

**Bylaws of  
Central Jersey Intergroup, Inc.**

**Updated April 28,2024**

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**ARTICLE I**

**Name**

The name of this organization shall be Central Jersey Intergroup, hereinafter referred to as "CJI, Inc."

**ARTICLE II**

**Purpose**

1. The primary purpose of CJI, Inc. 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 the OA groups from which the intergroup is formed.

**ARTICLE III**

**Twelve Steps, Twelve Traditions, Twelve Concepts**

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:

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 of OA Service

The Twelve Concepts of OA Service are:

1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
2. The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.
3. The right of decision, based on trust, makes effective leadership possible.
4. The right of participation ensures equality of opportunity for all in the decision-making process.
5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the World Service Office.
9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.
11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.
12. The spiritual foundation for OA service ensures that:
  - a. no OA committee or service body shall ever become the seat of perilous wealth or power
  - b. sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle
  - c. no OA member shall ever be placed in a position of unqualified authority
  - 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
  - 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 IV**

### **Membership**

CJI, Inc. is duly registered with the World Service Office of Overeaters Anonymous having submitted:

- A. A completed intergroup registration form.
- B. Bylaws which shall not be in conflict with OA, Inc. Bylaws. They indicate that its primary purpose is to aid those having problems of compulsive eating through the Twelve Steps and Twelve Traditions of Overeaters, guided by the Twelve Concepts of OA Service, and to serve and represent the OA groups from which it is formed.
- C. Complete registration information on each affiliated group.
- D. Shall submit a copy of The Bylaws whenever they are updated or revised.

1. The membership of CJI, Inc. shall consist of one (1) Representative and an Alternate Representative from any Overeaters Anonymous Group desiring membership that is within its geographic proximity, or a virtual or hybrid meeting that express a desire to affiliate with CJI, Inc. and who practice the Twelve Steps and maintain the Twelve Traditions of Overeaters Anonymous and are guided by the Twelve Concepts of OA Service.

A. These points shall define an Overeaters Anonymous group:

- a. As a group they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous guided by the Twelve Concepts of OA Service.
- b. All who have the desire to stop eating compulsively are welcome in the group.
- c. No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting).
- d. As a group they have no affiliation other than Overeaters Anonymous.
- e. It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.

B. Composition

- a. A group may be formed as set forth in Article IV Section 1, by two or more persons meeting together
  1. in the same physical location (land-based/face-to-face)
  2. through some form of electronic device (virtual/online/conference call)
  3. through both physical and electronic (hybrid)

2. The purpose and obligations of an Intergroup Representative and Alternate Representative shall be to:
  - A. Represent his/her group as a whole.
  - B. Give service to Intergroup.
  - C. Report back to his/her group on CJI, Inc.'s current status and activities.
3.
  - A. Each Representative shall be entitled to one (1) vote in the business meetings of CJI, Inc.
  - B. Alternate Representative shall vote for their respective Representative in their absence.

## **ARTICLE V**

### **Meetings**

1. CJI, Inc. shall hold regular business meetings on the second (2nd) Friday of each month, unless deemed necessary to change.
2. Representatives from fifteen percent (15%) of the registered meetings plus one (1) Officer constitutes a quorum, with a minimum of three (3) attending.
3. Special meetings may be called, or the date of the regular business meeting may be changed, by the Officers at any time with reasonable notice (i.e. one (1) week) to the membership or by two-thirds (2/3) vote of the Intergroup Representatives at any time.
4. All CJI, Inc. meetings shall follow Robert's Rules of Order and be in conformity with the Bylaws of OA, Inc.

**ARTICLE VI**

**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 Overeaters Anonymous Inc. Bylaws, Subpart B, or any special rules of order this Intergroup may adopt.

**ARTICLE VII**

**Officers**

1A. The Officers of CJI, Inc. are trusted servants; they do not govern. They are:

- Chairperson
- Vice-Chairperson
- Treasurer
- Recording Secretary
- Corresponding Secretary

1B. Qualifications for nominations of Officers shall be as follows:

Chairperson	One (1) year current abstinence and one (1) year service to CJI, Inc.
Vice-Chairperson	Six (6) months current abstinence and six (6) months service to CJI, Inc.
Treasurer	Six (6) months current abstinence and six (6) months service to CJI, Inc.
Recording Secretary	Six (6) months current abstinence and three (3) months service to CJI, Inc.
Corresponding Secretary	Six (6) months current abstinence and three (3) months service to CJI, Inc.

2. Nominations shall be submitted by any Representative at the meeting where nominations are in order, as follows:

- Chairperson and Vice-Chairperson: during April and May meetings.
- Treasurer: during August and September meetings
- Recording and Corresponding Secretaries: during December and January meetings

3. Officers shall be elected by a majority vote of the Representatives present at the elections as follows:

- Chairperson and Vice-Chairperson: during the June meeting
- Treasurer: during the October meeting
- Recording and Corresponding Secretaries: during the February meeting Elections to be held during odd years.

