

OVEREATERS

ANONYMOUS

REGION TEN BYLAWS

As adopted at the Region Ten Assembly – October 2022

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PREFACE

The 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.

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 centres 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.

The Twelve Concepts of OA Service

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 I NAME

The name of the organisation shall be Region Ten of Overeaters Anonymous (Region Ten).

ARTICLE II PURPOSE

Section 1 Purpose

The purpose of Region Ten is to carry the Overeaters Anonymous (OA) twelve step message of recovery to the still suffering compulsive overeater by providing services and support to our groups and service bodies within Region Ten, wherever they live and whatever language they speak.

Section 2 Responsibilities

The responsibilities to fulfil this purpose shall include:

- a. Administering and coordinating OA activities common to the various groups and service bodies comprising its membership.
- b. Establishing and maintaining a virtual region office to facilitate communication between Region Ten and the various groups, service bodies and members.
- c. Promoting OA unity across the different cultures and languages within Region Ten.
- d. Furthering the OA programme in accordance with the Twelve Steps, Twelve Traditions and the Twelve Concepts of OA Service as set out in the *Bylaws of Overeaters Anonymous Inc, (OA Inc. Bylaws) Subpart B, Articles I, II and III.*

ARTICLE III GROUPS, COMMITTEES & SERVICE BODIES WITHIN REGION TEN

Section 1 Groups

- a. Groups within Region Ten shall be as described in *OA Inc. Bylaws Subpart B, Article V.*
- b. The meeting list from World Service Office (WSO) shall be used by Region Ten as their distribution list.

Section 2 Intergroups

- a. Intergroups within Region Ten shall be as described in *OA Inc. Bylaws Subpart B, Article VI.*
- b. The meeting list from WSO shall be used by Region Ten as their distribution list.

Section 3 Committees

- a. Committees beyond the intergroup level may form within Region Ten to facilitate communication and service needs of the groups they serve.
- b. An email address list shall be furnished to Region Ten by the committees.
- c. Committees may conduct the business of their area by any method they choose providing they remain in accordance with the Twelve Traditions, Twelve Concepts of OA Service, these bylaws and Region Ten policies.
- d. Each committee should convene at least once a year for election of officers.
- e. Geographic areas may join together to create area service committees in order to help carry the message, providing they adhere to the Twelve Traditions and Twelve Concepts of OA Service and do not alter, reprint or copy in any other form, any OA conference approved literature or any other literature in the name of OA, unless approved by the Board of Trustees (BOT).
- f. It is required that committees provide a report to each Region Ten assembly (the assembly).

Section 4 National Service Boards and Language Service Boards

- a. An N/LSB shall be a duly registered service body with a purpose of dealing with the issues that require a combination of membership and financial resources of intergroups and groups in a country(ies) within Region Ten.
- b. The N/LSBs shall serve and be responsible and accountable to these groups and intergroups.
- c. It is required that N/LSBs provide a written report to each Region Ten Assembly.

