairman

### **ARTICLE IV – REGION 8 WORLD SERVICE BUSINESS CONFERENCE (WSBC) DELEGATES**

If Region 8 was represented by less than forty percent (40%) of its intergroups and service bodies at the prior year's WSBC, it may send up to five additional delegates to WSBC. Preference shall be given to delegates selected from intergroups and service bodies which would not otherwise be represented by delegates. WSBC delegates/alternates selected under this article shall be selected in accordance with OA, Inc., Bylaws, Subpart B, Article X, Section 3a and the Region 8 Policy and Procedures Manual, Section XVI. Region Delegate to WSBC.

## **ARTICLE V – THE REGION 8 BOARD**

### **Section 1 – Composition**

- A. The Region 8 Board shall consist of a Chair, a Vice Chair, a Secretary and a Treasurer.
  
- B. In the event the Chair of the Board should be unable to attend any meeting of the Board or Business Assembly, the succession to serve as chair for that meeting shall be as follows:
  - 1. Vice-Chair
  - 2. Treasurer
  - 3. Secretary

### **Section 2 – Qualification for the Region 8 Board**

- A. Qualifications for Region 8 Board are:
  - 1. Two years in the Fellowship;
  - 2. Two years of service beyond the meeting level;
  - 3. Have attended at least two (2) prior Region 8 Assemblies as a voting member; and
  - 4. One year of continuous recovery in Overeaters Anonymous as evidenced by:
    - a. one year of current continuous abstinence;
    - b. maintenance of a healthy body weight for at least one year; and
    - c. emotional and spiritual growth as a result of incorporating into their lives the Twelve Steps and Twelve Traditions as a new way of living.
  - 5. Region Board members must be full time residents within the geographic boundary of Region 8
  
- B. Qualifications for Region 8 Board member that must be met at the time the application for Region 8 Board Position is submitted to Region 8. Specifically, such nominees must have:
  - 1. Worked through all Twelve Steps;
  - 2. Declared themselves as practicing the Twelve Steps to the best of their ability and;
  - 3. Declared themselves as committed to the Twelve Traditions of Overeaters Anonymous; and
  - 4. an awareness and an understanding of the Twelve Concepts of OA Service
  
- C. Upon election, each Region 8 Board Member shall make a commitment of:
  - 1. Adherence to the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service.
  - 2. Continual recovery including abstinence and maintenance of a healthy body weight throughout the entire term(s) of office. Each person shall be the judge of his or her own recovery including abstinence and maintenance of a healthy body weight.

3. Compliance with all the terms and provisions of the prevailing Region 8 Bylaws.

### **Section 3 – Nominations to the Region 8 Board**

- A. The member must file a written application for the service position by sending completed application to the Region Secretary sixty (60) days prior to the Business Assembly at which the election is to be held.
- B. A copy of the completed application shall be mailed emailed by the Region Secretary to all Registered Intergroups, National/Language Service Boards, Region 8 Representatives, Standing Committee Chairmen, Region 8 Board Members and the Region 8 Trustee.
- C. In the event that no application for an office has been filed, nominations for the office will be accepted from the floor followed by an election. If no one is elected to the office the Board may appoint a member to fill the position. The appointee must meet all qualifications for office and be ratified by the Assembly at the next business meeting after which the appointee will have a voice and a vote as a Board Member.

### **Section 4 – Election of Region 8 Board Members**

- A. Elections shall be held at the fall meeting of the Business Assembly and at least 90 days prior to the World Service Business Conference.
- B. Notification of election shall be made to all Service Bodies, Region Representatives, Board Members, Standing Committee Chairmen and the Region Trustee at least 30 days prior to the meeting at which the election(s) are to take place.
- C. Candidates must be present and address the assembled body 3-5 minutes answering questions that may be asked.
- D. Elections are to be by written ballot.
- E. Candidate must receive a majority vote of those persons voting.

### **Section 5 – Resolving Tie Votes**

If no candidate receives a majority vote due to a tie, the candidate receiving the lowest number of votes will be dropped from consideration and another vote will be taken.

### **Section 6 – Term of Office**

- A. Board members shall be elected for a period of two (2) years.
  1. During the odd years, the Chair and Treasurer will be elected. During the even years, the Vice Chair and Secretary will be elected.

