

COMPULSIVE EATERS ANONYMOUS-HOW
Draft Minutes of
World Service Business Conference
Los Angeles, California
July 24-25, 2014

Call to Order

David M., Chair, called the meeting to order at 8:38 a.m. PDT with the Third Step Prayer, Tradition Two and introduction of the Board. Board members present: **David M., Lorraine S., Jim E., Coco C. Shannon H., Liane S., Marybeth M., Robert B-M, and Jim W.** Corporate Officers present: **Pamela K., Woody N., and Irish C.**

Rureth Muñiz was introduced as our Office Manager.

Conference Support Committee: Cristina M., Emily P., and Lindsay D., served the Conference as volunteers to assist the voting delegates.

Translator: Maria D. served as translator to WSBC

Parliamentarian: Marcus Filipovich served as Parliamentarian.

DAY ONE—BUSINESS SESSION #1 and #2

Roll Call:

There were 41 voting members present. See Register of Attendance. The Quorum is 28 for voting purposes.

Forum: “Strengthening Sponsorship” was presented by Marybeth M., Lorraine S., and Woody N. Key points presented were:

- A. Strengthening sponsorship builds up individuals, meetings, Intergroups, Areas, and the Fellowship as a whole.
- B. We have oral tradition to follow with sponsorship in the Program.
- C. There is a clear role of written tradition in sponsorship.
- D. The website is a new tradition in strengthening sponsorship.
- E. Ideas were shared at the Forum from various Board members and delegates on “How to Strengthen Sponsorship.” Some points from the delegates on working with individual sponsees and also how to bring the information back were:
 1. Ask yourself: “What am I going to do to take this back?”
 2. Take back maintenance ideas from the workshop being presented at Convention to help clear up misconceptions with sponsees.
 3. At the end of each meal put a phone call into use as a “dessert.”
 4. Have an email list of current and former CEA-HOW members and ask them to participate in a sponsorship workshop.

5. Be clear about your sponsoring style before committing to a sponsorship relationship. Have a discussion and then take a day or two before starting with a person.
6. Help people find a new sponsor if the relationship doesn't work for you.
7. Practice doing affirmations with a sponsee and help them be positive.
8. Bring back the information through sponsorship workshops.
9. Do a meeting Tenth Step Inventory.
10. Look at the role of the Sponsorship Phone Bridge Coordinator and see if that role can be expanded.
11. Take back an oral report from Conference to meetings.
12. Make sure meetings send representatives to Intergroup.
13. Take part of the recording of this Conference session on the Forum and play it at a Sponsorship workshop.
14. Ensure each meeting has the service position of Sponsorship Workshop Chair filled and the Sponsorship Workshop Chair holds informal monthly sponsorship workshops after the meeting.

Information from the Forum will be distributed electronically to all Delegates and then to Areas and Intergroups following the Conference.

Approval of Standing Rules

The Standing Rules were unanimously approved as submitted.

Approval of Agenda

The agenda was approved unanimously.

Approval of 2013 WSBC Minutes:

Under New Business Bylaws Motion #6 the phrase "50% to the Intergroup" was repeated twice and the duplicate phrase was removed. The minutes were approved as revised.

Reports:

David M., Board Chair, Pamela K., Corporate President, and Jim E., Corporation Treasurer, presented their reports to the Conference. (See attached)

Parliamentarian Information:

Marcus Filipovich, Parliamentarian, presented information on parliamentary procedure for the delegates. Short sessions on matters of procedure along with Q & A were given in fifteen-minute segments throughout the sessions of Conference.

New Business:

1. Policy Motion #1-2014—Motion submitted by the Board of Directors: That the *Ad Hoc* Teen Conference Committee be discharged. Approved: 27 Opposed: 14 Motion failed.
2. Policy Motion #2-2014—Motion submitted by the *Ad Hoc* CEA-HOW Inventory Conference Committee: That the *Ad Hoc* CEA-HOW Inventory Conference Committee be officially discharged. Approved: 39 Opposed: 2 Motion passed.
3. Policy Motion #3-2014—Motion submitted by Area 10: That the CEA-HOW Sponsor Guidelines be modified by inserting the following sentences at the beginning of Page 3: *In your first meeting/telephone call with your sponsee review Forever Abstinent with your sponsees. You must have a sponsor to receive Forever Abstinent or the Forever Abstinent trifold.* Approved: 35 Opposed: 6 Motion passed.
4. Policy Motion #4-2014—Motion submitted by Area Ten: That the following sentence be added to the cover of *Forever Abstinent*: THIS BOOK IS FOR USE BY SPONSORED CEA-HOW MEMBERS ONLY. Approved: 35 Opposed: 7 Motion passed.
5. Policy Motion #5-2014 Motion submitted by Area 10: a. To modify the CEA-HOW *Sponsor Guidelines* by inserting the following sentence on current page three (3) right before the line that says “Check all canned and packaged foods. Explain the need for flour and sugar of any form to be fifth or lower...”: Review the Sponsor Checklist (on page 5) with your sponsees. b. Insert the attached Sponsor Checklist (which has already been Conference-approved) as the new Page 5 of the *Sponsor Guidelines*. An amendment was made to add “This page may be reproduced for distribution to new sponsees.” A second amendment was made to change the sentence to “This page may be reproduced.” Approved: 10 Opposed: 30 The motion on the second amendment failed. The voting then reverted to the original amendment “This page may be reproduced for distribution to new sponsees.” Approved: 13 Opposed: 26. The amendment failed. A third amendment was made to add to the bottom of the checklist page: “This page may be reproduced for distribution to sponsees.” Approved: 30 Opposed: 10 The amendment passed. The motion now reads: a. To modify the CEA-HOW *Sponsor Guidelines* by inserting the following sentence on current page 3 right before the line that says “Check all canned and packaged foods. Explain the need for flours and sugar of any form to be fifth or lower...” Review the Sponsor Checklist (on page 5) with your sponsees. b. Insert the attached Sponsor Checklist (which has already been Conference-approved) as the new Page 5 of the *Sponsor Guidelines*. c. At the bottom of the checklist page the sentence “This page may be reproduced for distribution to sponsees.” will be added. Approved: 34 Opposed: 8. Motion passed.
6. Policy Motion #6-2014—Motion submitted by the Special Needs *Ad Hoc* Committee: That the Special Needs *Ad Hoc* Committee (with at least three members) be extended through 2014-2015 to continue researching ways CEA-

HOW can be improved for those with special needs and accessibility issues. The Special Needs *Ad Hoc* Committee will make recommendations to WSBC 2015. Approved: 41 Opposed: 1 Motion passed.

Business Session 2 adjourned at 4:27 p.m. PDT

DAY TWO--BUSINESS SESSION #3 AND #4

The Conference reconvened at 9:06 a.m. PDT with the Third Step Prayer. Roll call was taken. There were 43 voting members with 29 for a quorum.

A Parliamentary Procedure session was held. **Discussion was held and the Standing Rules will be reviewed regarding numbers needed for voting purposes and quorums.**

Reports of the 2013-2014 Committees were given and are attached:

- a. WSBC Conference Committee**
- b. Agenda Committee**
- c. Literature:** There will be two Co-Chairs for the coming year. A deeper study/question guide is in process called *Getting Into the Steps*. **January 5, 2015 is the deadline for literature to be submitted to the Literature Committee for consideration at WSBC 2015.**
- d. Sponsorship:** A Maintenance Sponsorship Workshop will be presented at the 2014 Global Convention and Spanish translation of materials is in process.
- e. Education:** An Education page is almost ready for the website. Workshops as well as other materials will be posted on it.
- f. Website:** There are now 640 submissions for a CEA-HOW Reflections book. All workshops from the Phone Bridge are now included on the website.
- g. Special Needs *Ad Hoc***
- h. Inventory *Ad Hoc***

Board member Rachel Z. joined the Conference.

Co-Founder's Greeting: Rachel Z, Co-Founder, addressed the Conference.

