



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

Compulsive Eaters Anonymous-HOW

Board of Directors Quarterly Meeting
April 24, 2021, 7:00 AM Pacific Time
Conference Call Tel #: 712/775-7100; Access Code 217104

AGENDA

1. **CALL TO ORDER at 7:00am Pacific Time**
2. **SERENITY PRAYER: TRADITION 2** read by Carolyn P.; **ABSI READING p. 332** read by Donna B.
3. **ROLL CALL**
Directors: Michael D., Susan M., Bryce M., Lorraine S., "Gris" Mariita M., Shirle A., Janice R.,
Corporate Officers: Jim W., Ellie M., Carolyn P., Linda M. (outgoing secretary), Donna B. (incoming secretary)
4. **Approval of Minutes: MOTION TO APPROVE MINUTES FROM THE JANUARY 23, 2021, AS AMENDED BELOW BY LORRAINE S., JANICE R. 2nd . Motion passes unanimously.**

Under Section 6.e.iv.

iv. Convention: | Co-Convention: (Lorraine S., Gris M.): Will discuss at today's Board meeting if the 2021 convention will be in person.

Under Section 7.c.i.

MOTION: Susan moved to have the 2021 World Service Business Conference be held virtually and postpone the annual convention to 2022. 2nd by Lorraine. *Approved unanimously .*

Under Section 7.f.

There was less of a buildup than for Connected in Place. In addition, there are several other zoom and Phone Bridge events close together.

Under Section 7.g.iii.

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.

Under Section 7.h.

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.

5. Action Items Report

Ellie reported that the only Action Item that has not been resolved is regarding finding out why the Electronic Intergroup English (EIE) is not listed on the Contributions by Intergroup report. The EIE is still working on their banking process. Ellie and Carolyn will continue to monitor the situation and offer to provide suggestions.

6. Approval of Agenda: **AGENDA APPROVED WITH THE FOLLOWING ADDITION:**

Carolyn - Under New Business: discussion regarding Committee Liaisons

7. Officer Reports

a. Chair

1) Audio Recording editing clarification:

There was much discussion about the content regarding anonymity. Is it a breach of anonymity to discuss people's behavior if they are named and have not been notified or given consent? Are we editing history if we remove a section of the recording because it is unflattering or holds someone in a bad light?

MOTION: ELLIE MOVED THAT SUSAN M., BRYCE M., SHIRLE A., AND ELLIE M. REVIEW THE ORAL SECTION OF THE RECORDED HISTORY ENTITLED "PAMELA, TOM, ORIGINS (ANIMOSITY) #3." PROPOSE PROTOCOLS FOR CURRENT AND FUTURE EDITING GUIDEINES. SUSAN M. 2nd . Motion passes unanimously.

b. President: *See attached report*

c. Executive Director: *See attached report*

d. Treasurer and Finance Committee: *See attached report*

e. Committee/Liaison Reports

- Finance: Carolyn P.: *See attached report*

MOTION: CAROLYN MOVED THAT THE WSBC FINANCE COMMITTEE BE PERMITTED TO POST THE AUDIO RECORDING OF THE TREASURERS WORKSHOP TO THE WEBSITE. JANICE 2nd . Motion passes unanimously.

- Sponsorship:

- Bryce M. reported that the Committee is meeting and is writing a book

of their own stories of Sponsorship.

- Education: Lorraine S. *See attached report*
 - Lorraine reported that the committee has put together a pamphlet on aging in CEAHOW. It will be edited and ready for the WSBC 2022.
- Convention: | Co-Convention: Lorraine S., Gris M.:
 - Lorraine reported that the event will be called Connected in Recovery.
 - A new idea from the Spanish speaking members is to have an English language interpreter to translate for the Spanish workshops.
 - Suzanne E. has agreed to be a Co-chair for the 2022 convention. She still needs a co-chair and asks for recommendations.
 - It needs to be clear that there is a distinction between Connected in Recovery and the Convention.
- Special Needs: Shirle A. *See attached report*
 - The Committee met once a week
 - She received a list of six questions that appear to be repeats. The Committee is meeting tomorrow and will discuss how to change the wording.
 - This is Shirle's last year with this Committee.
- Literature: Susan M. *See attached report*
 - Three (rather than the 2 mentioned in the attached report) came in February, which didn't give the Committee enough time to thoroughly review the material and were returned.
 - The Committee needs a committed group with clear guidelines.
 - The Board needs to consider if there needs to be a Standing Literature Committee.
- Policy Manual: Susan M.
 - There was a misunderstanding about when the Committee was supposed to have the updates done.
 - The Policy Manual Committee submitted the updated Manual that included motions from the 2020 WSBC on April 10, 2021.
- Website: Carolyn P. *See attached report*
 - The Committee reviewed the short descriptions (meta-descriptions) of Google searches of the ceahow.org website and found that the short descriptions were not meaningful/impactful in some cases. The Committee revised and updated the short descriptions on five of the top search items. The Meeting Finder is nearly ready to go.
 - Beta testing will begin at the end of the week.
 - Looking to do a soft launch from the perspective of the fellowship.
 - Will work with Ellie on roll out.