2. Newly elected officers will begin service immediately following the close of the Current Business Assembly.
- B. Board members shall serve no more than two (2) consecutive terms in the same position, whenever possible.
  - C. After an interval of two (2) years, they may again be eligible for election to their prior office.
  - D. Upon election to Board, members shall cease to be a Representative of their local Service Body and that Service Body shall elect another Region 8 Representative.
  - E. Past Region 8 Board members may serve as ex officio when appointed by the Region 8 Chair and with the approval of the Board. Ex officio Board members shall perform duties as agreed upon and assigned by the Region 8 Board. Duties may include attendance at Region 8 Board meetings, virtual attendance at Region 8 Assemblies, etc.

### **Section 7 – Responsibilities of the Region 8 Board**

The Region 8 Board shall serve as the Region 8 Service Office and be responsible for all related duties of Region 8.

- A. Chair
  1. Shall preside at all regular and special meetings of the Region 8 Business Assembly and Region 8 Board.
  2. Shall appoint or hire a parliamentarian with the approval of the Board for each Business Assembly.
    - a. The parliamentarian shall advise as to proper parliamentary procedures for conducting the business of the Assembly.
    - b. The parliamentarian shall perform duties as agreed upon and assigned by the Region 8 Board.
    - c. The parliamentarian shall remain neutral and not have a vote.
  3. May cast the deciding ballot to break a tie vote.
  4. Shall perform all duties prescribed in the Region 8 Policy and Procedure Manual for job descriptions.
- B. Vice Chair
  1. Shall serve in the absence of the Chair.
  2. Shall perform all duties as prescribed in the Region 8 Policy and Procedure Manual section for job descriptions.
- C. Treasurer
  1. Shall maintain bank accounts as necessary for dispersal of Region 8 funds.
  2. Shall perform all other duties as prescribed in the Region 8 Policy and Procedure Manual section for job descriptions.

- D. Secretary
1. Shall maintain a file of all minutes of past meetings.
  2. Shall serve as archivist of all Region 8 Business documents.
  3. Shall perform all other duties as prescribed in the Region 8 Policy and Procedure Manual section for job descriptions.

### **Section 8 – Resignation or Removal of Region Board Members**

- A. Any Region 8 Board Member may resign effective upon giving written notice to the Region 8 Chair, the Region 8 Secretary or the Region 8 Board. Unless the notice specifies otherwise, its acceptance by Region 8 shall not be necessary to make it effective. Any Board member who advised the Board that they have returned to compulsive overeating will be deemed to have resigned as of the time of the receipt of such notice by the Region 8 Board or Board member. The Region 8 Board may declare vacant the office of a Board Member who has been declared of unsound mind by a final order of court or convicted of a felony.
- B. Any Board member may be removed by a three fourth ( $\frac{3}{4}$ ) vote of the Region 8 Representatives present and voting at a Business Assembly.
- C. The Region Board may recommend removal of a Board member by a three fourth ( $\frac{3}{4}$ ) vote of the Board. The Business Assembly must approve the recommendation by a three fourth ( $\frac{3}{4}$ ) vote at the next Business Assembly following the Board vote.
- D. An individual removed from a position may appeal/petition to rescind his/her removal and thus be reinstated. Appeal/petition shall be presented at the next Business Assembly during the unexpired term of office.

### **Section 9 – Filling Vacancies**

A vacancy on the Region 8 Board may be filled by vote of a majority of the Board remaining in office at the time of the effectiveness of the vacancy. The Board Member appointed in this manner must meet the qualifications for office as set forth in the Bylaws and shall hold office until the next regularly scheduled election.

### **Section 10 – Meetings of the Region 8 Board**

- A. Immediately preceding and immediately following each Business assembly the board shall hold a regular meeting to transact such business as deemed necessary. Minutes of the meeting shall be sent to each service body, registered intergroup representative, board member, standing committee chair, and the Region 8 trustee within 30 days of the meeting.
- B. Notice of time and place of meetings shall be made known to all service bodies, representatives, standing committee chairs, board members, and the Region 8 trustee by electronic means and/or first class mail at least seven (7) days prior to any such

meeting. Meetings shall be open to all members of OA. Members may have a voice but not a vote on issues.

