

**BYLAWS OF THE
BIG COUNTRY INTERGROUP
OF OVEREATERS ANONYMOUS**

Revised and Accepted on August 22, 2026

ARTICLE I – NAME

The name of this organization shall be the Big Country Intergroup (BCIG), hereinafter known as Intergroup.

ARTICLE II—PURPOSE

Section 1—Purpose

The primary purpose of this Intergroup is to carry the message of recovery to those with the problem of compulsive eating, 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 and/or intergroups.

Section 2—The Twelve Steps¹

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

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.

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

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.

Section 3—The Twelve Traditions²

The Twelve Traditions 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.

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

Section 4—The 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, 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 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 the intergroup with voice and vote includes the following:

- A. The intergroup officers.
- B. Group Representatives (GRs) which shall consist of one (1) member from each group.
- C. Region Representative and Alternate.
- D. World Service Business Conference Delegate and Alternate.
- E.
- F. Committee Chairs. (NOTE: A committee chair, like every other Intergroup member, will have only one vote even if also serving as a GR.)

Section 2—Qualifications.

Big Country Intergroup is a land-based intergroup, composed primarily of groups within its region or groups within its geographical proximity. A virtual intergroup is composed primarily of virtual groups. With permission, a land-based group may affiliate with a virtual intergroup and a virtual group may affiliate with a land-based intergroup.

Each intergroup has the autonomy to determine which groups may affiliate with it; that decision should always be guided by OA Traditions and Concepts.

- A. Each group shall be entitled to one (1) vote through its elected GR.
- B. This Intergroup endorses the definition of an OA group in Overeaters Anonymous, Inc. Bylaws, Subpart B, Article V, Section 1, as written and as it may be amended by a future World Service Business Conference.
- C. These points shall define an Overeaters Anonymous group:
 - 1. As a group, they meet together 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.

Section 3—Group Representatives

- A. Group representatives shall be selected by the group conscience of the group they represent. Each GR shall be selected by any method deemed appropriate by their group. These GR(s) shall serve for a period designated by their group, always subject to recall

by the group they represent. Each group shall be free to designate an alternate group representative when the necessity arises.

GR(s) should be selected for willingness to serve, commitment to the Twelve Steps and Twelve Traditions of OA, with at least six (6) months current abstinence and working the Twelve Steps of Overeaters Anonymous.

- B. The primary responsibility of the GR, or alternate, is to represent their group at all meetings of the intergroup, to act as a liaison between this intergroup and their group, to see that all communications pertaining to intergroup are made available and where requested, read aloud to the group.

ARTICLE IV—THE INTERGROUP BOARD

Section 1—The Intergroup Board

- A. The board shall consist of a chairman, vice chairman, secretary, treasurer, webmaster, region representative and WSBC delegate .
- B. The immediate past chairman shall serve as an ex-officio member of the intergroup board for one (1) year.
- C. This intergroup board shall serve as the executive board. In the event the chairman of the board should be unable to attend any meeting of the board, the next highest ranking executive officer in attendance shall serve as chair for that meeting. The ranking of these officers shall serve as follows: vice chairman, treasurer, secretary, webmaster, region representative and WSBC delegate .

Section 2—Nominations to the Intergroup Board

Nominations to the board may be made from the floor at the time of election. A nominating committee may also be formed, at the discretion of the intergroup.

Section 3—Qualifications for the Intergroup board:

- A. Working the Twelve Steps of OA for at least six (6) months.
- B. Familiarity with the Twelve Traditions of OA.
- C. Familiarity with the Twelve Concepts of OA service.
- D. Six (6) months of current abstinence.
- E. Regular attendee of an active group for a period of six (6) months and to have been an GR of an active group.
- F. The regional representative/alternate (whether or not a member of the intergroup board) shall meet qualifications and requirements as outlined and defined in the Region 3 Bylaws and as required for election to the board by Article IV, Section 4, of these bylaws.
- G. The World Service Business Conference Delegate/Alternate (whether or not a member of the intergroup board) shall have at least one (1) year of current abstinence and two (2) years of service beyond the group level as outlined and defined in the Overeaters

Anonymous, Inc. Bylaws, Subpart B, Article VII, Section 3, C-1 and as required for election to the Board by Article IV, Section 4, of these bylaws.

H.

Section 4—Method of Election:

- A. Elections shall be held annually at a meeting specified for that purpose.
- B. To be eligible for election to the board, a nominee must:
 - 1. Meet all above qualifications.
 - 2. Understand responsibilities of the position as defined in Article IV, Section 6, and as defined in the intergroup job description.
- C. In order to be elected to membership on the intergroup board, a nominee must be present at the election meeting and must receive a majority vote of the GR(s) present and voting.