ARTICLE IV MEMBERSHIP OF REGION TEN ASSEMBLY

- A. The membership of the assembly shall consist of:
 - a. The Region Ten Board.
 - b. Representatives from service bodies or unaffiliated groups who have registered with WSO and who are within the geographic boundaries of Region Ten.
 - c. To avoid duplication of representation, N/LSBs may register representatives only from those intergroups who have not registered a representative.
- B. Region Ten shall consist of OA groups and service bodies located in the Far East, South East Asia, Australia, New Zealand and the Western Pacific Basin. *(As described in the OA Inc. Bylaws, Subpart B Article VII)*
- C. Each representative shall be selected by the service bodies or unaffiliated groups they serve. The term of the representatives shall be designated by the service body or unaffiliated group, and each representative is selected for judgement, experience, stability, willingness and for faithful adherence to the programme of OA. It is preferred that a representative has a minimum of six (6) months current abstinence. Representatives should have served OA at the service body level, except for representatives of unaffiliated groups.
- D. Service bodies and unaffiliated groups may send an alternate to the assembly when the elected representative is unable to attend. Alternates will, at the assembly, be regarded as representatives of the intergroup, unaffiliated group or N/LSB they serve, in all matters including voting rights. The region chair should be notified in writing, as early as possible, when an alternate is to attend the assembly. All reference to representatives in these bylaws shall be taken as applicable to alternates also.
- E. Service Bodies that do not have a current Region Representative willing to serve, are encouraged to put forward a Liaison to act as a Region Representative in all aspects except they will not have a vote. The Liaison qualifications would be at the Intergroup's discretion. The Liaison would attend Assembly and would continue communications between the Service Body and Region until such time as a Region Representative is elected from that Service Body.
- F. Each attending representative shall be entitled to one (1) vote at the assembly. Intergroups are each entitled to a maximum of three (3) representatives. Unaffiliated groups and N/LSBs are each entitled to one (1) representative.
- G. Each elected officer of the Region Ten Board (the board) may vote at the assembly in accordance with Robert's Rules of Order, Newly Revised (Robert's Rules)
- H. The Region Ten Trustee is entitled to a voice but no vote at the assembly.
- I. Any attending OA members who are not region representatives are entitled to a voice but no vote at the assembly and may speak by invitation of the chair. For business under discussion, pertinent suggestions may be written and handed to the chair for consideration.

ARTICLE V MEETINGS

Section 1 Meeting Times

- a) Region Ten shall hold one (1) assembly per year in a location within Region Ten between the months of August and November at a time and place designated by a majority of the voting members.
- b) The time and place shall be voted upon at the annual assembly meeting as early as three (3) years in advance but no later than 11 months preceding the annual assembly meeting.
- c) The assembly will not be held by the same service body for two (2) consecutive years.
- d) The assembly may be held virtually, if deemed necessary, and if affirmed by the Region Ten Representatives.
- e) For assembly to be held virtually, members must be able to speak and to hear, and to be able to fully participate.

Section 2 Notification

Notification of the assembly shall be sent to all member groups, service bodies and unaffiliated groups at least six (6) months prior to the date of the assembly.

Section 3 Special Meetings

Special meetings may be called at World Service and Region Ten functions, other than those designated in Section 1 of this article, wherever Region Ten members are gathered. Such meetings are for the purpose of discussion and not decision making.

Section 4 Agenda

- a) The agenda for the assembly will be mailed at least sixty (60) days prior to the assembly to all committees, registered service bodies, and registered representatives for the assembly.
- b) A summarised version of the agenda for the assembly will be mailed/emailed at least sixty (60) days prior to the assembly to unaffiliated groups.
- c) Unaffiliated groups will be advised in this summarized communication that they can request the full agenda mailing to be sent.
- d) New business to be placed on the agenda prior to the assembly shall follow the same procedure for submission as for bylaw amendments.
- e) The agenda of the assembly shall specifically provide for consideration of new business motions before consideration of bylaw amendments.

Section 5 Conduct of Meetings

The assembly shall be conducted according to Robert's Rules. The chair shall ensure that a copy of Robert's Rules is available for ready reference.

Section 6 Other Business

All other business will be conducted by electronic means of communication including special meetings, which can be called by the board.

Section 7 Quorum

At the assembly, a minimum of two (2) board members, and four (4) representatives from at least two (2) countries shall constitute a quorum.

ARTICLE VI COMPOSITION OF THE BOARD

Section 1 Composition

The board shall consist of a chair, vice-chair, secretary, treasurer and region trustee. The Region Ten Trustee shall serve as a non-voting member of the board.