- C. Three-fourths of the board shall constitute a quorum for the transaction of business. The unanimous agreement of board members in attendance shall determine any and all issues under consideration.
- D. Any unresolved issue may be taken to the floor of the Business Assembly at its next meeting.
- E. Meetings of the Board shall be governed by the Region's Bylaws and the latest edition of *Robert's Rules of Order, Newly Revised* insofar as such rules are not inconsistent with or conflict with these bylaws, with the Articles of Incorporation, with law or special resolutions the Region 8 Business Assembly may adopt.

## **ARTICLE VI – REGION 8 TRUSTEE**

### **Section 1**

To be ratified by Region 8 as a nominee to World Service Business Conferences of Overeaters Anonymous, Trustee Applications (see Appendix C – Miscellaneous Forms – Pages C-16 thru C-19) are to be submitted on a World Service form to the Region 8 Secretary, postmarked six weeks prior to the Fall Region 8 Business Assembly. The Fall Assembly nominees will be nominated by a majority vote of Region 8 Representatives.

### **Section 2**

At least 120 days prior to the opening of the annual World Service Business Conference of Overeaters Anonymous all Groups within Region 8 shall be notified by the Region 8 Officers of the forthcoming Conference with a request to all qualified members of the fellowship of Overeaters Anonymous from Region 8 to submit nominations to Region 8.

### **Section 3**

At least 90 days prior to the annual World Service Business Conference of Overeaters Anonymous Region 8 shall choose up to three (3) qualified nominees from the Region. Resumes of these nominees must be sent to the Board of Trustees within one (1) week of their selection according to the directions from World Service.

### **Section 4**

Qualifications for the Region Trustees shall be set by each Region and by World Service Business Conference but in no case shall the nominee have less than seven (7) years in the fellowship five (5) years of service above the Group meeting level; and five (5) years of continuous abstinence prior to the date of submitting application. Region 8 Trustee nominees must have been active in Region 8 Business Assemblies. Trustee nominees must have also

given away a Fourth Step Inventory, completed all Twelve Steps, declared themselves practicing the Twelve Steps to the best of their ability, and be committed to the Twelve Traditions of Overeaters Anonymous, which should be affirmed on their Region Trustee application form.

### **Section 5**

- A. Up to three (3) nominees may be chosen at a Region 8 Business Assembly and submitted to the World Service Business Conference for consideration.
- B. Nominees will be funded to the World Service Business Conference whenever possible.

### **Section 6**

The most recent past Region 8 Trustee may serve as ex officio at Region 8 Board Meetings.

## **ARTICLE VII – MEETINGS OF THE BUSINESS ASSEMBLY**

### **Section 1 - Regular Meetings**

- A. Region 8 shall hold regular Region 8 Recovery Convention and Business Assemblies two (2) times a year, on a rotation basis among the states, countries and territories in the Region as approved at the Region 8 Business Assembly one year previous.  
(Approved Nov, 2015 Assembly)
  - 1. Special consideration for hosting a Region 8 Recovery Convention and Business Assembly shall be given to areas and states which:
    - a. have not previously been visited by the Region 8 Recovery Convention and Business Assembly.
    - b. have not hosted a Region 8 Recovery Convention and Business Assembly for at least a two-year period.
  - 2. If no bid is presented by the start of the Region 8 Recovery Convention and Business Assembly, the location will be decided by the Region 8 Board. The Region 8 Board may assist a new area in hosting the Region 8 Recovery Convention and Business Assembly if requested, excluding any financial assistance.
- B. The Agenda will be published at least 30 days prior to next Region 8 Business Assembly and submitted to the Region 8 Secretary at least 45 days prior to Region 8 Business Assembly in order to meet the 30-day notification.

### **Section 2 - Special Meetings of Region 8 Business Assemblies**

- A. A special Region 8 Business Assembly may be called at any time by a majority vote of the Board. A special meeting may (also) be called at any time, by a majority vote of the registered Region 8 Representatives as long as representatives from at least two (2)

different states, countries or territories are making the request. When these conditions are met the Board will set the time and place for the special meeting.

- B. Notification of special meetings shall consist of notices prepared by the Region 8 Secretary and distributed to all Service Bodies, Standing Committee Chairmen, Board Members and the Region 8 Trustee. Distribution is to be made 45 days prior to the date of the meeting.

### **Section 3 - Method of Notification**

Notification of regular Region 8 Business Assemblies shall consist of **written or emailed** notices prepared by the Region 8 Service Office to **notify** each registered service body and Region 8 Representative, standing Committee Chairman, Board Members, and the Region 8 Trustee at least 30 days prior to the Region 8 Assembly.

