



Compulsive Eaters Anonymous - HOW World Service Business Conference 2019 SUMMARY OF ACTIONS

To view complete details of the WSBC 2019 minutes, go to:
<http://www.ceahow.org/en/service-bodies-committees/ceahow-service-structure/world-service/meeting-minutes/>

A. Open Forum

All participants were invited to participate in a discussion regarding how to encourage members to be self-supporting and how to transfer the commitment and enthusiasm of the delegates and other WSBC participants throughout the fellowship.

Members described personal experiences and observations. Several members offered ideas and potential solutions. WSBC committees will be reviewing and discussing these suggestions throughout the year. They will identify areas that can be improved, set goals and begin taking steps towards reaching those goals.

B. Motions – 19 policy motions were considered.

- 9 motions passed in their original form.
- 7 motions passed in their amended form.
- 3 motions failed.

Motions that passed in their original form:

POLICY MOTION #1 – Continuation of the WSBC Area Health Committee (submitted by WSBC Area Health Committee)

MOTION: The Area Health Committee will continue as an Ad Hoc WSBC committee for another year and present a viable Bylaws motion to consolidate Areas 3, 4 and 5 at the 2020 World Service Business Conference.

POLICY MOTION #3 – *Forever Abstinent* -- Add Bullet Points re Sponsoring (submitted by AREA 10)

MOTION: Add to *Forever Abstinent*, Ready Set Go, Section 1, p6, the following additional bullet points re sponsoring:

- Our daily calls with our sponsees are vital. It is recommended that these calls last 10 – 15 minutes.
- A good sponsoring relationship supports both people in their recovery. If we believe that another person will better support our recovery, we are free to choose another sponsor; it is always an option.

POLICY MOTION #4 – Forever Abstinent -- Revise “LOOK FOR SUGAR”, p. 15
(submitted by Janann Y.)

MOTION: We move that *Forever Abstinent*, page 15, paragraph two, read as follows:
***LOOK FOR SUGAR! Sugar, flour and starches must be listed 5th or lower to qualify for use in our eating plan. (see page 6 - **Read Labels** for a list of forms of sugars)

POLICY MOTION #7 – Forever Abstinent - Remove “healthy fat”, p. 15
(submitted by the Board of Directors)

MOTION: In *Forever Abstinent*, page 15, **The Optional Items**, the sentence, “You should infer *healthy fat*.” be deleted.

POLICY MOTION #10 – Fat Consumption in *Forever Abstinent*
(submitted by Janann Y):

MOTION: We move to amend the meal tables in *Forever Abstinent*, Section III, THE FIRST 30 DAYS, p. 14, and Section IV, AFTER THE FIRST 30 DAYS, p. 20, with regard to fats as follows:

1. Replace “1 tsp. fat (optional)” with “Up to 1 Fat”
2. Remove “Up to 2 T. dressing” as a Dinner choice
3. Add a “**Fats and Oils** THE FIRST 30 DAYS and AFTER 30 DAYS” category to *Forever Abstinent*, APPENDIX A:

THE FIRST 30 DAYS (p. 14)

<p style="text-align: center;">Breakfast 1 protein selection 1 fruit selection Up to 1 fat selection 3 T. raw or unprocessed bran (optional)</p> <p style="text-align: center;">Lunch 1 protein selection 2 vegetable selections Up to 1 fat selection</p> <p style="text-align: center;">Dinner 1 protein selection 3 vegetable selections Up to 1 fat selection SEE APPENDIX A</p>

AFTER 30 DAYS (p. 20)

<p>Breakfast 1 protein selection 1 fruit selection Up to 1 fat selection 1 grain selection (optional)*</p> <p>Lunch 1 protein selection 2 vegetable selections Up to 1 fat selection 1 grain selection (optional)*</p> <p>Dinner 1 protein selection 2 vegetable selections ** Up to 1 fat selection 1 grain selection (optional)*</p> <p>*Maximum of 2 grain servings per day **Add 1 vegetable selection if grain is not used at this meal. SEE APPENDIX A</p>