Section 2 Requirements

The requirements for members nominated to the board will be:

- a. a minimum of twelve (12) months current continuous abstinence while working towards or maintaining a healthy body weight.
- b. must manifest recovery on all three levels - physical, emotional and spiritual.
- c. a minimum of two (2) years' service beyond the group level in the last five (5) years.
- d. to have attended an assembly as a Region Ten representative and served on a committee between assemblies in the last seven (7) years not counting this current Assembly.
- e. if nominee is not a current region representative who is present at the assembly, they must be formally endorsed by their service body or unaffiliated group on the endorsement form. (See Appendix i)

Section 3 Elections

- a. Nominations and elections for vacant positions shall be held at the assembly.
- b. To be eligible for election to the board, a person must be present at the election and meet the criteria as per *Article VI, Section 2*. The election takes place by ballot. A majority vote of representatives present is required to elect a board member.
- c. Board members are elected for a two (2) year term.
- d. Board members may serve for a maximum of two (2) consecutive terms in the same position. No board member shall serve for more than eight (8) consecutive years, in a combination of positions.
- e. Elections for chair and vice-chair shall fall in alternate years. The election for vice-chair will be for a one (1) year term only, if needed to reinstate this rotation. In this instance a one (1) year term will constitute a full term.
- f. Nominations for qualified nominees to the board must be made by the notified closing time at the assembly. Upon nomination, the nominees shall be called upon to briefly present their qualifications to the assembly.
- g. Any vacant position may be temporarily filled by a representative, on request of the Region Ten Chair at the assembly with the approval of the attending region representatives.
- h. Vacancies that occur during the term of office between assemblies shall be filled by appointment of the chair. Members appointed to fill such vacancies shall meet the requirements of the position. In the event that the position of chair becomes vacant, the vice-chair shall act as the chair until the next assembly with the authority to perform all the prescribed duties and responsibilities. In the event that the position of chair and vice-chair both become vacant, the secretary shall act as the chair until the next assembly with the authority to perform all the prescribed chair's duties and responsibilities.
- i. All vacancies shall be filled by an election at the next Region Ten assembly.

Section 4 Duties

Members of the board shall not be considered by Region Ten as representatives from any service bodies and unaffiliated groups.

It shall be the responsibility of each board member to attend all region assemblies and/or board meetings, except when they are physically unable to attend. Inability to attend may include accident, serious illness or a critical family situation.

Duties of the board shall include but not be limited to the following:

A. CHAIR

- a. Shall chair all assembly business meetings according to *Robert's Rules* except when in conflict with the Twelve Traditions and Twelve Concepts of OA Service, in which case the latter take precedence.
- b. Shall establish and maintain a file of Region Ten business that will be transferred to the next chair.
- c. Shall call regular board meetings (by voice over internet or telephone, if necessary) to get group conscience on matters needing immediate attention.
- d. Shall obtain a written response (preferably electronic mail) stating his/her position from each board member when group conscience is reached by voice over internet or telephone.
- e. Shall have the power to appoint committees to conduct the business of the region between assembly business meetings.
- f. Shall appoint interim board members to serve in any vacated position until the next assembly at which time an election shall be held to fill the unexpired portion of the term of the vacated position.
- g. Shall be an ex-officio member of all committees.
- h. Shall establish and distribute an agenda at least sixty (60) days before each assembly.
- i. Shall notify service bodies of any proposed new business motions and/or any proposed bylaw amendments sixty (60) days prior to the assembly.
- j. A summarised version of any proposed new business motions and/or any proposed bylaw amendments shall be mailed/emailed at least sixty (60) days prior to the assembly to non-English speaking service boards and unaffiliated groups.
- k. The non-English speaking service boards and unaffiliated groups will be advised in this summarised communication that they can request a full version of any proposed new business motions and/or any proposed bylaw amendments be sent.
- l. Shall present a written and an oral report at each assembly.
- m. Shall serve as a region delegate to the World Service Business Conference (WSBC, or conference) and provide a report to the board, service bodies and unaffiliated groups including updated changes to OA Inc. policies, procedures and bylaws.
- n. Shall send out all mail-outs electronically, except to service bodies which will receive the printed version, if requested.
- o. Shall include, in mail-outs, a reminder to register new meetings and upgrade any changes in meeting details on the OA Inc. website.
- p. On receiving the quarterly meeting lists from WSO, shall forward this information to the region secretary.

B. VICE-CHAIR

- a. Shall be present at all assembly business meetings, board meetings and convention.
- b. Shall be delegated duties by the board as deemed necessary 'to share the work load'.
- c. Shall, with direction from the board, step into a board position that becomes vacant, with the authority to perform all the prescribed duties and responsibilities.
- d. Virtual attendance at assembly and convention would be acceptable.