### **Section 4 – Quorum**

At a Region 8 Business Assembly held upon proper notification, Region 8 Representatives present shall constitute a quorum, as long as **eight (8)** I.G. in states outside of the state or territory, etc. where the Assembly is being held are represented.

## **ARTICLE VIII – COMMITTEES**

### **Section 1**

The Region 8 Business Assembly shall form Committees, Subcommittees and Ad Hoc Committees as are deemed necessary for the welfare and operation of Region 8, Inc.

- A. Region 8 Committee Chairman shall be nominated by said Committee and appointed by the Region 8 Board yearly at each Fall Region 8 Business Assembly, on the following schedule:
  - 1. Even Years: Ways & Means, Intergroup Outreach, By-Laws/Electronic Documents, and Technology/Web Site Co-Chair #1
  - 2. Odd Years: Technology/Web Site Co-Chair #2, Twelfth-Step-Within, Public Information/Professional Outreach Committee
- B. To be eligible for appointment, a person must:
  - 1. Be a past or present Region 8 representative.
  - 2. Have served on the Committee for which he or she is being appointed chair.
  - 3. Have attended two or more Region 8 Business Assemblies held during their term of office as Region 8 representative.
  - 4. Have arrested his/her compulsive eating and be living within the concepts of the Twelve Steps of Overeaters Anonymous for one year.
  - 5. Committee chairs must be full time residents within the geographic boundary of Region 8.

- C. Region 8 Committee Chairs shall serve no more than four consecutive years (each term to be 2 years in length) in the same position, whenever possible. The committee chair shall have a minimum of one (1) year current continuous abstinence as defined by OA, while practicing the 12 Steps and 12 Traditions of OA.
- D. Final voucher reimbursements will be paid only after all files and/materials are turned over to the incoming Committee Chair. In the event that the office is vacant, materials are to be turned over to the Region 8 Chair. The Treasurer shall verify that materials have been given to the proper person before giving reimbursement.

### **Section 2 – Committee Responsibility**

Responsibilities of Committee and Committee Chair shall be performed as outlined in the Policies and Procedures for Region 8.

### **Section 3 – Removal of Committee Chair**

The Chair of a Region 8 Committee may be removed from the service position by a three fourth ( $\frac{3}{4}$ ) vote of the Board for any or all of the following reasons:

- A. Failure to carry out responsibilities as outlined in the Policies and Procedures.
- B. No longer meeting the qualifications for the service position as outlined in the Policies and Procedures of Region 8.
- C. An individual removed from office has the right to appeal.

### **Section 4 – Vacancies**

Should a vacancy, through resignation or removal of a Committee Chair occur, all pertinent information shall be turned over to the Region Chair. The Board may appoint a new Committee Chair to complete the unexpired term. The appointee must meet the qualifications for service as set forth in the Bylaws and the Policies and Procedures for Region 8.

## **ARTICLE IX – FINANCIAL STRUCTURE**

### **Section 1**

- A. The activities of Region 8 shall be financed primarily by the contributions of its members.
- B. Secondary source of financial income to Region 8 may be from such occasional projects or activities as may be authorized by the Region 8 Board according to Tradition Six.
- C. Region 8 may accept donations from OA members, Groups, and other groups conforming to the general practices of OA.

- D. The acceptance of bequests or donations from any outside source is prohibited.
- E. Region 8 Representatives shall not accept the responsibility for trusteeship over, or enter into the distribution or allocation of funds set up outside of the Region 8 Board.
- F. Region 8 is financially responsible for transportation and lodging expenses of Region 8 Board Members and funded Region 8 Committee Chairmen for attendance at Region 8 Business Assemblies, provided funds are available.
- G. Region 8 is financially responsible for transportation, lodging and registration expenses of the Region 8 Board Chairman for attendance at all World Service Business Conferences of Overeaters Anonymous, providing funds are available.
- H. Following the Fall Region 8 Business Assembly, Region 8 will contribute annually the budgeted amount to the World Services Office by December 31 of that year.

**Section 2 Prudent Reserve**

A balance of no less than 40% and no more than 60% of the annual budget shall be maintained in the treasury.