Fats and Oils THE FIRST 30 DAYS and AFTER 30 DAYS (APPENDIX A, p. 33)

<p>2 T. salad dressing 2 T. seeds 1 T. butter, Ghee, oil, mayonnaise ½ small or ¼ large avocado or 2 ounces</p>

POLICY MOTION #14 – Forever Abstinent– Appendix A, Starches – Corn
(submitted by Area 3)

MOTION: Change *Forever Abstinent*, APPENDIX A, Starches, to read as follows:
4 oz or 1/2 cup corn **or 1 ear of corn**
4 oz. or ½ cup peas
4 oz or ½ baked yam or sweet potato

POLICY MOTION #15 – Forever Abstinent - Add Protein Powder, Appendix A, Proteins, p 29
(submitted by Elayne S)

Motion: Add the following to Proteins choices, Appendix A, Page 29, of *Forever Abstinent*.
Protein Powder (no flour; no sugar. Follow scoop directions on the label.)

POLICY MOTION #17 – 1st 30 Questions Revised
(submitted by Area 2)

MOTION: The attached list of 30 questions that replaces the current 1st 30 questions from the Sponsor Guidelines book is approved for publication and distribution to the fellowship, subject to editing for spelling, grammar and typography.

POLICY MOTION #18 – “Sponsor Guidelines” into two publications – Steps 1-3 and Steps 4-5

(submitted by WSBC Board of Directors)

MOTION: The WSBC Literature Committee will revise the *Sponsor Guidelines* book into two separate publications: 1) Steps 1-3, containing the 1st 30-day questions and such other information from the *Sponsor Guidelines* as is relevant to Steps 1-3; and 2) Steps 4 and 5, containing the CEA-HOW Inventory and such other information from the *Sponsor Guidelines* as is relevant to Steps 4-5. The proposed new publications will be presented to WSBC 2020 for consideration.

Motions that passed in their amended form:

POLICY MOTION #5 – Clarifying Condiment Measurements, Appendix A

(submitted by Area 10)

MOTION: In *Forever Abstinent*, Appendix A, Condiments, change the parenthetical statement from:

(portions noted below; all items must have sugar/flour listed 5th or lower on their listing of ingredients)

to:

(portions noted below; all items must have sugar/flour listed 5th or lower on their listing of ingredients; limiting our use of condiments to one-half cup per meal helps to keep our meals in check.)

POLICY MOTION #6 – Forever Abstinence - Clarify Condiments Guidelines, p. 16

(submitted by Area 10)

MOTION: The first three paragraphs on p. 16 of *Forever Abstinent* to read as follows:

Condiments. Condiments are used within reason. Seasonings, salt, and spices are most often used, but all condiments are allowed, provided that sugar is the fifth or lower on the list of ingredients. *Condiments are optional.*

We have learned the hard way that the use of condiments, like any foodstuff, can become problematic for food-addicted people. If you find that you “must” use tomato sauce or you “can’t live without” your gelatin at meals, these may be substances that you should eliminate from your personal plan of eating. We also find that limiting our use of condiments to a total of one-half cup (1/2c.) per meal helps to keep our meals in check.

Note: Note: The pink, blue and yellow packets or bottled sweeteners are acceptable, even though they use an “-ose” as a dispersing agent.

Sugar-free Gelatin. In addition, ½ cup sugar-free gelatin may be eaten at each meal. As with all condiments, the gelatin is optional.

POLICY MOTION #8 – *Forever Abstinent* – Maintenance Fats, Appendix B -- Nut Butter

(submitted by Area 10)

Motion: Add 1 T (tablespoon) nut butter or seed butter to Maintenance Foods Only in *Forever Abstinent* Appendix B.