C. SECRETARY

- a. Shall be present at all assembly business meetings and board meetings and arrange for the taking of the minutes
- b. Shall furnish an electronic copy of the assembly final report to all region representatives, service bodies, board members, and position holders as specified by these bylaws within sixty (60) days of the assembly. Shall have the Webmaster post the assembly final report on the secure page of the Region Ten website.
- c. Unaffiliated groups shall receive a summarized assembly report with a link to the full assembly report on the Region Ten website.

- d. Shall forward a summary of the board meeting to all board members for approval. Have the Webmaster post the board minutes on the secure page of the Region Ten website.
- e. Shall maintain a current distribution list of all Region Ten service bodies, unaffiliated groups, region representatives, WSBC delegates, board members and any other position holder as specified by these bylaws for distribution of region mailings.

D. TREASURER

- a. Shall receive, record and acknowledge all contributions.
- b. Shall maintain the bank account in their country of residence and oversee Region Ten bank accounts in other countries. Where necessary for currency purposes shall oversee the establishment of a bank account in another country.
- c. Shall disburse funds as approved by the assembly or board.
- d. Shall present a written and an oral report at each assembly.
- e. Shall be present at all assembly business meetings and board meetings

E. TRUSTEE

Region Ten does not establish the duties and responsibilities of the region trustee. They can be found in the *OA Inc Bylaws Subpart B Article VII – Board of Trustees* on the oa.org website.

Section 5 Non-attendance at assemblies

Should a member of the board be unable to be present at an assembly, then prior notice in writing must be given to all other members of the board.

In the event that the chair is unable to attend, the vice-chair shall act as the chair during the assembly. In the event that both the chair and the vice-chair are unable to attend, the secretary shall act as the chair during the assembly.

In the event that the vice-chair or secretary is unable to attend, or that either is acting as chair, the chair will appoint a representative to act in the vacant position(s) during the assembly.

ARTICLE VII REGION TEN TRUSTEE

Section I Trustee Appointment Process

- a) The Region elects Trustee Nominee(s) from OA members within the region and/or the current Trustee Liaison serving the region.
- b) The Nominee(s) need to meet the requirements of OA Inc. Bylaws Subpart B, Article VII Section 4(a).
- c) Trustees are elected from Nominees at the WSBC. The BOT appoints a trustee as a liaison to each Region.
- d) The Trustee Liaison appointed to Region Ten - (also called Region Ten Trustee) serves OA as a member of the BOT and maintains liaison between the BOT and Region Ten.

Section 2 Endorsement Procedure

A. APPLICATIONS

Any member wishing to gain assembly endorsement must complete both

- a. i) board application form endorsed by their intergroup or a member of the board and
ii) an electronic application form from WSO website.
- b. Ideally the applicant submits the applications to the Chair no later than fifty (50) days prior to the assembly to enable the formal trustee application to be distributed to the fellowship in the second mailout.

- c. In the event that there are no qualified applicants who have filed their applications fifty (50) days prior to the assembly, the assembly will accept qualified applications from the floor.

B. APPLICANT PRESENTATIONS

Each applicant must be present to speak before the representatives at the assembly. Each applicant may speak for five (5) minutes to be followed by a question and answer session which is not to exceed ten (10) minutes. Total presentation time is fifteen (15) minutes per applicant.

C. APPLICANT SELECTION PROCESS

- a) Voting to endorse applicants will be by ballot. The names of all Region Ten applicants shall be listed on the ballot. Each representative and voting board member will be given a ballot and will vote for up to one (1) applicant only.
- b) In addition, a current Trustee Liaison serving Region Ten may be endorsed by separate ballot at assembly with the proviso that Region Ten does not incur any costs with respect to this Trustee Liaison's attendance at WSBC.
- c) The name(s) of the successful applicant(s) shall be forwarded to WSO within one (1) week of assembly.
- d) Where there are no applicants for Region Ten Trustee at the assembly, the Region, through its region representatives, may endorse an applicant by ballot in accordance with the time requirements stated in OA Inc. Bylaws, Subpart B, Article VII Section 5 - Nomination of Trustees.
- e) Where a Region Ten Trustee vacancy occurs after assembly and before WSBC, the Region, through its region representatives, may endorse an applicant by ballot in accordance with the time requirements stated in OA Inc. Bylaws, Subpart B, Article VII Section 7- Vacancies Part b.

