

BYLAWS OF WESTERN AREA INTERGROUP
OF
FOOD ADDICTS IN RECOVERY ANONYMOUS (FA)

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Rev. 2.0, revisions on Jan. 13, 2013: Art. VIII Committee Chair abstinence requirements.

BYLAWS OF WESTERN AREA INTERGROUP
OF
FOOD ADDICTS IN RECOVERY ANONYMOUS (FA)

PREAMBLE

Food Addicts in Recovery Anonymous is a fellowship of individuals who, through shared experience and mutual support, are recovering from food addiction. We welcome anyone who wants to stop eating addictively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. FA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine. We take no position on outside issues. Our primary purpose is to abstain from addictive eating and to carry this message of recovery to those who still suffer.

ARTICLE I

NAME

The name of this organization shall be Western Area Intergroup of Food Addicts in Recovery Anonymous (hereinafter referred to as FA-WAI).

ARTICLE II

PURPOSE

SECTION 1:

The purpose of FA-WAI shall be:

- a. To further the FA program in accordance with the Twelve Steps and Twelve Traditions of FA;
- b. To maintain a Communication Center for all FA Meeting Groups and Chapters affiliated with FA-WAI;
- c. To provide unity for FA Meeting Groups and Chapters affiliated with FA-WAI;
- d. To educate the public about the FA program.

SECTION 2:

Neither WAI, nor its board, nor any of its officers has any authority over, or means of controlling, the recommendations that FA sponsors make to those they sponsor, including but not limited to, the recommendations on methods of sponsoring or medical issues such as use of medications.

ARTICLE III

MEMBERSHIP OF FA-WAI

SECTION 1.

The following points define an FA member Meeting Group:

- a. They follow the Twelve Steps and Twelve Traditions of FA.
- b. In the meeting group format abstinence is defined as "weighed and measured meals with nothing in between, no flour, no sugar and avoidance of any individual binge foods". (For the purpose of these Bylaws any time the word abstinence is used, this definition and only this definition is what is meant.)
- c. In the meeting group format it is specified that those FA members with ninety days of continuous abstinence and working with an FA sponsor are eligible to speak.
- d. They register with FA through WAI or one of WAI's Chapters and agree to the requirements stated on the registration form.

SECTION 2.

The voting membership of this Intergroup shall:

- a. Be all FA members who have ninety days of abstinence.
- b. Be currently working with an FA sponsor.

ARTICLE IV

MEETINGS OF FA-WAI

- a. Notification of further meetings of FA-WAI shall be announced at the previous FA-WAI meeting and at FA group meetings.
- b. A special FA-WAI meeting may be called at any time, other than regular meetings, by a majority vote of the FA-WAI officers or by a petition of at least ten (10) member groups.
- c. Such special meeting shall only take place after written notification of the meeting has been made electronically to all FA-WAI Meeting Groups and Chapters. Such notice is to be sent not less than fourteen (14) days prior to the special meeting, with the request that the announcement be made to the group. Such written notice is to contain the date, time, place, and agenda of the special meeting.
- d. FA-WAI is scheduled to meet once a month but is required to meet at least ten times per year.

ARTICLE V

THE QUORUM OF FA/WAI

At an FA-WAI meeting held upon proper notification, those FA members present shall constitute a quorum and a simple majority, except in those instances when a 2/3 majority is required, shall govern for voting purposes.

ARTICLE VI

OFFICERS AND BOARD OF DIRECTORS

The Board of Directors shall be the FA-WAI officers, as set forth below.

SECTION 1. REQUIREMENTS FOR OFFICERS

- a. To be eligible to be an FA-WAI officer a person shall at the time of nomination:
 1. Be known for their judgment, stability, willingness, and faithful adherence to the Twelve Steps and Twelve Traditions of FA as demonstrated by physical, mental and spiritual recovery;
 2. Be abstinent for a minimum of five (5) consecutive years
 3. Be regularly attending FA meetings
- b. Special Provisions: Officers at the time of nomination should:
 1. Have completed at least two (2) AWOLs within the current term of abstinence
 2. Be actively involved in AWOL
- c. Officers shall:
 1. Not serve more than two (2) consecutive terms; all terms are for two years.
 2. Be present at the time of election.
 3. Be deemed to have resigned if returned to food addiction.
 4. Be eligible to vote except the Chair who may only vote to break a tie.
 5. Not hold more than one office at a time.

SECTION 2. NOMINATION AND ELECTION OF OFFICERS

- a. Nominations may be made from the floor of the January FA-WAI meeting by any member of the voting body.
- b. Elections may be by paper ballot or by a show of hands.
- c. The candidate must receive a simple majority and must be present at the time of their election.
- d. A vacancy of an FA-WAI office shall be filled by an appointment, made by the remaining officers, for an interim period or until a special election is held.
- e. If a term is vacated and filled by an appointment, the newly appointed officer is eligible for two (2) additional terms.
- f. Elections will occur at the February FA-WAI meeting. The officer's term of office will begin on March 1.

