

Minutes of World Service Business Conference
Las Vegas, Nevada
July 20 – 21, 2017

DAY 1: BUSINESS SESSION #1

Call to Order

Third Step Prayer / Tradition 2

Intro of WSBC Board of Directors and Corporate Officers

- Board members present: Cheryl F., Carolyn P., Liane S., Lupita B., Rosa A., Jan D., Lueretha B., Ginger B., Jim W., and Rachel Z. (excused)
- Corporate Officers present: Pamela K., Jim C., and Shannon H.

Delegate Roll Call and Credentials Report

- In attendance: Sheryl J., Mikel (Bryce) M., Suzanne K., David S., Dolores (Lola) G., Maria De la Cruz, Shirle A., Ernest H., James L., Brendan O., Janice R., Michael D., Rhonda N., Elaine E., Barbara P., Dorene F., Bree K., Paul M., Coco C., Beth L., Jose F., Maria Del Carmen, Elizabeth G., Susan C., Suzanne E., Maria de Jesus, Judith (Jude) A., Paula N., Adell P., Gris M., and Susan M.
- Excused: Marilyn G. and Janis R.

40 voting members present. The Quorum was 27.

Approval of Standing Rules

31 approved

Approval of Agenda

31 approved with addition of e-literature presentation by Carolyn P.

Approval of 2016 WSBC Minutes

24 approved with the following changes:

- Elaine "W" will be changed to Elaine "E".
- Page 2: "Point 3" was incorrectly listed twice.
- Page 10: "Shirle" was misspelled and will be corrected.
- Paula N. to be added as an attending delegate.

Reports (See individual submissions for complete details)

Cheryl F., Board Chair reported:

- Goals for the year were to increase service and awareness of service.
- Encouraged members to promote and attend service workshop at Convention.
- Encouraged delegates to promote a “We are all the voice of CEA-HOW” mentality within fellowship.
- Detailed desire for expansion and exploration of opportunities such as Braille literature, e-literature, etc., which are dependent on CEA-HOW contributions
- Discussed difference in current cost of living expenses versus old “buck in the basket” mentality
- Will look at ways to determine whether Strategic Planning (SP) meetings are effective (i.e., survey, etc.)

Pamela K., Corporate President, reported:

- Announced the 2017 WSBC as the 20th annual and reviewed and applauded the growth of CEA-HOW in the ensuing years.
- Encouraged delegates to review Area structure / proposed service pamphlet.
- Reported on new CEA-HOW website, a big accomplishment that met goals for CEA-HOW website to be more attractive and user-friendly.

Carolyn P., Corporation Treasurer, reported:

- Provided delegates with an overview of CEA-HOW’s financial status via PowerPoint presentation.
- Facilitated a subsequent discussion, which included:
- The importance of CEA-HOW remaining focused on its primary purpose of helping others and not on financial gains.
- A reiteration of Bill W.’s statement that the basket is “where spirituality and money mix” and that increased funds will enable CEA-HOW to more broadly carry the message.

BREAK

20th World Service Business Conference Welcome address from co-founder Rae Z.:

[Video Welcome Address](#)

E-literature report

Carolyn P., Corporation Treasurer, presented a detailed overview of creating CEA-HOW e-literature, including the financial structure, delivery methods, benefits, etc.

Forum: “CEA-HOW Growth through Personal Growth”

Cheryl F., Board Chair, led the discussion, which included the below discussion points. She asked that delegates take these discussion points back to their communities to ensure future action.

- Take on the mindset of “What can I learn and how can I grow?” to overcome resistance and open up a new way of thinking.
- Share one’s personal experience as a way of planting a seed in another.
- To overcome the difficulty of maintaining anonymity while sharing the message, live as a positive example of recovery.
- Start meetings to continue to grow CEA-HOW; a suggestion for small meetings is to teleconference speakers from other areas.
- Participate in external avenues (i.e., health fairs, etc.) to facilitate CEA-HOW growth.
- Move through fear and take action outside your comfort zone, especially if you have professional skills that would benefit CEA-HOW.
- Experiment with different service opportunities (i.e., “we try by doing”).
- Create personal goals: short-, mid-, and long-term goals.
- When service commitments expire, look for new, challenging opportunities.
- Look for a need in CEA-HOW and take action on it.
- Set milestones for your own personal recovery (i.e., have a five-year plan, one day at a time).

