

BYLAWS OF THE RECOVERY IN THE ROCKIES INTERGROUP OF OVEREATERS ANONYMOUS

Adopted March 23, 2026

TABLE OF CONTENTS

ARTICLE I - NAME

ARTICLE II - PURPOSE

ARTICLE III - MEMBERS

ARTICLE IV - INTERGROUP BOARD

ARTICLE V - MEETINGS

ARTICLE VI - COMMITTEES

ARTICLE VII - PRUDENT RESERVE

ARTICLE VIII - PARLIAMENTARY PROCEDURE

ARTICLE IX - AMENDMENTS

ARTICLE X - DISSOLUTION

ARTICLE I – NAME

The name of this organization shall be the Recovery in the Rockies Intergroup, also known as ReRock.

ARTICLE II – PURPOSE

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

A) Twelve Steps

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

- 1) We admitted we were powerless over food—that our lives had become unmanageable.
- 2) Came to believe that a Power greater than ourselves could restore us to sanity.
- 3) Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
- 4) Made a searching and fearless moral inventory of ourselves.
- 5) Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
- 6) Were entirely ready to have God remove all these defects of character.
- 7) Humbly asked Him to remove our shortcomings.

- 8) Made a list of all persons we had harmed, and became willing to make amends to them all.
- 9) Made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10) Continued to take personal inventory and when we were wrong, promptly admitted it.
- 11) Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
- 12) Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

B) Twelve Traditions

The Twelve Traditions of Overeaters Anonymous are:

- 1) Our common welfare should come first; personal recovery depends upon OA unity.
- 2) For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
- 3) The only requirement for OA membership is a desire to stop eating compulsively.
- 4) Each group should be autonomous except in matters affecting other groups or OA as a whole.
- 5) Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.
- 6) An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
- 7) Every OA group ought to be fully self-supporting, declining outside contributions.
- 8) Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
- 9) OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
- 10) Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never be drawn into public controversy.
- 11) Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.
- 12) Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

C) Twelve Concepts

The Twelve Concepts of OA Service are:

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

- 4) The right of participation ensures equality of opportunity for all in the decision-making process.
- 5) Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
- 6) The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
- 7) The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.
- 8) The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.
- 9) Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
- 10) Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.
- 11) Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.
- 12) The spiritual foundation for OA service ensures that:
 - a) no OA committee or service body shall ever become the seat of perilous wealth or power;
 - b) sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
 - c) no OA member shall ever be placed in a position of unqualified authority;
 - d) all important decisions shall be reached by discussion, vote and whenever possible, by substantial unanimity;
 - e) no service action shall ever be personally punitive or an incitement to public controversy; and
 - f) no OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

ARTICLE III – MEMBERS

Section 1 – Membership

Membership of the intergroup with voice and vote includes the following:

- A) The Intergroup Board.
- B) Intergroup representatives, which consist of one member from each affiliated group.
- C) Committee chairs. (NOTE: A committee chair, like every other intergroup member, will have only one vote even if also serving as an intergroup representative.)

Section 2 – Qualifications

- A) Intergroups are composed of two or more groups that have formed a service body for the purpose of supporting and representing these groups that are affiliated with it. In an area having only one group, that group may function as an intergroup. An intergroup shall be affiliated with one region.

- B) ReRock 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 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 – Intergroup Representatives

- A) Intergroup representatives will be selected by the group conscience of the group they represent.
- B) The duty of the intergroup representative is to represent the group at intergroup meetings and to serve as a contact to carry communications between the intergroup and the represented group.

ARTICLE IV – THE INTERGROUP BOARD

Section 1 – The Intergroup Board

- A) The board consists of the following officers: Chair, Vice Chair, Treasurer, Secretary, Region Representative, and World Service Business Conference Delegate.
- B) If the Chair is unable to attend the IG meeting, Board members will preside in this order: Vice Chairperson, Treasurer, Secretary, Region Representative, World Service Business Conference Delegate.

