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BYLAWS
MIAMI-DADE & THE KEYS INTERGROUP OF OVEREATERS ANONYMOUS

ARTICLE I - NAME

The name of this organization shall be the Miami-Dade Intergroup of OVEREATERS ANONYMOUS, INC., hereinafter referred to as the Intergroup or MD&KI.

ARTICLE II - PURPOSE

Section 1. The purpose of the Intergroup shall be:

- A) To aid those with the problem of eating compulsively to overcome that problem through the Twelve Step Program of Recovery of OA and to serve and represent the OA groups from which the Intergroup is formed. This Intergroup is in compliance with and qualifies as an exempt organization under Section 501 (c) (3) of the Internal Revenue Code of 1954;
- B) To act as guardian of the Twelve Steps and Twelve Traditions of OA; and
- C) Otherwise to further the program of Overeaters Anonymous in accordance with the Twelve Traditions and the Twelve Concepts of Overeaters Anonymous, Inc..

Section 2. The Twelve Steps

The Twelve Steps are suggested for recovery in the fellowship of Overeaters Anonymous. The Twelve Steps are:

- 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 eaters, and to practice these principles in all our affairs.

Section 3. The Twelve Traditions:

The Twelve Traditions of Overeaters Anonymous are:

- 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 eater 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.

Section 4. The Twelve Concepts

The Twelve Concepts of Overeaters Anonymous 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; 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 III - MEMBERS

Section 1. Member Groups.

- A) Eligibility. Any OA group meeting in Miami-Dade County, Monroe County or an adjacent county in South Florida shall be eligible for membership in this Intergroup provided it complies with the definition given in the bylaws of OVEREATERS ANONYMOUS, Subpart B., ARTICLE IV - Overeaters Anonymous Groups, as follows:
 - 1) As a group, they meet to practice the twelve steps and twelve traditions of OA.
 - 2) All who have a desire to stop eating compulsively are welcome in the group.
 - 3) No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting).
 - 4) As a group, they have no affiliation other than OA.
 - 5) A group may be formed by two (2) or more persons meeting together as set forth in Article IV, Section 1 of Overeaters Anonymous, Inc., Bylaws Subpart B.
- B) Registration. A group affirms its eligibility by completing an OA GROUP REGISTRATION FORM bearing the above definition for the World Service Office of OA (WSO), and joins MD&KI by stating on that form that it is a member of this Intergroup and by providing the Intergroup's Registration Chair or the Vice Chair with a copy of that form. The registration number assigned by WSO subsequently identifies the group as a member.
- C) No group may be registered with another Intergroup.

Section 2. Intergroup Representatives and Alternates. Each member group shall be entitled to one (1) vote in the business meeting of the Intergroup through its Intergroup Representative (IR) or Alternate Intergroup Representative.

- A) Selection. Intergroup Representatives shall be selected by the group conscience of the groups they represent. IRs shall be selected by any method deemed appropriate by their group. These IRs shall serve for a period designated by their groups, always subject to recall by the groups they represent. Each group shall be free to designate an alternate representative when the necessity arises.
- B) Qualifications. Intergroup Representatives and Alternate Intergroup Representatives should be selected for judgment, clarity, experience, stability, willingness, and for their faithful adherence to the Twelve Steps, the Twelve Traditions, and the Twelve Concepts of OA.
- C) Responsibilities. It shall be the responsibility of the Intergroup Representative, or in his/her absence the Alternate Intergroup Representative, to:
 - 1) Attend and actively participate in Intergroup meetings and functions;
 - 2) Serve as liaison between this Intergroup and his/her group;
 - 3) Deliver newsletters, if available, to his/her group;
 - 4) Be responsible for getting his/her group's monthly donation and newsletter payment to the Intergroup; and
 - 5) Ought to serve on one or more committees of the Intergroup.
- D) Limitations. No member shall serve as Intergroup Representative or Alternate Intergroup Representative for more than one group. An officer of the Intergroup may not serve as an Intergroup Representative or Alternate.

Section 3. Other voting members. The other voting members of the Intergroup shall be:

- A) The Officers;
- B) The Immediate Past Chair of the Intergroup for the year following his/her term as Chair;
- C) The Chair of each Standing Committee, or in his/her absence, the Vice Chair;
- D) Region 8 Representatives; and
- E) World Service Delegates

ARTICLE IV - OFFICERS

Section 1. Officers. The officers of the Intergroup shall be a Chair, a Vice Chair, a Secretary and a Treasurer.

