

**BY-LAWS
OF
FOOD ADDICTS IN RECOVERY ANONYMOUS, INC.**

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Updated December 2005

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Article I Name & Purpose, Mission & Policies, Place of Business, Definitions.

Section 1. Name & Purpose

The name and purpose of the corporation shall be as set forth in the Articles of Organization of the corporation.

Section 2. Mission & Policies

The mission of the corporation shall be to help individuals with food addictions ("food addicts") recover from their addiction through the Twelve Step Program of Food Addicts in Recovery Anonymous by supporting and coordinating the activities of Food Addicts in Recovery Anonymous Groups in the United States and around the world. To further that mission, the corporation shall maintain a World Service Office (WSO) and shall act as the Guardian of The Twelve Steps and Twelve Traditions of Food Addicts in Recovery Anonymous.

In addition, the corporation adopts as its policies and incorporates by reference The Twelve Steps and Twelve Traditions of Food Addicts in Recovery Anonymous, which are set forth in these Bylaws in the Appendix.

Section 3. Place of business.

The principal office of FA and the World Service Office of FA shall be located at such place or places within the Commonwealth of Massachusetts as the Board of Trustees shall from time-to-time designate.

Section 4. Definitions.

For the purposes of the Articles of Organization and these Bylaws, the following terms shall be defined as follows:

Abstinence: Adherence to the practice of eating weighed and measured meals with nothing in between, consuming no flour, no sugar, and avoiding individual binge foods.

AWOL: FA members, agreeing to follow established requirements, forming a group to study the Twelve Steps. The long term personal recovery of AWOL participants has led to the founding of FA; therefore, AWOL meetings and the personal

recovery they have engendered must be acknowledged and supported in order for FA to survive.

Collective Conscience: The result of votes taken in Groups, Intergroups, Regions, or as represented by elected officers of the Corporation.

Guardian: The responsibility held by officers of the Corporation, Region, and Intergroup to act in an advisory capacity regarding the Twelve Steps and Twelve Traditions.

Fellowship: An association of persons in the FA program.

Organizational Bodies;

A. Group:

a. May be formed by two or more persons; all who have a desire to stop eating addictively are welcome; as a group the fellowship meets to practice the Twelve Steps and Twelve Traditions of FA

b.. The meeting format contains the following;

1. A reading of the Twelve Steps and Twelve Traditions of FA
2. Only FA members with ninety days or more of continuous abstinence are eligible to share to the group.
3. Only FA members with ninety days or more of continuous abstinence shall have a voice and a vote at the groups business meetings.

c. In order to be an FA group the group must be registered with FA and must agree to operate according to the group definition.

d. Two or more groups comprise a Chapter or an Intergroup.

e. *In order to be an FA Group, the group must be registered with an FA Chapter or Intergroup, and must agree to operate according to the group definition contained in these Bylaws. Two or more groups comprise and FA Chapter or and FA Intergroup.*

B. Intergroup:

An Intergroup (IG) is an entity formed by two or more FA Groups within the same Region or geographical proximity for the purpose of servicing and representing its constituent Groups, and Chapters, and acting as the guardian of The Twelve Steps and Twelve Traditions of Food Addicts in Recovery Anonymous. Each state/province should have at least one Intergroup or may be part of a larger Intergroup in a separate State or province. If a state/province has only one Group, that Group may function as an

Intergroup or Chapter. The Bylaws of the IG must contain a special provision stating that the officers of the IG:

- a. shall have completed one FA AWOL while members of Food Addicts in Recovery Anonymous.
- b. be actively involved in AWOL.

Furthermore all IG business must be conducted in accordance with the Bylaws of FA and within the laws of its State or Province. No member of the Intergroup may have less of a voting requirement than at the group level, 90 days of abstinence. The Intergroup may require a greater amount of abstinence or AWOL requirement, dependent on the Intergroup's individual Bylaws. Each Intergroup must be formally registered with the World Service Office of Food Addicts in Recovery Anonymous and agree to abide by the conditions of registration stated on the form.

C. Chapter:

A Chapter is a subgroup of an Intergroup formed for geographical convenience, responsible to the Intergroup, fulfilling some similar functions as the Intergroup. The Chapter may have officers, print a local directory, and perform any other function assigned to the Intergroup and agreed upon by the Chapter.

The Officers of the Chapter shall:

- a. be actively involved in FA AWOL
- b. have a minimum of one year of continuous abstinence.