POLICY MOTIONS CONTINUED:

- 7. Policy Motion #7-2014—Motion submitted by the Board of Directors to update the list of sugars on current page 6 in *Forever Abstinent* to the following: *Read labels. Check for sugar, flour and starches. They must be listed fifth or below on the list of ingredients on packaged foods, salad dressings, and condiments. Agave nectar, corn or rice syrup solids, dextrose, evaporated or dehydrated cane juice, fructose, honey, lactose, malt syrup, maltodextrin, maltose, molasses, and sorghum syrup are in fact sugar.*
Approved: 41 Opposed: 1 Motion passed.**

8. Policy Motion #8—Motion submitted by the Board of Directors to amend *Forever Abstinent* as follows: 1. Pages 7 and 9: Delete the sections, “Doctor/Health Care Professional’s Modifications” (page 7) and “CEA-HOW Food Plan Disclaimer” (page 9). Replace deleted sections with:

Page 7: Medical Abstinence

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. If modifications are made, they must be written down by a medical professional, discussed with a CEA-HOW sponsor, and followed as directed.

Health Care Professional Signature

Please have your health care professional list medical conditions that require dietary modifications, and sign and date in the below section.

Health Care Professional Signature Section	
Food plan is approved as is.	
_____	_____
Signature	Date
Food plan needs medical modifications:	
Medical Condition: _____	
Specific Modifications:	

_____	_____
Signature	Date

2. Page 5

For purposes of consistency, delete the copy in the first bullet point and replace it with this new copy:

See your doctor. We encourage you to bring the CEA-HOW food plan to your health care professional. Have him or her thoroughly review the plan and sign and date in the Health Care Professional Signature Section on page XX.

An amendment was made to delete the sentence “See your doctor.” in the first bullet point on page 5 of *Forever Abstinent*. Approved: 8 Opposed: 31 Amendment failed.1.

An amendment was made to change the sentence “See your doctor.” to “See your health care professional.” in the first bullet point on page 5 of *Forever Abstinent*.

Approved: 29 Opposed: 11. Amendment passed.

An amendment was made to delete the line in the Health Care Professional Signature section: Medical Condition_____

A motion was made to table the amendment until after lunch. Approved: 41 Opposed: 1 The motion to table passed. The minority was heard and following that there was a motion to reconsider the motion to table. Approved: 4 Opposed: 37 The motion was tabled to the afternoon.

A motion was made to send Policy Motion #8 with the amendment back to committee. Approved: 11 Opposed: 30 Motion failed.

An amendment was made. The current amendment is to change the section above the box to say: “Please have your health care professional list specific dietary modifications and sign and date in the below section.”

Furthermore, to delete the line in the Health Care Professional Signature section: Medical Condition:_____

Approved: 30 Opposed: 8 Amendment passed.

A motion was made to refer the motion with amendments to committee. Approved: 27 Opposed. 14 Motion failed.

Amendment was made to change Page 7 Medical Abstinence 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 healthcare professional. All changes must be consistent with the CEA-HOW program including weighing and measuring all food and abstaining from sugar, flour, and quantity. If modifications are made, they must be written down by a health care professional, discussed with a CEA-HOW sponsor, and followed as directed.

Approved: 37 Opposed: 2 Amendment passed. After the minority voice was heard, There was a motion to reconsider the amendment. Approved: 7 Opposed: 30 Motion to reconsider failed.

Voting then reverted to the main motion as amended.

1. Pages 7 and 9: Delete the sections, "Doctor/Health Care Professional's Modifications" (page 7) and "CEA-HOW Food Plan Disclaimer" (page 9). Replace deleted sections with:

Page 7: Medical Abstinence

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 healthcare professional. All changes must be consistent with the CEA-HOW program including weighing and measuring all food and abstaining from sugar, flour, and quantity. If modifications are made, they must be written down by a health care professional, discussed with a CEA-HOW sponsor, and followed as directed.

Health Care Professional Signature

Please have your health care professional list medical conditions that require dietary modifications, and sign and date in the below section.

Health Care Professional Signature Section	
Food plan is approved as is.	
_____	_____
Signature	Date
Food plan needs medical modifications.	
Specific Modifications:	

_____	_____
Signature	Date

2. Page 5

For purposes of consistency, delete the copy in the first bullet point and replace it with this new copy:

See your health care professional. We encourage you to bring the CEA-HOW food plan to your health care professional. Have him or her thoroughly review the plan and sign and date in the Health Care Professional Signature Section on page XX.

Approved: 34 Opposed: 4 Motion passed.

The session adjourned at 12:14 for lunch.

The Business Session reconvened at 1:50 p.m.

