



COMPULSIVE EATERS ANONYMOUS-HOW
BOARD OF DIRECTORS 2025-26 Meeting
January 31, 2026
Minutes

Suzanne E. called the meeting to order at 7:00 am Pacific time with the Serenity Prayer. David M. read Tradition Two and "As Bill Sees It," page 332.

1. **ROLL CALL.** Participating Directors present: Suzanne E., Chair; Vickie S., Vice-Chair; Jose F.; Judy K.; Ma Del Carmen C.; Cheryl F., and Roberta S. Not Present: Zoe L. Non-Participating Directors present: Sean H. and Lukas J. Corporate Officers present: Michael D., President; Susan M., Vice-President; Carolyn P., Acting Treasurer; and David M., Secretary. Executive Director: Linda V. Molly, Natalia, Oralia, and Maria served as Spanish Language translators. Ellie M. served as visual interpreter for Suzanne.
2. **APPROVAL OF MINUTES** Judy moved to approve the minutes of the October 25, 2025, meeting of the Board of Directors. Cheryl seconded. Motion passed unanimously.
3. **APPROVAL OF AGENDA.** Vickie moved to approve the agenda, Judy seconded. The agenda was approved as presented.
4. **OFFICER REPORTS**
 - a. **Chair's Report.** Suzanne gave her Chair report. She reminded the Board members that service at this level carries responsibility and action. She noted that the recent Seventh Tradition Town Hall could have been better organized and planned but that it was important to hold it promptly.
 - b. **President's Report.** Michael said that we are still looking for a permanent Treasurer. A candidate was identified but it did not work out. He thanked Carolyn for being willing to serve as Acting Treasurer in the meantime. Michael reminded the Board that increasing top line donations must be a priority.
 - c. **Executive Director's Report.** Linda presented her report to the Board, provided in advance. She said the 8-1/2 x 11 large-print version of *Forever Abstinent* in English has come back from the printer and will be available to order. After long effort by many, the new Spanish edition of *Forever Abstinent* has gone to press and should be in the office shortly. The large-print Spanish version has also been sent to the printer and should also be available soon. 2025 Global Convention audio recordings have been edited and will be uploaded to the website in the next few days. It has been suggested we charge for downloads, and if the Board wishes, she will research how that could be set up. January 2026 contributions seem to be up considerably. Final totals are not yet available, but the communication regarding our shortfall has resonated with the Fellowship. Many contributions came in the days immediately following the Town Hall Forum. Linda and the website consultant interviewed a few coders to rebuild the meeting finder. One had the necessary skills for a complete



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rebuild. His proposal is later in the agenda for the Board's consideration. The timeline for the work is two- or three-weeks' work and an additional \$300-\$500 over what the Board previously approved for the website rebuild. Two members of the Spanish Translation Committee are reviewing the Spanish portion of the website and giving Linda corrections. It is hoped the Spanish version will mirror the English in the next few months.

- d. **Treasurer's report:** Carolyn presented her Treasurer's Report which was provided to the Board in advance. Gross income was up 3% for 2025, but expenses were up higher because of the one-time website project and independent financial review. Salaries and benefits were flat in 2025 compared to 2024. Some insurance costs also increased in 2025. Aside from a large individual donation in 2024 and the one-time expenses in 2025, these last two years have been running at a \$13,000/year loss. She also said we have about \$13,000 beyond our prudent reserve and that we need to do what we can to build up our reserves. She emphasized that donations were the most significant part of our income and had the least expense associated with it.

5. INTERGROUP LIAISON REPORTS

- a. Roberta reported on Electronic Intergroup English, Utah (formerly Utah/Idaho) and Sierra Nevada. She was in contact with all three. Since she had just joined the Board, she was not able to attend the meeting of one of the intergroups (the EIE), but the EIE did ask her questions about motions for WSBC that they were considering. She noted that the Utah Intergroup no longer had any meetings in Idaho. The Idaho meeting decided to affiliate with the Electronic Intergroup. The Utah group asked her several good questions and are planning a workshop on the most recent changes to Forever Abstinent. Sierra Nevada also had their meeting. While they are a small group, members serving on the Intergroup had been working together for a long time with a good sense of camaraderie.
- b. Cheryl reported on three intergroups: Southern California, Las Vegas and San Bernadino Riverside. She could not go to the SCI meeting (she was not able to get the meeting password.) Las Vegas is going strong. They voted to send \$2000 of their excess funds to WSO. San Bernadino/Riverside has eleven meetings and has been having trouble getting Intergroup officer positions filed. They plan to have an anniversary event in March but have not decided whether it will be in-person or zoom.
- c. Vickie reported on the San Fernando Valley, San Diego, Los Angeles, and Phone Bridge Intergroups. SFV has twenty-one meetings and are planning an anniversary event in February and it is doing very well. San Diego has six meetings and are working on public outreach. LA has seventeen meetings and are planning a forum on the Sponsorship guidelines. Phone Bridge has fifty-two meetings. They are working on setting up their website.