ARTICLE VIII REGION TEN REPRESENTATION AT WSBC

Section 1 Delegates

- a. Region Ten may choose to send a region delegate or delegates to WSBC in accordance with *OA Inc, Bylaws Subpart B, Article VIII, Section 3, Part a) 5: "A region that was represented at the last WSBC by fewer than 40 percent of its eligible service bodies may send up to five additional delegates from the region. Preference shall be given to delegates selected from service bodies which would not otherwise be represented by delegates"*.
- b. In accordance with, *OA inc Bylaws, Subpart B, Article VIII Section 3, Part a) 4: the region chair (or alternate) is also considered to be a delegate and so has a vote at WSBC.*
- c. Delegates who intend to apply for funds from WSBC Delegate Support Fund must have this application 'signed off' by the Chair (at Assembly) as having first applied for funds from the Region Ten Delegate Support Fund.

Section 2 WSBC Bylaws/Reference Committee

The board has the authority to appoint representatives from within Region Ten to the WSBC Bylaws/Reference Committee.

ARTICLE IX REGION TEN WEBSITE and WEBMASTER

Section 1 Purpose of the Region Ten Website

- a. To hold information and guidance for the newcomer
- b. To communicate the business of our Region.
- c. To communicate region and world OA news
- d. To publicise region recovery events.

- e. To publish the Region Ten Newsletter and 'How to subscribe' to it.
- f. To be a resource for building and strengthening the unity of Region Ten Intergroups and unaffiliated meetings.

Section 2 Guidelines for Region Ten Website

- a. The name of the Region Ten website shall be "oaregion10.org"
- b. The website shall be updated as submissions are received from the R10 Board.
- c. All materials to be included on the website shall be sent to the Webmaster for final draft and layout.
- d. The website shall contain business documents - in a secure place available only to current Region Representatives - e.g. assembly information, assembly mail-outs, assembly reports and Region Representatives contact sheet.
- e. The website shall not include copyrighted material without permission. Lifeline and WSO Notebook articles may be reprinted as long as credit is given ("from lifeline" or "from WSO Notebook"). Most OA newsletters contain a statement that any other anonymous group is welcome to reprint without permission.
- f. The website shall not use materials from outside OA and AA.

Section 3 Guidelines for Region Ten Webmaster

- a. The Webmaster shall be elected at Assembly and shall be someone who best fits the following criteria. Has:
 - i. 2 years current abstinence and is working the OA program,
 - ii. served at the region level for at least one year in the past 7 years,
 - iii. proven current experience of maintaining a website.
 - iv. if no suitable candidate can be found within OA, then the Board may appoint an outside paid webmaster; such appointment to be confirmed at Assembly.
- b. Vacancies that occur between assemblies shall be filled by appointment of the Region Ten Board.
- c. This position has no set time limit.
- d. The Webmaster shall:
 - i. maintain the Region Ten Website as per guidelines in Section 2.
 - ii. make recommendations for continued website improvement.
 - iii. keep passwords for role-based emails.
 - iv. maintain electronic distribution lists for Region 10 representatives.
 - v. ensure all submissions have been cleared by the Region Board for adherence to traditions (advertising non-OA events, endorsing or opposing of "causes", outside enterprises, etc.) before posting.
 - vi. be part of the Web/Comm committee and may attend the committee goal meetings at assembly virtually.
 - vii. submit a digital report of their activities to the Chair for the mail-out for assembly.