Furthermore all Chapter business must be conducted in accordance with the Bylaws of FA and within the laws of its State or Province. No member of the Chapter may have less of a voting requirement than at the group level, 90 days of continuous abstinence. The Chapter may require a greater amount of abstinence or AWOL participation. Each Chapter shall be formally registered with the World Service Office of Food Addicts in Recovery Anonymous and agree to abide by the conditions of registration stated on the registration form.

D. Region:

Geographical divisions of the world established by WSI.

Food addict: Food addiction is a disease of the mind, body, and spirit for which there is no cure, but which can be arrested one-day-at-a-time by adapting to a disciplined way of eating and adhering to the Twelve Step Program of Food Addicts in Recovery Anonymous. Food addicts abuse food by using it as a drug. Due to the addiction, the food addict's life becomes unmanageable. Food addicts have allergies to flour, sugar, and quantities that trigger an uncontrollable craving. The addiction can be arrested

one-day-at-a-time by weighing and measuring food intake and abstaining from the consumption of all flour, sugar.

Maintenance A requirement that a person keep in a specified state of physical, mental and spiritual recovery.

Article II

The Fellowship, Members.

Section 1. The Fellowship.

FA welcomes any and all persons with the desire to stop eating addictively to join the FA Fellowship and become part of a FA Group. Use of the term "member" in designating such persons shall not be understood as conferring upon such persons the powers of Members of FA, as the latter are defined by Chapter 180, section 2 of the Massachusetts General laws, the Articles of Organization, and these Bylaws, unless such persons are also Delegates of FA as that term is defined in Article II, section 2 of these Bylaws.

No one person may give during their lifetime more than \$5,000 total (as a lump sum or in increments of over \$100) donation to WSI or any affiliated FA group.

Section 2. Delegates.

For the purposes of the Articles of Organization and these Bylaws, the term "Delegate" shall be used interchangeably with and shall have the same meaning as the term "Member" as the latter term is defined by Chapter 180, section 3 of the Massachusetts General Laws.

The Delegates of FA shall enjoy all the rights of Members as prescribed by and subject to the limitations of Chapter 180 of the laws of the Commonwealth of Massachusetts, the Articles of Organization, and these Bylaws, including the right to vote on corporate actions.

The voting membership at the World Service Convention shall include the following FA members:

- (1) any FA meeting delegates with at least two (2) years of continuous abstinence in attendance at the annual business meeting and,
- (2) non-delegate voting members in attendance at the annual business meeting such as board members (officers and committee chairs) of any of FA's service entities (e.g., WSB, intergroups, or

chapters).

The voting membership of the FA Convention, as specified above, shall have both a voice and a vote at Convention business sessions. Any member of the Convention, including board members or meeting delegates, with at least one (1) year but less than two (2) years of abstinence, may have a voice at the business sessions, but no vote.

Members of FA in attendance at the annual business meeting who are neither meeting delegates nor FA board members shall have neither a voice nor a vote at the business sessions, regardless of their length of abstinence.

The FA/World Service Convention delegates may vote on any action or proposed action taken or presented to them by the World Service Board (WSB).

Article III

Board of Trustees.

Section 1. Powers.

For historic reasons, the term "Trustee" shall be substituted for and shall have the same meaning as the term "director" as the latter is defined by Chapter 180 of the Massachusetts General Laws. Subject to the limitations of the Articles of Organization, these Bylaws, and the laws of the Commonwealth of Massachusetts, the Board of Trustees shall have all of the powers and responsibilities of a board of directors and shall transact the business and other affairs and generally exercise all corporate powers of FA.

Section 2. General Duties.

In accordance with its responsibility to transact business on behalf of the corporation, the Board of Trustees (WSB) shall:

- (1) Prescribe and adopt appropriate rules and regulations consistent with the laws of the Commonwealth of Massachusetts, the Articles of Organization, these Bylaws, or decrees of the Delegates issued at the annual WSI business convention according to Article 11 section 3 of these Bylaw to assist in managing and carrying out the affairs and business of the corporation and/or other organizations formed in conjunction with or allied to FA;
- (2) Maintain a World Service Office (WSO) to receive all funds contributed to the WSI of FA, and to manage and disburse such funds in a manner advantageous to FA and consistent with Tradition Seven of the Twelve Traditions;
- (3) Furnish an accounting of all financial transactions at the annual World Service Convention and,

- (4) Ensure that the books of FA and any affiliated bodies, foundations and nonprofit corporations are periodically audited as necessary to remain in compliance with all applicable laws.

Section 3. Specific Duties.