**ARTICLE X – PARLIAMENTARY AUTHORITY**

**Section 1**

- A. All meetings of the Region Representatives shall be conducted in accordance with the latest edition of *Robert's Rules of Order, Newly Revised*, where not in conflict with the law, Articles of Incorporation, these Bylaws or special rules that the Representatives may adopt.
- B. At every Region 8 Business Assembly a Parliamentarian shall be present to serve in said capacity for said meeting. The Parliamentarian shall be appointed by the Region 8 Chairman with the consent of the Region 8 Board.

**ARTICLE XI – AMENDMENTS**

**Section 1 – To the Bylaws**

- A. Amendments to these Bylaws (together with appropriate motion or motions requesting approval of such proposed amendment or amendments) with the exception of Article II, Sections 2, 3, and 4, may be proposed by any registered Intergroup or National/Language Service Board, Region 8 Board, Region 8 Board member, or any Region 8 funded Committee as defined in Region 8 Bylaws, Article VIII, and shall be submitted by hand delivery, email or first class mail to the Region 8 Chair and the Region 8 Secretary at least seventy-five (75) days prior to the commencement of the

Region 8 Business Assembly or special Region 8 Business Assembly at which action is to be taken on the proposed motion and amendment. (Motion approved July, 2015, March, 2016)

- B. The Region 8 Secretary shall send notification of the proposed amendment and accompanying motion to each Region 8 Registered Service Body, Region 8 Representative, Standing Committee Chair, Board Member and the Region 8 Trustee at least forty-five (45) days prior to the commencement of the Region 8 Business Assembly or Special Region 8 Business Assembly at which action is to be taken on the proposed motion and amendment. (Motion approved July, 2015)
- C. Except as otherwise specified by these Bylaws, amendments to these Bylaws may be adopted by a two-thirds (2/3) majority of those persons present and voting at any regular or special Region 8 Business Assembly provided a quorum is present. (Modified 11/16/2013)
- D. Those present at the Region 8 Business Assembly at which the motion will be decided may propose non-substantive editorial changes to the amendment which do not alter the meaning of any Bylaws but clarify the wording or bring these Bylaws and the Articles of Incorporation into conformity.
- E. Unless specifically provided otherwise in the Bylaws amendment itself, amendments to these Bylaws will become effective at the close of the Business Assembly at which the motion adopting such amendment has been approved.

## **Section 2 – To the Policies and Procedures**

- A. In matters affecting Region 8 Business Assembly procedures, a change in the Policy and Procedure can be discussed and voted upon at any Region 8 Business Assembly. A majority is necessary to effect a change.

## **ARTICLE XII – MAJOR POLICY MATTERS**

### **Section 1**

- A. Matters related to major policy affecting Intergroups or other Service Bodies within the Region geographical area shall be referred to the Region 8 Board.
- 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 WSO Board of Trustees.
- C. Matters which affect Subpart B of the Bylaws of Overeaters Anonymous, Inc., or which relate to the Twelve Steps, Twelve Traditions, or the Twelve Concepts shall be referred to the World Service Business Conference.

## **ARTICLE XIII – THE RIGHT OF APPEAL AND PETITION**

### **Section 1 – Appeals and Petitions**

In keeping with #5 of the Concepts of OA Service which states: “Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.” When presenting appeals/petitions the following process shall be followed:

- A. A written appeal/petition shall be made at a Business Assembly within 6 months of the disputed action or decision.
- B. The appeal/petition shall be written in triplicate in the form of a motion stating the action being appealed and the reasons the body should rescind the action or decision.
- C. Two copies of the appeal/petition shall be presented to the Secretary at the Business Assembly of which one copy is to be given to the Chairman.
- D. Consideration shall be given to the appeal/petition by the Business Assembly immediately prior to the transacting of any new business but after roll call and adoption of credentials. It shall be processed as a motion.
- E. A majority plus one vote shall be necessary to rescind an action or decision.
- F. An action or decision shall be limited to one appeal/petition.

## **ARTICLE XIV - DISSOLUTION**

### **Section 1**

No part of funds of Region 8 shall ever inure to or be used for the benefit of or be distributed to, its Members, Trustees, Officers, or private persons, except that Region 8 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 2**

Upon the dissolution of Region 8, after paying or adequately providing for the debts and obligations of Region 8, the remaining assets shall be distributed to the World Service Office of Overeaters Anonymous.