ARTICLE X COMMITTEES

Section I Committee Purpose

The board and/or representatives shall appoint committees that are deemed necessary for the purpose of the assembly. These committees may include but are not limited to:

A. NEWSLETTER

The Newsletter includes a report from the trustee, chair and different committees, information about events and activities and sharing from different groups and members. The Newsletter Committee will liaise with Outreach for distribution to loners. The Newsletter will also provide a list of contacts for service bodies within the region which can be useful for

people travelling and looking for contacts in other areas within Region Ten. The Newsletter will be distributed three (3) to four (4) times per year.

B. OUTREACH

This committee provides a sponsorship by mail and pen pal programme, by matching up OA members (particularly loners and isolated groups) who want to communicate with OA members in other areas within Region Ten.

C. LONG RANGE PLANNING

This committee looks at the services provided and seeks to understand the changing needs of OA groups and service bodies. The committee looks at different possibilities of improving our level of services and brings them to the assembly for review. This way we ensure that Region Ten will continue to meet the needs of its growing membership.

D. PUBLIC INFORMATION

To initiate, provide information, suggestions and ideas to help public information (PI) at intergroup level within Region Ten. To raise public awareness of compulsive overeating as a disease and OA as a programme of recovery. The committee shall disseminate such information as is useful for spreading the message of OA to the public, ever mindful of the Twelve Traditions and Twelve Concepts of OA Service.

E. BYLAWS

This committee evaluates the bylaws and proposes changes/additions to ensure that they continue to meet the needs of the assembly and of the region as a whole. The committee will therefore maintain, update and propose amendments where necessary to the Region Ten Bylaws. All region policies adopted shall be documented and recorded as a function of the Region Ten Bylaws Committee.

F. FUNDRAISING

The function of this committee is to encourage and promote fundraising activities throughout Region Ten.

G. FIRST TRADITION

To encourage and promote unity throughout Region Ten.

H. ARCHIVES

To maintain the archives of Region Ten to preserve the history of this region's service structure.

I. INTERNET/WEBSITE

To maintain and develop the Region Ten website. The website's purpose is to inform OA members and the public about what OA is, how to contact OA, and OA events.

J. SERVICE BODY SUPPORT

Provide support services to service bodies and unaffiliated groups, including a manual of suggestions, pro-forma written material, job descriptions, sample bylaws and workshop topics and formats.

K. INTERNATIONAL SUPPORT

The focus of this committee is to support intergroups and unaffiliated groups outside of Australia and New Zealand.

Section 2 Structure of Committees

A. CHAIR

The committee chair(s) shall be elected from the representatives present at the assembly, by their respective committees, for a period of two (2) years where feasible.

B. OTHER MEMBERS

Any Region Ten OA member can serve on any committee(s) of their choice.

C. COMMITTEE MEMBERSHIP

- a. Any region committee shall consist of at least two (2) members. The board may, at the assembly, assign members to committees where there are only two (2) or fewer members.
- b. Any region committee shall consist of members from at least two (2) service bodies.
- c. Representatives and any other participants from Region Ten will generally join the committee of their choosing. However, to ensure the most effective spread of those present, where appropriate and in accordance with paragraph a) above of this section, the elected representatives and other participants at the assembly may be divided by the chair into groups and be assigned to the various committees.
- d. It is expected that region representatives stay involved in their committees until the next assembly.

Section 3 Working of Committees

A. COMMITTEE PROCEDURES

- a. Any tasks to be undertaken by region committees must:
 - i. fit within the purpose of the committee, and documentation must include formal aims, objectives and costs.
 - ii. have been approved and adopted by the assembly, or in the instance that ratification is necessary between assemblies, by the board.
- b. Any written information distributed outside an assembly meeting must be submitted through board liaison to the board for review and ratification.
(Refer Appendix ii for implementing Section 3A)

B. BOARD LIAISON

A region board member is to liaise with each region committee. That person shall be assigned by the region chair. The purpose is to facilitate communication between the committees and the board. The board liaison person does not make decisions for the board.