In addition to the above duties, the Board of Trustees (WSB) shall also:

- (1) Act as guardian of The Twelve Steps and Twelve Traditions, including:
 - (a) ensuring that they are not altered in any way, except as provided in Article VIII of these Bylaws; and
 - (b) calling to the attention of any FA Group or Intergroup any violations of the Twelve Traditions which it believes the Group or Intergroup has made;
- (2) Speak on behalf of FA as a whole and play an active role in promoting the FA message and disseminating FA materials and information to food addicts;
- (3) Disburse funds for and supervise publications of FA;
- (4) Act as formal registrar for the Intergroups of FA;
- (5) Act in an advisory capacity to counsel and guide the Groups and Intergroups of FA
- (6) Supervise and guide education and outreach efforts of FA;
- (7) Provide for the interchange of ideas and information among FA groups;
- (8) Prepare and present an Annual Report to the Delegates at the annual World Service Convention.

Section 4. Number, Qualifications.

The Board of Trustees (WSB) shall consist of Officers and Committee Chairs.

A. There will be four officers, Chair, Vice Chair, Secretary and Treasurer.

The officers shall have a minimum of seven (7) years continuous abstinence, as defined by FA, three (3) years of which must be at maintenance. The officers shall have completed two (2) complete, (uninterrupted by any break in abstinence), AWOLs in Food Addicts in Recovery Anonymous, and shall be continuously involved in studying the Twelve Steps and Twelve Traditions of FA. The Officers shall declare themselves to be practicing those Steps and Traditions. Upon election each officer, shall commit to continual recovery including abstinence, maintenance, and adherence to The Twelve Steps and Twelve Traditions of FA.

- B. There will be ten Chairs of the following committees:
Bylaws, Convention Planning, Literature, Magazine, Teens and Twenties, Chapter Support, Public Information/Media, Traditions, Twelve Steps, and Office.
- a. The Office Committee Chair shall be from the New England area.
 - b. Each Chair shall have four (4) years of continuous abstinence, as defined by FA, two (2) years of which must be at maintenance.
 - c. Each Chair shall declare him or herself to be practicing The Twelve Steps and Twelve Traditions of Food Addicts in Recovery Anonymous.
 - d. Each Chair shall have completed two (2) complete, (uninterrupted by any break in abstinence), AWOLs in Food Addicts in Recovery Anonymous, and shall be continuously involved in studying the Twelve Steps and Traditions of FA.
 - e. Each Chair upon election shall commit to continual recovery including abstinence, maintenance, and adherence to The Twelve Steps and Twelve Traditions.

Section 5. Election.

A person meeting the qualifications prescribed by Article III, section 4 of these Bylaws who wishes to be considered for election to the Board of Trustees shall submit a resume to the incumbent Board at least ninety (90) days prior to the annual World Service Convention. The resumes of all qualified applicants shall be sent to the Delegates of FA at least forty-five (45) days prior to the annual World Service Convention. All candidates must appear before the Delegates at the annual World Service Convention. Election shall be by majority vote of the Delegates of FA.

Section 6. Term of Office.

The Board of Trustees consisting of its Officers and Committee Chairs shall serve for a term of two (2) years, to begin upon adjournment of the annual World Service Convention. No Trustee may serve for more than two (2) complete consecutive terms, in the same office. The elections will be held every year with the offices being filled on an alternating basis.

Officers Election for Chair and Vice Chair shall take place in even years. Election for Secretary and Treasurer shall take place in odd years.

Committee Chair The Public Information, Bylaws, Teens and Twenties, Convention Planning Chair shall be elected in even

years The Twelve Steps, Office, Literature, Magazine, Chapter Support and Traditions Chair shall be elected in odd years.

Section 7. Resignation, removal.

Resignation. A Trustee's resignation shall be effective immediately upon the giving of written notice to the Chair or Secretary of the Board of Trustees, unless such notice specifies a later time at which resignation shall become effective. A Trustee who returns to food addiction will be deemed to have resigned as of the time the Chair or Secretary of the Board of Trustees receives notice thereof.

Removal. The office of a Trustee who fails to attend two (2) meetings or respond to two (2) written communications regarding votes of action to be taken, of the Board of Trustees, either with respect to a Board of Trustees meeting and/or a World Service Convention, without good cause and prior notice, to the Secretary may be declared vacant by a vote of the majority of the remaining Trustees. In addition, any Trustee may be removed by a three-quarter (3/4) vote of the Delegates of FA present and voting at the annual World Service Convention.

Section 8. Vacancies.