Chair of WSBC Committee to Address Delegates

- Beth L. reported to the delegates that the WSBC Committee did their best to honor the delegates’ first choices for committees.
- Encouraged delegates to read specific purpose of their committee and review bylaws that pertain to and describe committee goals
- Encourage delegates to focus on the “working” part of the WSBC working lunches to set goals and stay focused on being productive.

COMMITTEES WORKING LUNCH

DAY 1: BUSINESS SESSION #2

Call to Order

40 voting members present; quorum remains 27.

New Business – Policy/Bylaws Motions

Policy Motion #1: “Giving Service” – Service Literature (Trifold)

GIVING SERVICE, a piece of service literature in trifold format, is approved for publication and distribution to the CEA-HOW fellowship, subject to editing for spelling, grammar and typography.

Amendment: Change copy to: Under “30 Days of Abstinence” heading, add a bullet point saying “Sponsor a newcomer or member”

Amendment to Amendment: Change copy to: Under “30 Days of Abstinence” heading, add “food” to bullet point so it would be: “Food sponsor a newcomer or member”

VOTE ON AMENDMENT to AMENDMENT (i.e., adding the word “food”): 29 in favor; 4 opposed / amendment to amendment passed

Minority Opinion: Motion to Reconsider Based on Minority Opinion passed

RE-VOTE To RECONSIDER AMENDMENT TO AMENDMENT (simple majority rules): 21 in favor; 5 opposed / reconsider Amendment to Amendment passes

RE-VOTE on AMENDMENT to AMENDMENT (i.e., add word “food”): 13 in favor; 22 opposed / failed: “food” will not be added

Call the question vote: 37 in favor; 0 opposed / passed

VOTE on AMENDMENT: 37 in favor; 1 opposed / passed: Under “30 Days of Abstinence” heading, add a bullet point saying “Sponsor a newcomer or member”

SECOND AMENDMENT: Add “Coffee” to “ Beverage Chairperson” under the “No Abstinence” heading

VOTE on SECOND AMENDMENT: 4 in favor; 32 opposed / failed: “coffee” will not be added

THIRD AMENDMENT: Add “Phone List” under “No Abstinence” heading

VOTE on THIRD AMENDMENT: 0 yes / failed: “phone list” will not be added

VOTE ON AMENDED SERVICE TRI-FOLD: 37 in favor; 0 opposed / amended service trifold passes

BOTTOM LINE: Service Trifold passed with the addition under “30 Days of Abstinence” of a bullet point saying “Sponsor a newcomer or member.”

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Policy Motion #2: Prayers and Spiritual Concepts from the Alcoholics Anonymous Big Book

The submitted piece of literature: “Prayers and Spiritual Concepts from the Alcoholics Anonymous Big Book”, is approved for publication and distribution to the fellowship, subject to editing for spelling, grammar and typography.

VOTE: 28 in favor; 4 opposed / passes: policy motion #2 as is

Minority Opinion: Motion to Reconsider Based on Minority Opinion: 4 in favor; 28 opposed / failed

BOTTOM LINE: Policy Motion #2 passed unamended.

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Policy Motion #3: Reading of the 7 Tools Proposal

In the Sponsor Guidelines, page 4, the sentence...

“To be a leader or to read the “Tools” at meetings, you must have at least 30 days of current CEA-HOW abstinence and have gone through the Three Step Ceremony.

Be replaced with the sentence...

“To be a leader at meetings, you must have at least 30 days of current CEA-HOW abstinence and have gone through the Three Step Ceremony.

VOTE: 8 in favor; 26 opposed / fails

BOTTOM LINE: Motion #3 failed.

