

COMPULSIVE EATERS ANONYMOUS-HOW
Minutes of World Service Business Conference
Las Vegas, Nevada
July 20 – 22, 2016

| DAY 1: BUSINESS SESSION #1 |

Call to Order

Lorraine S., Chair, called the meeting to order at 8:35 a.m. PT with the Third Step Prayer, Tradition Two and introduction of the Board.

Board members present: Coco C., Liane S., Lupita B., Cheryl F., Carolyn P., Ginger B., and Jim W.

Corporate Officers present: Pamela K., Jim C., Carolyn P., and Shannon H.

Conference Support Committee: Diane H., Joann S., Judy W.

Translators: Maria D. and Molly S.

41 voting members present; 28 quorum

Approval of Standing Rules

Standing Rules approved as submitted

Approval of Agenda

Agenda approved as submitted

Approval of 2015 WSBC Minutes

- Under "Literature Committee" on page 12, add "Margie" to member list
- Under "Public Information" on page 11, change to "2015 - 2016 WSBC Committees"
- Under "Finance Committee" on page 12, change to "Rhonda N." not "Rhoda N."

Minutes approved as amended

Reports (see individual submitted reports for details)

Lorraine S., Board Chair

- Reviewed results from Board Retreat proposed at 2015 Conference:
 - Established a regular schedule and ongoing process for Strategic Planning Meetings with former board members and intergroup and area chairs
 - Resulted in an educational workshop at Convention

Pamela K., Corporate President

- Reviewed census of current meetings and Intergroups
- Reviewed graphics of inverted triangle and Bylaws service structure

Carolyn P., Corporation Treasurer

- Reviewed responsibilities of two committees: WSO Finance Committee and WSBC Finance Committee
- Explained the goal and efforts dedicated to making financial reporting as accessible and understandable as possible to fellowship and raising awareness of financial structure of CEA-HOW
- Reviewed financial results 2015 vs. 2014

Rhonda N. presented idea that contribution-generating ideas be regularly distributed to areas, Intergroups and members via email (i.e., "donate a dollar a pound")

Forum: "Moving CEA-HOW Forward"

Leader: Cheryl F.

Discussion Topics: (1) Attracting Members to Service, (2) Growing the Fellowship, and (3) Bi-Annual Conference.

Discussion breakdown as follows:

(1)"Attracting Members to Service" Discussion Points**Solutions**

- Encourage sponsors to communicate importance of service to sponsees
- Fellowship activities such as picnics give members the opportunity to encourage others to service
- Suggestion to have "service sponsors" to mentor new members
- Make it personal: have experienced members reach out personally to new members and encourage them to serve, demystify the process, and share passion
- Bring it back to the rooms: make announcements and Conference recaps at meetings
- Encourage non-delegates to attend Conference
- Role-model service to other members (i.e., make it fun and accessible)
- Conduct workshops on service commitments
- Educate Intergroups on Conference happenings
- Create an educational pamphlet that breaks down + explains service opportunities and provides contact info

Barriers

- Abstinence requirements prohibit participation
- Members need several years to be ready for advanced service
- Members are busy with initial CEA-HOW requirements + outside obligations

(2) "Growing Fellowship" Discussion Points

Solutions

- Bring CEA-HOW pamphlets to other 12-step meetings
- Run newspaper promotions
- Ensure program is not watered down in meetings
- Share recovery with people in conversation as appropriate (i.e., share personal story, carry business cards, etc.)
- Participate in health fairs
- In Mexico, CEA-HOW members travel to other areas to talk about all aspects of recovery; encourage all groups to do likewise
- Continue to advance CEA-HOW technology efforts (i.e., website enhancements, electronic literature) to attract new members

(3) "Biennial Conference" Discussion Points

Pros

- Less money and time spent
- More time to accomplish committee work and other CEA-HOW initiatives
- Will allow members to save money to attend

Cons

- Members will lose momentum and advantage of repetition
- Potential to lose member participation
- Might actually lose money by trying to save money
- No reason to delay; fellowship shouldn't be hoarding money anyway
- Could be an example of "watering down" fellowship

Suggestions

- Try it for a year
- Look at whether it will help the business more run more efficiently
- Encourage participation by sharing info such as the inverted triangle graphic
- In an off-year, host a mini-convention in another location, have a retreat, etc. to keep momentum going