Should a vacancy in the Board of Trustees occur on account of the death, resignation, removal or disqualification of a Trustee, the Trustees then remaining may fill it. A successor-Trustee shall hold office until the next annual World Service Convention.

Section 9. Compensation.

Trustees shall serve without compensation except that the corporation may reimburse Trustees for reasonable out-of-pocket expenses, including travel, lodging, and meals, incurred in connection with the carrying out of their duties.

Section 10. Committees.

A. Ad Hoc Committee: A quorum of the Board of Trustees may, by resolution, appoint ad hoc committees to perform necessary services for the corporation,. A Trustee or designated Officer of the corporation shall, at the pleasure of the Board of Trustees, serve as chair to any committee so appointed. At the next business convention. the ad hoc committee and chair must be voted as a standing committee, and the chair elected in accordance with Article III, section 5. However if the committee duties are finished prior to the convention the committee may be dissolved.

- B. Committee membership:** To have a voice on a committee requires a minimum of one year of continuous current abstinence. To have a vote on a committee requires a minimum of two years of continuous current abstinence. There are two exceptions:
- a. The Tradition Committee has additional requirements: for a voice and a vote a minimum four years of continuous current abstinence, completion of one AWOL, and a working knowledge of the Twelve Steps and Twelve Traditions.
 - b. The Magazine sub committee of contributors would only require 90 days.

Article IV

Meetings.

Section 1. Place.

The Board of Trustees shall designate the location of any and all meetings of the Board of Trustees (WSB) of FA and the Delegates of FA.

Section 2. Presiding Officer.

The Chair of the Board of Trustees (WSB) shall preside over all meetings of the Board of Trustees of FA and the Delegates of FA. The Vice Chair shall preside over meetings in the absence of the Chair.

Section 3. Meetings of the Board of Trustees.

The Board of Trustees shall meet as necessary to transact the business of the corporation. The Board shall issue a quarterly board report within one month following each quarterly board meeting, which will summarize the policy decisions determined at the board meeting.

Adjournment of a Board meeting to a later time. A majority of the Trustees present, whether or not a quorum as defined in these Bylaws, may adjourn any meeting to later time. If the meeting is adjourned for more than twenty-four hours, notice of the adjournment and of the time and place of the rescheduled meeting shall be given prior to the time of the meeting to each Trustee, whether or not present at the time of the adjournment.

Action without a meeting. Any action required or permitted to be taken by the Board of Trustees (WSB) may be taken without a meeting if all members of the Board consent in writing to such

action. Such written consent or consents shall be filed with the minutes of the nearest subsequent meeting of the Board of Trustees. Written consent given under and in compliance with this paragraph shall have the same force and effect as a unanimous vote of the Board of Trustees.

Section 4. World Service Convention.

- A. There shall be an annual meeting of Delegates of FA which shall be known as the Food Addicts in Recovery Anonymous World Service Convention ("the annual World Service Convention," "the FA/WSC," "the Convention"). The members of the Convention in their voting shall serve as the collective conscience of the Fellowship of FA as a whole. The Corporate entity of FA has an ongoing responsibility to act as representatives of the collective conscience of FA and as such must be governed by the vote of the Convention delegates.
- B. Chapter Board members serve as an FA Meeting Delegate at the annual WSI Business Convention, he or she shall have with respect to the WSI and all FA Intergroups and Chapters, all Board members and Trustees of these entities, including both officers and committee chairs, who have at least two years of continuous FA abstinence at the time of the Convention, shall be empowered with the same right to vote at the annual WSI Business Convention as World Service Convention delegates, namely (1) one vote per Board member. In accordance with Parliamentary Procedure, the standing chair of the WSB, shall have no vote at the Business Convention, except in case of a tie, wherein the Chair shall have vote to break the tie.
- C. All Board Members of the FA-WSB and of the FA Intergroups and of the Chapters, who have less than two years of continuous FA abstinence, shall have a voice at the Convention.
- D. Any voting member of the FA Convention, whether delegate or FA service entity board member, shall be limited to one (1) vote at any and all of the business sessions at the annual business meeting.
- E. The FA-WSB, and FA Intergroup, or any FA Chapter may, at their discretion, submit motions in advance, to the World Service Board (WSB) for hearing at the annual World Service Convention. No individual member of FA, however, may directly submit a motion for hearing at the annual convention.

Section 5. Special Meetings.

Special meetings of the Delegates for any purpose or purposes may be called at any time by the Chair of the Board of Trustees (WSB), or by a quorum of the Trustees.

Section 6. Notice.