POLICY MOTION #9 – Revising the list of Fats and Oils in *Forever Abstinent*, APPENDIX B, Maintenance

(submitted by Janann Y)

MOTION: We move that *Forever Abstinent*, APPENDIX B, MAINTENANCE FOODS ONLY, **Fats and Oils** (pp. 34-35) be revised as follows:

MAINTENANCE ONLY

Fats and Oils

2 T. light cream, heavy cream, sour cream, cream cheese, salad dressing, Half and Half
2 T. nuts and seeds
1 T. butter, Ghee, oil, mayonnaise, nut/seed butter, Tahini
½ small or ¼ large avocado or 2 ounces
8 medium olives or 6 large olives
2 slices crisp bacon

POLICY MOTION #12 – *Forever Abstinent* -- Medical Abstinence “Life Threatening,” p 7

(submitted by WSBC Special Needs Committee)

MOTION: The first paragraph on page 7 of *Forever Abstinent* is amended to read:

Some CEA-HOW members have medical conditions that involve specific dietary requirements. The CEA-HOW food plan can be adapted to accommodate specific medical conditions but changes must come from a medical professional who understands the addictive nature of the disease. In addition, all changes must be consistent with the CEA-HOW program including weighing and measuring all food and abstaining from sugar, flour, and quantity **except in the case of a serious illness or a life-threatening condition**. If modifications are made, they must be written down by a medical professional, discussed with a CEA-HOW sponsor and followed as directed.

POLICY MOTION #16 – Forever Abstinent – Appendix A, “Proteins,” p 16

(submitted by Janann Y)

MOTION: We move that the paragraph “**Proteins.**” on page 16 of *Forever Abstinent* be replaced as follows:

EXISTING PARAGRAPH TO BE DELETED

Proteins. The list in Appendix A contains acceptable proteins that may be used and their amounts. Be aware that, if you are using fat-free cheeses, they are four ounces since they are made from skimmed milk. If you want fatty cheeses, then we lower the amounts to two ounces. We limit our fats, as well as sugar and flour, so that we do not create the “phenomenon of craving” that Dr. Silkworth noted in his introductory letter in Alcoholics Anonymous. If you have never been on a diet, this amount of detail may seem overwhelming. A good rule of thumb is that, with proteins, it is usually four ounces, and that means cooked weight.

REVISED TWO PARAGRAPHS to be inserted, page 16

Proteins. The Appendix A list contains numerous permitted proteins and their amounts. Note that there is a wide variety; this isn’t a complete list of proteins. Attention to detail is required to assure you are weighing and measuring each protein accurately. You may choose to divide your proteins in the same meal.

Be encouraged. You will soon find yourself at ease with the scale, the cup and the plentiful list of proteins in our food plan.

POLICY MOTION #19 – CEA-HOW Entry in Wikipedia

(submitted by the WSBC Public Information Committee and the Board of Directors)

MOTION: Establish the following Wikipedia entry for CEA-HOW:

Compulsive Eaters Anonymous – HOW, www.ceahow.org, is a 12-Step program for recovery from all forms of food addiction. The HOW in our name refers to The HOW Concept, which provides for a “disciplined and structured approach.” The CEA-HOW program takes a disciplined and structured approach to working the program based on the 12 Steps, 12 Traditions, 12 Concepts of Service, and The Seven Tools. Further, the CEA-HOW Concept states: “...after our recovery has begun through abstinence and the taking of the first three steps, our further surrender to the additional steps of recovery offers us a promise of happiness, contentment, and achievement in all areas of our lives.” The “HOW” in The HOW Concept stands for Honesty Open-mindedness and Willingness which we find are the foundations to working the CEA-HOW program. Many long-time abstinent members have found that CEA-HOW is the easier, softer way.

The CEA-HOW Concept and the Seven Tools of the CEA-HOW program provide the means to remain abstinent from sugar, flour, and quantity, and for everyone or anyone who suffers from an eating disorder and an obsession for food to have a mindful relationship with food and to reach and maintain a healthy body weight.