Section 5—Term of Office:

- A. Board members shall be elected to serve for a period of two (2) years.
 - 1. On even-numbered years, chairman, secretary and treasurer shall be elected. On odd-numbered years, vice chairman, webmaster, region representative/alternate and WSBC delegate/alternate shall be elected.
 - 2. Newly elected officers shall begin service at the intergroup meeting following their election.
- B. Board members shall serve for a period of no more than two (2) consecutive terms in the same office.
- C. After an interval of two (2) years. A member may again be eligible for election to their prior office.
- D. Upon election to the board, members shall cease to be a representative of their group and that group shall elect a new group representative.

Section 6—Responsibilities of the Intergroup Board:

- A. Chairman:
 - 1. Shall preside at all regular and special meetings of this intergroup and intergroup board.
 - 2. Shall be responsible for establishing the agenda for all intergroup meetings.
 - 3. May cast the deciding vote to make or break a tie. May participate in a ballot vote.
 - 4. May attend all standing committee meetings.
 - 5. Shall ensure that the general account of the intergroup be audited annually.
- B. Vice Chairman:
 - 1. Shall serve in the absence of the chairman.
 - 2. Shall assist the chairman whenever needed.
 - 3. May attend all standing committee meetings.
- C. Secretary:

1. Shall see that minutes are kept of all intergroup and intergroup board meetings and distributed to each group representative. As a cooperative gesture, a copy of the minutes may be sent to the regional trustee.
2. Shall maintain a file of all minutes of past meetings.
3. Shall keep WSO informed of all changes to group information.

D. Treasurer:

1. Shall maintain a checking and savings account if necessary, for dispersal of intergroup funds.
2. Shall submit financial reports at each intergroup meeting.
3. Shall be cosignatory with the chairman or an appointee of the board.

E. Webmaster:

1. Shall act as the liaison between the website service and BCIG Board and members for the maintenance, operation and accuracy of content on OABigCountry.org.
2. Announce all online intergroup meetings, special events, and any other announcements.
3. Provide the chair and the secretary a description of procedures, password, and username access to the website, Google Voice login, and mailbox management in case of unavailability of the Webmaster.

F.. Regional Representative:

1. Shall attend the regional assemblies.
2. In all areas, the RR shall meet qualifications and requirements as outlined and defined by the regional bylaws or policy manual.
3. Shall be willing to report, either orally or in writing as designated by the intergroup, the actions of the assembly to all groups the intergroup represents; to keep the intergroup and represented groups aware of regional information; to communicate important regional information to the area.

G. World Service Business Conference Delegate:

1. Shall attend the World Service Business Conference of Overeaters Anonymous.
2. In all areas, the World Service Business Conference delegate shall meet qualifications and requirements as outlined and defined in the Overeaters Anonymous, Inc. bylaws, Subpart B.
3. Shall be willing to report, either orally or in writing as designated by the intergroup, the actions of the conference to all groups the intergroup represents; to keep the intergroup and represented groups aware of World Service Office information; to communicate important information to the area.

H. The intergroup board shall provide a means of conducting the intergroup business in the case of emergencies and/or between meetings of the intergroup.

Section 7—Vacancies and Resignations

- A. If a member of the intergroup board fails to attend two (2) consecutive meetings without prior notice, his/her office may be declared vacant by a majority of those members present and voting.
- B. Any board member may resign at any time for any reason by giving the chairman of the intergroup written notice.
- C. Any board member of this intergroup may be removed from office for due cause by a two-thirds (2/3) vote of the GRs at a special meeting announced for that purpose.

Section 8—Filling of Vacancies.

- A. Vacancies shall be filled by a majority vote at that meeting in which the vacancy occurred, or at the next meeting or special meeting of the intergroup. Such persons chosen to fill said vacancies shall serve for the remainder of the unexpired term.
- B. A person chosen to fill any vacancy on the board shall meet the qualifications as defined in Article IV, Section 3 and be aware of all responsibilities of that position as described and defined in Article IV.

ARTICLE V—MEETINGS

Section 1—Regular Meetings

The intergroup shall meet quarterly at a time and place designated by a majority of the voting members.

Section 2—Annual Meetings

An annual meeting shall be held in the month of November for the election of officers. Consideration shall be given to set such time of said meeting to be held prior to 120 days prior to the World Service Business Conference, allowing adequate time for election of the WSBC delegate.

Section 3—Special Meetings

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

Section 4—Method of Notification

Notification of all meetings shall consist of notices prepared by the intergroup secretary and distributed to each group secretary and/or GR seven (7) days prior to the date of the meeting. Notification may also be made by placing an announcement on the intergroup website, or by mail, telephone or e-mail and at the prior intergroup meeting.

Section 5—Meetings by Virtual Conference

Members of the Intergroup may participate in a meeting through use of electronic means, so long

as all members participating in such meeting can hear one another and have a way to participate in any voting. Materials presented during the meeting shall be made available to those participating virtually. Participation by Intergroup members in a meeting in the manner provided in this Section constitutes presence in person at such meeting.