Notice of meetings of the Board of Trustees (WSB). Reasonable notice of the date, place, and hour of all regular and special meetings of the Board shall be given to the Trustees. Such notice need not specify the purpose or purposes of the meeting unless otherwise required by law, the Articles of Organization, or these Bylaws. Notice shall be deemed reasonable if given at least ten days before a meeting by leaving such notice with the Trustee at his or her residence or usual place of business, or by mailing it, postage prepaid, at least fourteen days in advance to the address of the Trustee. A Trustee may waive the right to receive notice of a given meeting in writing, before or after the convening of the meeting, provided that such written waiver is filed with the records of the meeting. Any Trustee who attends a meeting without protesting lack of notice prior to the meeting or at its commencement, shall be deemed to have waived the right to receive notice of that meeting.

Notice of the annual World Service Convention. Delegates shall receive reasonable notice of the annual World Service Convention. Notice of the annual World Service Convention shall be deemed to have been received if sent by mail, facsimile, or e-mail to the contact member of the Delegate's Intergroup at least one hundred and twenty (120) days prior to date of the annual World Service Convention.

Notice of a special meeting of the Delegates. Notice if any special meeting of the Delegates that the Board of Trustees shall convene shall be deemed to have been received if sent by mail, facsimile, or email to the contact member of the Delegate's Intergroup at least thirty (30) days prior to a special meeting.

Section 7. Quorum and Voting.

Board of Trustees. At any meeting of the Board of Trustees, a majority of the Trustees then in office shall constitute a quorum. When a quorum is present, a majority of the Trustees present and voting may take action on behalf of the corporation as provided for by the laws of the Commonwealth of Massachusetts, the Articles of Organization, and these Bylaws.

Members/Delegates. Each Member/Delegate shall have one (1) and only one (1) vote. Votes may be taken by voice, show of

hand, ballot, or other method designated by the presiding officer of any meeting, except that the Members/Delegates may override the method called for by the presiding officer of the meeting on any question by a majority vote.

Section 8. Rules.

All meetings shall be conducted in accordance with the latest edition of Robert's Rules of Order provided that such rules are consistent with the laws of the Commonwealth of Massachusetts, the Articles of Organization, and these Bylaws.

Article V

Officers.

Section 1. Titles, qualifications, elections.

The Officers of FA shall be a Chair, Vice Chair, Secretary, and Treasurer, as well as any other Officers as the Board of Trustees may designate pursuant to its powers under Article III, section 1 of these Bylaws. Officers must at all times meet the qualifications ascribed in Article III, Section 4 of these Bylaws.

Officers may be the same as elected Trustees who may elect to serve in an officer position, or may be elected by the WSB. The officers serve at the discretion of the Board of Trustees

Section 2. Specific duties of the Officers.

Chair. The Chair shall be the Chief Executive Officer of FA. The Chair shall oversee the affairs of FA and perform all duties usual and incident to the office, as well as duties prescribed from time-to-time by the Board of Trustees or provided for in these Bylaws. The Chair shall serve as *ex officio* member of all committees, but shall not have a vote on any committee.

Vice-Chair. The Vice-Chair shall assist the Chair or, in the absence of the Chair, perform the duties and exercise the power of the Chair.

Secretary. The Secretary shall be responsible for recording the minutes of all meetings of the Board of Trustees and shall make the minutes available to an Intergroup upon the latter's request. The Secretary shall serve as custodian of the corporate records, shall give all notices as required by Massachusetts law or these Bylaws, and shall perform the duties incident to the office and such other duties as may be required by law, the Articles of Organization, or these Bylaws, or which may be assigned from time-to-time by the Board of Trustees.

Treasurer. The Treasurer shall be the Chief Financial Officer of FA. The Treasurer shall have general charge and custody of the funds and financial transactions of FA, shall keep full and accurate records thereof, shall render reports and accountings as required by the Board of Trustees, and shall perform the duties incident to the office and such other duties as may be required by law, the Articles of Organization, or these Bylaws, or which may be assigned from time-to-time by the Board of Trustees.

Section 3. Compensation.

The Officers of FA shall serve without compensation.

Article VI

Indemnification.

