

Bylaws
of
Recovery in the Rockies
Intergroup (ReRockIG)
of Overeaters Anonymous

September 2025

Edited copy of the Bylaws  Copy of Copy of Recovery in the Rockies Bylaws

Original copy of the Bylaws

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ARTICLE I: NAME AND DEFINITION

Section 1: Name

The name of the organization shall be Recovery in the Rockies Intergroup (hereafter known as ReRockIG).

Section 2: Definitions

1. ReRockIG shall include groups based in the metropolitan Denver area, Northern Colorado, the Western Slope and Mountain Regions not represented by any other Colorado Intergroup.
2. IR: Intergroup Representative
3. IG: Intergroup
4. WSO: World Service Office
5. WSBC: World Service Business Conference
6. RR: Region Representative to Region 3
7. WSBCD: World Service Business Conference Delegate

ARTICLE II: PURPOSE

Section 1: Purpose

The primary purposes of ReRockIG are:

- A. To carry the message of recovery to aid those with the problem of compulsive eating and to serve, support and represent the OA groups within the Intergroup area. Group membership is defined in Article V, Section 2a of the OA, Inc. Bylaws, Subpart B.
- B. To further the program of Overeaters Anonymous in accordance with the Twelve Steps, Twelve Traditions and Twelve Concepts
- C. The administration and coordination of activities and special programs for ReRockIG as well as coordination of special events with other Colorado Intergroups.
- D. Supplying information to groups and individuals from Region 3, WSO and various matters of interest concerning OA as a whole.
- E. Handling of necessary administrative duties.
- F. Actively support the delegates representing ReRockIG at World Service Business Conference and Region 3 Assemblies.
- G. Specifically excluded from the purposes of this organization is the operation of any club, clubhouse, and the endorsement of any public or private project on overeating as outlined in Tradition Six.

Section 2: The Twelve Steps

The Twelve Steps 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 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 a 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 Traditions¹

The Twelve Traditions of Overeaters Anonymous are as follows:

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.

¹ Permission to use the Twelve Traditions of Alcoholics Anonymous for adaptation granted by A.A. World Services, Inc.

5. Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought 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.

Section 4: The Twelve Concepts²

The Twelve Concepts of OA Service are as follows:

1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
2. The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus, the World Service Business Conference is the voice, authority, and effective conscience of OA as a whole.
3. The Right of Decision, based on trust, makes effective leadership possible.
4. The Right of Participation ensures equality of opportunity for all in the decision-making process.

² Permission to use the Twelve Concepts of OA Service granted by OA World Services, Inc.

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 it 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 acts of government, and each shall always remain democratic in thought and action.

ARTICLE III: INTERGROUP MEMBERSHIP

Section 1: Membership

Membership of the Intergroup (IG) with voice and vote shall include the following:

- A. The IG Board, which includes the Chair, Vice Chair, Secretary, Treasurer, RR, and WSBCD;
- B. An Intergroup Representatives (IR) from each individual group affiliated with ReRock IG;
- C. Standing and Ad-Hoc Committee Chairpersons.
- D. Any OA member is welcome to attend ReRockIG meetings as a visitor. Visitors may speak but not vote.

Section 2: Qualification for Affiliation with ReRock IG

- A. Groups registered with the World Service Office (WSO), within the area as defined in Article 1, Section 2.A are eligible to be ReRockIG members. The OA group shall be registered with WSO and have indicated its intent to belong to the IG.
 - a. Virtual groups registered with the WSO may choose to affiliate with the IG of their choice.

Section 3: Intergroup Representatives

- A. Intergroup Representatives (IRs) shall be selected by the group conscience of the group they represent. Each IR shall be selected by any method deemed appropriate by the group. The IRs shall serve for a period designated by the group, always subject to recall by the groups they represent. Each group shall be free to designate an alternate representative when the necessity arises.
- B. The primary responsibilities of the IR (or alternate) is to represent the group at all meetings of the IG, to act as a liaison between IG and the OA group, and to see that all communications pertaining to IG are made available to the group.
- C. It is suggested but not required that the IR have a minimum of six (6) months in OA and a minimum of thirty (30) days of abstinence.

- D. An IR shall represent only one group at a time and is therefore entitled to only one vote.

ARTICLE IV: THE INTERGROUP BOARD

Section 1: The IG Board

The Board consists of a Chairperson, Vice Chairperson, Treasurer, Secretary, Region Representative (RR), and World Service Business Conference Delegate (WSBCD). If the Chairperson is unable to attend the IG meeting, the next highest ranking officer will preside in this order:

1. Vice Chairperson
2. Treasurer
3. Secretary

When desired, Board positions may be shared by more than one member.