Bylaws Motions Submitted Prior to Conference:

- 1. Bylaws Motion #1—2014—Motion submitted by the Education Committee. MOTION: Revise the wording of CEA-HOW Bylaws: Article 23— Conference Committees Section 12— Education Committee by:**

Keeping current wording of a) and b)

a) The Education 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 full geographic representation.

b) Outgoing Delegates, if they desire, may serve an extra year on the committee in an advisory capacity.

Deleting current wording of c) and d)

c) The Conference Education Committee shall include, but not be limited to, a representative from the Literature, Public Information, Website, and Sponsorship Conference Committees.

d) The Education Committee will implement educational goals (within and outside of the fellowship) with objectives from each of the represented groups.

Inserting the following new wording for c) and d)

c) The Conference Education Committee shall invite input on education topics or initiatives from the Conference Literature, Public Information, Website, and Sponsorship Committees.

- d) Whenever possible, the Conference Education Committee shall incorporate this input and work in conjunction with the other committees to implement educational goals (within and outside of the fellowship).**

Approved: 41 Opposed: 0 Motion passed.

2. Bylaws Motion #2—2014 Motion submitted by the Board of Directors. MOTION:

WSO Bylaws, Part C, Article 23, Section 13 is amended as follows: Subsection a) is amended and Subsection b) is added; Section 13 shall read:

ARTICLE 23. CONFERENCE COMMITTEES

SECTION 13. OTHER CONFERENCE COMMITTEES

The Board of Directors, the World Service Business Conference Committee, or the Conference Delegates may establish other Conference Committees as needed, based on the following criteria:

- a) **Standing Committees.** Recommendations regarding the establishment of new standing Conference Committees will be placed on the Conference Agenda following submission through standard Motion procedures as prescribed by these Bylaws. Immediately upon the Conference's passing a Bylaws motion to establish a standing committee and before moving on to further business, the Chair will call for delegates to volunteer to serve on such committee. If there is insufficient interest to fully populate the new standing Committee (five to 13 Delegates), establishment of the standing committee will be tabled to the next WSBC.
- b) **Ad Hoc Committees.** Recommendations regarding the establishment of an *Ad Hoc* Committee may be:
1. Placed on the Conference Agenda following submission through standard Motion procedures as prescribed by these Bylaws; or
 2. Presented from the Conference floor without prior Agenda approval if it meets the following requirement: establishment of the *Ad Hoc* Committee is so urgent that it must be addressed before close of business of this WSBC.
 3. Creation of an *Ad Hoc Committee* must be determined to fill an expressed need of CEA-HOW as a whole.
 4. *Ad Hoc* Committees may be established following a $\frac{3}{4}$ vote of the Delegates [present and voting]. The Motion establishing an *Ad Hoc* Committee shall contain language stating the specific purpose and mandate of the Committee, the date by which a Report is due the World Service Business Conference, and the sunset date of the Committee.

5. Before establishing any *Ad Hoc* Committee, the Conference shall make all attempts to place proposed actions and/or responsibilities into an existing Standing Committee. Immediately upon the Conference's passing a policy motion to establish an *Ad Hoc* committee and before moving on to further business, the Chair will call for delegates to volunteer to serve on such committee. If there is insufficient interest to fully populate the *Ad Hoc* Committee (five to 13 Delegates), establishment of the *Ad Hoc* Committee will be tabled to the next WSBC.

**Approved: 38 Opposed: 4 Motion passed. The minority opinion was heard.
A motion was made to reconsider the vote: Approved: 16 Opposed: 21
Motion failed.**

Election of WSBC Conference Committee: The following people were nominated for the Committee: Ginger B., Joan S., Jill T., Judy K., Beth K. A motion was made to elect these people by acclamation. **The nominees were elected and shall serve.**

URGENT NEW BUSINESS:

Motion: To form an *Ad Hoc* Committee to explore the trends of 1. Meetings and Intergroups closing; 2. Phone Bridge meetings increasing; and 3. The percentage of 7th Tradition contributions is lower for Phone Bridge meetings than for face-to-face meetings; and evaluate what can be done to expand meeting unity in the Fellowship.