Section 2. Qualifications.

- A) To be eligible for any office in the Intergroup, a member should:
 - 1) Have good judgment, experience, stability, willingness, and a faithful adherence to the Twelve Steps, the Twelve Traditions, and the Twelve Concepts of OA;

- 2) Have been a regular attendee and active member of a registered member group for a period of at least one (1) year;
 - 3) Have been an Intergroup Officer, Committee Chair, Intergroup Representative, Delegate to the WSBC or Regional Representative, during any year prior to election;
 - 4) Must have attended at least three (3) Intergroup meetings within the year prior to election unless waived by a majority vote of the Intergroup.
 - 5) Submit a written "Consent to Serve" form to the Intergroup Chair or the Secretary at or prior to the election meeting.
- B) To be eligible for the office of Chair, Vice Chair or Treasurer a member must:
- 1) Be a service oriented person with a broad perspective beyond the group level; and
 - 2) Have at least one year of current abstinence and recovery unless waived by a majority vote of the Intergroup.

Section 3. Elections and Term of Office.

- A) Elections shall be held annually at the January meeting. Notice, including qualifications, shall have been given at the December meeting of the Intergroup, in the December newsletter, and, in writing to all member groups no later than three (3) weeks prior to the January meeting.
- B) A majority shall elect, and vote shall be by ballot unless there is only one nominee for an office, in which case election may be by voice.
- C) The term of office shall commence at the opening of the February meeting and shall be for one year.
- D) An officer may succeed himself or herself two times only.

Section 4. Duties.

All officers shall perform the duties prescribed in ROBERT'S RULES OF ORDER NEWLY REVISED in addition to those specified in the bylaws and standing rules of the Intergroup and are encouraged to serve on one or more committees. They shall deliver to their successors all material pertaining to their offices within fifteen (15) days.

- A) The Chair:
 - 1) Shall preside at all meetings of the Intergroup and Executive Board.
 - 2) Shall prepare the agenda for the meetings of the Executive Board and the Intergroup and provide the Secretary with a copy;
 - 3) Shall be a signatory to any bank accounts and keep an additional copy of the Intergroup debit card.
 - 4) Shall appoint standing and special committees;
 - 5) Shall serve as, ex officio, a member of all committees;
 - 6) Shall review all communications issued in the name of MDI for final approval before printing;
 - 7) Shall serve as a delegate to the World Service Business Conference;
 - 8) Shall serve as a representative to the Region Assemblies;

- 9) Shall continue for one year following his/her term to serve as a voting member of the Intergroup, as a delegate to the World Service Business Conference, and as a representative to the Region Assemblies.
- 10) Shall, as Immediate Past Chair, serve as a voting member of the Executive Board.
- 11) May appoint a Parliamentarian to serve as an advisor to the Intergroup and to the Board.

B) The Vice Chair:

- 1) Shall perform the duties of the Chair in his/her absence or disability;
- 2) Shall assume the office of Chair in the event of a vacancy in that office;
- 3) Shall be a signatory to any bank accounts, and
- 4) Shall maintain a current list of all member groups including contact information and shall provide the World Service Office, the MDKIG meeting list, the Webmaster and the Newsletter Editor with monthly updates when changes to the list occur.
- 5) Shall oversee or appoint someone to oversee Zoom Meetings.

C) The Secretary:

- 1) Shall keep the minutes of all meetings of the Intergroup and the Executive Board;
- 2) Shall, when appropriate, send notices;
- 3) Shall be responsible for taking roll at each meeting;
- 4) Shall conduct the correspondence of the Intergroup;
- 5) Shall possess and maintain all previous MDKIG records during term, and make available for resource; and
- 6) Shall archive all MDKIG records (including minutes, reports, correspondence, and newsletters) prior to the end of each term.

D) The Treasurer:

- 1) Shall be a co-signer of bank accounts:
 - (a) The signatures of the Treasurer, the Chair and the Vice Chair shall be required on all accounts.
- 2) Shall pay Intergroup bills as authorized;
- 3) Shall make contributions to or expenditures from the Reserve Funds as authorized;
- 4) Shall make contributions to WSO and/or Region 8 as authorized;
- 5) Shall make a written report of contributions and expenditures and a brief analysis of financial position, showing the balance in reserves, at each monthly meeting of the Executive Board and of the Intergroup;
- 6) Shall make an annual report at the January meeting, and shall provide a copy to the newsletter editor; and
- 7) Shall preside over Budget Committee and present the proposed budget for the following year at the November meeting and the final budget at the December meeting.

