



## GOLD COAST INTERGROUP

THE FOLLOWING INFORMATION IS PROVIDED FOR:

- INTERGROUP REPRESENTATIVES  
AND/OR
- ANYONE INTERESTED IN CHAIRING AN INTERGROUP COMMITTEE,  
BECOMING A REGION REP and/or WORLD SERVICE DELEGATE

### INTRODUCTION

Welcome to Gold Coast Intergroup of Overeaters Anonymous. Your service is valued and we thank you. We hope you will see how serving at the Intergroup level will strengthen your program, support your abstinence, and enhance your recovery.

Meetings, workshops, conventions, literature, and many other OA activities do not happen by themselves. We (and now you) are the people behind the scenes that make things happen. In a sense we are the “action step” that keeps the message of OA moving.

Giving service at Intergroup is a wonderful way of staying connected in the fellowship while carrying the message of recovery, in a number of different ways, back to meetings and to those who cross your path outside a meeting.

### RESOURCES

The OA World Service website <http://www.oa.org> has a plethora of information to take back to a meeting, to help resolve an issue in a meeting or any other outreach situation.

Explore information and activities of Region 8 <http://www.oaregion8.org>

The Gold Coast Intergroup website is <https://www.oabroward.org/>

## YOUR ROLE AS AN INTERGROUP REPRESENTATIVE

GCI representatives shall be selected by the group conscience of the group they shall represent. Each IR shall be selected by any method deemed appropriate by their group. These IRs shall serve for a period designated by their group, always subject to recall by the group they represent. Each group shall be free to designate an Alternate IR when the necessity arises.

Responsibilities: It is the responsibility of the IR, or in his absence, the Alternate to:

- Attend GCI meetings
- Report all relevant matters to group represented
- Deliver newsletters to group represented
- Be responsible for getting group's monthly donations to GCI

Limitations: No member shall serve as IR or Alternate IR for more than one group.

## THE STRUCTURE OF OA



Individual OA members are the first level of service in OA, one compulsive overeater helping another. OA's diverse membership consists of more than 6,500 registered groups in over 75 countries.

### Groups

An OA group consists of two or more people. Each group practices the Steps and Traditions of OA, guided by the Twelve Concepts of OA Service. No member of a group is required to practice any actions to remain an OA member or to have a voice at a meeting.

## Intergroups & Service Boards

Intergroups and Service Boards consist of two or more groups. Intergroups are usually formed of meetings within a general geographic area. Service Boards are service bodies that provide support for groups and/or Intergroups that are not otherwise served within the existing service structure. This includes National Service Boards (NSBs), Language Service Boards (LSBs), and Virtual Service Boards (VSBs). NSBs serve groups and Intergroups that speak one language (usually not English). LSBs serve groups and/or IGs, usually in different countries, that share a common language. VSBs serve virtual groups (online or telephone meetings).

## Regions

OA has 11 regions worldwide that maintain direct communication with groups and Intergroups. Regions sponsor local conventions and assemblies. Regional assemblies also nominate trustee candidates to serve on OA's Board of Trustees (BOT), whose members are elected at the World Service Business Conference.

## World Service

The WSBC, attended by delegates from around the world, meets annually each May to conduct the business of OA and to elect the 17-member Board of Trustees. The Board acts on behalf of all members of the OA Fellowship. The World Service Office (WSO) works with the BOT to provide quality support and services to the entire OA Fellowship.

## GOLD COAST INTERGROUP

Gold Coast Intergroup is in Region 8, also known as SOAR 8 and includes the Southeastern states of America: Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, South Carolina, and Tennessee.

It also includes Puerto Rico, South America, Central America, all of the Caribbean and Virgin Islands.



## **SUGGESTED MEETING FORMAT**

In 2022, following the delegates' decision at World Service Business Conference 2021 to restore OA's previous Abstinence and Recovery Policy, all suggested meeting formats were revised. The latest [Suggested Meeting Format](#) was updated in June 2022. The meeting format includes the Abridged Tools of Recovery. This is a board-approved abridgement that includes two or three-sentence descriptions of each tool, taken directly from The Tools of Recovery pamphlet. OA groups can use this abridgement to save time during meetings. The [Abridged Tools of Recovery](#) is also available as a stand-alone document.

## **RESPONSIBILITIES FOR EACH INTERGROUP BOARD POSITION**

Overall qualifications for all GCI Board positions are listed below followed by specific qualifications for each position:

- Working the Twelve Steps of the recovery program for one (1) year to the best of the individual's ability.
- Familiarity with the Twelve Traditions.
- One-year (12 months) back-to-back physical abstinence.
- Regular attendee of an active group for a period of one (1) year and to be or have been an IR.
- Attendance at GCI meetings for a minimum of 6 months prior to being nominated.
- Familiarity with the Twelve Concepts of OA service.
- The World Service Business Conference Delegate/Alternate shall meet the qualifications and requirements as outlined and defined in the Overeaters Anonymous, Inc. Bylaws, Subpart B, Article X, Section 3, and as required for election to the GCI Board by Article IV, Section 4 of these bylaws.
- The regional representative/alternate shall meet the qualifications and requirements as outlined and defined in the Region 8 Bylaws, and as required for election to the GCI Board by Article IV, Section 4 of these bylaws.

