

Region 9 Bylaws

OVEREATERS ANONYMOUS

REGION NINE BYLAWS

Embrace the similarities
Love the differences
In all our affairs

ADOPTED BY THE REGION NINE ASSEMBLY OF OVEREATERS ANONYMOUS

Last Revised 8 December 2019

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**BYLAWS OF
OVEREATERS ANONYMOUS REGION 9 ASSEMBLY**

I	ARTICLE I - NAME
1	Section 1
	The name of this organisation shall be the Region 9 Assembly of Overeaters Anonymous.
II	ARTICLE II - PURPOSE
1	Section 1
	The purpose of the Region 9 Assembly shall be to carry the OA message within Region 9 to the still suffering compulsive overeater - wherever they live and whatever language they speak.
2	Section 2
	The responsibilities to fulfill this purpose shall include:
2 a	Administering and co-ordinating OA activities common to the various Groups, Intergroup and National/Language Service Boards comprising its membership.
2 b	Establishing and maintaining a regional office mailing address to facilitate communication between Region 9 and the various groups, Intergroups, National/Language Service Boards, OA worldwide, and the World Service Office.
2 c	Promoting OA unity within the widely differing cultures and languages included in Region 9.
2 d	Furthering the OA programme in accordance with the Twelve Steps and the Twelve Traditions and the Twelve Concepts of Overeaters Anonymous Inc. – Subpart B, Article I and II and III.
III	ARTICLE III – GROUPS, INTERGROUPS AND NATIONAL SERVICE BOARDS WITHIN REGION 9
1	Section 1
	The Definition of a Group.
1 a	The points that define an Overeaters Anonymous Group are listed in OA Inc Bylaws, Subpart B Article V, Section 1 Overeaters Anonymous Groups.V, Section 1 Overeaters Anonymous Groups.
1 b	These points shall define an Overeaters Anonymous group:
1 b (i)	As a Group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service.
1 b (ii)	All who have the desire to stop eating compulsively are welcome in the group.
1 b (iii)	No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting).
1 b (iv)	As a Group they have no affiliation other than Overeaters Anonymous.
1 b (v)	It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.

2	Section 2
	The Composition of an Intergroup.
2 a	Two (2) or more Groups may form an Intergroup for the purpose of servicing and representing the Groups of which they are composed and acting as the guardian of the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service. A land-based intergroup is 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.
2 b	Each State/Province may have at least one Intergroup. In a State/Province having only one Group, that Group may function as an Intergroup.
2 c	To establish that an Intergroup is registered, the World Service Register shall be used.
3	Section 3
	The Definition of a National/Language Service Board.
3 a	A National/Language Service Board shall be a duly registered service body with the purpose of dealing with issues that require a combination of membership and financial resources of Intergroups and Groups in a country/countries. The National/Language Service Board shall serve and be responsible and accountable to these Groups and Intergroups.
3 b	To establish that a National/Language Service Board is registered, the World Service Register shall be used.
IV	ARTICLE IV – MEMBERSHIP OF REGION 9 ASSEMBLY
1	Section 1
	In accordance with the Bylaws of Overeaters Anonymous, Inc. Subpart B, Region 9 shall be composed of Africa, Europe, Middle East and Western Asia.
2	Section 2
2 a	Section 2 a - Voting Membership
	The voting membership of the Assembly shall consist of:
2 a (i)	Representatives from Intergroups who are registered with the World Service Office and who are within the geographical boundaries of Region 9.
2 a (ii)	Representatives from National/Language Service Boards, who are registered with the World Service Office and who are within the geographical boundaries of Region 9. National/Language Service Boards shall not represent Intergroups which have sent representatives to the Assembly, however if all Intergroups are represented, the National/Language Service Board will still be entitled to one representative.
2 a (iii)	Region 9 Board Members.
2 a (iv)	The Chair shall not have a vote at the Assembly, except to break a tie and for elections.
2 a (v)	Committee Chairs, who are not Intergroup or National/Language Service Boards representatives.
2 a (vi)	In the event of a Region 9 representative from a registered unaffiliated group receiving a voice as per Article IV Section 2 b (iii) of these Bylaws, they may also be given a vote, subject to majority approval of the voting body. The proposed representative should submit a written statement on why they are unaffiliated, if they plan to be affiliated in the future and if they meet the representative requirements.