Section 5. Resignations and Vacancies.

- A) An officer may resign at any time for any reason by submitting his/her written resignation to the Chair or the Secretary. Acceptance of a resignation at a meeting shall constitute notice that the vacancy shall be filled at the next regular meeting.
- B) A vacancy in the office of Chair shall be filled by the Vice Chair in whose office a vacancy shall then occur.
- C) Should a mid-term vacancy occur, the remaining members of the Board shall appoint a member, who otherwise meets the requirements of office, to complete the vacated office for the remainder of the term. The appointment is then to be ratified at the next regularly scheduled meeting.
- D) Any Board member may be removed for unworthy conduct by a three fourth (3/4) vote of the voting members of Intergroup.

ARTICLE V - MEETINGS

Section 1. Regular Meetings. The regular meetings of the Intergroup shall be held on the first Saturday of each month unless an exception is voted by the Intergroup at the previous meeting. In an emergency, the board can change the date but must send notice to all MDKIG members. All Intergroup and Board meetings will be held on Zoom or some analogous platform.

Section 2. The Annual Meeting. The regular meeting in January shall be the annual meeting and shall be for the purpose of electing officers, delegates and representatives and for receiving annual reports of officers and for any other business that may arise.

Section 3. Special Meetings. A special meeting may be called by the Chair or five (5) Intergroup members provided notice is given. Notification of special meetings shall consist of notices prepared by the Intergroup secretary and distributed to each group secretary and/or Intergroup Representative ten (10) days prior to the date of the meeting. Placing an announcement in newsletters or by electronic means and at the prior Intergroup meeting is also considered proper notification

Section 4. Quorum. Five (5) Intergroup members shall constitute a quorum

ARTICLE VI - EXECUTIVE BOARD

Section 1. Members. The officers and the Immediate Past Chair shall constitute the Executive Board.

Section 2. Duties. It shall be the responsibility of The Executive Board to authorize expenditures, and to have general supervision of the affairs of the Intergroup between its meetings. It shall make recommendations to the Intergroup on various matters including:

- A) Proposed amendments to the Bylaws and Standing Rules;
- B) Contributions to or expenditures for Delegates to the WSBC and the Representatives to the Region 8 Assemblies; and
- C) Contributions, such as to WSO and Region 8, and.
- D) Any other business that may arise.

Section 3. Meetings. The Executive Board shall meet monthly at a time and place determined by the Chair and at other times at the call of the Chair. Notice shall not be required to hold a meeting immediately before or after a meeting of the Intergroup or during a recess of a meeting of the Intergroup.

When urgent, the Chair may poll the Board in person and/or by phone.

Section 4. Quorum. Three (3) members shall constitute a quorum.

ARTICLE VII - FINANCES

Section 1. Sources of funds.

- A) The sources of funds of the Intergroup shall be:
 - 1) Voluntary contributions from OA groups;
 - 2) Proceeds of Intergroup approved or sponsored functions; and
 - 3) Personal contributions from individual OA members: The maximum allowable annual personal donation shall not exceed five thousand (\$5000.00) dollars.
- B) Outside contributions shall be declined in accordance with the traditions of OA.

Section 2. Prudent Reserve.

There shall be no accumulation of funds beyond current necessities, with retention of only a prudent reserve for contingencies. A balance of no less than one thousand dollars (\$1,000.00) shall be maintained as a prudent reserve.

Annually, in the month of December, the final budget shall include the amount of money to be donated to Region 8 and the World Service Office of Overeaters Anonymous. The amount to be donated must come from funds above the prudent reserve and what the Intergroup considers reasonable operating expenses. The amount to be donated shall be divided as follows: one-fourth (1/4) to Region 8 and three-fourths (3/4) to the World Service Office of Overeaters Anonymous.

ARTICLE VIII - COMMITTEES

Section 1. General Guidelines.

- A) The office of each Committee Chair is to be appointed by the Intergroup Chair (Article IV, Section 4, Subsection A, Number 1) and will begin at the end of the March Intergroup meeting.