4. Term of office for each Officer shall be for two (2) years and shall take effect as follows:

- Chairperson and Vice-Chairperson: at the close of the June meeting
- Treasurer: on the first (1st) day of the month, following his/her election, normally November 1.
- Recording and Corresponding Secretaries: at the opening of the next meeting following his/her election, normally at the March meeting.

5. Any Officer who notifies the membership of CJI, Inc. that he/she has returned to compulsive overeating shall be considered as having resigned as of the moment such notification is given.
6. Any Officer shall be considered to have resigned when absent for three (3) consecutive CJI, Inc. meetings.
7. In the event of any unexpected vacancy or termination of Office, the Intergroup membership shall appoint a replacement to serve out that vacancy at the same meeting in which notification is given. The appointee shall serve until a nomination and election can be held to fill the remainder of the term. An Officer who has filled a vacancy and has served for more than one half of a term shall be considered as having served a full term.
8. In the event a regularly scheduled CJI, Inc. meeting in which nominations or elections are to take place is canceled, the membership shall perform that function at the next regularly scheduled or specially scheduled meeting.
9. No officer shall be elected for a term of more than two (2) years. Nor shall an officer serve for more than two (2) consecutive full terms, aggregating less than six (6) years. An officer having served a total of two (2) full terms shall be ineligible for re-election for a period of at least one (1) year.

## **ARTICLE VIII**

### **Duties of Officers**

1. The Chairperson, as trusted servant,
  - A. Is responsible for chairing each CJI, Inc. meeting.
  - B. Shall have authorization to sign checks for CJI, Inc.
  - C. Shall serve as ex-officio on all standing committees as a non-voting member.
  - D. Shall vote when his/her vote would affect the result or where the vote is by ballot.
2. The Vice-Chairperson, as trusted servant,
  - A. Shall be responsible for taking over the duties of the Chairperson in his/her absence.
  - B. Shall be the official keeper and guardian of these Bylaws.
  - C. Shall be responsible for the up keep of the group registration file for CJI, Inc.
  - D. Shall be the responsible program committee coordinator.
3. The Treasurer, as trusted servant,
  - A. Shall be responsible for maintaining the CJI, Inc. treasury and for providing the membership, on a monthly basis, with a report of all contributions and expenditures.
  - B. Shall have authorization to sign checks for CJI.
  - C. Shall, at the November meeting, provide a written detailed financial statement of individual group donations for the preceding twelve (12) months.
4. The Recording Secretary, as trusted servant,
  - A. Shall be responsible for recording and disseminating the minutes of each CJI, Inc. meeting to all attending Representatives at the beginning of the next CJI, Inc. meeting.

The Corresponding Secretary, as trusted servant,

  - A. Shall be responsible for keeping current CJI, Inc.'s registration with the World Service Office, as overseen by the Vice Chairperson.

## **ARTICLE IX**

### **Region Representatives**

1. CJI, Inc. shall elect one (1) Region Representative for the first ten (10) groups it represents and one (1) for each additional ten groups or any fraction thereof.

2. Region Representatives shall be selected for judgment, experience, stability, willingness and faithful adherence to the program of OA.
3. Region Representatives shall serve a term of two (2) years.
4. Region Representatives shall assume regional responsibility at the time of election.
5. Upon nomination, qualification for nominees shall be six (6) months current abstinence and six (6) months service to CJI, Inc.
6. Nominations for Region Representatives shall be held annually during the November and December regular business meetings.
7. Election of Region Representatives shall be held during the regular CJI, Inc. January business meetings.
8. Any Region Representative shall be considered to have resigned when absent for three (3) consecutive Intergroup meetings.
9. Two (2) Alternate Region Representatives shall be nominated and elected and/or replaced as needed. Alternates shall fulfill the same qualifications as Region Representatives.
10. In the event of any vacancy of office, an Alternate shall assume the duties for the term of the office.
11. Region Representatives shall rotate service every four years.

## **ARTICLE X**

### **WSO Conference Delegates**

1. CJI, Inc. shall elect one (1) World Service Delegate for the first fifteen (15) groups it represents and one (1) for each additional fifteen (15) groups or any fraction thereof.
2. Each Delegate may be elected for a term of two (2) years and in addition to attending the annual Conference should serve OA World Service Conference for two (2) years.
3. Any Delegate shall be considered to have resigned when absent for three (3) consecutive Intergroup meetings.
4. Delegates should be selected for judgment, experience, stability, willingness and faithful adherence to the program of OA.
5. Each World Service Delegate shall meet the qualifications and requirements as outlined and defined in the World Service Bylaws of Overeaters Anonymous, Inc., Subpart B, Article VIII, Section 3c1, and have at least one (1) year of current abstinence and at least two (2) years of service above the group level. It is further suggested that a World Service Delegate be a current or past Region Representative.
6. Delegates may be instructed as to the desires of CJI, Inc.
7. As participants, Delegates shall not be bound by the wishes of CJI, Inc., but should not vote against these wishes unless situations arise at the Conference that make it necessary for the best interests of OA as a whole.