- Need to give instructions to Intergroups and Areas on how to make changes.
 - The website has a Spanish translation function using a plug-in called Polylang. The scope of the Meeting Finder project did not include adding the “hooks” to facilitate this translation process. The additional cost to incorporate this functionality is not known yet. If under \$1,000 the Executive Committee can make a decision. If over, it will need to be approved by the Board.
- Public Information: Janice R. *See attached report*
 - The Committee is looking at the PI section of the website and updating it.
 - They have been looking at the AI-anon and OA websites and using them as models for how it could look on the CEA-HOW website.
 - There is a desire to work with the Website Committee to ensure there isn't a duplicated effort to the same section of the website.
 - Carolyn recommended that the PI Committee provide the recommended changes to the Website Committee

8. OLD BUSINESS

1. **Promotion of Service to the Fellowship - Susan**

At the last quarterly meeting, the Board approved assigning June as Service Month. Susan would like other Board members to assist in promoting this to the fellowship. Shirle offered to work with Susan. They will forward ideas to Ellie and Michael.

2. **Restructuring the process of development of literature for publication – Susan**

- Susan stated that she would like to see a standing committee with people that are committed and have the skill set (grammar, editing, language) to foster and create literature that is of high quality and reflects well on CEA-HOW.
- Jim W. informed the Board that A.A. has a Literature Committee and a Trustees Literature Committee. The Literature Committee is charged with ensuring that literature is prepared for approval at the Conference. The Trustee Literature Committee holds the history of the program.
- Michael stated that creating a standing committee that is not formed from Delegates requires a change in the Bylaws.

9. NEW BUSINESS

a. WSBC 2020

JANICE MOVED TO HAVE THE WORLD SERVICE BUSINESS CONFERENCE 2021 ON ZOOM FROM 8am PT to 4:30 pm PT ON FRIDAY, JULY 23, 2021, WITH A BUDGET NOT TO EXCEED \$1,000. SUSAN 2nd

GUIDELINES FOR WSBC MOTION CONTENT

1. What is the problem for which the Motion is a solution?
2. Does the result of the Motion fill an expressed need of the Fellowship?
3. The subject of the Motion cannot be an outside issue, i.e., it must be relevant to CEA-HOW's singleness of purpose, i.e., our purpose is recovery from compulsive eating, we are not a health program
4. The subject matter must fall within the guidelines of the CEA-HOW 12 Steps, 12 Traditions, 7 Tools, CEA-HOW Concept, and 12 Concepts of Service
5. It is a matter appropriate for discussion and decision at the WSBC level, i.e., it is a matter that affects CEA-HOW as a whole and is not a local issue that affects only a Group, Intergroup or Area
6. It is not a frivolous Motion
7. The Motion is complete as to intent and execution, i.e., the purpose of the Motion is clearly explained (the Proposal) and the action/result and the manner in which it will be carried out is clearly set forth (the Motion)
8. The Motion must be submitted on the appropriate Motion template, i.e., a Motion that requires a change to the WSO CEA-HOW Bylaws must be submitted on the Bylaws Motion template and a Motion that affects CEA-HOW policies and procedures (including literature revisions) but do not require a change to the Bylaws must be submitted on the Policy template.

b. MOTIONS

- i. Policy Motion #1-Service Manual Online Access to All Members (submitted by the Phone Bridge Intergroup)

MOTION: To make the CEA-HOW Service Manual available as a PDF on our website under the "For Members" tab for easy reference in addition to selling it as a hardcopy and eBook.

The motion passed with 5 votes in favor and 1 opposed.

This motion meets the Guidelines and will be added to the WSBC agenda.

- ii. Policy Motion # 2 Musts and Promises in Recovery Questions (submitted by the Literature Committee)

MOTION: Musts and Promises in CEA-HOW Recovery questions is approved for publication and distribution to the fellowship, subject to editing for spelling, grammar, and typography.

This motion failed with 1 in favor and 5 opposed.

This motion is **NOT** going to the WSBC.

- iii. Policy Motion # 3 - *Recovery Workbook for CEA-HOW members who have Challenges and Obstacles* (submitted by the Special Needs Committee)

MOTION: To have the *Recovery Workbook for Challenges and Obstacles* be approved for publication and distribution to the fellowship, subject to editing for spelling, grammar, and typography.

This motion failed unanimously.
This motion is **NOT** going to the WSBC.