Section 2 – Qualifications for the Intergroup Board

To qualify for election to the intergroup board, an individual must:

- A) Be working the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service to the best of their ability.
- B) Recommended to have one year of current abstinence except as follows (each person shall be the sole judge of their abstinence):
 - 1) World Service Business Conference delegates must comply with the abstinence and length of service requirements in the OA, Inc. Bylaws, Subpart B, Article VIII, Section 3c 1). Current requirements are one-year current abstinence and at least two years of service beyond the group level.
 - 2) Region representatives must comply with the abstinence and length of service specified in the Region 3 Bylaws, Article V, Section 3. Current requirements are a minimum of one year of current abstinence and at least one year of service beyond the group level.
- C) Be a regular member of an affiliated group.

Section 3 – Election of Board Members

- A) Election of officers shall take place at a regular meeting in the Fall.
- B) Nominations may be made from the floor at the time of election.
- C) Nominees must be present at the election meeting. For election, the candidate must receive a majority of the votes cast.

Section 4 – Term of Office

- A) The term of office for a board member is one year starting the following January.
- B) Board members may serve no more than two 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 full terms in the same position.
- D) Once taking office, a board member may not serve also as a group representative at the intergroup.

Section 5 – Responsibilities of the Intergroup Board Members

- A) Serve as guardians of the Twelve Steps, Twelve Traditions, and Twelve Concepts with respect to the functions of the intergroup.
- B) Perform the duties of their offices in accordance with intergroup policies and procedures.
- C) Serve as guardian of intergroup funds.
- D) Provide a forum for the interchange of ideas and information among member groups.

Section 6 – Vacancies and Resignations

- A) If a board member is absent from two consecutive intergroup meetings without notice to the Chair, they may be removed from the position by a majority of the votes cast either at a regular intergroup meeting or a meeting announced for that purpose.
- B) Any board member may resign at any time for any reason by giving the chair of the intergroup written notice.
- C) Any board member of this intergroup may be removed from office for due cause by a majority of the votes cast at a regular or special meeting announced for that purpose.

Section 7 – Filling of Vacancies

- A) Vacancies shall be filled by a majority vote at the next meeting or special meeting of the intergroup after the vacancy occurs. 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 2.

ARTICLE V – MEETINGS

Section 1 – Regular Meetings

The intergroup will meet monthly at a time and place designated by a majority of the voting 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 intergroup members, provided sufficient notice is provided to the membership.

Section 3 – 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 4 – Method of Notification

Notification of all meetings shall consist of notices provided via email. The documents of upcoming meetings are emailed before the meeting.

Section 5 – Quorum

The quorum for voting purposes shall be, at a minimum, one board member and at least three other voting members.

Section 6 – Meeting Procedure

The Twelve Steps, Twelve Traditions, and a selection from the Twelve Concepts shall be read at the beginning of each meeting.

ARTICLE VI – COMMITTEES

The board may establish committees as are needed for the welfare and operation of the intergroup. Each committee is responsible to the intergroup board.

ARTICLE VII – PRUDENT RESERVE

The intergroup treasurer will maintain a prudent reserve to cover expected operational needs. Excess funds will be donated to OA service bodies as determined by the IG.

ARTICLE VIII – PARLIAMENTARY PROCEDURE

Robert's Rules of Order, Newly Revised shall provide a framework for conducting ReRock business. ReRock may adapt these procedures to best suit the needs of the intergroup, provided that they are in adherence with bylaws of OA Inc., and in alignment with the Twelve Traditions.

ARTICLE IX – AMENDMENTS TO THESE BYLAWS

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 and group at least thirty days prior to the voting meeting.

Amendments to these Bylaws shall be effective at the close of the meeting at which they are adopted, unless otherwise specified.

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 – DISSOLUTION

Section 1 – Deregistration

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

Section 2 – Disbursement of Remaining Funds and Assets

When this intergroup ceases operation and all debts have been paid, all remaining funds and assets shall be distributed to other Overeaters Anonymous service bodies or the World Service Office in accordance with Tradition Six; 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.

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.

Section 3 – US Non-Profit with 501c (3) Status

As of March 2026, ReRock does not hold 501c (3) status. Should ReRock become a registered non-profit with this status, it shall abide by the following guidelines.

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, 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 its tax exempt status under Section 501c (3) of the Internal Revenue Code. In accordance with Overeaters Anonymous Traditions, such non-profit fund, association, foundation, or corporation should be either the OA World Service Office or another OA service body.

No part of the net earnings of this association shall ever inure to be or be used for 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 expressed purpose for which it was formed.