Chair of WSBC Committee Address Delegates

Judy K. provided suggestions for to assist in making Conference Committee work effective:

- Break up workload into units
- Chairs send members RSVP emails + reminder texts to ensure participation

Parliamentary Procedure

Jim C. reviewed Robert's Rules and conference procedures

Call to Order

Roll Call

40 voting members present; quorum remains 28

New Business – Policy/Bylaws Motions

(1) Policy Motion #1 Title: Motion to correct one sentence on page 6 of Forever Abstinent

In the Forever Abstinent, page 6, the sentence: "Avoid the following foods and beverages; nuts, sweets, fried foods, most soft cheeses, honey, flour, sugar, in any of its forms (see below), alcohol, and sugared drinks."

Be replaced with the sentence: "Avoid the following foods and beverages; sweets, fried foods, honey, flour, sugar, in any of its forms (see below), alcohol, and sugared drinks."

Vote: Motion passed unanimously

(2) Policy Motion #2 Title: Motion to correct Fruits on page 30 of Forever Abstinent

To remove rhubarb from the fruit category and place it rightfully in the vegetable category. This will enable all of us to benefit from the essential vitamins and minerals this vegetable contains at all our meals.

Vote: 28 yes, 8 no; passed

(3) Policy Motion #3 Title: Clarifying Condiment Measurements

In Forever Abstinent, APPENDIX A, Condiments, on page 33, insert "½ c." in front of the words broth, onion soup, consommé.

Discussion was inconclusive.

Vote: Table discussion until July 22 session: 25 yes, 13 no; passed

(4) Policy Motion #4 Title: CHANGE QUALIFICATIONS FOR SPEAKER AT SPECIAL EVENT, WORKSHOP OR RETREAT

Copy on page 4 of the Sponsor Guidelines shall be replaced by the following proposed change.

Current Language:

To be a speaker at a special event or workshop, you must have least six (6) months of current CEA-HOW abstinence and have completed all 12 Steps of the CEA-HOW program. To be a speaker at CEA-HOW conventions and retreats you must have at least one (1) year of current CEA-HOW abstinence and completed all 12 Steps of the CEA-HOW program.

Proposed Change:

To be a speaker at a special event or workshop, you must have least six (6) months of current CEA-HOW abstinence and be a CEA-HOW food and inventory sponsor. To be a speaker at CEA-HOW retreats, you must have at least six (6) months of current CEA-HOW abstinence and be a CEA-HOW food and inventory sponsor. To be a speaker at a CEA-HOW convention, you must have at least one (1) year of current CEA-HOW abstinence and have completed all 12 Steps of the CEA-HOW program.

Pros:

- Will allow more people to participate
- Will accommodate smaller CEA-HOW populations

Cons:

- Will water down program

Call the Question (i.e., motion to vote): 38 yes; passed

Vote: 4 yes, 34 no; did not pass

Parliamentary Procedure

Jim C. addressed the delegates and answered questions.

(5) Policy Motion #5 Title: CEA-HOW COOKBOOK, Recipes We Love

The attached CEA-HOW cookbook, Recipes We Love, is approved for publication and distribution to the fellowship, subject to editing for spelling, grammar and typography.

Motion was amended to: The attached CEA-HOW cookbook, Recipes We Love, is approved for publication and distribution to the fellowship, subject to editing, spelling, grammar and typography.

Vote: 37 yes, 1 abstention; passed

(6) Policy Motion #6 Title: To establish a semi-annual Intergroup Discussion Forum

A semi-annual teleconference is established by and for intergroup service leaders (e.g. Chair, vice chair, treasurer and/or secretary), to share their experience, strength and

hope as trusted servants. The forum shall be hosted by a different Intergroup on a rotating basis, and a committee will be established from among the Intergroups (based on IG#, not on individual trusted servants) to set up a dedicated free teleconference line, provide support, and maintain consistency. Individual forums may be organized as each hosting Intergroup decides (e.g. some may set up a panel of speakers, others have open Q&A). Potential topics to address in the forum may include: what works for an Intergroup; what they would like to accomplish in their Intergroup; specific difficulties; suggestions for increasing communication; and service to their meetings. The Unity Committee will assist in setting up the structure for the first teleconference, which shall take place no later than October 2016.