8. Nominations for World Service Delegates shall be held annually during the October and November regular business meetings.
9. Elections for World Service Delegates shall take place during the December regular business meeting.
10. World Service Delegate shall rotate service every four years.

## **ARTICLE XI**

### **Financial Structure**

1. Full and complete disclosure of all CJI, Inc. official financial matters is a prime guideline and objective for all accounting procedures and financial statements.
2. Any Representative is entitled to examine the accounting records of CJI, Inc. and any questions concerning the finances of CJI, Inc. is completely proper and is to be answered promptly.
3. Accounting procedures shall be geared to periodic reporting and financial controls shall be established for credibility of the financial statements.
4. Statements shall be clear and easy to understand to prevent confusion and misinterpretations.
5. Monthly statements shall be easily reconcilable with yearly statements.
6. Similar approaches in each report will prevent confusion.
7. For Region Assemblies and WSO Conference Business, the custom of reasonable fixed amount reimbursement to Region Representative and Delegates for travel, lodging and meal expense shall continue.
8. Reasonable business expenses by CJI, Inc. Officers, Delegates and Committees shall be reimbursed.
9. A Finance Committee, chaired by the Treasurer, shall set financial guidelines for expenses incurred for CJI business.
10. The accounting records of CJI, Inc. shall be examined annually within two (2) months of the end of the fiscal year by either a qualified professional or at least two OA members independent of the Treasurer. The examiners are to be selected by the Ways and Means Committee.

## **ARTICLE XII**

### **Subcommittees**

1. CJI, Inc. shall appoint subcommittees as deemed necessary for the welfare and operation of the member groups and CJI, Inc. as a whole.
2. The Chairperson shall be an ex-officio member of all standing subcommittees.
3. Such committees may include, but are not limited to: Membership, Directory Publication, Newsletter Publication, Speakers Bureau, Hot Line, Education, Literature Pack, CJI, Inc. Calendar, Communications, Workshops, Retreats.

## **ARTICLE XIII**

### **Bylaw Amendments**



1. Amendments to these Bylaws (except as noted below) may be proposed by any registered OA meeting affiliated with CJI, or any Officer, or voting Representative of CJI, Inc. 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.

Amendments to ARTICLE III (Twelve Steps, Twelve Traditions or Twelve Concepts), or the definition of a group (Article IV Paragraphs 1.A & 1.B) may not be amended except when instructed to do so by correspondence from the OA World Service Office. These changes are considered editorial and should be announced at the meeting immediately following the update.
2. A proposed amendment shall be in writing and in the hands of the Chairperson and Vice-Chair at least ten (10) days before the regular business meeting.
3. Proposed amendments shall be discussed upon approval of the majority of CJI, Inc. Delegates where a quorum is present. Clarification of the wording, alteration to bring a proposed bylaw change into conformity, or editorial changes which do not alter the meaning of the proposed Bylaw change are permitted.
4. Proposed amendments must be communicated to each member group via the Central Jersey website, an announcement in the CJI news (detailing the website as the source of the proposed amendment information), and attached to the CJI, Inc. minutes, and an electronic communication to all registered member group secretaries and/or group contacts, at least 30 days prior to the voting meeting.
5. Central Jersey Intergroup, Inc. shall submit a copy of its Bylaws and/or summary of purpose to the WSO whenever either is updated or revised.

#### **ARTICLE XIV**

#### **Legal Disclaimer**

No member of CJI, Inc. or member of any local group which is a member of CJI, Inc., and no Officer or member of a committee or person connected with CJI, Inc. or any other private individual shall receive at any time any earnings or pecuniary profit from the operations of CJI, Inc.; provided this shall not prevent the payment to any such person reasonable compensation for services rendered to or for CJI, Inc. in effecting any of its purposes as shall be fixed by the Officers; and no such person or persons shall be entitled to share in the distribution of any of the assets upon the dissolution of CJI, Inc. All members of CJI, Inc. and all members of local groups which are members of CJI, Inc. shall be deemed to have expressly consented and agreed that, upon such dissolution or winding up of the affairs of CJI, Inc., whether voluntary or involuntary, the assets of CJI, Inc., then remaining in the hands of the Officers, after all debts have been paid shall be delivered and paid over, in such amounts as the Officers may determine or as may be determined by a court of competent jurisdiction upon application of the Officers exclusively to charitable, religious, scientific, literary, or educational organizations which would then qualify under the provision of Section 501 (c) (3) of the Internal Revenue Code and its regulations as they now exist or as they may hereafter be amended.