2 b	Section 2 b - Non-voting Membership
	The non-voting membership of the Assembly shall consist of:
2 b (i)	The Region 9 Trustee is entitled to a voice but no vote at the Assembly.
2 b (ii)	Region 9 OA members, who are not represented, are entitled to a voice but no vote at the Region 9 Assembly.
2 b (iii)	A representative from a registered unaffiliated group within Region 9 may be given a voice if they receive the majority approval of the voting body. Consideration may also be given to giving such a representative a vote – see Article IV Section 2 a (vi) of these Bylaws.
2 b (iv)	Virtual Intergroups may participate in the activities of Region 9, including voting, with the permission of the Region.
2 c	Section 2 c – Visitors
2 c (i)	OA Visitors from Region 9 who already have a representative attending the Assembly from their service body will not be given a voice or a vote.
2 c (ii)	The Region 9 Assembly is open to OA visitors from inside and outside Region 9. In order to be given consideration to speak at the Assembly, the visitor shall give prior notice to the Chair so that the item may be considered for the Agenda. Pertinent suggestions during the Assembly may be put in writing and handed to the Chair for consideration.
3	Section 3 – Qualifications
3 a	Each representative shall be elected by the Intergroup, National/Language Service Board or unaffiliated groups they serve.
3 b	The term of Region 9 representative shall be designated by their Intergroup, National/Language Service Boards or unaffiliated Groups and each representative is always subject to recall by those who selected them.
3 c	Each representative should have a minimum of six (6) consecutive months of current abstinence and at least one (1) year service beyond group level.
4	Section 4 - Representatives
	Each member Intergroup, National/Language Service Board shall be entitled to one representative at the Region 9 Assembly. Intergroups, National/Language Service Boards serving more than 10 Groups shall be entitled to two representatives. Intergroups, National/Language Service Boards serving more than 50 Groups shall be entitled to three representatives.
V	ARTICLE V – MEETING TIMES AND NOTIFICATION.
1	Section 1
	Region 9 shall hold one Assembly per year.
	A Region 9 Convention may also be held in conjunction with the Region 9 Assembly if the hosting Intergroup or National/Language Service Board is in a position to do so.

2	Section 2
	Notification of this Assembly shall be emailed to all member groups, Intergroups, unaffiliated groups and National Service Boards at least six months prior to the date of the Assembly. The notification will include an invitation to the Assembly from the organising committee, the registration form to send a representative, a blank new business motion, and a blank new bylaws amendment motion, an application for financial assistance and a letter from the Region 9 Chair.
3	Section 3
	Special meetings may be called at World Service functions other than those designated in Section 1 wherever Region 9 members are gathered. Such meetings are for the purpose of discussion and are not decision making unless emergency business that affects Region 9 Assembly itself is brought to the floor. A positive vote of 2/3 of the delegates attending this meeting will be required. Eighty per cent (80%) of the delegates Attending WSBC will constitute a quorum, providing there are five countries of Region 9 present. The decision voted upon can be enforced right away and must be validated by a majority vote at the next Region 9 assembly. If the emergency concerns the removal of an officer for reasons stated in Region 9 Bylaws Article VII section 4b, 8 weeks prior to the WSBC, the Chair will inform, by registered letter, the officer concerned; that a motion for his/her removal will be proposed at WSBC Region 9 Special Meeting; and that he/she is given 15 days to respond and explain his/her position. Six weeks before the WSBC, the Chair will send the motion to Assembly members.
4	Section 4
	The material for the Assembly will be emailed at least sixty days prior to the Assembly to registered representatives and invited visitors to the Assembly. The Agenda and materials for the Assembly, except for the list of attendants, will also be placed on the Region 9 website.
5	Section 5
	The Region 9 Assembly shall be conducted according to the current Robert's Rules of Order. The rules contained in the current edition of Robert's Rules of Order Newly Revised shall govern this Region in all cases to which they are applicable and in which they are not inconsistent with these Bylaws, the Overeaters Anonymous, Inc. Bylaws, Subpart B and any special rules of order Region 9 may adopt. The Chair shall see that a book is available for ready reference, and if possible shall appoint a parliamentarian.
VI	ARTICLE VI - QUORUM
1	Section 1
	At a Region 9 Assembly, representatives from at least five countries shall constitute a quorum.
VII	ARTICLE VII – COMPOSITION OF REGION 9 BOARD
1	Section 1- Composition
	The Region 9 Board shall consist of a Chair, Secretary, Treasurer, and Communications Officer.
2	Section 2 – Duties
	Duties of members of the Region 9 Board shall include but not be limited to the following:
2 a	The Chair is responsible to see that a notification of the Assembly is emailed in accordance with Article V – Section 2; to see that Region 9 Intergroups, National/Language Service Boards are notified that amendments to these Bylaws should be sent in accordance with Article XII – Section 1; to prepare an agenda for the Assembly and see that the agenda is emailed in accordance with Article V – Section 4; to preside over the Assembly; and in accordance with the Bylaws of Overeaters Anonymous, Inc. – Subpart B is entitled to be a voting delegate to the annual World Service Business Conference.

