



World Service Office  
CEA-HOW, Inc.  
3371 Glendale Boulevard, Suite 104  
Los Angeles, CA 90039  
Phone: 323-660-4333  
Email: [gso@ceahow.org](mailto:gso@ceahow.org)

# Compulsive Eaters Anonymous - HOW

## Board of Directors July 22, 2022 First Meeting of 2022-23 Board

Lorraine S., Vice-Chair called the meeting to order at 4:24 pm with the Serenity Prayer.

**Roll Call:** Directors present: Lorraine S., Aneisa B., Adell P., Mary Q., Donna T., Bryce M., Jose F., Gris M. Non-Participating Director: Marcus F. Corporate Officers: Michael D. (President); David M. (Secretary) Others present: Ellie M. (Executive Director WSO), Carolyn P. (immediate past Treasurer), Susan M (immediate past Chair), Maria D. as translator.

**Elections: Board officers:** Lorraine S. was elected Chair; Aneisa B. was elected Vice-Chair. Both were elected unanimously to a one-year term. **Non-Participating Director:** Marcus F. was elected unanimously as Non-Participating Director for a two-year term. **Corporate Officers:** Michael D. was elected President; Susan M. was elected Treasurer; David M. was elected Secretary. All were elected unanimously for two-year terms. Vice-President remains vacant.

**Executive Committee members** (Ex-Officio): Michael D., President (Chair of the Executive Committee), Lorraine S., Aneisa B., Susan M., David M., Ellie M. Bryce M. was elected unanimously to be the one additional Director to be a member of the Executive Committee.

### Director of the Month (DOM) schedule:

#### 2022

August – Lorraine S.  
September – Aneisa B.  
October – Adell P.  
November – Mary Q.  
December – Donna T.

#### 2023

January – Bryce M.  
February – Jose F.  
March – Gris M.  
April – Mary Q.  
May – Donna T.  
June – Aneisa B.  
July – Jose F.

### Board Liaisons:

Finance – Susan M.  
Sponsorship – Jose F.  
Education – Aneisa B.

Convention – Adell P. & Gris M.  
Special Needs – Mary Q.  
Literature – Donna T.  
Policy Manual – Adell P.  
Urgent New Business – Lorraine S.  
Website – Michael  
Agenda – Lorraine  
Public Information – Bryce

**Scheduled Quarterly Board Meetings:** Meetings are held on the fourth Saturdays of the month at 7:00am PT via Zoom (additional meetings may be called as needed)

- October 22, 2022
- January 28, 2023
- April 22, 2023

**Quarterly Executive Committee Meetings:** Meetings are held on the Wednesday 10 days prior to the Quarterly Board Meeting>

- October 12, 2022
- January 18, 2023
- April 12, 2023

NOTE: Board liaison reports are due 10 days before quarterly board meetings. Liaisons were asked to put their reports in the body of an email to Chair and WSO:

- October 12, 2022
- January 18, 2023
- April 12, 2023

**Mentors for New Directors:** Aneisa B. agreed to mentor Jose F.; Adell P. agreed to mentor Donna T.

**Intergroup Outreach:** Lorraine will assign Board member Intergroup outreach responsibilities.

**Create Board working group:** A working group will be established to study literature pricing and distribution outside the U.S. before the next regular Board meeting. Carolyn P., outgoing Corporate Treasurer expressed interest in participating.

**Convention Workshops:** WSO will send recorded workshops to directors for editing and content review. Members are encouraged to complete their review in a timely manner so the recordings can be posted in a timely manner.

**Convention 2023:** Convention will very likely be in Los Angeles next year. Whether it remains at this year's hotel is dependent on the success of this year's event which will be reported at the next Board meeting.

**Next BOD Meeting October 22, 2022.** Meeting adjourned at 5:06 pm