Section 6—Quorum

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

ARTICLE VI—COMMITTEES

Section 1—Standing Committees

The following standing committees may be established as required to carry out the purposes of intergroup in the most efficient manner. Standing committees may include but not be limited to:

- A. Public Information/Professional Outreach (PIPO)
- B. Literature
- C. Twelve Step Within
- D. Technology
- E. Special Events
- F. Bylaws
- G. Other committees deemed necessary to carry on intergroup work.

Section 2—Special Committees

The Board shall designate such special committees as are deemed necessary for the welfare and operation of the intergroup.

Section 3—Committee Appointments

The chairman shall appoint a committee chairman from those GR(s) present who meet GR qualifications. Any OA member present meeting GR qualifications may be appointed to chair a standing or special committee with approval of the members present and voting.

Section 4—Committee Procedures

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

Section 5—Committee Responsibility

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

Section 6—Nominating Committee

The intergroup may have a nominating committee to recommend persons to serve as officers, RR(s) and WSBC delegates and persons to fill vacancies and to serve on the next nominating committee. The nominating committee should consist of three (3) persons. The chairman of the intergroup shall not serve on the nominating committee but may provide background information and input as requested by the committee.

Section 7—Ex-Officio Members

- A. Past committee chairmen may serve in an ex-officio capacity in their respective committees.
- B. The intergroup chairman is an ex-officio member of all committees except the nominating committee.

Section 8—Committee Bank Account

- A. If it is deemed necessary by the board that a committee shall open a bank account, the following procedure shall be followed:
 - 1. The committee chairman and the treasurer of the intergroup shall be cosigners on the account. Two signatures shall be required on all checks.
 - 2. The committee chairman shall keep all financial records and shall present a detailed, itemized report of transactions to the intergroup one (1) month following any event for which monies were expended or received.
 - 3. The committee chairman shall arrange for an audit of the committee account during the final month of each year. The audit shall take place at the same time as the audit for the general account of the intergroup.

Section 9—Vacancies

Should a vacancy, resignation, or removal of a committee chairman occur, all pertinent information shall be turned over to the intergroup chairman. The chairman shall then appoint a new committee chairman to serve the remainder of the unexpired term.

Section 10—Removal of Committee Chairman

A committee chairman may be removed from office by a two-thirds (2/3) vote of the intergroup board. Removal is based on unworthy conduct or non-attendance at two (2) consecutive

intergroup meetings.

ARTICLE VII—SOURCE OF FUNDS

Section 1—Source of Funds

- A. Voluntary contributions of the member groups shall be the primary source of funds.
- B. Secondary sources of income may be such occasional projects or activities as may be authorized by the intergroup according to Tradition Six.
- C. The intergroup may accept donations from OA members, conforming with the general practice of OA.
- D. The maximum allowable annual donation to the intergroup by OA members is to be limited to an amount set by vote of the intergroup, not to exceed the maximum allowable annual donation set by the WSBC.
- E. The acceptance of bequests or donations from any outside source is prohibited.
- F. The maximum allowable bequest to the intergroup by OA members is to be limited to an amount set by vote of the intergroup, not to exceed the maximum allowable annual donation set by the WSBC.
- G. The intergroup shall not accept the responsibility for trusteeship over, or enter into the distribution or allocation of, funds set up outside of Overeaters Anonymous.

Section 2—Prudent Reserve

There shall be no accumulation of funds beyond current necessities, with retention of only a prudent reserve for contingencies. Funds in excess shall be donated to Region 3 and the World Service Office annually as budgeted and directed by the intergroup.

ARTICLE VIII—PARLIAMENTARY AUTHORITY

Section 1

The rules contained in the current edition of Robert's Rules of Order Newly Revised shall govern this intergroup in all cases to which they are applicable and in which they are not inconsistent with these bylaws, the Twelve Traditions or any special rules of order this intergroup may adopt. Furthermore, the Intergroup's bylaws must conform to OA, Inc. bylaws.

ARTICLE IX—AMENDMENTS TO THESE BYLAWS

Section 1

These bylaws may be amended at any time by a two-thirds vote of the voting members present and voting at any regular or special meeting of the intergroup. The proposed amendment must be communicated in writing to each member group at least twenty (20) days prior to the voting meeting. Amendments to the Twelve Steps, Twelve Traditions and Twelve concepts of OA may only be made as per OA, Inc. Bylaws, Subpart B, Article XII, Section 1.

ARTICLE X—MAJOR POLICY MATTERS

Section 1

- A. Matters which affect this intergroup and/or groups within its service area shall be referred to the board of this intergroup.
- B. Matters which relate to Overeaters Anonymous as a whole which affect Subpart A of the Bylaws of Overeaters Anonymous, Inc., shall be referred to the Board of Trustees.
- C. Matters which affect Subpart B of the Bylaws of Overeaters Anonymous, Inc., or which relate to the Twelve Steps, Twelve Traditions and Twelve Concepts shall be referred to the World Service Business Conference.

ARTICLE XI—DISSOLUTION

Section 1

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

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 World Service Office of Overeaters Anonymous and/or to Region III 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 501c (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.