Examples could include:

- Assemble and analyze data such as 7th Tradition contributions and opening and closing of meetings to better understand the above trends.
- Analyze the Phone Bridge meeting list to graph locations of Phone Bridge members based on area codes, cities, etc.
- Survey current and former CEA-HOW members to better understand how meetings could be strengthened.
- Explore questions such as: What would it take to foster a stronger connection between Phone Bridge and face-to-face meetings? If CEA-HOW is inevitably moving toward a more virtual fellowship, how do we provide adequate support for strong recovery for all CEA-HOW members and generate sufficient 7th Tradition income to keep the fellowship vital?
- And other such activities the Ad Hoc Meeting Unity Committee thinks appropriate.

The Committee will include at least one member from Area 10. The Committee will investigate the above issues and report back to WSBC in 2015. The sunset date of this committee shall be at the conclusion of the 2016 WSBC unless its work is completed at an earlier date.

Approved: 39 Opposed: 0 Motion passed. Those who will serve on the committee are: Judy K., Marian H., Barbara B., Al K., Suzanne E., and Karen S.

Election of the WSO Board of Directors:

Four seats on the Board were up for election for two-year terms: Nominees were: Carolyn P., Cheryl F., Coco C., and Lorraine S. Coco C. and Lorraine S. were reelected; the new members Carolyn P. and Cheryl F. were elected by acclamation.

Marybeth M. and Shannon H. were thanked for their time of service. Remaining on the Board were Directors: Rachel Z., Co-Founder, David M., Jim W., Jim E., Liane S., Robert B-M., with those remaining on the Board as Corporate Officers: Pamela K, Woody N., Jim C., and Irish C.

A Spanish video presentation from Area 6 was aired. Maria D. provided the translation.

Closing remarks: Board members and delegates and service helpers were thanked for their service.

Adjournment:

The 2014 World Service Business Conference adjourned at 4:26 p.m. PDT with the Serenity Prayer.

Minutes submitted by
Irish C., Secretary

2014-2015 WSBC Committees: (Bold print indicates Chair of committee)

Conference:

Agenda: Lois L., Rhonda N., Kelly L. Roberta S., Al K.

Finance: **Rhonda N., (Chair)** Carolyn P, Nancy E., Tarumi L.

Literature: **Julianne H., (Chair)** Judy K. (Vice-Chair) Geri O. (Secretary) Alison B., Joan S., Geri O., Linda D., Beth K.

Urgent New Business: **Roberta S., (Chair)** Al K., Carolyn P., Marian H.

Public Information: **Barbara B., (Chair)** Karen S., Marian H., (Secretary) Cheryl F.,

Education: **Nancy E., (Chair)** Lois L.,(Vice Chair) Denise P., (Secretary) David S.

Sponsorship: **Jill T., (Chair)** Carolyn J., (Vice Chair) Ginger B., (Secretary) Eric S., Lupita B.,

Policy Manual: **Jan D.,(Chair)** David S., Alison B.

Website Committee: **Margie B.,(Chair)** Roberta S., Jan D., Edie G. (Non-delegate committee member with special knowledge) Nancy Mangs (Webmaster)

Ad Hoc Teen Program Committee: **Stephanie G.,(Chair)** Suzanne K.,(Vice Chair) Denise P., (Secretary), Lola G., Emily P., Lindsay D., Geri O., Rhonda N.

Ad Hoc Special Needs: **Suzanne E., (Chair)** Lori R., (Secretary) Susana F.

Ad Hoc Meeting Unity: Al K, Marian H., Karen S, Judy K, Suzanne E., Barbara B.

REGISTER OF ATTENDANCE 2014

David M.
Lorraine S.
Jim E.
Coco C.
Shannon H.
Liane S.
Marybeth M.
Robert M.
Jim W.
Rachel Z.
Pamela K.
Woody N.
Jim C.
Irish C.
Al K.
Alison B.
Barbara B.
Beth K.
Carolyn P.
Cheryl F.
David S.
Denise P.
Eric S.
Geri O.
Ginger B.

Jan D.
Jill T.
Joan S.
Judy K.
Julianne H.
Karen S.
Kelly L.
Linda D.
Lois L.
Lola G.
Lori R.
Lupita B.
Maggie T.
Margie B.
Marian H.
Nancy E.
Rhonda N.
Roberta S.
Stephanie G.
Suzanne K.
Suzanne E.