BYLAWS

OF

REGION 3

OVEREATERS ANONYMOUS, INC.

Revised and Accepted on

March 6, 2026

at

Region 3 Spring Assembly

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OVEREATERS ANONYMOUS, INC.
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ARTICLE I – NAME

The name of the organization shall be Region 3 Overeaters Anonymous, Inc., hereinafter referred to as "Region 3." Overeaters Anonymous, Inc. shall hereinafter be referred to as "OA."

ARTICLE II – PURPOSE

A. The primary purpose of this organization is to aid those with the problem of compulsive eating through 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 and Intergroups from which Region 3 is formed. Region 3 is in compliance with and qualifies as an exempt organization under Section 501(c)(3) of the Internal Revenue Code of 1954 or the corresponding section of any future United States Internal Revenue Law.
B. To carry the OA message to the compulsive overeater who still suffers.
C. To provide a format for selection of Trustee nominees.
D. These are the guiding principles of Region 3:

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.

Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

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 by 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.

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

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

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

ARTICLE III – COMPOSITION

Region 3 shall consist of Overeaters Anonymous groups and intergroups located in Arizona, Colorado, Iowa (excluding Eastern Iowa), Kansas (excluding Greater Kansas City), Nebraska, Nevada, New Mexico, Oklahoma, South Dakota, Texas, and Utah.

ARTICLE IV – ASSEMBLY

A. Any action of Region 3 which would require approval by the members shall require only the approval of the Region 3 Assembly and all rights which would otherwise be vested in the members shall be vested in the Assembly, except as otherwise expressly provided herein.

B. Region 3 Assembly meetings

1. Meetings shall occur twice each calendar year and be named Spring Assembly and Fall Assembly.
2. Exceptions to this schedule are as follows:
    a. If a majority of the Steering Committee determines the necessity for an additional special meeting.
    b. If six (6) or more Region Representatives who have served at a minimum of one (1) Region 3 Assembly submit a petition to the Region Chair to hold an additional special meeting.
3. The Region 3 Fall Assembly shall be considered the annual meeting of the corporation.
4. An Assembly Meeting may be scheduled as a Virtual Meeting when approved by a majority vote of the Region 3 Steering Committee. The Steering Committee shall arrange for virtual participation and voting.
5. Sixty (60) days prior notice will be given to all Region 3 Intergroups and Unaffiliated groups for any Region 3 Assembly.

ARTICLE V – MEMBERSHIP

A. The membership of this Assembly shall consist of the Board and one (1) Region Representative, hereinafter referred to as "RR," or an Alternate, for every fifteen (15) groups or fraction thereof. RRs shall be elected from the Intergroups which are included in Region 3. Groups which, because of geographic location, cannot join an Intergroup shall be designated as "unaffiliated groups" by the Assembly and shall be entitled to a single RR and Alternate.

B. Each Intergroup or unaffiliated group must be registered with the World Service Office in order to be entitled to representation in Region 3. Each RR shall be elected by the Intergroup or unaffiliated group which he or she represents.

C. Each RR should have a minimum of one (1) year of current abstinence and at least one (1) year of service beyond the group level. Each RR shall be the sole judge of his/her abstinence and maintenance.

D. Each RR should be selected for sound judgment, experience, stability, willingness to serve and for faithful adherence to the program of the Twelve Steps of Overeaters Anonymous and the Twelve Traditions.

E. Voting Eligibility
   1. Each RR shall be entitled to one (1) vote in the Assembly.
   2. The Vice Chair, Treasurer, Recording Secretary, Digital Content Coordinator, and additional elected Board member(s) shall each be entitled to one vote.
   3. The Chair may:
      a. Participate in a ballot vote
      b. Choose to vote to break a tie

F. All Region 3 Assembly meetings shall be open to members of the Fellowship of OA. However, only the designated RRs may vote at the Region 3 Assembly meetings.

G. At any Region 3 Assembly, those RRs present shall constitute a quorum, and a majority shall govern for voting purposes, unless otherwise specified.

H. It is suggested that each RR and/or Alternate serve concurrently as delegate(s) to the World Service Business Conference.

ARTICLE VI – REGION 3 BOARD

A. The Region 3 Board shall be composed of a Chair, Vice Chair, Recording Secretary, Digital Content Coordinator and Treasurer. The Trustee Liaison shall serve as a non-voting member of the Region 3 Board.

B. The Region 3 Board members, with the exception of the Trustee Liaison who may be assigned from another Region, shall reside within Region 3 while they are serving on the Board.

C. If a Region 3 Board member other than the Trustee Liaison moves out of Region 3 during their term, then they shall resign immediately upon moving. The Trustee Liaison is exempt as he or she may not reside within Region 3.

ARTICLE VII – NOMINATION AND ELECTION OF BOARD

A. The Region 3 Board shall be elected by the RRs present at the annual (Fall) Region 3 Assembly. All nominees must be present at the time of election.

B. Nomination applications for Board positions must be submitted to the Region 3 Chair at least forty-five (45) days prior to the Assembly at which the elections

are to be held. The nomination application must be the form adopted by the Board.