Section 3: Qualifications for the IG Board

To qualify for a position on the Board, it is suggested the candidate:

- A. Be working the Twelve Steps of OA to the best of their ability.
- B. Have knowledge of the Twelve Traditions of OA.
- C. Have knowledge of the Twelve Concepts of OA.
- D. Suggested to have one (1) year of current abstinence (not required).
- E. Refer to the ReRock Bylaws and Policies and Procedures in order to adhere to them.
- F. The WSBC Delegate shall, in addition to the aforementioned qualifications, meet all the qualifications and requirements as outlined and defined in the Overeaters Anonymous, Inc. Bylaws, Subpart B, Article 8, Section C, part 3. (As of 2025, this includes one year of current abstinence, and two years of service above the group level.)
- G. The RR shall, in addition to the aforementioned qualifications, meet all the qualifications and requirements as outlined and defined in the Region 3 Bylaws Article 5, Sections C and D. (As of 2025, this includes one year of

current abstinence, and one year of service above the group level)

Section 4: Election of Board Members

- A. Elections shall be held annually in the fall, ideally in the month of October.
- B. To be eligible for election to the Board a nominee must:
 - a. Meet all the qualifications as defined in Article IV, Section 3.
 - b. Understand the responsibilities of the position as defined in Article IV, Section 6.
- C. 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 voting members. Nominations may be made from the floor at the time of election.

Section 5: Term of Office

- A. Board members shall be elected for a period of one year.
- B. Board members shall serve no more than two (2) consecutive full terms in the same position.
- C. If a person has been elected or appointed to fill an unexpired term, that person remains eligible to serve another two (2) full terms in the same position.
- D. Board members cannot simultaneously serve as IRs.
- E. Newly elected Board members shall take office at the beginning of the next calendar year.

Section 6: Responsibilities of the Intergroup Board

- A. Chairperson
 - a. Shall preside over all regular meetings of the Intergroup.
 - b. Shall be responsible for establishing the agenda for all Intergroup meetings.
 - c. May cast a vote to break a tie or in a secret ballot.
 - d. Appoint interim Board members as necessary, create special ad-hoc

committees and appoint committee chairpersons.

- e. Other duties as determined by the IG (see ReRockIG Policy and Procedures manual).

B. Vice Chairperson

- a. Shall serve in the absence of the Chairperson.
- b. Shall assist the Chairperson whenever needed.
- c. May attend all standing committee meetings.
- d. Other duties as determined by the IG (see ReRockIG Policy and Procedures manual).

C. Treasurer

- a. Shall follow OA's Treasurer Guidelines, OA's 7th Tradition, and facilitate WSO's suggested donations to Region and World Service.
- b. Shall maintain the financial account(s) for dispersal of Intergroup funds.
- c. Shall receive receipts and reimburse members for OA-related expenses.
- d. Shall email financial reports each month to the Chairperson prior to the IG meeting.
- e. Shall be co-signatory with one other Board member or an appointee of the Board.
- f. Shall be the custodian of the physical asset of the debit card.
- g. Other duties as determined by the IG (see ReRockIG Policy and Procedures Manual).
- h. Outgoing treasurer shall assist the newly elected treasurer with any end of fiscal year activities.

D. Corresponding Secretary

- a. Shall furnish copies of minutes and meeting notifications to IRs, Region 3 Chairperson and Region Trustee Liaison in a timely manner.
- b. Shall pick up and distribute correspondence to the appropriate officer or

committee chairperson and maintain a digital file of outgoing correspondence.

- c. Shall keep WSO and Region 3 informed of all changes to group information.
- d. Shall email copies of meeting minutes, flyers, and agendas for monthly ReRockIG meetings.
- e. Other duties as determined by the IG (see ReRockIG Policy and Procedures Manual).

E. Region Representatives (RRs)

- a. Shall attend all Region 3 Assemblies.
- b. Shall serve on a Region 3 Committee as determined at Assembly.
- c. Shall make a report after each Region 3 Assembly to the IG.
- d. Shall assist in fostering communication between ReRock IG and Region 3, directing information, announcements, and updates to contact information between these bodies.
- e. Shall attend monthly IG meetings during their term with full voice and voting privileges.
- f. When, and if possible, the WSBC Delegate(s) and the RR(s) shall be the same person.
- g. The IG shall be entitled to the allocated number of RRs and as outlined in the Region 3 Bylaws, Article 5, Section A.