2 b	The Secretary is responsible for maintaining accurate minutes and records of all Region decisions and actions at the Assembly. The Secretary must see that the Minutes are emailed when possible within 45 days of the Assembly to all participants of the Assembly, unaffiliated groups in Region 9 and Service Bodies that have not sent a representative to the Assembly. Any Service Body interested can ask the Region 9 Secretary for a copy of the Minutes by email.
2 c	The Treasurer is responsible for the finances of Region 9; and to see that the annual financial statements are mailed to all members Intergroup and National/Language Service Boards.
2 d	The Communications Officer shall assist other board members and perform the duties of any board position when required.
2 e	In an emergency situation, approval of two members of the Region 9 Board is required to execute decisions deemed necessary for Region 9 as a whole. Notification of such decision shall be sent within 45 days to all registered Groups, Intergroup and National/Language Service Boards within Region 9.
2 f	For additional and a more detailed explanation of duties for Chair, Secretary, Treasurer and Communications Officer, refer to the Region 9 Principles & Procedures manual.
3	Section 3- Elections
3 a	Nominations and elections shall be held in each year at the Region 9 Assembly.
3 b	To be eligible for election to membership of the Region 9 Board, a person must be present at the meeting and be an OA member from Region 9. In addition a person standing for the office of Chair must have been a representative at a previous Region 9 Assembly. To be elected, a member must receive a majority vote of the representatives present. In addition each candidate for the Region Board shall have where possible at least one year of current abstinence and at least two years of service beyond group level at the time of election. In the event of a candidate with these qualifications not being present a candidate who has not these qualifications can be elected provided that they comply with ARTICLE IV – Section 3 c and can demonstrate that they have a good record of service to the Fellowship, and faithful adherence to the Twelve Steps, Twelve Traditions and guided by the Twelve Concepts of OA.
3 c	Board members are elected for a term of two consecutive years in the same position.
3 d	Board members are elected to serve for a two (2) year term. Board members should not serve more than two consecutive terms in the same position. A member who has just completed eight (8) consecutive years of service may stand for re-election only after an interval of two (2) years.
3 e	Nominations for qualified nominees to the Region 9 Assembly may be made from the floor at the Assembly. Upon nomination, the nominees shall be called upon to present their qualifications briefly to the Assembly.
3 f	Any vacated position may be temporarily filled by a representative on request of the Region 9 Chair at the Assembly with the approval of the Region 9 representatives.
3 g	Vacancies (other than the position of Chair) that occur during the term of office between Assemblies shall be filled by a person appointed by the Chair. All vacancies shall be filled by an election at the next Region 9 Assembly.
3 h	In the event that the position of Chair becomes vacant, then the position of Chair will be filled by one of the other Board members based on the following order of preference - General Officer, then Secretary, then Treasurer - whereby they shall act as the Chair until the next Assembly with the authority to perform all prescribed duties and responsibilities. In the event that none of the current serving Region 9 Board members are able to fill the position of Region 9 Chair, then the Board may appoint another person, providing they adhere to criteria as set out in Bylaw Article VII, Section 3b (above). All vacancies shall be filled by an election at the next Region 9 Assembly.
3 i	Each officer of Region 9 who will be selected as a delegate or alternate for the World Service Business Conference should comply with the requirements in the OA Inc. Bylaws, Subpart B, Article X, Section 3c 1. Current requirements are one (1) year current abstinence and at least two (2) years of service beyond the group level.