C. If no nomination application for an open Board position is received as stated in Article VII-B, then nominations from the floor shall be accepted during the Assembly.

D. To be eligible for election to the Region 3 Board a person shall at the time of the election:
   1. Be a member of OA for at least two years and be regularly attending OA meetings in Region 3.
   2. Have served at the Region 3 level for at least six (6) months or participated in at least two (2) Region 3 Assemblies.
   3. Have current abstinence, each person being the sole judge of his or her own abstinence, from compulsive overeating for at least one year and have completed the Fourth and Fifth Steps in OA.
   4. Make a commitment of adherence to the Twelve Steps, the Twelve Traditions and the Twelve Concepts of OA Service, and the continual maintenance of abstinence, throughout the entire term(s) of office.

E. Board members shall be elected for a period of two (2) years.
   1. The Chair and Recording Secretary shall be elected in even-numbered years; and the Vice Chair, Digital Content Coordinator and Treasurer shall be elected in odd-numbered years.
   2. Board members shall be eligible for two (2) consecutive elected terms in a single position. Time served to fill a partial term created by a vacancy shall not limit eligibility.
   3. Board members shall serve no more than a total of eight (8) years in a consecutive ten (10) year period.

F. To be elected, a Board nominee must receive a majority of the votes cast by the voting body.

G. New members of the Board shall take office immediately following the close of the Assembly at which they are elected. Immediately following the close of the Assembly at which a Treasurer is elected, transition of Treasurer's duties shall begin and shall be completed as soon as practicable.

H. Upon the vacancy of a Board position, the Chair shall appoint an Interim Board member to serve until the next Region 3 Assembly, at which time an election shall be held to fill the unexpired portion of the term of the vacated position. If the Chair resigns or is unable to perform the functions of his/her office, the Vice Chair will immediately assume the duties of Chair and will appoint a person to assume the duties of Vice Chair. Election for open positions will be held at the very next Assembly at which the Chair pro tem presides. The Treasurer shall serve as Chair during the election. The newly elected officers will hold office until the next regularly scheduled elections.

I. If a vacancy occurs due to recall, an election shall be held at the Assembly in which the recall takes place to fill the unexpired portion of the term of the vacated position. If the position is not filled by election, the Chair shall appoint an Interim Board Member to serve until the next Region 3 Assembly, at which time an election shall be held to fill the unexpired position of the term of the vacated position.

ARTICLE VIII – RECALL OF BOARD MEMBER(S)

A. Reason for recall shall be unworthy conduct (i.e., return to compulsive overeating, nonattendance at Board meetings or Region Assemblies) or a grievous breach of duty and responsibility specified for the Board in the Twelve Traditions, Twelve Concepts of OA Service, Region 3 Bylaws, and/or Region 3 Policies.

B. A recall petition must be submitted to the Chair forty-five (45) days prior to a scheduled Region 3 Assembly. If the Chair is the subject of the recall, then the petition is to be submitted to the Vice Chair. A recall petition may be submitted by an Intergroup, the Board following a majority vote, or jointly by six (6) or more RRs who have served at a minimum of one (1) Region 3 Assembly.

C. A recall petition shall include the Board member's name, position to be vacated and a substantive statement of the grievous breach of duty to support the petition.

D. A copy of the petition shall be sent to the subject of the petition by the Chair or Vice Chair. The subject of the petition shall be given an opportunity to respond at the subsequent Assembly.

E. If the petition meets the requirements as set forth in items A, B, and C, the recall petition shall become an agenda item at the subsequent Assembly. If the recall petition becomes a motion, adoption of a motion to recall a Board member shall require approval of three-fourths (3/4) of the RRs present and voting.

ARTICLE IX – DUTIES OF BOARD

The Board shall act for and on behalf of Region 3 when the Assembly is not in session and shall have the authority to make decisions when required. For the Board, a majority shall be the quorum. This authority shall be solely limited to those decisions required before a Region 3 Assembly can be convened. In determining any decisions, the Board shall be guided by the Region 3 Policy Manual, the Region 3 Bylaws, the Twelve Steps, the Twelve Traditions, and the Twelve Concepts of OA Service.

ARTICLE X – TRUSTEE NOMINEE SELECTION PROCESS

A. Applications for nomination for Trustee must be filed with the Chair forty-five (45) days prior to the Fall Annual Assembly.

B. If fewer than three (3) applicants have filed their applications, nominations from the floor shall be accepted during the Assembly.

C. All qualified applicants shall have their names placed on the ballot. (See Overeaters Anonymous, Inc. Bylaws, Subpart B, Article VII, Section 4 – Qualifications.)

D. Each voting RR may vote for up to three (3) applicants.

E. Each applicant must receive a majority vote of the Representatives present at the time of the election.

F. Each ballot shall provide for a casting of a "Yes" or "No" vote.

G. In the event that there are no applicants for Trustee at an assembly where applications are needed, or if a vacancy occurs where there is no Region Assembly prior to the date required for submission of applications, the following options may be taken:

   a. The Region Board will solicit applications from Region 3 Intergroups or any other Region.
   b. All requirements set by the World Service Office must be met prior to the Region 3 Board considering completed application(s).
   c. A majority vote of the Region 3 Board will constitute affirmation of the applicant(s).
   d. Notification of affirmation process results shall be sent to Region 3 Intergroups.
   e. Affirmed applications must be forwarded to WSO prior to the designated deadline.