C. COMMITTEE SESSION AT ASSEMBLY

- a. Each committee session will be chaired by the committee chairperson.
- b. A secretary for each committee will be elected or appointed at the beginning of the session and will take minutes of the business conducted.
- c. Each committee session will be conducted according to the agenda prepared by the chairperson and will include items that arise from reports presented previously to the assembly.
- d. Elected representatives are entitled to a voice and a vote during committee sessions. Other participants are entitled to a voice but no vote during committee sessions.
- e. Minutes of committee sessions will be submitted to the assembly minutes secretary at the end of the committee sessions in electronic form, if at all possible. This will include any proposals that the committee will be submitting to the main body for discussion and voting. The proposals, once approved, will then be included in the final assembly report.

ARTICLE XI FINANCIAL STRUCTURE

- a. The activities of Region Ten shall be financed primarily by the contributions of its member groups, and service bodies.
- b. Region Ten may accept contributions from OA members, groups, and service bodies conforming to the general principles of OA. The maximum annual contribution allowable from any OA member is to be limited to \$AUD5,000.00
- c. A secondary source of financial income to Region Ten may be from such occasional projects or activities as may be authorised by the board.
- d. All proceeds over and above expenses from Region Ten conventions shall be designated for Region Ten.
- e. Region Ten will not accept bequests or contribution from any sources outside OA.
- f. Region Ten representatives shall not accept the responsibility for trusteeship over, or enter into distribution of, funds set up outside of Region Ten.
- g. Region Ten funds shall be banked in one or more countries designated by the assembly. All financial transactions that have not been approved by the assembly are subject to approval of two (2) voting members of the board.
- h. Funds of Region Ten are primarily for use in operating costs.

ARTICLE XII MAJOR POLICY MATTERS

Matters which relate to major policy affecting OA as a whole shall be referred to the BOT.

ARTICLE XIII AMENDMENTS TO THE BYLAWS

Section 1 Amendments and New Business Motions

These bylaws may be amended by a two-thirds ($\frac{2}{3}$) majority of the voting body at the assembly. New business motions require a majority in favour to be adopted.

Amendments and new business motions may be presented by:

- a. any Service body or unaffiliated group within Region Ten.
- b. any Region Ten representative.
- c. a board member on behalf of the board.
- d. the Bylaws Committee.
- e. any duly appointed amendment committee.

Section 2 Submitting Amendments and New Business Motions

Proposed bylaw amendments and new business motions should be submitted in the format as set out in the *Region Ten Policy Manual, Appendix (i)* and should reach the chair at least seventy-five (75) days prior to the assembly.

Section 3 Amendments not allowed in Bylaws

Region Ten may not make amendments to the Twelve Steps, Twelve Traditions and Twelve Concepts except as per *OA Inc Bylaws, Subpart B, Article XIV, -Bylaw Amendments, Section 1*.

Section 4 Emergency New Business

Bylaw amendments and new business motions which have not been submitted to the region chair seventy-five (75) days before the assembly and which are considered to be of an emergency nature may be voted on at the assembly if the assembly so rules.

Section 5 Other changes to these Bylaws

Other changes may be made to these bylaws and the *Region Ten Policy Manual* by the board or the Region Ten Bylaws Committee provided they are editorial only and in no way change the meaning or intent of any part of the bylaws. The region chair shall give a written report of such changes to the assembly.

Section 6 Other changes to the Region Ten Policy Manual

Motions that have either been completed or no longer have continuing effect will be moved to *appendix (iii) "Rescissions and Deletions" of the policy manual*. The region chair shall give a written report of such changes to the assembly.

ARTICLE XIV LEGAL DISCLAIMERS

Section 1 Dissolution of Region Ten

All members of the assembly shall be deemed to have expressly consented and agreed that upon the dissolution of Region Ten, or winding up of the affairs of Region Ten, whether voluntary or involuntary, the assets of Region Ten remaining in the hands of the board after all debts have been paid shall be delivered and paid over to WSO or to anybody they choose to designate and which is acceptable to the government of the country or countries in which the assets are held.

Section 2 Benefit of the Operation of Region Ten

No member of the assembly or any member of any service body or unaffiliated 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 reasonable compensation for services rendered to, or for, Region Ten affecting any of its purposes.