4	Section 4 – Removal of Officers
4 a	Any Officer may be removed for cause by a 2/3 vote of the representatives attending Region 9 Assembly.
4 b	The failure to perform the duties and responsibilities of such an officer, as enumerated in the Region 9 Bylaws, Article VII, Section 2 may constitute cause for removal.
4 c	8 weeks prior to Assembly, by registered letter, the Chair will inform the officer concerned that a motion for his/her removal will be proposed at Assembly and that he/she is given 15 days to respond and explain his/her position. 4 to 6 weeks prior to Assembly, the Chair will send the motion to Assembly members.
4 d	The vote may be enforced right away.
VIII	ARTICLE VIII - REGION 9 TRUSTEE
1	Section 1- Nomination and Selection
	The Region 9 Trustee is elected at the World Service Business Conference. Nominees for this position should reside within Region 9, have been endorsed by Region 9 and must be members of OA who meet the requirement of the Overeaters Anonymous, Inc. Bylaws – Subpart B. The Region Trustee serves Overeaters Anonymous as a whole as a member of the Board of Trustees and maintains liaison between the Board of Trustees and Region 9.
2	Section 2- Endorsement Procedure
2 a	The Region 9 Assembly will endorse the candidacy of up to 3 Trustee Nominees.
2 b	Trustee Nominees should forward their original World Service Trustee Application Forms to the Region 9 Chair to arrive 1 month prior to the Region 9 Assembly in the year prior to the Region 9 Trustee Election.
2 c	Up to three nominees may be voted for.
2 d	To be eligible for election, each nominee must appear before the representatives at the Region 9 Assembly and there address the assembled representatives for three to five minutes and answer questions from the floor.
2 e	A ballot shall take place at the Region 9 Assembly. All voting members attending the Region 9 Assembly shall be entitled to a vote. The Chair and Secretary will independently tabulate the results and confer. The three nominees receiving the highest number of votes will have their original application endorsed and returned to them by 15th January. Unsuccessful nominees will also have their forms returned by this date.
2 f	Nominees who are endorsed will receive reimbursement of their costs for their expenses in attending World Service Business Conference (WSBC) as agreed by the Assembly in the budget. Nominations who are endorsed may be attending WSBC in another capacity and thus may not require separate funding by the Region.
3	Section 3 – Nomination and Selection of Region 9 Trustee where no application has been received, the deadline for submission has passed or a vacancy occurs mid term
3 a	In the event that either:
3 a (i)	WSBC nominations are due for the position of Region 9 Trustee and no application has been received by Region 9, or
3 a (ii)	A vacancy for the position of Region 9 Trustee occurs outside the deadline for submissions for applications for the position, or
3 a (iii)	A vacancy occurs mid-term;
	the following actions will be taken to fill the vacancy of Region 9 Trustee:

3 a (iv)	The Region 9 Board will solicit applications from Region 9 Service Bodies.
3 a (v)	The Region 9 Board will consider only those applicants meeting all requirements for Region Trustee as outlined by the Bylaws of Overeaters Anonymous, Inc., Subpart B, Article IX,
3 a (vi)	A majority vote of the Region 9 Board will constitute affirmation of the applicant(s).
3 b	Notification of outcome of the vote by the Region 9 Board shall be made to Region 9 Service Bodies, the Board of Trustees and World Service Office.
IX	ARTICLE IX - COMMITTEES
1	Section 1
	The Region 9 Board and/or the Region 9 Representatives shall appoint Committees that are deemed necessary for the purpose of the Region 9 Assembly.
2	Section 2 – Duties
	Committee Chairs are responsible for coordinating the activities of their Committees, chairing Committee meetings, and reporting to the Region 9 Assembly and Board when appropriate. Committee Chairs shall furnish a written activity report to the annual Region 9 Assembly.
3	Section 3 – Election of Committee Chairs.
3 a	Nominations and elections shall be held when a committee chair position is vacant at the Region 9 Assembly.
3 b	To be eligible for election, a person must be present at the meeting and an OA member from Region 9.
3 c	To be elected, a member must receive a majority vote of the representatives present.
3 d	Committee Chairs are elected for a two year term. Committee Chairs should not serve more than two consecutive terms.
3 e	Nominations for qualified nominees may be made from the floor at the Assembly. Upon nomination, the nominees shall be called upon to present their qualifications briefly to the Assembly.
3 f	Any vacated position may be temporarily filled by a representative on request of the Region 9 Chair at the Assembly with the approval of the Region 9 representatives.
3 g	Vacancies that occur during the term of office between Assemblies shall be filled by a person approved by the Chair.
4	Section 4 – Banker Duties
	The role of Banker is to deal with the bank and physical banking activities in the UK: copy and forward bank statements to the Region 9 Chair and Treasurer; liaise with the Treasurer; report annually to the Region 9 Assembly in written format, and comply with any further details of the banking role as outlined in the P & P.
5	Section 5 - Qualifications of Banker
	To be eligible the nominees for the position of Banker shall have where possible at least one year of current abstinence and at least two years of service beyond group level at the time of election. In the event of a candidate with these qualifications not being present a candidate who does not have these qualifications can be elected provided that they comply with ARTICLE IV - Section 3 c and can demonstrate that they have a good record of service to the Fellowship, and faithful adherence to the Twelve Steps, Twelve Traditions and Twelve Concepts of OA.

X	ARTICLE X - FINANCIAL STRUCTURE
1	Section 1
1 a	The activities of Region 9 shall be financed primarily by the contributions of its member Groups, Intergroups and National/Language Service Boards.
1 b	Region 9 may accept donations from OA members, Groups, Intergroups and other service bodies, conforming with the general principles of Overeaters Anonymous.
1 c	A secondary source of financial income to Region 9 may be from such occasional projects or activities as may be authorised by the Region 9 Board.
1 d	All proceeds over and above expenses from the Region 9 Convention shall be designated for Region 9.
1 e	The Region 9 representatives shall not accept the responsibility, trusteeship, or enter into the distribution of funds set up outside the Region 9 Board.
1 f	Region 9 funds shall be banked in one or more countries designated by the Region 9 Assembly. All financial transactions that have not been approved by the Region 9 Assembly are subject to approval of three members of the Region 9 Board. This must be interpreted as to include all unusual items or requests for payment in advance of expenditure.
1 g	Funds of Region 9 are primarily earmarked for use in operating costs.
1 h	Where funds permit, Region 9 should have a prudent reserve equal to (1) years standard costs. The standard costs are to be determined and updated annually by the Treasurer together with all other Board members, and included and explained in the budget to be presented to Region 9 Assembly each year. The formula for setting the standard costs is to be reviewed by the Board annually, and the Assembly every four years.
2	Section 2
2 a	The role of banker is a permanent service position within the Region 9 financial structure and a permanent feature of the financial management of Region 9, irrespective of whether the Treasurer does or does not reside in the United Kingdom.
2 b	The role of banker is designated exclusively to a fellow who is a United Kingdom resident, due to the requirements of the UK bank that is used for the primary Region 9 bank account.
3	Section 3 – Election of Banker
	The following process is to be used for the election of position of Banker:
3 a	To be eligible for election of position of Banker, the person does not have to be present at the Assembly at which the election is taking place, see Region 9 Policies and Procedures for guidelines on election.
3 b	To be elected as Banker, a member must receive a majority vote of the representatives present.
3 c	The position is elected for a two year term with elections in alternate years to that of the Treasurer’s position and these elections can be held in any year that the position is required.
3 d	The Banker should serve for no more than four consecutive years.