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- d. Jose F. reported on Northern California, New Mexico, Phoenix AZ, and Oklahoma. All four are struggling with lower membership. Phoenix has been busy with the Area 2 Assembly.
- e. Maria del Carmen reported on Phone Bridge Spanish and Bugambilias in Area 6. Spanish PB has been concerned about the 7th Tradition. They are also considering ways to raise money to go to the Convention. The Bugambilias group meets regularly. They reported that many members came from the US to their November celebration and they are already planning next year's event. They had a question about a delay in literature delivery. They will be electing new officers at their next meeting.
- f. Suzanne E. has been in contact with her Intergroups: Dallas, Ft. Collins, UK, and Pennsylvania. Dallas does radio public service announcements. Their Board service positions have been filled. Pennsylvania also had rotation of service positions. They are planning another retreat for Spring 2027 and have a new meeting in Kentucky. The UK intergroup is struggling. Their Chair is an American living in Mexico. They are still working on getting their charitable status so they can take electronic donations. They don't have anyone to send as an Area rep or delegate. Ft. Collins IG Chair had to step down, and no one stepped up. They are considering merging with either New Mexico or Utah. New York has three meetings, but they have no intergroup in place.
- g. Judy reported on Oregon and Seattle. There are two face-to-face meetings in the Washington area. There is also a meeting Gresham.

6. COMMITTEE REPORTS

- a. **Spanish Language Literature.** (Carmen) The Committee has been meeting regularly. The last literature that was worked on was *Made a Decision part 4* as well as *Meeting in a Pocket*. The next project is the compilation of pamphlets as well as translating the personal stories of members.
- b. **Finance.** No report. Carolyn just connected with the chair of the Finance committee. It was good to hear that the WSBC Finance committee was talking up the 7th Tradition pitch. Carolyn suggested they have another treasurer's workshop and review and update the treasurer's handbook.
- c. **Sponsorship.** Jose reported they have not met frequently, and he has not been in communication with the Chair. They have a policy motion tabled to them from the last WSBC which they need to prepare a recommendation.

Suzanne called for a break at 8:39 am and resumed at 8:45 am.

- d. **Education.** (Zoe) Report submitted in advance. The Committee is active and considering a workshop on how to donate electronically.



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- e. **Bylaws.** (David) The Committee is on hiatus but is ready to assist as needed. He assisted with the business portion of the Area 2 Assembly. Cheryl, Susan, and David are on the committee.
- f. **Nominating.** (Suzanne) The Committee has received a resume for the third Non-Participating Director position. The candidate is not available until after the next WSBC. It was suggested that finance expertise would be very desirable for an NPD.
- g. **Convention.** (Cheryl) The Convention committee is active and doing well. They are posting the dates and times of their meetings on the website. They asked that the motion on the agenda on reducing the abstinence requirement for participation in the talent show be brought to the Board.
- h. **Special Needs.** (Judy) The Committee is active. They are still working on a survey of face-to-face meetings regarding their ADA accessibility.
- i. **Board Literature.** (Susan) The Committee has been on hiatus.
- j. **WSBC Literature.** (Susan) The Committee did not receive any new submissions by the January deadline. The *Service Manual* is on hold in order to include input from Phone Bridge. The other project they have been working on is reactivating the meditation book project. They held a workshop on writing submissions for it.
- k. **Website.** (Roberta) The Committee has been active and engaged. They meet every other month. They have been focusing on the meeting finder, the electronic literature store and working with Linda at WSO and the website consultant.
- l. **Public Information.** (Vickie) The Committee submitted flyers and business cards for the Board's review. They are now meeting monthly.
- m. **Board Public Outreach** (Cheryl) Suzanne reminded the Board that she had reactivated the Board Public Outreach Committee and appointed Cheryl as its Chair. Cheryl reported on activity of the Committee, which included discussions with Woody and with Dina, a PR professional. It was suggested that the Committee name be changed to "Outreach Committee." The Committee is exploring podcasts and expanding CEA-HOW's social media presence. Michael noted that many of the suggestions have already been implemented and are noted on the website.