## GLOSSARY

<b>Abstinence*</b>	According to the dictionary, the word “abstain” means to refrain from. Abstinence in Overeaters Anonymous 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 the Overeaters Anonymous Twelve Step Program.
<b>Alternate Representative</b>	A substitute for a Region Representative, also referred to as a rep, who represents a service body in a given Region Business Assembly.
<b>BOT*</b>	Abbreviation for Board of Trustees.
<b>Board Meeting</b>	Regular meeting of the 4 members of the Board of Directors of the Region. In Region 8 the Board of Directors meets three times a year.
<b>Business Assembly</b>	The business meeting of Region 8 integrated by Intergroup and/or National/Language Board representatives, the Board of Directors. Region business mostly refers to the planning, and reporting of committee work during a specific period, consideration of motions to amend the Policy and Procedure Manual or the Bylaws, election of officers, and nomination of candidates for Region Trustee.
<b>Bylaws</b>	Document that governs Region 8, describes the responsibilities of the officers and the policies that guide business meetings.
<b>Committee</b>	Standing or special committees formed to perform a specific function, purpose or project within the Region. A chairman nominated by the Committee members and appointed by the Board of Directors coordinates the committee.
<b>Conference*</b>	The Assembly of the World Service Business Conference
<b>Delegate*</b>	The persons elected at the Intergroup level to represent the intergroup or national/language service board at

	Conference. Regional chairs and trustees also serve as Conference delegates.
<b>Ex-officio</b>	A member who belongs to a committee because of the service position she/he holds. Region 8 Chairman is an ex-officio member of all standing and special committees at Regional level.
<b>IG*</b>	Abbreviation of intergroup.
<b>Intergroup*</b>	The service body that supports local area groups. The intergroup is made up of representatives from each group it serves and managed by a board of officers. Intergroups generally provide published local meeting lists, an answering service for newcomers, and OA literature.
<b>National/Language Board *</b>	The body that provides services to the intergroups and/or groups within one country or language area outside the US and Canada.
<b>Overeaters Anonymous, Inc. *</b>	The formal structure of the corporate organization subject to the laws of the state of California. OA, Inc. is made up of the BOT, the WSO, and for the week that it is in session, Conference.
<b>P &amp; P</b>	Abbreviation for Policy and Procedure Manual.
<b>Policy and Procedure Manual</b>	The manual that contains information regarding the way Region 8 conducts business.
<b>Prudent Reserve</b>	An amount of money set aside to meet an organization's operating expenses in the event that contributions decrease. For example, in Region 8 the prudent reserve is 40% to 60% of the annual budget.
<b>Recovery Convention</b>	Workshops, marathons, and OA meetings organized by the intergroup hosting the Region 8 Business Assembly and Convention.
<b>Region Trustee*</b>	Ten members of the BOT who serve as liaisons between their regions and world service.
<b>Representative</b>	A member who was elected by the Intergroup or National/Language Board conscience to represent the body at the regional assembly.

<b>Service Body</b>	Refers to any group, intergroup, national/language board, region, and committee within the OA fellowship.
<b>Region 8</b>	Abbreviation for Southeastern Overeaters Anonymous Region 8.
<b>Subcommittee</b>	A subgroup of a committee that works with a specific task related to the general scope of the committee.
<b>Twelve Concepts of OA Service*</b>	The concepts guiding all OA members in their service to the organization.
<b>Twelve Steps*</b>	The Steps of recovery from compulsive overeating, adapted (with permission) from the Twelve Steps of Alcoholics Anonymous.
<b>Twelve Traditions*</b>	The principal ideas behind the Overeaters Anonymous program of recovery, adapted (with permission) from the Twelve Traditions of Alcoholics Anonymous.
<b>World Service Business Conference*</b>	Annual business conference of Overeaters Anonymous, Inc. This weeklong meeting is held to elect trustees, amend bylaws, add new business policies, and provide information to delegates through presentations and workshops.
<b>World Service Office*</b>	Administrative headquarters for Overeaters Anonymous in Rio Rancho, New Mexico. Staffed by 14 professionals who conduct day-to-day business operations of OA. The WSO tracks OA groups worldwide, develops OA literature, produces a monthly magazine, and sells and ships OA materials.
<b>WSBC*</b>	Abbreviation for World Service Business Conference.
<b>WSO*</b>	Abbreviation for World Service Office.

\*Taken from WSO's Glossary in the WebPage