F. World Service Business Conference Delegates (WSBCDs)

- a. Shall attend the World Service Business Conference (WSBC) of Overeaters Anonymous.
- b. Shall serve on a Conference Committee, as determined at Conference.
- c. Shall make a report after each WSBC to the IG.
- d. Shall assist in fostering communication between ReRock IG and WSO, directing information, announcements, and updates to contact information between these bodies.

- e. Shall attend monthly Intergroup meetings during their term with full voice and voting privileges.
- f. When, and if possible, the WSBC Delegate(s) and the RR(s) shall be the same person.
- g. The IG shall be entitled to the allocated number of WSBC Delegates as outlined in the Overeaters Anonymous, Inc. Bylaws, Subpart B.

Section 7: Vacancies, Resignations and Removals

- A. If a member of the IG Board fails to attend two (2) consecutive IG meetings without prior notice to the Chairperson, their position will be deemed vacant by a majority vote of the members.
- B. Any Board member may resign at any time for any reason by giving the Chairperson of the IG written notice.
- C. Any Board member may be removed from office for due cause by a majority vote.

Section 8: Filling of Vacancies

- D. Vacancies may be filled by a majority vote at the meeting when the vacancy occurred, or at a following meeting. Persons chosen to fill said vacancies shall serve for the remainder of the unexpired term.
- E. The Chairperson may (a) appoint an interim officer, at their discretion, to serve until the next IG meeting, at which time a special election will be held to fill the vacated position until the end of the expired term or (b) appoint an Ad Hoc Committee to choose a possible replacement.
- F. 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 monthly at a time and place designated by a majority of the voting members. Whenever possible, all meetings shall have a virtual component to support geographically dispersed members.

Section 2: Special Meetings

A special meeting may be called at any time by a majority vote of the Intergroup Board, or by a quorum of IG members, provided sufficient notice is given to members as defined in Article III, Section 1. A - D via the Intergroup contact list.

Section 4: Method of Notification

Notification of all meetings shall consist of notices provided via email and posted on the ReRock IG publicly accessible website. The documents of upcoming ReRockIG meetings are emailed by the chairperson before the meeting. Notification may also be made by placing an announcement in the monthly email blast and announcing at the prior Intergroup meeting.

Section 5: Quorum

The voting members present at any meeting of the Intergroup shall constitute a quorum for all proceedings of the Intergroup. Bylaws statement: The quorum for voting purposes shall be, at minimum, one intergroup officer and at least three other voting members. [Specify IG/SB if greater.]

Section 6: Functioning

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

ARTICLE VI - COMMITTEES

Section 1: Standing Committees

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

- A. Publications/Technology
- B. Twelfth Step Within
- C. Public Information/Professional Outreach (PI/PO)
- D. Young Adults
- E. Other committees deemed necessary to carry on IGwork

Section 2: Committee Appointments

The Board shall designate such committees as are deemed necessary for the welfare and operation of the IG. Any member of OA may nominate themselves or another OA member to chair any committee. Any OA member may voluntarily chair a standing committee provided the member meets the qualifications stated in Article IV, Section 3 and gains the approval of a majority of the established quorum. If a committee chair is not an IR, the committee chair shall attend the monthly IG meetings during their term with full voice and voting privileges.

Section 3: Committee Procedures

Each standing committee may prescribe its own rules for calling and holding committee meetings and establish its own procedures, subject to the guidelines of the Twelve Traditions of OA.

Section 4: Committee Responsibility

- A. Each standing committee chairperson shall submit a written report to the Intergroup within 30 days after the end of any specific event coordinated by that committee. If any monies are expended, a detailed and itemized report shall be included with the committee report.

- B. At the monthly Intergroup meetings, committee chairpersons will provide a progress report of committee activity.

Section 5: Ex-officio Members

Past committee chairpersons may serve in an ex-officio capacity in their respective committees.

Section 6: Committee Bank Account

If it is deemed necessary by the Board that a committee shall open a bank account, the following procedures shall be followed:

- A. The committee chairperson and the Intergroup Treasurer shall be cosigners on the account. Two signatures shall be required on all checks.
- B. The committee chairperson shall keep all financial records and shall present a detailed, itemized accounting of transactions to the Intergroup following any event for which monies were expended.
- C. The committee chairperson shall arrange for an audit of the 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 7: Term of Office

- A. Committee chairperson shall be elected/selected for a period of one year.
- B. Committee chairperson shall serve no more than two (2) consecutive terms chairing the same committee.
- C. If a person has been elected or appointed to fill an un-expired term, that person may run for their own one (1) year term and shall serve no more than two (2) consecutive terms chairing the same committee.
- D. Newly elected/selected committee chairpersons shall take office immediately following their election/selection.