Vote: 33 yes, 4 no; passed

BUSINESS SESSION 2 RECESSED

FRIDAY JULY 22, 2016
| DAY 2: BUSINESS SESSION #3 |

Call to Order

Parliamentary Procedure

Jim C. addressed the delegates and reviewed voting procedures.

WSBC Committee Reports

Names listed below are the representatives who presented the individual reports, which contain complete details of committee activities.

- WSBC: Judy K.
- Agenda: Rhonda N.
- Education: No representative and no report
- Literature: Julianne H.
- Public Information: Judy K.
- Special Needs: Loretta R.
- Sponsorship: Ginger B.
- Ad Hoc Unity: Suzanne E.
- Website: Beth L.
- WSBC Policy Manual: Roberta S.

New Business – Policy/Bylaws Motions Continued

(3) Motion #3 Title: Clarifying Condiment Measurements (i.e., continuation of discussion of tabled motion)

In Forever Abstinent, APPENDIX A, Condiments, on page 33, insert "½ c." in front of the words broth, onion soup, consommé.

Ongoing discussion points resulted in two amendments and an amended motion:

(1) First Amendment: In Forever Abstinent, APPENDIX A, Condiments, on page 33, change copy to...

Condiments: All items must have sugar/flour listed fifth or lower on their listing of ingredients; portions noted below; each condiment must not exceed 1/2 cup.

and

Add "1/2 cup" in front of "Clear broth, bouillon, onion soup, or consommé for cooking"

Vote: First Amendment: 25 yes, 13 no; did not pass.

(2) Second Amendment: In Forever Abstinent, APPENDIX A, Condiments, on page 33, change copy to...

Add "1/2 cup" in front of "Clear broth, bouillon, onion soup, or consommé" and eliminate "for cooking"

- **Vote:** Second Amendment: 27 yes, 11 no; passed
- **Vote:** Reconsider the Second Amendment: 17 yes, 21 no; motion to reconsider did not pass

(3) Amended Motion:

In Forever Abstinent, APPENDIX A, Condiments, add "1/2 cup" in front of "Clear broth, bouillon, onion soup, or consommé" and eliminate "for cooking"

Vote: Amended Motion: 20 yes, 17 no; did not pass

Bylaws Motions

(1) Bylaws Change Title: 3 CEA-HOW Meetings a Week

That the CEA-HOW WS Bylaws under Article 18-The Seven Tools Item 5, be changed to read as follows:

We must attend three CEA-HOW meetings a week. Those members who have at least 30 days of continuous CEA-HOW abstinence may pitch. Those members who have at

least seven days of continuous CEA-HOW abstinence may pitch if their pitching has been discussed with their sponsor.

Pros:

- Answers a common sponsee question of whether other 12-meetings count toward the three-meeting requirement
- Clarifies original intent, which is three CEA-HOW meetings
- Removes ambiguities and questions, especially since many CEA-HOW members attend other 12-step fellowships

Cons:

- Too limiting in real-life situations (i.e., travel)
- Other 12-step meetings speak recovery so a CEA-HOW specification is unnecessary
- Three CEA-HOW meetings + other family and life obligations are too time-consuming

Vote: 21 yes, 17 no, did not pass

(2) Bylaws Change Title: Face to Face CEA-HOW Meetings

That Part B, Article 18-The Seven Tools of the WSO Bylaws change and read as follows:

5. Meetings: We must attend three CEA-HOW meetings a week; at least two of the three meetings must be in person. Those members who aren't physically able to attend face to face meetings due to illness, have special needs, or there aren't any meetings within 15 miles of their home may attend CEA-HOW phone bridge meetings. Those members who have at least 30 days of continuous CEA-HOW abstinence may pitch. Those members who have at least seven days of continuous CEA-HOW abstinence may pitch if their pitching has been discussed with their sponsor.

Pros:

- Every effort should be made to attend face-to-face meetings
- Recovery is not always convenient; we need to make an effort
- Will support CEA-HOW's financial health
- Will promote face-to-face fellowship and social opportunity

Cons:

- Not realistic for some members and areas
- Violates Tradition 3
- Alienates and does not address phone bridge participants
- "In person" also applies to phone bridge participants
- "illness" is ambiguous
- The real responsibility lies with sponsor mentoring sponsees

- Goes against the spirit of inclusion

Motion Was Amended:

5. Meetings: We must attend three CEA-HOW meetings a week; we suggest one of the three meetings be a face-to-face meeting. Those members who aren't physically able to attend face- to-face meetings due to illness, have special needs, or there aren't any meetings within 15 miles of their home may attend CEA-HOW phone bridge meetings. Those members who have at least 30 days of continuous CEA-HOW abstinence may pitch. Those members who have at least seven days of continuous CEA-HOW abstinence may pitch if their pitching has been discussed with their sponsor.