7. OLD BUSINESS

- a. **Action Items.** Board Action Items were reviewed:
 - i. The Spanish Language Literature Committee will look at Spanish Language Literature for any incorrect [translated] identification of our organization (Compulsive Eaters Anonymous-HOW) Completed. [Carmen/WSBC Spanish Language Literature Committee]
 - ii. Update literature shipping and handling charges. In process. [Linda & Carolyn]
 - iii. Update document regarding Chair duties to indicate that WSO takes primary responsibility in securing Spanish translators for WSBC as well as the Parliamentarian (when the Parliamentarian is returning to WSBC). If a



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- new Parliamentarian is needed, Chair should be involved in the selection process. In process. [Bylaws Committee]
- iv. Create a proposal for the new process for submitting Policy Motions and Bylaws Amendments. Susan will create a joint email address to facilitate this. Completed. [Susan]
 - v. Send a letter to the Fellowship soliciting contributions to WSO. Completed. [Michael]
- b. **Update on meeting finder.** Linda reported that a well-qualified person has been identified to rebuild the website meeting finder. A proposal was distributed in advance. The project could be completed in two to three weeks at a cost estimated to be between \$1,500 and \$2000. This will not be a Word Press plug-in but will be a standalone database. She noted that there was still about \$1800 left over from the website rebuild. **MOTION:** David moved to authorize an additional \$700 to the website rebuild project to complete the meeting finder rebuild as outlined in the proposal. Seconded by Michael. Approved unanimously.
- c. **Approval of revised versions of public information flyers and business cards.** These were provided by the WSBC Public Information Committee. The Board agreed that the material could be sent to Intergroup and Area Chairs in the next IG mailing and also put on the website, once they have been templated (making QR and email generic.)

8. NEW BUSINESS

- a. **Townhall Forum review.** Board members discussed their impressions of the recent 7th Tradition forum.
- b. **Second basket.** At the Executive Committee it was suggested that the Board suggest that meetings pass a second basket to support WSO. Another idea is to have a campaign to say how much per member WSO costs per year. Board members discussed how to solicit donations. **ACTION ITEM.** Draft a message to encourage meetings to pass a second basket to support WSO.
- c. **CEA-HOW Budget.** The Board discussed the need to develop a budget and how this might help our financial situation. **MOTION.** Linda moved that we develop a budget document. Second, by Cheryl. It was suggested that a committee of Carolyn, Linda and other interested Executive Committee members meet monthly to develop a budget for the April Board meeting. **ACTION ITEM:** Prepare a draft budget for the April Board meeting. Linda, Carolyn, and other Executive Committee members.

Suzanne called for a 10-minute break from 10:44 to 10:54.

- d. **Reduce abstinence requirement for talent show participation to 30 days.**

MOTION: Cheryl moved to reduce the abstinence requirement for talent show participation from one year of abstinence to 30 days of abstinence. David seconded



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the motion. Five voted in favor, one voted against. Minority opinion was solicited and offered. No one on the prevailing side wished to change their vote. Motion passed.

- e. **Invitation to Area and Intergroup Chairs to attend Board Meetings.** Suzanne received a suggestion that we invite other members in the service structure to observe the Board meeting. It was agreed that all members are welcome to attend Board Meetings as observers and that if Suzanne or anyone else wished to invite someone to attend, they are welcome to do so.
- f. **Membership census.** Ideas were raised about how we might find out how many members are in the Fellowship.
- g. **Intergroup bylaws review and approval.**

ACTION ITEM: The Bylaws Committee will be responsible for reviewing proposed intergroup bylaws and make recommendations to the Board for approval. Linda said there is a set waiting review.

The next Board meeting is April 25, 2026. The meeting adjourned at 11:24 am with the Serenity Prayer.