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Policy Motion #4: Face-to-Face Meetings

The following sentence shall be added to the Sponsor Guidelines, page 3, paragraph 2.

Three meetings a week, *one of which we suggest be a CEA-HOW face-to-face meeting if available,*

(Note: the change is italicized only for the purpose of clarity for this motion.)

FIRST AMENDMENT: Add the underlined words so the sentence would read...“Three meetings a week, at least one of which we suggest be a CEA-HOW face-to-face meeting if available,”

VOTE ON FIRST AMENDMENT: 15 in favor; 22 opposed / failed: “at least” will not be added

Minority Opinion: Motion to Reconsider Based on Minority Opinion: 9 yes; 28 opposed / failed

SECOND AMENDMENT: Change copy to: “Three CEA-HOW meetings a week, one of which we suggest be a CEA-HOW face-to-face meeting if available.”

VOTE ON SECOND AMENDMENT: 20 in favor; 15 opposed / failed: second amendment (needed 2/3 vote)

VOTE on ORIGINAL POLICY MOTION: 27 in favor; 10 opposed / passed

BOTTOM LINE: Motion #4 passed unamended.

Policy Motion #5: Create an *Ad Hoc* Committee to Assist Areas within CEA-HOW

Area 4 proposes the formation of an *ad hoc* Committee to promote the health of the CEA-HOW Areas and make recommendations to the 2018 WSBC.

- Assess and evaluate the current state of Areas.
- What is working in healthy Areas.
- How can other Areas be activated and revitalized.
- Report back to the 2018 WSBC on their findings.

VOTE (3/4 majority + 5 volunteers needed): 27 in favor; 10 opposed / failed

Minority Opinion: Motion to Reconsider: 34 in favor; 5 opposed / passed

RE-VOTE on POLICY MOTION #5: 35 yes; 0 opposed / passed with these volunteers: Suzanne E., Elaine E., Paul M., Suzanne K., Susan C., Lola G.

BOTTOM LINE: Policy Motion #5 passed unamended.

Policy Motion #6: Use of CEA-HOW Pamphlets

Combine the following CEA-HOW pamphlets into book form as a new piece of CEA-HOW literature:

- Weighing and Measuring from a Food Plan: #828
- Am I a Food Addict: #823
- A View of Medical Abstinence: #822
- The CEA-HOW Concept and What It Means: #826
- Overview of the 12 Step Recovery Plan: #825
- The Meaning of Abstinence and Weight Loss in CEA-HOW: #827
- What is Food Addiction: #829

Point of Clarification: WSO Executive Committee determines price based on algorithm developed by the Finance Committee for all CEA-HOW literature pricing; new literature would fall under algorithm pricing.

FIRST AMENDMENT: Include new service trifold into this combined pamphlet.

VOTE on FIRST AMENDMENT: 16 in favor; 20 opposed / failed: service trifold will not be added

VOTE on ORIGINAL MOTION: 37 in favor; 0 opposed / passes

BOTTOM LINE: Policy Motion #6 passed unamended.

Policy Motion #7: FREE DISTRIBUTION OF PAMPHLET “WEIGHING AND MEASURING FROM A FOOD PLAN”

To have the pamphlet “Weighing and Measuring from a Food Plan” available without cost on the ceahow.org website in a readable and printable format.

VOTE: 34 yes; 2 opposed / passes

BOTTOM LINE: Policy Motion #7 passed unamended.

RECESS BUSINESS SESSION – DAY ONE

DAY 2: BUSINESS SESSION #1: FRIDAY JULY 21, 2017

Call to Order

WSBC Board of Directors and Corporate Officers

- Board members present: Cheryl F., Carolyn P., Liane S., Lupita B., Rosa A., Jan D., Lueretha B., Ginger B., and Jim W.,
- Corporate Officers present: Pamela K., Jim C., and Shannon H.

