



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

# Compulsive Eaters Anonymous-HOW

**Board of Directors Quarterly Meeting**  
**January 23, 2021, 7:00 AM Pacific Time**  
Conference Call Tel #: 712-775-7100; Access Code 217104

## Meeting Minutes DRAFT

1. **CALL TO ORDER** 7:00am Pacific time
2. **SERENITY PRAYER: TRADITION 2** read by Carolyn; **ABSI READING p. 332** read by Janice
3. **ROLL CALL**  
Directors: Michael D., Susan M., Bryce M., Lorraine S., "Gris" Mariita M., Shirle A., Janice R.  
Corporate Officers: Jim W., Carolyn P., Linda M.  
Executive Director: Ellie M.
4. **Approval of Minutes:** October 24, 2020 Meeting of Board  
Bryce moved to approve Minutes as amended. Janice seconded. Approved unanimously  
**MOTION:** Edit the sentence on page 6 in Section 9. New Business; subsection d. Service in the fellowship to "Action item: Send out recorded meeting number to all."  
  
Necessary attachments referring to "see attached reports" need to be added when posted.
5. **Approval of Agenda –** Approved unanimously with amendment
6. **Officer Reports**
  - a. **Chair – (Michael D.)** Stated that he will add report with Agenda Item 7 - Old Business
  - b. **President – (Jim W.)** Reported that the Executive Committee met. There was discussion about changes in office functions and the authorization of purchasing of a zoom account for the fellowship and. Executive Committee Minutes will be forthcoming.
  - c. **Executive Director - (Ellie M.)** see attached report
  - d. **Treasurer – (Carolyn)** Confirmed that fellowship continued to support CEA-HOW during a difficult year and encouraged the Board members to express gratitude for income during 2020 to their meetings.

*CEA-HOW is A Way of life!*

• Everyone is welcome to attend Board meetings as observers. Please note that observers may not vote and may not speak unless the Board specifically invites comment. The Board may close meetings for reasons of confidentiality.

See attached report and supporting documents for details

**e. Committee/Liaison Reports**

- i. **Finance:** (Carolyn P.) See attached report and supporting documents for details. The committee is working on two projects. The first is to create a manual for groups and Intergroups that is detailed. Topics include how to get a bank account, create a 501c3, etc.... The second project is a workshop or series of workshops to explain about being treasurer, best practices, discuss where money & spirituality meet, and discuss how the committee can be supportive to the meetings. The first workshop will be on March 7<sup>th</sup>.
- ii. **Sponsorship:** (Bryce M.): See attached report for details. The committee is meeting regularly. We are continuing, to promote " Sponsorship." We continually are going by the " Sponsoring in CEA-HOW, and the Broaden Your Experience of Sponsoring" as they are written. Current projects are a Global sponsor workshop, and a book about personal stories.
- iii. **Education:** (Lorraine S.): No new report other than written from October 28, 2020. The committee does not seem to have direction, although they are an enthusiastic group. The committee continues to create workbook for service manual and are researching possible food plan changes for older members.
- iv. **Convention: | Co-Convention:** Convention: | Co-Convention: (Lorraine S., Gris M.): Will discuss at today's Board meeting if the 2021 convention will be in person.
- v. **Special Needs:** (Shirle A., Gris M.): See attached report for details. The committee has created a workbook with questions based on the readings from *Daily Reflections* for a 12-month period. The Special Needs Workbook is being proofread and will be completed in time to submit as a motion for 2021 WSO Conference. This workbook can be used by anyone who identifies as having a disability / special needs.
- vi. **Literature:** (Susan M.): See attached report for details. The committee has decided that the new booklet *First 30-day Questions* will include the First 30 Questions Steps 1-3, the Sponsor Checklist, and the letter from Dr. Harry M. Tiebout (*The Act of Surrender in the Therapeutic Process*). The *Sponsor Guidelines* will remain same with the First 30 Questions Steps 1-3 replacing the First 30 Questions for the Newcomer and minor edits to reflect changes to new booklet *First 30-Day Questions*. The project for the *Daily Reflections* project was turned over to 5 members who have editing skills and are motivated to bring the project to completion. There are duplicates in the 366 daily entries and they are having difficulty getting the rejects from previous submissions. There was

- discussion of having a paid editor to act as an administrator and sustain projects when there is a turnover of committee members.
- vii. **Policy Manual:** (Susan M.): mea culpa – it was thought that the manual gets updated just before next WSBC. It is supposed to be right after WSBC. Susan will speak with Linda M. and the other committee member to get work on updating the WSBC policy manual.
  - viii. **Website:** (Carolyn P.): See Website Committee Report The committee's focus has been threefold: 1) Reviewing and proposing amendments of or rescinding Bylaws and Policies related to the website. 2) Clarify roles and responsibilities of stakeholders as it applies to the website; 3) Developing a roles and responsibility document to clarify the roles of the various stakeholders to include clarifying the role of the WSBC Website Committee. 3). Meeting Finder Upgrade to The Website
  - ix. **Public Information:** (Janice R, Gris M.): See attached report for details. The committee is fired up and motivated. They reviewed the cover and made several edits, changes, and deletions. The goal is to make the page easier to read and more relevant with correct information. The Public Information Guidelines will be divided into several headings. The committee is looking at having a virtual healthcare booth for newcomer & to bring more people in. Want to create workshops to let people know what PI is and How-to setup for IG to have a subcommittee focus on how to go out to community.