Discussion was tabled until after break.

| DAY 2: BUSINESS SESSION #4 |

Bylaws Motions (continued)

(2) Bylaws Change Title: Face to Face CEA-HOW Meetings (continuation of tabled discussion on Amended Motion)

- **Vote** to Accept Amendment: 15 yes, 22 no; did not pass
- **Vote** on Original Motion: 6 yes, 29 no; did not pass

Urgent New Business

Four motions were submitted to the Urgent New Business Committee for consideration. Two of the motions were deemed appropriate for consideration by other service bodies; two were considered not urgent and the proposers were encouraged to submit the motions for WSBC 2017.

Election of the WSO Board of Directors

The following Directors were elected:

- Cheryl F. was reelected
- Carolyn P. was reelected
- Jan D.
- Lueretha B.
- Rosa A.

Election of 2016 - 2017 WSBC Committee

WSBC Committee 2017 will be comprised of the following members:

- Bette P.
- Beth L.

- Michael D.
- Shirlee A.
- Marilyn G.

Open Forum

Participants were encouraged to share the summary of motions that will be posted on the website with fellowship

Closing Comments

Lorraine S. was recognized and appreciated for her service as Chair

Adjournment

Lorraine adjourned the Conference at 3:23 pm PT with the Serenity Prayer

Minutes submitted by
Shannon H., Secretary

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2015-2016 WSBC Committees (Bold Indicates Chair):

- WSBC: Bette P., Beth L., Michael D., Shirlee A., Marilyn G.
- Agenda: **Rhonda N.**, Margie B., Julianne H., De Risa P., Carol O.,
- Finance: **Rhonda N.**, Sheryl J., Rose S., Mindy B., Carmen A.
- Literature: **Julianne H.**, Margie B., [Jan D. – stepped down, elected to Board], Bette P., Terrie P., Mindy B., Beth L.
- Urgent New Business: **Adell P.**, Michael D., Judy K., [Rosa A. – stepped down, elected to Board]
- Public Information: **Maria D.**, Ofelia M., Sheryl J., Carol O., Elaine E., Paula N., Roberta S., Adell P.
- Education: **Shirlee A.**, David S., Suzanne K., Marilyn G., Judy K., Rose S., Suzanne E., [Rosa A. – stepped down, elected to Board], Stephanie G.
- Special Needs Subcommittee: **Suzanne E.**, Stephanie G., Paula N., Loretta R.
- Sponsorship: **Paul M.**, Michael D., De Risa P., [Lueretha B. – stepped down, elected to Board], Elaine E., Carmen A., Gris M., Maria D.
- Policy Manual: [**Jan D. – stepped down, elected to Board**], Terrie P.
- Website Committee: **Beth L.**, Bette P., Roberta S., Paul M.

Register of Attendees

Delegates:

1. Maria D.
2. Ofelia M.
3. Sheryl J.
4. David S.
5. Margie B.
6. Julianne H.
7. Suzanne K.
8. Michael D.
9. Shirle A.
10. Stephanie G.
11. Marilyn G.
12. De Risa P.
13. Judy K.
14. Carol O.
15. Jan D.
16. Rhonda N.
17. Elaine E.
18. Lueretha B.
19. Bette P.
20. Terrie L.
21. Rose S.
22. Mindy B.
23. Paul M.
24. Beth L.
25. Roberta S.
26. Suzanne E.
27. Adell P.
28. Loretta R.
29. Carmen A.
30. Gris M.
31. Rosa A.
32. Paula N.

Board of Directors:

1. Lorraine S.
2. Cheryl F.
3. Carolyn P.
4. Coco C.
5. Ginger B.
6. Liane S.
7. Lupita B.
8. Jim W.

Officers (Non-Voting Members)

1. Pamela K.
2. Jim C.
3. Shannon H.

42 Overall Participants

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