- B) Each committee chair shall maintain a notebook outlining the activities, procedures and function of the committee and shall turn this notebook over to the Intergroup Chair at the completion of his/her term of office, so that it may be passed on to the next chair.
- C) Each committee chair shall submit to the Chair of MDKIG all communications issued in the name of MDKIG for final approval before printing or distributing.
- D) Bills for committee expenses shall be submitted with receipts and completed expense vouchers to the Treasurer.
- E) All committee chairs shall report in writing at the Intergroup meeting in March.

Section 2. Committees and their Duties. There shall be the following standing committees with duties prescribed herein or in the standing rules:

- A) The Budget Committee shall present a proposed budget at the November meeting for the following year and a final budget in the December meeting. In the absence of a Budget Committee, the Treasurer shall present a proposed budget for the following year and a final budget in the December meeting.
- B) The Convention Committee, subject to the approval of the Intergroup and authorization of the Executive Board for expenditures and contracts, shall plan and coordinate the annual convention sponsored by the Intergroup and will select the location for the following year's convention at least 6 months prior to the following convention.
- C) The Public Information Professional Outreach Committee (PIPO) shall assist in making the public aware of Overeaters Anonymous through print, broadcast, and social media, participation in community health fairs, and other means, being always mindful of the need to observe the Traditions of OA, and shall carry the message of recovery to hospitals, institutions, professionals and the military.
- D) The Hotline Committee shall ensure that updated information is provided on the hotline message.
- E) The Group Outreach Committee shall:
 - 1) contact voting members of MDKIG and the Executive Board, within the week prior to each meeting.
 - 2) contact groups that are not represented at Intergroup and encourage participation;
- F) The Newsletter Committee, whose Chairperson will be referred to as Editor, shall:
 - 1) compile and prepare the newsletter for distribution;
 - 2) submit the newsletter to be reviewed for grammatical errors and traditions violations prior to distribution by the Chair of Intergroup (or a person designated by the Chair);
- G) The Registration Committee, of which the Vice Chair shall serve as chair, shall:
 - 1) maintain a current, updated list of all member groups, including the names, addresses, phone numbers and email addresses of the contact persons, the times and places of meetings and the WSO registration numbers;

- 2) notify WSO of canceled meetings and other changes;
 - 3) provide the updated information to the Editor for distribution in the newsletter.
- H) The Twelfth Step Within Committee shall develop activities to improve member retention and reach out to member in relapse or not attending meetings. Special Events shall be a subcommittee of the Twelve Step Within Committee, as the scheduling of special events enhances and strengthens the fellowship contributing to member retention. The Committee's activities are subject to the approval of the Intergroup and authorization of expenditures by the Executive Board. The Committee shall coordinate and assist with events sponsored by the Intergroup as well as marathons and other special functions sponsored by member groups approved by the Intergroup.
- I) The Ways and Means Committee, subject to the approval of the Intergroup and authorization of expenditures by the Executive Board, shall be responsible for initiating and coordinating fund raising activities.
- J) The Unity with Diversity Committee shall assist in organizing meetings and outreach to underrepresented people such as young people, LGBTQI+, minorities and men.
- K) The Website Committee shall run and maintain a website to make available information about Overeaters Anonymous in Miami-Dade and MDKIG, with approval of the Chair of Intergroup. Shall maintain, update and bring to all meetings the following documents;
- 1) Bylaws, Subparts A & B, of OVEREATERS ANONYMOUS, INC.;
 - 2) The CONFERENCE POLICY MANUAL OF OVEREATERS ANONYMOUS;
 - 3) The POLICY AND PROCEDURE MANUAL OF SOAR 8, which includes the bylaws; and
 - 4) The Intergroup's bylaws, standing rules and minutes.
- 2) Shall maintain, update and post on the website the following documents;
- 1) Bylaws, Subparts A & B, of OVEREATERS ANONYMOUS, INC.;
 - 2) The CONFERENCE POLICY MANUAL OF OVEREATERS ANONYMOUS;
 - 3) The POLICY AND PROCEDURE MANUAL OF SOAR 8, which includes the bylaws; and
 - 4) The Intergroup's bylaws, standing rules and minutes.
- 3) Shall maintain, update and bring to all meetings the following documents;
- 1) Bylaws, Subparts A & B, of OVEREATERS ANONYMOUS, INC.;
 - 2) The CONFERENCE POLICY MANUAL OF OVEREATERS ANONYMOUS;
 - 3) The POLICY AND PROCEDURE MANUAL OF SOAR 8, which includes the bylaws; and
 - 4) The Intergroup's bylaws, standing rules and minutes.
- L) Additional Committees may be created by the Intergroup or Executive Board as deemed necessary.