## 7. OLD BUSINESS

### a. Social Media

- i. Instagram – Michael has received help posting from a member with over 1 year of abstinence and will send posts to Michael for approval before posting. The Instagram account is not active. Suggest announcing at meetings that someone who has social media/podcast/audio experience to contact Michael to assist the Board.

### b. Podcasting

- i. 13,600 downloads. There was discussion that the bad quality speaks poorly of CEA-HOW. People may download but not actually listen because it is too difficult to listen to. The current podcasts are old audio recordings from the website that have already been approved. Perhaps we can use convention recordings vs phone bridge recordings. There needs to be further discussion. Need to find an editor and have specific direction and information for recordings.

**MOTION:** Susan moved that we remove podcast. No second.

### c. Global Convention 2021

- i. We need to make a decision about postponing the 2021 convention and Business Conference.  
**MOTION:** Susan moved to have the 2021 World Service Business Conference be held virtually and postpone the annual convention to 2022. Seconded by Lorraine. *Approved unanimously* .  
**MOTION:** Bryce moved that the World Service Business Conference be virtual, and the next weekend have the Connected in Place event. Seconded by Lorraine 2<sup>nd</sup>. Motion Approved unanimously .  
**MOTION:** Susan moved that Connect in Place take place on the Sunday on the weekend following the business conference (August 1<sup>st</sup>) no second.  
 The Board authorized the committee to decide if Connected in Place will be scheduled for July 31<sup>st</sup> or Aug 1<sup>st</sup>.  
 Ellie will announce that WSBC will be virtual in the WSO February Information and Events email that goes out to the Intergroups .
- ii. The Executive Committee recommended that Registrations for the postponed 2021 Global Convention be handled as follows:
  - 1. Registrations are automatically rolled over to the 2022 Global Convention
  - 2. Registrants can instead choose to:
    - a. Donate – Full or Partial
    - b. Refund
  - 3. The member must request above, or it is rolled over.

**d. 2021 Budget** *SEE REPORT FOR DETAILS*

**MOTION** Shirle moved to approve 2021 budget as presented by Carolyn. Seconded by Ellie. Approved unanimously.

**e. Meeting Finder Upgrade to The Website**

- i. Total investment \$3,100 (see report for details).

**MOTION:** Susan moved to approve a \$3,100 investment, as in report, to upgrade Meeting Finder on the CEA-HOW website, Seconded by Janice. Approved unanimously.

- f. **January 2021 Connect in Gratitude:** The event will happen tomorrow and is being presented by the same four people that put together Connected in Place. Janice reported that the biggest issue during Connected in Place was with the Spanish translation and on the technical side. Beth clarified specific roles for technical volunteers. They are using John Drinkwater’s account and agreed to pay \$100. This account will assist with the Spanish translation. They have done a test-run with Ellie for recording the event. To date there are 95 registrations. There was less of a buildup than for Connected in Place. In addition, there are several other zoom and Phone Bridge events close together.

**g. Discussion: Service:**

- i. what has not worked:
- ii. what has worked

iii. where to go from here

Susan stated that there are many members who don't step up to do service or consider that if they show up, stay abstinent or do a reading they are fulfilling their obligation. Hope to move from "a little is enough" to "in what ways can I offer myself an opportunity to grow in CEA-HOW?" What has worked is receiving a personal invitation to do service. The Ad Hoc Service Committee (Lorraine, Shirle & Susan) – suggestions:

1. rotating pop-up on website of different ways to be of service and/or service positions.
2. One or two months as "service month:" Feb after the January uptick of new members and Sept after Conference.
3. Workshop at end of well attended meetings.
4. When people share making a pitch about service.
5. Making service topic – maybe at speaker meetings.
6. Develop a format for service meeting.
7. Utilizing a service sponsor.
8. A panel on service once a month.
9. At one meeting a month use literature and use Service Manual.

Susan: We need to maintain an awareness of balance with regard to service. We don't want a person to take on so much service that it affects their abstinence. The Committee asks the Board to support stepping up to do service.

**MOTION:** Susan moved that we institute "Service Month" in September of each year. Seconded by Lorraine.

**AMENDMENT:** to change September to June, Seconded by Lorraine. Approved as amended unanimously.

**h. Discussion – Communication to Intergroups and the Fellowship.**

Ellie stated that as Executive Director she sends out monthly information from WSO and BOD to IG chairs, but not to IG reps and members. There are meetings she attends where information isn't being passed on. Are there better ways for communication to flow? More pop-ups? Emails to chairs? Gris stated that the Spanish translations need to be current and correct. Ellie hesitates to use MailChimp too often. Maybe quarterly blast. Michael suggested that we want to make sure we don't flatten out the organization. When we send emails directly to the member, it takes away importance from IGs. This indicates two things 1) some IGs not running effectively, 2 – meetings don't have IGRs.

**i. Additional Discussion**

Susan: noted that the WSBC Bylaws of 2020 not updated page 33 sec 2 sub sect to reflect Area 3/4/5

Susan asked if the Founders Project will be returned to WS Board? Where is it? Can it be uploaded to website? It's an oral history. Ellie responded that if it is with World Service it has been stalled and she will have to look in electronic files to see if it is there. Ellie will update the Board at next meeting. Susan requested to be updated sooner if it is found. Janice advised to look at one of two files on dropbox labelled "history."

**8. Next Quarterly BOD Meeting April 24, 2021 @ 7am PST**

**9. Adjournment at 10:02am:** Janice moved to adjourn the meeting, seconded by Susan. Approved unanimously