### **Chair**

- Shall preside at all regular and special meetings of GCI and GCI Board

- Shall be responsible for establishing the agenda for all GCI meetings.
- May cast the deciding vote to break a tie.
- May attend all standing committee meetings.
- May appoint special standing committees.
- Shall be first delegate to World Service and first Region Representative.
- Shall ensure that the general account of GCI shall be audited annually as outlined in item 17 of the Policy and Procedure Manual. This audit shall consist of an internal Audit Committee of between two and four members, appointed by the Chair.

#### **Vice Chair**

- Shall serve in the absence of the Chair.
- Shall assist the Chair whenever needed.
- May attend all standing committee meetings.
- Shall serve as the Chair of GCI functions (except for annual convention).
- Will serve as Chair of the Registration Committee for GCI's annual convention.

#### **Recording Secretary**

- Shall see that minutes are kept of all GCI meetings and distribute a copy to each IR.
- Shall maintain a file of all minutes of past meetings.
- Shall include in the monthly report to GCI a listing of groups unrepresented at GCI meetings during the past three or more months.
- May attend all standing committee meetings.

#### **Corresponding Secretary**

- Shall direct correspondence to the appropriate officer or committee chair and maintain a file of outgoing and incoming correspondence.
- Shall distribute notice of all meetings of GCI as described in Article V.
- May attend all standing committee meetings.

#### **Treasurer**

- Shall maintain a checking account as necessary for dispersal of GCI funds.
- Two signatures shall be required on all checks, one being the Treasurer, Chair, or Vice Chair of GCI, and the other being any Board Member unrelated to the first signer.
- Shall submit written financial reports each month at the GCI meetings.
- Shall serve as Chair of the Budget Committee.
- May attend all standing committee meetings.

#### **World Service Conference Delegates / Region Representatives**

- Shall attend the World Service Conference of Overeaters Anonymous.
- Shall attend all Region Assembly meetings.

- In all areas the World Service Delegates / Region Representatives and Alternates shall meet qualifications and requirements outlined and defined in Overeaters Anonymous, Inc. Bylaws, Subpart B. Article X, Section 3c.
- Shall serve Overeaters Anonymous, the World Service Conference and Region Assembly for one (1) year (January – December).
- Shall report in writing, at the first GCI meeting occurring after the World Service Business Conference and/or Region Assembly the actions of the Conference and Region to all groups the GCI represents; to keep the GCI and represented groups aware of WSO/SOAR information.
- May attend all standing committee meetings.
- Alternates automatically assume this position, upon the vacating of the office by the Rep or Delegate, until the end of the present term. They do not automatically assume this position for the new term without a re-election.
- The World Service Delegate and Region Rep may be one person

### **Parliamentarian**

- Shall serve as Parliamentarian.
- May attend all standing committee meetings.
- Shall chair the By-Laws Committee.
- Shall maintain copies of the By-Laws and the Policy and Procedures for the Fellowship as directed by the Board.

## **COMMITTEES**

Standing Committees may be established as required to carry out the purpose of GCI in the most effective and efficient manner and may include, but not be limited to:

- Audit Committee
- Budget
- Bylaws
- Literature / Lifeline
- Newsletter
- Public Information and Professional Outreach
- Special Events (Retreats/Marathons/Workshops)
- Twelfth Step Within
- Ways and Means
- Website
- Other Committees, standing or special, deemed necessary to carry on special work.

## **COMMITTEE APPOINTMENTS**

- The Board shall designate such committees as are deemed necessary for the welfare and operation of the GCI.

- The GCI Chair shall appoint a committee chair from those IRs present who meet IR qualifications. Any OA member presently meeting IR qualifications may be appointed to chair a standing committee with approval of an established quorum.
- Standing committee chairs shall have a voice and a vote.

## **POLICIES & PROCEDURES – BY LAWS**

The latest Policies & Procedures, along with the By Laws of GCI, were approved by Intergroup in June 2022.

<https://www.oabroward.org/resources.html>

## **FORMS**

The Treasurer has *Advance Request* and *Expense Reimbursement* forms that must be filled out in order to receive a GCI check. Estimates must be provided for an Advance and Receipts must be presented for all reimbursements.

## **STEPS – TRADITIONS – CONCEPTS – PRINCIPLES**

### **The Twelve Steps of Overeaters Anonymous**

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 of Overeaters Anonymous**

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. 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 Overeaters Anonymous**

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 the 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 grievance 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, executive, 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

### **Spiritual Principles in the Twelve Steps**

Step One: Honesty

Step Two: Hope

Step Three: Faith

Step Four: Courage

Step Five: Integrity

Step Six: Willingness

Step Seven: Humility

Step Eight: Self-discipline

Step Nine: Love for others

Step Ten: Perseverance

Step Eleven: Spiritual Awareness

Step Twelve: Service