The HOW Concept was developed in 1979 in Phoenix AZ by Fred S. and Helaine, whose experience with compulsive eating in another 12-Step fellowship convinced them there was a need for discipline and structure, including a food plan, for recovery from food

addiction. Fred S. opened meetings based on The HOW Concept in Florida, New York, and Chicago. Rae Z., Fred's sponsee, carried The HOW Concept from Chicago to California. In 1996 the HOW groups separated from Overeaters Anonymous and incorporated in 1999 as Compulsive Eaters Anonymous – HOW.

The program of Compulsive Eaters Anonymous – HOW teaches compulsive eaters, in whatever form the food compulsion exists, to live with themselves, their fellows and the world -- happy, joyous and free.

There are currently 500 CEA-HOW groups and thousands of CEA-HOW members around the world connected by "the language of the heart."

The CEA-HOW program has worldwide face-to-face, telephone and electronic meetings.

Motions that failed:

POLICY MOTION #2 – Forever Abstinent -- Add ounces measurements to Appendix A, Fruits Section

(submitted by Area 10)

MOTION: Amend *Forever Abstinent* Appendix A, Fruits section, to add ounces wherever there is a cup or part cup measurement.

The **changes** to the Fruits (Portions as noted below) page 30 would therefore be:

Berries (1c. or 8oz)

Cactus Fruit (1c. or 8oz)

Cherries (1c. or 8oz)

Grapes (1c. or 8oz)

Melons: Casaba, Crenshaw, Persian, and honeydew (1/4 melon); cantaloupe (1/2 melon); watermelon (1c. or 8oz)

Pineapple (1c. or 8oz or 1/4 Fruit)

Box at bottom of page:

Canned, Dried and Mixed Fruit

All canned fruits must be packed in its own juices or in fruit juice without sugar. Read the label!

Canned fruit, including applesauce (1/2c. or 4oz)

Exception to above: canned pineapple (1c. or 8oz)

Fresh mixed fruit salad (1c. or 8oz)

Dried fruit (unsugared, unsulphured) (1/4c. or 2oz)

Juices, other unsugared fruit juices (1/2c. or 4oz)

POLICY MOTION #11 – Forever Abstinent -- Ready Set Go! Medical Abstinence, p 5 (submitted by Area 10)

MOTION: Add the following bullet point in *Forever Abstinent, Ready, Set, Go!* Section on p. 5 under the first bullet point of 'See your health care professional.' (Becoming the second bullet point on p. 5)

- **Health care professional recommendations:** CEA-HOW Tool #1 states “Any recommendations your physician or health care professional makes will be accepted.” These recommendations MUST be consistent with CEA-HOW’s guidelines regarding weighing, measuring, and abstaining from flour, sugar, and quantity. (See p. 7, **Medical Abstinence**) The sponsor and sponsee need to discuss any changes to the food plan as recommended by the health care professional to ensure they fall within CEA-HOW guidelines.

POLICY MOTION #13 – Forever Abstinent, Ready Set Go! P 5 -- Three Meals Weighed and Measured According to The CEA-H.O.W. Concept and Seven Tools

(submitted by Becky Y.; Bill Y.; Carmen D.; CEA-H.O.W. Meeting #2258 Sunday 6:00 pm, Boise, Idaho; CEA-H.O.W. Meeting #2265, Wednesday 9:30 am, Boise, Idaho; Shelley P., Long Beach, California; Steve P. Laramie, Wyoming)

MOTION: Delete the sentences “Many CEA-HOW members continue weighing and measuring in restaurants. Although this is not a must, it is a successful method of preventing under- eating (therefore, dieting!) as well as overeating.”

Located in the third paragraph that begins with: “We weigh and measure our food”, page 5 of the “Forever Abstinent Guidelines for Those Seeking Abstinence the CEA-HOW Way”