ARTICLE XI – WORLD SERVICE BUSINESS CONFERENCE (WSBC) DELEGATES

A. Applicability - If Region 3 was represented by fewer than forty percent of its intergroups and other eligible service bodies at the prior year's WSBC, up to five additional delegates to WSBC may be selected. (OA) Inc. Bylaws, Subpart B, Article VIII, Section 3–Delegates, Item a, #6). The number of additional Region 3 WSBC Delegates will be dependent on the availability of funds.

B. Selection - Region 3 WSBC Delegates shall be selected in accordance with OA Inc., Bylaws, Subpart B, Article VIII, Section 3 – Delegates, Item a, #6.

C. Qualifications for Region 3 WSBC Delegate - A nominee shall meet the qualifications for delegates in the OA Inc., Bylaws, Subpart B, Article VIII, Section 3- Delegates, Item c, #1.

D. Nominations for Region 3 WSBC Delegate

   1. The nominee must file a written application for WSBC Delegate by sending a completed application or the approved form to the Region Secretary sixty (60) days prior to the Fall Assembly at which the election is to be held.
   2. The Region Secretary shall mail a copy of the completed application to all registered Intergroups, Region 3 Representatives, the Board, and the Region Trustee and notify them at least thirty (30) days prior to the meeting at which the election will take place.

3. In the event that an insufficient number of applications have been filed for the number of WSBC delegates to be funded, nominations for WSBC Delegate will be accepted from the floor, followed by the election. If there are remaining WSBC delegate positions to be filled, the Board may appoint members to fill the position. The appointee must meet all qualifications and must be ratified by the assembly at the next business meeting.

E. Election of Region 3 WSBC Delegates
   1. Elections shall be held at the Fall Assembly and at least ninety (90) days prior to the WSBC.
   2. Elections shall be by written ballot.
   3. Each candidate must be elected separately and receive a majority vote of those persons voting.

F. Term of Service Position – The term of service of the Region 3 WSBC Delegates shall expire upon the close of the Region 3 Assembly after the WSBC attended.

G. Responsibilities – The Region 3 WSBC Delegates shall present a written report at the Region 3 Assembly after the WSBC attendance.

ARTICLE XII – SALARIED STAFF PERSONNEL

If deemed necessary, in keeping with Tradition Eight, the Region 3 Representatives have the authority to hire salaried staff personnel.

ARTICLE XIII – STANDING COMMITTEES

A. The following committees are required to carry out the purpose of Region 3:
   1. Twelfth Step Within (TSW)
   2. Public Information/Professional Outreach (PIPO)
   3. Ways & Means, Finance (WMF)
   4. Bylaws

B. Special committees may be established by the Board or Region 3 Assembly as needed, and those committees will be dissolved when their stated purpose has been accomplished.

ARTICLE XIV - PARLIAMENTARY AUTHORITY

All meetings of the delegates shall be conducted in accordance with the latest edition of *Robert's Rules of Order, Newly Revised*, where not in conflict with the law, Articles of Incorporation, these Bylaws, or special rules that delegates may adopt.

ARTICLE XV – AMENDMENTS TO THE BYLAWS

A. Amendments to the Bylaws, with the exception of the Twelve Steps of Overeaters Anonymous, the Twelve Traditions of Overeaters Anonymous, and the Twelve Concepts of OA Service, may be submitted for consideration to the Region 3 Spring Assembly.
   1. Amendments may be submitted by Region 3 Intergroups, the Region 3 Board, Region 3 Representatives, or the Region 3 Bylaws Committee.
   2. Proposed changes shall be submitted to the Board or Bylaws Committee at least ninety (90) days before the Spring Assembly.
   3. Copies of proposed amendments shall be sent to Region 3 Intergroups at least thirty (30) days prior to the Spring Assembly.
   4. Amendments require a two-thirds (2/3) vote of members present for adoption.
   5. Article II, Section D can only be amended as per OA, Inc. Bylaws, Subpart B, Article XII, Section 1, (f).

B. Region 3 shall submit a copy of its Bylaws to the World Service Office whenever the region Bylaws are updated or revised.

ARTICLE XVI - DISSOLUTION

A. Upon dissolution of Region 3, after paying or adequately providing for the debts and obligations of the Region, the remaining assets shall be distributed to the World Service Office of Overeaters Anonymous, Inc. In the event of the prior dissolution of the World Service Office, the funds shall then be distributed to a non-profit fund, association, foundation or corporation, which is organized and operated exclusively for charitable, educational, religious and/or scientific purposes and which has established its tax exempt status under Section 501c(3) of the Internal Revenue Code.

B. Upon dissolution of Region 3, no part of the net earnings of Region 3 shall ever inure to or be used for the benefit of, or be distributed to, its members, trustees, officers or other private persons, except that the Region shall be empowered to pay reasonable compensation for services rendered and to make payment and distribution in furtherance of the express purposes for which it is formed.