ARTICLE IX - DELEGATES AND REPRESENTATIVES

Section 1. Distinctions and Determinations.

- A) Distinctions.
 - i) "Delegates" are those persons who represent the Intergroup at the World Service Business Conference of Overeaters Anonymous.
 - ii) "Representatives" are those persons who represent the Intergroup at the Region 8 Assemblies at various locations in the region.
 - iii) A member may, and the Intergroup Chair shall, serve as both a "Delegate" and a "Representative".
- B) Determinations.
 - i) The number of delegates or representatives the Intergroup may have is determined by the bylaws of the respective bodies and is based on the number of groups duly registered with WSO as belonging to the Intergroup.
 - ii) The Intergroup should elect the full number of delegates and representatives as well as alternates to which it is entitled.

Section 2. Qualifications. The Qualifications for Delegates and Representatives should be the same as listed in Article IV - Officers, Section 2, A and B.

Section 3. Election and Term of Office.

- A) Elections shall be held annually at the January meeting. Notice including qualifications shall have been given in the December newsletter.
- B) Election shall be by ballot unless there is only one position to be filled and one nominee, in which case elections may be by voice. In such a case, a majority shall elect.
- C) If there is more than one position to be filled, a plurality shall elect those receiving the highest number of votes with those receiving the next highest number of votes serving as alternates. Designation of the order in which alternates shall move up shall be made based upon the number of votes received with any ties being broken by lot.
- D) The term of office shall commence at the opening of the February meeting and shall be for one year or until a successor is elected.
- E) No member shall serve more than four (4) consecutive years in the position, except for reasons to be decided by the Intergroup.
- F) The Chair shall be empowered to fill vacancies.

Section 4. Duties. Delegates and Representatives should:

- A) Attend all meetings of the Conference or Assembly at which they represent the Intergroup.
- B) Report, in writing, the actions of the Conference or Assembly to the Intergroup. If possible, the report should be in a form suitable for distribution to member groups.
- C) Communicate important information received from Region 8 and World Service to the Intergroup, and member groups, thereby promoting service and understanding for Overeaters Anonymous as a whole.
- D) Continue to serve Overeaters Anonymous at the Region 8 or World Service level for their full terms.

Section 5. Resignations. A delegate or a representative may resign at any time for any reason by submitting his/her written resignation to the Chair or the Secretary.

ARTICLE X - PARLIAMENTARY AUTHORITY

The rules contained in the current edition of ROBERT'S RULES OF ORDER NEWLY REVISED shall govern the Intergroup in all cases in which they are applicable and in which they are not inconsistent with these bylaws, the Twelve Steps, the Twelve Traditions and the Twelve Concepts, or other rules adopted by the Intergroup.

ARTICLE XI - AMENDMENT

These bylaws, with the exception of Article II, Sections 2, 3 & 4, may be amended at any regular meeting of the Intergroup by a two-thirds (2/3) vote of those present and voting, provided that a copy of the proposed amendment(s) shall have been mailed and/or electronically sent to each member group of the Intergroup at least ten (10) days prior to the meeting at which it is to be voted on. The notice shall further state the date of the meeting at which the vote on the amendment shall be taken.

ARTICLE XII - MAJOR POLICY MATTERS

Section 1.

- A) Matters that affect the Intergroup and/or groups within its service area shall be referred to the Board of the Intergroup.
- B) Matters which relate to Overeaters Anonymous as a whole and which affect Subpart A of the Bylaws of Overeaters Anonymous, Inc., shall be referred to the Board of Trustees.
- C) Matters which affect Subpart B of the Bylaws of Overeaters Anonymous, Inc., or which relate to the Twelve Steps, Twelve Traditions, and Twelve Concepts shall be referred to the World Service Business Conference.

ARTICLE XIII - DISSOLUTION

Section 1. A Member Group. In the event of dissolution of a member group, all assets shall be transferred to the Intergroup.