Delegate Roll Call

- In attendance: Sheryl J., Bryce B., Suzanne K., David S., Dolores (Lola) G., Maria De la Cruz, Shirle A., Ernest H., James L., Brendan O., Janice R., Michael D., Rhonda N., Elaine E., Barbara P., Dorene F., Bree K., Paul M., Coco C., Beth L., Jose F., Maria Del Carmen, Elizabeth G., Susan C., Suzanne E., Maria de Jesus, Judith (Jude) A., Paula N., Adell P., Gris M., and Susan M.
- Excused: Marilyn G. and Janis R.

40 present; quorum is 31

WSBC Committee Reports (see individual submissions for complete details):

- WSBC: Beth L.
- Agenda: Rhonda N.
- Education: Shirle A.
- Education (Special Needs): Paula N.
- Literature: Beth L.
- Public Information: Maria de la Cruz
- Sponsorship: Paul M.
- Website: Beth L.
- WSBC Policy Manual: Jan D.

New Business – Motions (continued)

[Policy Motion #8: Amendment of CEA-HOW Literature Policy](#)

The Literature Development Policy contained in the World Service Business Conference Policy Manual revised as of 2/12/2016 [**NB: said policy dates from 2001 and 2002 and is no longer consistent with current CEA-HOW structure**] is amended to state as follows:

POLICY TITLE: CEA-HOW Literature Policy

PURPOSE: CEA-HOW literature will support and enhance the recovery process from compulsive eating as the process is described in CEA-HOW's Twelve Steps, Twelve Traditions, Seven Tools, and CEA-HOW Concept and, more broadly, in the recovery program detailed in the big book of Alcoholics Anonymous.

At the direction of the World Service Business Conference, the Conference Literature Committee reviews new literature, electronic literature, and audiovisual needs, reviews existing literature and new literature drafts as they are prepared. The committee must receive World Service Business Conference approval of draft literature before forwarding it to the WSO Board for final production, pricing, and distribution.

LITERATURE DEVELOPMENT: The World Service Business Conference acknowledges that there are many avenues for developing literature that may become conference-approved. Original literature intended for conference review for approval may be implemented and evaluated by multiple members at the World, Area or Intergroup level. Submitted literature must be within CEA-HOW's guidelines. Prior to submitting literature to the WSBC Literature Committee, the literature must be evaluated by members of the approving service body who have completed all 12 Steps and served on the intergroup for one or more years.

Individuals may also develop and submit literature. Abstinent requirements include completion of all 12 Steps and a period of service (at least one year or more) above meeting level. These requirements allow members to build a foundation for their own recoveries as well as to get a broader sense of the practice and philosophy of CEA-HOW.

Literature will be submitted to the WSBC Literature Committee for review by February 1, of the year of the WSBC Conference. The WSBC Literature Committee will review/revise the literature and determine when/if the document will be submitted for WSBC conference approval and implementation throughout CEA-HOW.

CEA-HOW LITERATURE REVISION: Areas, Intergroups, or the CEA-HOW Board of Directors may submit recommendations to the WSBC Literature Committee for revision of existing CEA-HOW literature. The proposed revision will accompany the recommendation, along with a statement describing the purpose of the revision. The WSBC Literature Committee will evaluate the recommendation and, if accepted, place the work on the committee's list of prioritized tasks.

The revisions will be submitted for WSBC approval.

Note: for purposes of this policy, a revision is defined as a change that requires more than a simple editorial change like correcting a misspelling or changing a page number in a reference. A revision involves change in the content or format of the document. Editorial changes will be referred to the CEA-HOW Board of Directors for implementation at the next printing of the document.

CEA-HOW LITERATURE RESCISSION: In instances where urgency is not an issue, Areas, Intergroups, or the CEA-HOW Board of Directors may submit recommendations to the WSBC Literature Committee for rescission of existing CEA-HOW literature. The proposed rescission will accompany the recommendation, along with a statement describing the purpose of the rescission. The WSBC Literature Committee will evaluate the recommendation and, if accepted, provide a recommendation for the next WSBC.

