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Compulsive Eaters Anonymous-HOW

World Service Business Conference 2022 SUMMARY OF ACTIONS

Motions – Eight Motions Considered

- Six Policy Motions passed in their original form
- One Policy Motion passed in an amended form
- One Bylaw Motion passed in its original form

Policy Motions Passed in Original Form:

- **Policy Motion #2: Ageing in CEA-HOW entry in *Forever Abstinent***, submitted by Education Committee
 - Motion: Add the following paragraph to the *Forever Abstinent* book on page 22 after the paragraph called **About Maintenance**:

Ageing in CEA-HOW. As we age, further steps may be necessary to maintain a healthy weight. Less food, an exercise routine, and/or an adjustment in our goal weight, may be discussed with our sponsor and healthcare provider. Our goal should be to stay abstinent and be at peace with our body as we continue to improve our conscious contact with our Higher Power.”
- **Policy Motion #3: *As Bill Sees IT – A Further Look questions 1 – 166***, submitted by the Literature Committee
 - Motion: Approve *As Bill Sees It – A Further Look* questions 1 – 166 for publication and distribution to the fellowship, subject to editing for spelling, grammar, and typography.
- **Policy Motion #4: *Musts and Miracles in CEA-HOW Recovery***, submitted by the Literature Committee
 - Motion: Approve the *Musts and Miracles in CEA-HOW Recovery* questions for publication and distribution to the fellowship, subject to editing for spelling, grammar, and typography.
- **Policy Motion #5: *Recovery, Unity and Service: Questions based on “AA Comes of Age”***, submitted by the Literature Committee
 - Motion: Approve *Recovery, Unity and Service: Questions based on “AA Comes of Age”* for publication and distribution to the fellowship, subject to editing for spelling, grammar, and typography.
- **Policy Motion #6: *Newcomers to the CEA-HOW Program Steps 1, 2, and 3***, submitted by the Literature Committee
 - Motion: Approve *Newcomers to the CEA-HOW Program Steps 1, 2, and 3* for publication and distribution to the fellowship, subject to editing for spelling, grammar, and typography.

- **Policy Motion #7: *Sponsor Guidelines 4th Step Inventory Steps 4 and 5***, submitted by the Literature Committee
 - Motion: Approve *Sponsor Guidelines 4th Step Inventory Steps 4 and 5* for publication and distribution to the fellowship, subject to editing for spelling, grammar, and typography_

Policy Motions Passed in Amended Form:

- **Policy Motion #1 - A. Amend *Forever Abstinent*, Appendix A, Proteins section and B. Amend *Forever Abstinent*, page 9 [insert before A Final Note], a new section titled **Plant-based Food Options****
 - Motion: A. Amend *Forever Abstinent*, Appendix A, Proteins section as follows by adding, creating and clarifying plant-based options:

Individualized measures

Curd cheeses (cottage, ricotta, farmer, etc.), (4 oz. or 1/2 c.)

Hard or aged cheese (full or part fat), 2 oz.

Plant-based cheese (2 oz.) (It is recommended that plant-based cheeses have at least half the amount of protein as that of dairy cheeses.)

Hard cheese (fat free), 4 oz.

Chicken, 4 oz. or 2 pieces (ex: quarter chicken or 2 thighs)

2 eggs or 4 oz. egg substitute or 4 oz. egg whites

Milk, dairy (16 oz. or 2 c.)

Milk, plant-based (e.g., soy, pea protein or other beverage with an equivalent amount of protein to these examples. Sugar or flour, fifth ingredient or lower) (16 oz. or 2 c.)

Yogurt, dairy or plant-based (Sugar or flour, fifth ingredient or lower) (8 oz. or 1 c.)

Protein powder (no flour, no sugar. Follow scoop directions on label)

Other plant-based proteins

Nuts (3 T or 1 ½ oz.) **

Nut butter (2 T or 1 oz.) **

Nutritional yeast (3 T)

Seeds (3 T or 1 ½ oz.) **

4 oz. cooked

All fish

Hot dogs, sausage, slab bacon, Canadian bacon (sugar-free only)

All meats, poultry, organ meats

All luncheon meats, cold cuts (sugar listed 5th or below)

4 oz. or ½ cup

Processed plant-based proteins (e.g., tempeh, hummus, meatless protein alternatives)

Soy nuts or other dry roasted legumes

Baked, pressed or firm tofu

8 oz. or 1 cup

Legumes, cooked (e.g., beans, lentils, split peas, and black-eyed peas)

Loose, moist, or silken tofu, uncooked

Quinoa, cooked**

Spelt, cooked**

**These foods can also be treated as a fat or grain, with different measurements and should be discussed with your sponsor before committing and eating these foods.

Motion: B. Amend *Forever Abstinent*, page 9 [insert before A Final Note], a new section titled Plant-based Food Options:

Whether by personal choice or under the direction of a healthcare provider, many CEA-HOW abstainers currently utilize or would like to utilize more plant-based foods in their daily menu choices. CEA-HOW does not recommend or endorse any particular way of eating--our goal is to provide reliable information on a variety of commonly used plant-based foods and appropriate serving sizes that coincide with our Forever Abstinent Food Plan guidelines. Sponsoring can be a challenge for a sponsor who is not familiar with the use of plant-based foods which is why we have tried to present these changes in a simplified and coherent manner. Following the Forever Abstinent food plan does not change, only the particular food choices in the recommended serving sizes.

There are some food items in the Protein category that are also found in the Fat and Grain categories (e.g., nuts, seeds, quinoa, spelt). These items contain a significant quantity of protein. Please note that the measurement of the item differs depending on which category is used (e.g., for quinoa, 8 oz. protein; 4 oz. grain). When an abstainer's food plan uses a "double-category" item, it is important that the category be committed daily for both abstainer and sponsor to know whether the item is a protein or fat (or grain). As stated in the 7 Tools, it is recommended that you obtain your physician's or health care professional's approval before beginning your abstinence using the CEA-HOW food plan.

Bylaw Motion Passed in Original Form:

- **Bylaw Motion #1: Create a WSBC Spanish Language Literature Standing Committee**, submitted by the Literature Committee
 - Motion: On page 39, Article 23 Conference Committees, insert Spanish Language Literature Committee as Section 4 and thereby increase by 1 all Section numbers through the end of Article 23.

The amended Bylaws would then include:

SECTION 4. SPANISH LANGUAGE LITERATURE COMMITTEE

- a) The Spanish Language Literature Committee shall be composed of five (5) to thirteen (13) Delegates at the Conference who are appointed by the World Service Business Conference Committee to obtain good geographic representation.
- b) Outgoing Delegates, if they desire, may serve an extra year on the committee in an advisory capacity.
- c) The Spanish Language Literature Committee may review and recommend for the approval or disapproval of any CEA-HOW literature and outside literature in Spanish as needed.
- d) The Spanish Language Literature Committee shall propose to the Conference the development of new CEA-HOW literature as well as develop new CEA-HOW literature in Spanish.

[Other Bylaws sections following within Article 23 would be renumbered, but otherwise unchanged.]