3 e	Nominations may be received from voting representatives present at the Region 9 Assembly at which the election is taking place or from visitors to the Region 9 Assembly or a member of OA who is not in attendance. If the nominee is present they shall be called upon to present their qualifications briefly to the Assembly. If the nominee is not present they may submit an application which will be read out to the Assembly. Alternatively, should anyone standing for the position of Banker not be present at the assembly at which their nomination is taking place, it is preferable (if it can be arranged) if the nominee makes themselves available for a live communication (e.g. by Skype) with the Assembly at the time of the election. The R9 board will give instructions to all nominees for this position about the method and timing of this communication. If it is possible, then the Assembly delegates should be able to ask questions of (and hopefully "see") the nominees to assist them in making their decisions as to who to elect to this vital position. The election process will continue as normal if this method is not possible.
3 f	If no applications are received at the Region 9 Assembly at which the election is required or if a vacancy occurs during the term of office between Assemblies then the position can be filled by a person appointed by a majority vote of the Region 9 Board.
3 g	The bank will do a credit check on the elected candidate. Should the Banker fail the check a new banker must be found.
XI	ARTICLE XI – MAJOR POLICY MATTERS
1	Section 1
	Matters which relate to major policy affecting Overeaters Anonymous as a whole shall be referred to the Region 9 Trustee or another member of the Overeaters Anonymous, Inc. World Service Board of Trustees.
XII	ARTICLE XII – AMENDMENTS TO THE BYLAWS.
1	Section 1
1 a	These Bylaws, representing our table of organisation, may be amended by a two thirds majority of the voting body at the annual Regional Assembly provided that representatives are present from at least five different countries within Region 9. Proposed amendments should be submitted to the Region 9 Bylaws Committee at least ninety days before the Region 9 Assembly, and are to be submitted, in writing, by this committee to the Region 9 Chair at least seventy-five days before the Region 9 Assembly.
1 b	Any motions submitted to the Region 9 Chair and/or Region 9 Bylaws Committee ninety (90) days or more prior to the annual Assembly, can only be submitted by a Region 9 Service Body or a Region 9 Committee.
1 c	Upon receipt of notification from the World Service Office of amendments to OA, Inc. Bylaws adopted at the World Service Business Conference, the Region 9 Board will evaluate the Region 9 Bylaws. In the event that the Board unanimously agrees that an amendment and update to the Region 9 Bylaws is necessary to ensure the Region 9 Bylaws are not in conflict with the OA Inc. Bylaws, then such updates are to be made by the Board itself and submitted to the World Service Office pursuant to OA, Inc. Bylaws, Subpart B, Article VII, Section 4a. Notification of such updates is to be made to all Region 9 Service Bodies within one month of the update being made. In the event that there is no unanimous agreement by the Board concerning the amendment and update of the Region 9 Bylaws pursuant to amendments of the OA Inc Bylaws, then the update is to be brought before the Region 9 Assembly for their consideration and vote.
2	Section 2 – Emergency New Business
	Bylaw amendments, including items raised during the Assembly by a Committee, which have not been submitted to the Region Chair seventy-five days before the Assembly and which are considered to be of an emergency nature by the Region 9 Board and the Bylaws Committee Chair may be voted on at the Assembly.

3	Section 3 – Amendments to The Twelve Steps Twelve Traditions, Twelve Concepts of Service
	Amendments to The Twelve Steps, Twelve Traditions, Twelve Concepts of Service of OA may only be made as per OA Inc. Bylaws Subpart B, Article XIV section I.
XIII	ARTICLE XIII – LEGAL DISCLAIMERS
1	Section 1
	All members of the Assembly and all members of local groups which are members of the Assembly shall be deemed to have expressly consented and agreed that, upon dissolution of the Assembly, whether voluntarily or involuntarily, the assets of the Assembly, when remaining in the hands of the Board, after all debts have been paid, shall be used for the purpose of Overeaters Anonymous as determined by the current Region 9 Board. In the event of there being no remaining Region Nine Board any remaining funds should go to the World Service Office of Overeaters Anonymous.
2	Section 2
	No member of the Assembly or any member of any Intergroup or Group which is a member of the Assembly, and no Officer or member of a Committee or person connected with the Assembly or any other private individual shall receive at any time any earnings or pecuniary profit from the operations of the Assembly; provided that they shall not prevent the payment to any such person of such reasonable compensation for services rendered to or for the Assembly affecting any of its purposes as shall be entitled to share in the distribution of any of the assets upon the dissolution of the Assembly.
XIV	ARTICLE XIV - TWELVE STEPS, TWELVE TRADITIONS AND TWELVE CONCEPTS
	TWELVE STEPS
	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.
	TWELVE TRADITIONS
	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 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.
	TWELVE CONCEPTS
	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 the 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.