However, if the purpose of the recommendation for the rescission is of an urgent nature, the CEA-HOW Board of Directors may temporarily suspend further publication of the document in question, providing notification and the reason for it to Areas, Intergroups, and the WSBC Literature Committee. The suspension will remain in effect until the urgent nature of the action is resolved or the WSBC Literature Committee has reviewed it to either reinstate the document or recommend rescission by the WSBC.

VOTE: 37 in favor; 0 opposed

BOTTOM LINE: Policy Motion #8 passed unamended.

Bylaw Motion #1: Expand Timeline for Submittal of Proposed WSBC Motions

The language in strikethroughs in the below Bylaws Sections shall be replaced by the language in bold italics (bold italics used in this motion only for the purpose of differentiating the new language):

PART C, ARTICLE 21, SECTION 3f3 of the WSO Bylaws shall read:

f) Qualifications/Selection

3. ARs and alternates should be selected at least ~~one hundred twenty (120)~~ **sixty (60)** days before the Area Assembly and the names forwarded immediately upon selection to the Area Chair.

PART C, ARTICLE 22, SECTION 3f of the WSO Bylaws shall read:

- f) Delegates and alternates ~~should be selected at least one hundred twenty (120) days before the annual conference.~~ **for each year's Conference shall be selected no later than March 1st of that year.** Delegate registration forms and fees and requests for waiver of delegate qualifications shall be received by WSO a minimum of 90 days before Conference. Under extraordinary circumstances (as determined by the Board of Directors), requests for waiver of delegate qualifications will be considered if submitted less than 90 days before Conference but no later than 30 days before Conference.

PART C, ARTICLE 23, SECTIONS 4c and d of the WSO Bylaws shall read:

- c) Any participant, group, Intergroup, or Area may recommend an agenda item in writing to the Agenda Committee. Such proposals must be received by the Agenda Committee no later than ~~40 days prior to the Conference date~~ March 5th each year.
- d) The Agenda Committee shall make recommendations and propose agenda items to the Chair of the Board of Directors. Such proposals must be received by the Chair of the Board of Directors no later than ~~90 days prior to the Conference date.~~ **14 days prior to the regularly scheduled Quarterly April Board Meeting.**

VOTE: 37 in favor; 1 opposed / passed

BOTTOM LINE: Bylaws Motion #1 passed unamended.

Bylaws Motion #2: Correction in Terminology -- WSBC Participants

This motion's intent is to correct an inaccuracy in language in the WSO Bylaws; it does not change the meaning of the Bylaws.

The WSO Bylaws at Part C, Article 22, Section 3 currently (and inaccurately) read:

SECTION 3. DELEGATES

- a) Voting Delegates shall consist of the following persons chosen in accordance with sub-section (c) below.
 - 1. Delegates from the Area Assemblies.
 - 2. Participating Directors.
 - 3. Non-Participating Directors.
 - 4. Co-Founders: Fred S. and Rae Z.
- b) ~~Delegates~~ having a voice but no vote shall consist of officers of the Corporation and the Executive Director of the World Service Office (unless they otherwise hold a voting position).

The word “Delegates” in the Section heading and in Section 3b) is inaccurate. The WSBC participants listed in Section 3.b) are active Conference participants but are not Delegates.

We propose these terms be corrected for accuracy.

MOTION:

The words “WSBC Participants” are substituted for the word “Delegates” in the WSO Bylaws at Part C, Article 22, Section 3 heading and at Section 3a. As amended, Section 3 and Subsections 3a and 3b shall read as follows:

SECTION 3. WSBC PARTICIPANTS

- a) Voting WSBC participants shall consist of the following persons chosen in accordance with subsection (c) below.
 - 1. Delegates elected from Area Assemblies
 - 2. Participating Directors
 - 3. Non-Participating Directors
 - 4. Co-Founders: Fred S. and Rae Z
- b) WSBC participants having a voice but no vote shall consist of officers of the Corporation and the Executive Director of the World Service Office (unless they otherwise hold a voting position).

VOTE: 37 in favor; 1 opposed / passed

BOTTOM LINE: Bylaws Motion #2 passed unamended

BREAK

Video Presentation from Area 6

Continuation of Forum: “CEA-HOW Growth through Personal Growth”

Cheryl F., Board Chair, led the forum, which included the below discussion points.