- iv. Policy Motion # 4 - Sponsor's Guidelines – Not to mention food at meetings (submitted by Suzanne E. and Jude J.) (*see attached*)

MOTION: Include the following additional two statements in the Sponsors Guidelines -

FIRST STATEMENT:

“advise against food pitches,” - include in the second sentence, paragraph 6

SECOND STATEMENT:

“This is a spiritual program that recommends a focus on the solution and not on the food. Please be mindful of not triggering fellows present at a CEAHOW meeting by mentioning foods.”
This becomes the last sentence of paragraph 6.

This motion passes unanimously.
This motion meets the Guidelines and will added to the WSBC agenda.

- v. Policy Motion # 5 -Traditions Sponsor (submitted by Areas 10 & 7) (*see attached*)

MOTION:

Part 1: Create the category of Traditions Sponsor
Part 2: Amend the Sponsor Guidelines (2019 edition)

This motion passes unanimously.
This motion meets the Guidelines and will added to the WSBC agenda

- vi. Bylaws Motion #1 Autonomy for electronic or voice-participant group meetings (submitted by Area 2)

MOTION: Electronic CEA-HOW meetings that have transitioned from face-to-face may waive the requirement that all electronic (phone and video) CEA-HOW groups to be part of Area 10 Intergroups as directed in the World Service Bylaws, page 31, ARTICLE 20, INTERGROUPS, Section 1—FORMATION, item c): (*see attached*)

Changes to: World Service Bylaws, page 31, ARTICLE 20, INTERGROUPS, Section 1—FORMATION, item c):

This motion failed unanimously.

This motion is **NOT** going to the WSBC.

vii. Bylaws Motion # 2 - Update CEA-HOW Bylaws Section 11 Website Committee (submitted by the Website Committee) (*see attached*)

MOTION: To change the existing bylaw from SECTION 11. WEBSITE COMMITTEE

This motion passes unanimously.

This motion meets the Guidelines and will added to the WSBC agenda

c. Global Convention 2022

i. Global Convention Cancellation messaging (attached)

MOTION: LORRAINE MOVED TO HAVE “CONNECTED IN RECOVERY” ON ZOOM ON JULY 25TH, 2021, WITH SIX 45-MIN EVENTS AND A 1 HOUR LUNCHEON SPEAKER, WITH A BUDGET UP TO \$1000 AND A \$25 REG FEE. JANICE 2ND. LORRAINE: AMENDED THE MOTION THAT CONNECTED IN RECOVERY TAKE PLACE ON AUG 1, 2021

Motion passes unanimously.

ii. Carolyn reported that all 2020 registrants received a rebate if they paid more than \$250, provided they choose to roll over their registration to the 2021 convention. Everyone who is currently registered has paid \$250.

iii. Global Convention 2022 pricing

MOTION MICHAEL MOVED THAT WE CONTINUE TO NEGOTIATE WITH THE HOTEL TO LOWER THE INCREASE TO LESS THAN 6%. WE WILL STAY WITH HOTEL IF THIS DOESN'T HAPPEN. WE WILL INCREASE NEW REGISTRANTS SALES TO 10% OVER 2021 PRICING. WE WILL KEEP CURRENT REGISTRANTS AS IS. THE FIRST ROUND OF 2022 REGISTRATIONS WILL BE DONE AS INSTALLMENTS. THE REMAINING WILL BE PAYMENT IN FULL.

Motion passes unanimously.

	2022 Pricing							
	Package	Installment Payments	Reg Only (3)	Friday Dinner Only	Saturday Lunch Only	Saturday Dinner Only	Package if buying separately	% over Package
August 1-31 Early Bird	275.00	10 x \$27.50	110.00					
September 1-30 Early Bird	308.00	NA	143.00	68.00	55.00	68.00	334.00	8%
Oct 1 - Dec 31st	324.50	NA	160.00	70.00	57.00	70.00	357.00	10%
Jan 1 - Mar 31st	341.00	NA	176.00	73.00	59.00	73.00	381.00	12%
Apr 1 - Jun 30	357.50	NA	193.00	75.00	62.00	75.00	405.00	13%
Jul 1 - Jul 20	385.00	NA	209.00	77.00	64.00	77.00	427.00	11%
Jul 20- 24 (at the door)	412.50	NA	226.00	79.00	66.00	79.00	450.00	9%

d. CEA-HOW Connected in Place *THIS AGENDA ITEM IS CONSIDERED IN SECTION C.i.*

e. Committee Liaison commitments

Carolyn commented that she would like to see outgoing board members attend the first meeting of the committee at which they were liaison members. This would only be the meeting that normally meets during lunch at the WSBC. This would help to keep continuity with new committee members. The Website and Finance Committees working with Ellie, established Dropbox folders for each committee to store documents that will be passed on year to year. Ellie will share each committee's folder with the liaison who will in turn share it with committee members.

Janice made a motion to close the meeting. Shirle seconded.

10. Next Quarterly BOD Meeting July 23, 2021

11. The meeting was adjourned at 10:53am PT with the Serenity Prayer