Section 8: Vacancies, Resignations and Removals

- A. Should a vacancy, resignation, or removal occur in any standing committee, all pertinent information shall be turned over to the Intergroup Chairperson. The Chairperson shall then appoint a new committee chairperson to serve the

remainder of the unexpired term.

- B. Any committee chairperson may resign at any time for any reason by giving the Chairperson of the Intergroup written notice.
- C. Any committee chairperson of the Intergroup may be removed by a majority vote of both officers and IRs.

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. A secondary source of income may be 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 to the general practice of OA.
- D. The maximum allowable annual donation to the Intergroup by an OA member is to be limited to five thousand dollars (\$ 7,500). shall align with the guidelines established by WSO
- E. The acceptance of bequests or donations from any outside source is prohibited.
- F. The Intergroup shall not accept the responsibility for trusteeship over, or enter into the distribution or allocation of, funds set up outside 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 of the prudent reserve will be donated to Region III and the World Service Office as directed by the Intergroup.

ARTICLE VIII: PARLIAMENTARY AUTHORITY

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 the Intergroup may adopt. Furthermore, the Intergroup's Bylaws must conform to OA Inc., Bylaws.

ARTICLE IX: AMENDMENTS TO THE BYLAWS

These Bylaws, with the exception of Article II, Sections 2, 3 and 4, (OA Twelve Steps, Twelve Traditions and Twelve Concepts) may be amended at any time by a 2/3 vote of both officers and IRs present at any regular or special meeting of the Intergroup, provided a copy of the proposed amendment has been submitted in writing and received by each group affiliated with this Intergroup at least 30 days before the meeting in which action is to be taken on the amendment. Amendments to these Bylaws shall be effective at the close of the meeting, at which they are adopted, except as otherwise specified.

Article II, Sections 2, 3, and 4, may not be amended except as outlined per Overeaters Anonymous, Inc. Bylaws, Subpart B, Article XIV, Section 1 Bylaws Amendments.

Article XIV – Bylaws Amendments, Section 1 – Procedure. Subpart B of these bylaws may be amended as follows:

- A. Except as otherwise specified by these Bylaws, proposed amendments to Subpart B may be adopted by a two-thirds vote of the delegates present and voting provided a quorum is present.
- B. Amendments to Article I (Twelve Steps) and Article II (Twelve Traditions) of Subpart B of these Bylaws may only be adopted if, in addition to d) above, they are ratified by three-fourths of the registered Overeaters Anonymous groups responding within six months of notification, provided at least fifty-five percent of the registered groups have responded.

ARTICLE X: MAJOR POLICY MATTERS

Matters which affect the Intergroup and/or groups within its service area, shall be referred to the Board of the Intergroup. Matters which relate to Overeaters Anonymous as a whole shall be referred to the World Service Board of Trustees of Overeaters Anonymous.

ARTICLE XI: DISSOLUTION

Section 1: Distribution of Remaining Assets

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 III of Overeaters Anonymous, or to a non-profit fund, association, foundation or corporation which is organized and operated exclusively for charitable, educational or religious and/or scientific purposes and which has established tax-exempt status under Section 501(c)(3) of the Internal Revenue Code.

Section 2: Use of Net Earnings

No part of the net earnings of this association shall ever be used for the benefit of, or be distributed to, its members, trustees, officers, or other private person, 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.

ARTICLE XII: SAVING CLAUSE

It is hereby intended that if, for any reason, a portion of these bylaws is not adopted or ratified, or is subsequently declared invalid, the remaining portion of these bylaws shall not fail as a result of the partial failure, but shall continue in force and effect, as if no invalidity occurred.

Article XIII: BYLAWS AMENDMENTS

Section 1: Procedure

Subpart B of these bylaws may be amended as follows:

- A. Except as otherwise specified by these bylaws, proposed amendments to Subpart B may be adopted by a two-thirds vote of the delegates present and voting provided a quorum is present.
- B. Amendments to Article I (Twelve Steps) and Article II (Twelve Traditions) of Subpart B of these bylaws may only be adopted if, in addition to d) above, they are ratified by three-fourths of the registered Overeaters Anonymous groups responding within six months of notification, provided at least fifty-five percent of the registered groups have responded.

Effective date September 25, 2025

Cayenna J, Chairperson (Co-Chair?)

Al S, Vice Chair (Co-Chair?)