- Look at how abstinence shifts as people get older and / or have medical issues.
- Have a “bring your sponsee to work” day to give members a chance to preview WSBC, intergroup, Area meetings, etc.
- Create a “conference committee clearing house” initiative to eliminate duplication of committees’ efforts.
- At meeting level, hold quarterly meetings to keep members accountable for taking on higher levels of service.
- Stream Conference to members via podcast.
- Say yes when you’re instructed to do service above meeting level.
- Take what you learn at Conference back to your meetings.
- Make service commitments part of the daily or weekly sponsor/sponsee phone call.
- Delegates / Board members should report back to their meetings the spirit and enthusiasm of being of service above the meeting level; make it look attractive
- While being mindful of the Traditions and of anonymity, explore ways to take advantage of technology to promote CEA-HOW such as a YouTube video, offering the conference MP3s via podcast, etc.
- Keep it simple and be an example by doing higher service yourself.
- Create fellowship after meeting.
- Hold business meetings every month that can include reviewing service position requirements, creating giveaways for newcomers, birthday gifts, etc.

COMMITTEES WORKING LUNCH

DAY 2: BUSINESS SESSION #2: FRIDAY JULY 21, 2017

Call to Order

New Business

No new business

Urgent New Business Motions

No urgent new business Motions were submitted for WSBC consideration

Tribute to Jim C.

Pamela K. led a tribute to Jim C., who has served CEA-HOW first as WSBC Parliamentarian, then as Non-Participating Director and finally as Vice President. His guidance and service has been of immeasurable value to the fellowship.

Election of the WSO Board of Directors

New Directors are David S., Shirle A., and Michael D.

Election of WSBC Conference Committee

Members are Rhonda N., Maria R., Dorene F., James L., Susan M.

Open Forum

Cheryl F. led the forum, which included the below points:

- A thank you to Cheryl for her hard work and leadership during the Conference.
- A request that CEA-HOW's salaried employees be given more compensation / Cheryl responded with a request to continue our outreach efforts to increase meeting attendance and contributions to make this possible.
- A remembrance of Fred S., who encouraged us to "think globally" and reach out to CEA-HOW members around the world.
- One member's personal commitment to bring at least one person into the fellowship and start one meeting.

Closing Comments

Outgoing WSBC Board Members and staff were thanked for their service

Adjournment

WSBC adjourned at 2:45 pm PT.

Minutes submitted by
Shannon H., Secretary

2017 - 2018 WSBC Committees: (Bold print indicates Chair of committee)

- Conference: Rhonda N., Maria R., Dorene F., James L., Susan M.
- Agenda: **Sheryl L.**, Dorene F., Lola, G. Barbara P.
- Finance: **Rhonda N.**, Ernest, Barbara P., Judith A., Bryce M.
- Literature: **Beth L.**, Susan C., Bryce M., James L., Janis R., Maria del Carmen, Susan C., Susan M.
- Public Information: **Maria de la Cruz**, Suzanne E., Sheryl J., Rhonda N., Elaine E., Coco C., Maria R., Paula N., Adell P.
- Education: **Janice R.**, Suzanne K., Elizabeth G.
- Special Needs: Suzanne E., Paula N., Susan C., Lola G., Gris M., [Stephanie G., and Liane S. = Advisors]
- Sponsorship: **Paul M.**, Elaine E., Dorene F., Bree K., Jose F., Maria R., Gris M.
- Policy Manual: **Bree K.**, Ernest K., Marilyn G., Jose F., Maria del Carmen, Bryce M.

- Urgent New Business: **James L.**, Elizabeth G., Suzanne K., Adell P., Susan M.
 - Website Committee: **Brendan O.**, Maria de la Cruz, Paul M., Judith A., Beth L.
 - *Ad Hoc* Area Committee: **Susan C.**, Lola G., Paul M., Suzanne E., Elaine E., Suzanne K., Jude A.
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