GLOSSARY

ALTERNATE	Any Overeaters Anonymous member designated by Service Body or unaffiliated group to serve as a representative in the event that a representative is unable to attend the region assembly.
ASSEMBLY	See Region Assembly
BOARD OF TRUSTEES (BOT)	Board of Trustees. Guardians of the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service.
BYLAWS	The governing document of Region Ten.
CONFERENCE	See WSBC.
CONVENTION	An event of fun and recovery.
DELEGATE	The individual who is elected at the level of Service Body or unaffiliated group to be their delegate at the World Service Business Conference and bring back to the local areas the results of the World Service Business Conference.
INTERGROUP	A service body that provides services to the local area groups.
LANGUAGE SERVICE BOARD (LSB)	A service body may be set up for the purpose of providing services to OA members with a common language.
NATIONAL SERVICE BOARD (NSB)	A service board providing services to members in a particular country or group of countries. National service boards and language service boards, although separate entities, are often referred to together as national/language service boards or N/LSBs
SPECIAL FOCUS SERVICE BOARD (SFSB)	A service board introduced in 2022 to serve the needs of special focus groups around the world.
REGION/S	Overeaters Anonymous is divided into 10 geographical areas and one virtual region - which are specifically defined in the bylaws of Overeaters Anonymous Inc.
REGION ASSEMBLY (THE ASSEMBLY)	The business meeting of a region to which service bodies and unaffiliated groups send representatives.
REGION TRUSTEE	A member of the Board of Trustees who acts as liaison between regions and World Services, representing Overeaters Anonymous as a whole.
REPRESENTATIVE	The individual who is elected at the level of service body and unaffiliated group to be their representative at the region assembly and bring back to the local areas the results of the region assembly.
ROBERT'S RULES OF ORDER, NEWLY REVISED	The parliamentary rules followed to conduct business at the region assembly.
SERVICE BODY(IES)	A generic term referring to intergroups, national service boards, language service boards and special focus service boards.
UNAFFILIATED GROUPS	Any group which is not affiliated with a service body but is registered with the World Service Office.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)	The annual business meeting which ensures Overeaters Anonymous worldwide operates through group conscience. Service boards, intergroups and unaffiliated groups are represented.
WORLD SERVICE OFFICE (WSO)	The business office of Overeaters Anonymous in Rio Rancho, New Mexico, USA.

Appendix i

Extract from Region Ten Bylaws

ARTICLE VI COMPOSITION OF THE BOARD

Section 2 Requirements

The requirements for members nominated to the board will be:

- a) a minimum of twelve (12) months current continuous abstinence while working towards or maintaining a healthy body weight.
- b) must manifest recovery on all three levels - physical, emotional and spiritual.
- c) a minimum of two (2) years' service beyond the group level in the last five (5) years.
- d) to have attended an assembly as a Region Ten representative and served on a committee between assemblies in the last seven (7) years not counting this current Assembly.
- e) if nominee is not a current region representative who is present at the assembly, they must be formally endorsed by their service body or unaffiliated group on the endorsement form. (See Appendix i).
- f) the nominee must be present at the election and be an OA member from Region Ten.

ENDORSEMENT FORM FOR NOMINATION TO REGION TEN BOARD

NB: Fill this portion in also only if you are not a current region rep.

Name:

Must meet the stated requirements to be eligible for nomination to the Region Ten Board

as at the Assembly.

Service Body.....

Signed:Name.....

(Service Body Chair)

Date:

Appendix ii

GUIDELINES FOR IMPLEMENTING

ARTICLE IX, Section 3 Working of Committees, A.

Committee Procedures

- This excludes inter-committee correspondence.
- The intention is to cover any ideas or aims of any committee that diverge from what has already been approved at the assembly.
- It includes any major committee undertaking involving mass distribution within the Fellowship on behalf of Region Ten.
- Include a one page “how to do it” or how to submit a proposal (aims, cost, documentation etc).
- Emphasise it doesn’t have to be a lengthy proposal.

Include examples of the process such as:

- Designing a flyer or pamphlet for PI or Outreach.
- Region Ten Home Page content.
- Stories being used for PI purposes.