To the extent legally permissible, the corporation shall indemnify each person who may serve or who has served at any time as an Officer or Trustee of the corporation, and may indemnify other agents, against all expenses and liabilities (including counsel fees, judgments, fines, excise taxes, penalties, and amounts payable in settlements) reasonably incurred by or imposed upon such person in connection with any threatened, pending, or completed action, suit or other proceeding, whether civil, criminal, administrative or investigative, in which he or she may become involved by reason of serving or having served as an agent of the corporation, *except that:*

- (1) no indemnification shall be provided for any such person with respect to any matter as to which he or she shall have been finally adjudicated in any proceeding not to have acted in good faith in the reasonable belief that his or her action was in the best interests of the corporation; and
- (2) that as to any matter disposed of by a compromise payment by such person pursuant to a consent decree or otherwise, the payment and indemnification thereof have been approved by the corporation, which approval shall not unreasonably be withheld, or by a court of competent jurisdiction.

For the purposes of this Article, an "agent" of the corporation includes any person who is or was a Trustee, Officer, employee, or other agent of FA, or is or was serving at the request of the corporation as a Trustee, Officer, employee, or agent of another corporation, partnership, joint venture, trust, or other enterprise, or was a director, officer, employee, or agent of a predecessor corporation.

Notwithstanding anything to the contrary in this Article, the corporation shall not be required to indemnify any past or present Trustee, Officer, employee, or agent to the extent the matter to be indemnified against is covered by insurance purchased by the

corporation. In the event that the corporation makes any payment or assumes any obligations under this Article, it shall, to the extent of such payment or obligation, be subrogated to all rights of the indemnified agent, including under policies of insurance and in any cause of action and judgment in favor of such agent arising out of or related to the indemnified matter.

Article VII

Finances.

The corporation shall comply with all financial reporting, disclosure, and record-keeping requirements imposed by state and federal law, the Articles of Organization, or these Bylaws. The World Service Office shall make available upon the request of any Member or Trustee of FA the accounting records of the corporation and answer questions regarding the same. To the extent possible, financial statements shall be clear and easy to understand, provided that the statements remain in compliance with the law, the Articles of Organization and these Bylaws.

Article VIII The activities of WSI shall be financed primarily by contributions of its members, individually or collectively.

- a. No one member may give during his or her lifetime more than \$5,000 total (as a lump sum or in increments of \$100) to the WSI or any affiliated group, Intergroup, or Region.
- b. Secondary sources of financial income to WSI may be from such occasional projects or activities as may be authorized by WSI.
- c. WSI may accept anonymous donations.
- d. The acceptance of bequests or donations from any outside source is prohibited.
- e. In the event of dissolution of the organization of FA, after paying or adequately providing for the debt and obligations of this association the remaining assets shall be distributed to another Twelve Step non profit organization.
- f. No part of the net earnings of this association, shall ever inure to for the benefit or be distributed to it's 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 activity not permitted to be carried out b an association exempt from Federal Income Tax under Section 501(c)(3) of the Internal Revenue Code.

Article IX

Amendments.

These Bylaws, may be amended or repealed in whole or in part, by the World Service Convention Delegates by a vote of two-thirds (2/3) at the Business Convention. In an emergency the Trustees may amend or repeal in whole or in part these Bylaws after giving the FA Fellowship ten days notice in writing. Each Intergroup, Chapter and Group must be notified. These Bylaws may be amended or repealed, by the Board of Trustees by a vote of two-thirds (2/3) of the Trustees present at any meeting at which a quorum is present, provided that each Trustee has received seven (7) days' prior notice of the proposed amendment or that all members of the Board of Trustees waive such notice, or the members of the Board of Trustees approve the amendment by unanimous consent in writing without a meeting pursuant to Article IV, Section 3 of these Bylaws.

The Twelve Steps, Twelve Traditions, and Twelve Concepts [pending FA Conference approval as of business convention 2006] of FA shall not be amended, except through the approval of 3/4 majority of all of the worldwide FA groups, rather than merely through approval by the FA Conference. [motion pending at 2005 Conference]

APPENDIX

TWELVE STEPS

The Twelve Steps suggested for recovery in the Fellowship of Food Addicts in Recovery Anonymous are as follows:

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 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 Food Addicts and to practice these principles in all our affairs.

TWELVE TRADITIONS

1. Our common welfare should come first; personal recovery depends on FA unity.
2. For our group purpose there is 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 FA membership is a desire to stop eating addictively.
4. Each group should be autonomous except in matters effecting other groups or FA as a whole.
5. Each group has but one primary purpose - to carry its message to the Food Addict who still suffers.
6. An FA group ought never endorse, finance or lend the FA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every FA group ought to be fully self supporting, declining outside contributions.
8. Food Addicts in Recovery Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. FA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Food Addicts in Recovery Anonymous has no opinion on outside issues, hence the FA 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 and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

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