ARTICLE VII

DUTIES AND RESPONSIBILITIES OF OFFICERS

SECTION 1. DUTIES AND RESPONSIBILITIES OF OFFICERS

- a. The Chair of FA-WAI shall:
 - 1. Preside at all regular and special meetings of FA-WAI
 - 2. Be authorized to sign checks of FA-WAI
 - 3. In the event of a tie vote, cast the deciding vote.
- b. The Vice Chair of FA-WAI shall:
 - 1. In the absence of the Chair perform all duties of the Chair.
- c. The Secretary of FA-WAI shall:
 - 1. Maintain accurate minutes and records of FA-WAI meetings;
 - 2. Maintain the FA-WAI archives.
- d. The Treasurer of FA-WAI shall:
 - 1. Maintain a checking account established in the name of FA-WAI
 - 2. Keep accurate records of all financial transactions
 - 3. Submit a written report at all FA-WAI regular monthly meetings regarding all contributions and expenditures;
 - 4. Be authorized to sign checks of FA-WAI

SECTION 2. EXECUTIVE BOARD

- a. The Executive Board of FA-WAI and each affiliated Chapter shall be comprised of the entity's Chair, Vice Chair, Secretary and Treasurer.

ARTICLE VIII

COMMITTEES

The Chair together with the FA-WAI officers shall appoint such committees as required in order to carry out the purpose of the Intergroup. Each committee shall submit monthly reports.

- a. A committee chairperson shall:
 - 1. Be abstinent for a minimum of four (4) years prior to selection.
 - 2. Any committee chairperson not present at two regularly scheduled consecutive FA-WAI meetings shall be contacted and a new committee chairperson appointed. If the committee has co-chairpersons, it is acceptable that only one be present.

ARTICLE IX

FINANCIAL STRUCTURE

The activities of FA-WAI shall be financed primarily by contributions of its members.

- a. Secondary sources of financial income to FA-WAI may be from such occasional projects or activities as may be authorized by FA-WAI.
- b. FA-WAI may accept donations from FA members in accordance with guidelines of FA WSI (World Service, Inc.).
- c. The acceptance of bequests or donations from any outside source is prohibited.
- d. FA-WAI shall not accept the responsibility, Trusteeship or enter into the distribution or allocation of funds set up outside FA-WAI.
- e. Upon winding up and dissolution of this association, after paying or adequately providing for the debt and obligations of this association the remaining assets shall be forwarded to WSI.
- f. No part of the net earnings of this association shall ever inure to or for the benefit of or be distributed to its members, trustees, officers, or other private persons, except that the association shall be empowered to pay compensation for services rendered and to make payments and distributions in furtherance of the exempt purposes for which it was formed.
- g. Notwithstanding any other provisions of these articles, the association shall not carry on any other activities not permitted to be carried out by an association exempt from Federal Income Tax under Section 501(c) (3) of the Internal Revenue Code.
- h. The Executive Boards of FA-WAI and of the affiliated Chapters must comply with the following Financial Procedures. These may be amended from time to time according to the procedure described in Article X.
 1. All income, expenditures and funds received and held by the Intergroup or Chapter must be recorded in writing by the Treasurer of the entity. Oral reports of such records are to be made to the Executive Board and the Membership at the regular Intergroup or Chapter meetings.
 2. The Treasurer is authorized to exercise his or her sole discretion to sign checks or make other disbursements up to and including the amount of \$500. Larger expenditures would be approved by the Executive Board.

ARTICLE X

AMENDMENTS TO BYLAWS

These Bylaws represent our Table of Organization, and may only be amended as follows:

- a. An amendment requires a two-thirds (2/3) vote of those eligible to vote according to Article III, Section 2, and present in person at any regular or special meeting of FA-WAI.
- b. Such an amendment may be voted only if written notification of the amendment has been made by U.S. mail or by any electronic process, i.e., email or facsimile, to the WAI contact person at the Chapters and Meeting Groups affiliated with FA-WAI.
- c. Such written notice is to be transmitted or sent not less than fourteen (14) days prior to the meeting at which the vote is taken, with the request that the amendment be announced to their Chapter or Meeting Group.

ARTICLE XI

PARLIAMENTARY AUTHORITY

The current edition of the Standard Code of Parliamentary Procedure governs FA-WAI in all parliamentary situations that are not provided for under state and federal law, or in FA-WAI's Articles of Incorporation, bylaws, adopted rules, or continuing effects motions.