Section 2. Intergroup. In the event of the dissolution of the Intergroup, the assets remaining after all debts and obligations of the Intergroup have been satisfied, shall be distributed as follows: one-fourth (1/4) to Region 8 and three-fourths (3/4) to the World Service Office of Overeaters Anonymous.

Section 3. No funds shall benefit an individual member.

Section 4. In order to deregister, a service board must submit a written request to the World Service Office, Region Chair or Virtual Services trustee, as applicable.

STANDING RULES
MIAMI-DADE AND THE KEYS INTERGROUP OF OVEREATERS ANONYMOUS

I. MEMBER GROUPS

A. REGISTRATION

1. A member group registered in accordance with the Bylaws (ARTICLE III-MEMBERS, Section 1, Member groups) is responsible for keeping the Vice Chair informed, in writing, of any changes (status, contact person, Intergroup Representative or Alternate Intergroup Representative).
2. In addition, any member group shall, upon request from the Vice Chair, re-register in order to confirm or update the status of the group, particularly with the names of the current Intergroup Representative and the Alternate Intergroup Representative elected in accordance with the Bylaws (ARTICLE III-MEMBERS, Section 2, Intergroup Representatives and Alternates).

B. NAMES

1. In compliance with World Service, and in order to avoid identification with the place of a meeting, each member group shall be known by a name.
2. A group shall select a name by group conscience.
3. The name shall be submitted to the Vice Chair, who, provided the name is available and in accordance with the Traditions, will present it to the Intergroup for registration.

C. MARATHONS AND OTHER SPECIAL EVENTS

1. A member group which, by group conscience, decides it wishes to sponsor a special event is expected to cooperate with the Chair of the Special Events Committee whose duty it is to coordinate such functions. This chair shall present the event to MDKIG for approval.
2. Only those events that are approved by MDKIG shall be listed in the newsletter. (See Bylaws ARTICLE IV, Section 4 Duties, A. The Chair: #6.)
3. After expenses, the proceeds shall go to MDKIG.

II. FINANCES

A. DELEGATES AND REPRESENTATIVES

1. The rates for funding of delegates and representatives shall be:
 - a) the most reasonable airfare or the current allowable Region 8 mileage rate per car for up to two cars whichever is less (Representatives are strongly encouraged to car-pool);
 - b) up to one-half the double room rate;
 - c) the registration fee and the cost for any organized meals;
 - d) \$65 food allowance for Region 8 Assembly Representatives; and
 - e) \$55 per diem food allowance for World Service Business Conference delegates.
 - f) Travel advances may be requested if necessary.

2. Receipts, together with completed vouchers, as well as any unused funds, shall be submitted to the Treasurer within one month.

B. NEW GROUPS

1. In order that they may purchase literature, new beginners' groups may receive \$50.00 seed money which shall be returned.

III. MEETINGS

1. The regular meetings of the Intergroup, which according to the Bylaws are held on the first Saturday of each month, shall be held starting at 1:00 on Zoom, or some analogous platform. In an emergency, the board can change the date but must send notice to all MDKIG members.
2. At each regularly scheduled Intergroup meeting a collection in support of our Seventh Tradition will be taken.
3. The closing for regularly scheduled Intergroup meetings has been selected to be "I put my Hand in Yours"

IV. LOCAL MEETING LIST

1. Only groups that are registered with an Intergroup of Overeaters Anonymous are eligible to be published in Miami Dade and the Keys Intergroup local meeting lists.
2. Member groups having a current, valid registration name shall be listed.
3. Gold Coast Intergroup meeting list may be included.

V. NEWSLETTER

A. NAME. The name of the newsletter will be SUNSTEPS.

B. CONTENT

- a) MEETING LISTS
- b) SPEAKERS LIST. Speakers listed shall be in physical, emotional and spiritual recovery.
- c) SPONSORS LIST. Sponsors listed shall be in physical, emotional and spiritual recovery.
- d) CONVENTIONS, MARATHONS OR SPECIAL EVENTS. The newsletter may include approved flyers for conventions, marathons or special events sponsored by member groups.
- e) ADVERTISING. There will be no advertising in the newsletter

C. Website shall be named OAMiami.Org

- a) The website costs shall be paid by MD&K Intergroup

VI. HOTLINE

1. The HOTLINE will be an answering service and there will be a listing in both the white and the yellow pages (under weight control) of the local telephone books.