

**COMPULSIVE EATERS ANONYMOUS-HOW**  
Minutes of World Service Business Conference  
Las Vegas, Nevada  
July 19 – 20, 2018

| BUSINESS SESSION #1 |

**1. CALL TO ORDER**

**2. THIRD STEP PRAYER; TRADITION 2**

**3. INTRODUCTION OF PRESENT WORLD SERVICE BOARD OF DIRECTORS AND CORPORATE OFFICERS**

Directors: Cheryl F., Jan D., Michael D., Carolyn P., Shirle A., Lueretha B., Rosa A., David S.

Corporate Officers: Pamela K., Shannon H.

Excused: Rachel Z., Elizabeth G, Marsha Y., Jim W., Rhonda N.

**4. DELEGATE ROLL CALL AND CREDENTIALS REPORT ANNOUNCEMENTS  
FIRST CALL FOR APPLICATIONS FOR SEAT ON BOARD OF DIRECTORS**

37 = voting members | 24 = two-thirds majority

**5. APPROVAL OF STANDING RULES** | Approved

**6. APPROVAL OF AGENDA** | Approved

**7. APPROVAL OF 2017 WSBC MINUTES** | Approved

**8. REPORTS**

a. Chair:

- Spoke of unity as CEA-HOW's primary focus and the importance of members not having an "us against them" mentality with regards to WSO
- Recognized and paid tribute to the late Coco C., a former director who was instrumental in starting CEA-HOW in Mexico
- Addressed concerns of groups holding on to monies above prudent reserve requirements

b. Corporate President:

- Provided overview of submitted report
- Explained purpose of WSO is to serve the Fellowship {Pamela to update}

c. Corporate Treasurer:

- Provided the CEA-HOW 2017 Year End & 2018 Year to Date Financial Results
- Raised alarm regarding the downward gross and net income trends of CEA-HOW

- Reiterated message that each member has a responsibility to keep CEA-HOW financially healthy
- Noted that the 50 cents Bill W. mentioned in the *Twelve Steps and Twelve Traditions* would be equal to \$8.56 today

## FORUM | CEA-HOW FINANCIAL DISCUSSION

### Delegate Concerns:

- Meeting locations are now more frequently requiring insurance. President informed delegates that, according to research, insurance company rider may cost \$3000-5000
- Downward trend of attendance at face-to-face meetings
- Phone Bridge contributions are not consistent with Phone Bridge participation
- The phrase “There are no dues or fees for membership” may be creating a mindset that there are no *expenses*
- Intergroup representatives are not distributing the monthly WSO informational email packets to their meetings

### Delegate Solutions:

- Sponsors must ensure that sponsees who attend Phone Bridge meetings are contributing to the Seventh Tradition
- Distribute the “Giving Service” trifold to ensure members understand how donation money is utilized
- Hold a challenge for members to auto-contribute \$25 per month
- Update meeting formats to include language that addresses the financial obligations of members
- Implement “Seventh Tradition Month” in July to supplement “Gratitude Month” in January
- Ask members to, once a month, give the money they would have spent on other purposes, such as going to lunch, to the Seventh Tradition basket
- Ask members to, on your CEA-HOW anniversary put in the equivalent monetary amount of their weight loss
- Share the “Bill W. 50-cent story” at meetings to increase the Fellowship’s awareness that increased contributions are needed to keep up with inflation
- Ensure literature is not being photocopied so as not to impede literature sales
- Supply Areas with bulleted list of solutions discussed at WSBC
- Incentivize members to contribute, such as offering a CEA-HOW mug or Big Book cover upon the donation of specified amounts
- Add a recording to the Phone Bridge line so people can either donate or be reminded to donate while they’re on hold
- Sign up for Venmo (a PayPal subsidiary) to give members another option to contribute

| BREAK |

## **9. FORUM | HOLDING WSBC AND CONVENTION EVERY TWO YEARS, LOOKING AT BOTH THE FINANCIAL AND THE FELLOWSHIP WELLBEING ASPECTS. BYLAWS REQUIRE AN ANNUAL WSBC; CONSIDERATION OF AN ELECTRONIC WSBC ON THE OFF-YEAR TO MEET THE BYLAWS REQUIREMENT**

Chair addressed delegates:

2019 Convention is confirmed to move from Las Vegas to Los Angeles pursuant to member wishes and with the goal of increasing attendance.

The discussion regarding the Convention schedule change contained the below pros and cons.

Pro:

- A two-year Convention would allow “host cities” (i.e., Oklahoma City, New York, etc.) to expand the reach of Fellowship participation

Cons:

- There may not be enough “boots on the ground” (i.e., participating members) in different areas to plan and host a Convention
- Different areas will cause attending members to incur more travel expenses
- A two-year delay would cause members to lose enthusiasm and momentum
- A two-year delay may not garner the anticipation that is the overarching goal of the schedule change
- A WSBC teleconference is not logistically doable for either purposes of organized discussion, nor personal home environments

**Bottom Line: Delegates not in favor of a bi-annual Convention**

Solutions discussed:

- Reinvent the Convention to a more stimulating and inviting format (i.e., introduce different and more social activities)
- Offer Los Angeles residents a discount to encourage registration
- Create a Convention-exclusive phone app that lets attendees post pictures, updates, etc. with each other to increase participation and fellowship
- Add a CEA-HOW success story to the “Keys to Recovery” annual newsletter
- Exclude meals:
  - Pro: Will achieve additional cost-savings
  - Con: Excluding meals will drive up costs for meeting rooms
  - Con: No meals would make CEA-HOW even less desirable as a hotel client considering the special food and no-alcohol requirements

**| LUNCH |**

**| BUSINESS SESSION #2 |**

**1. CALL TO ORDER**

## 2. NEW BUSINESS – POLICY/BYLAWS MOTIONS

### **Policy Motion 1 | Title: The 12 Steps Revisited: In-depth Questions for Experienced Members**

#### MOTION

The attached piece of literature: “The 12 Steps Revisited: In-depth Questions for Experienced Members,” is approved for publication and distribution to the Fellowship, subject to editing for spelling, grammar and typography.

#### DISCUSSION

Proposed Amendment 1: Change the word “God” to “Higher Power” where it is not in a direct citation | 12 Yes = Not Passed

Proposed Amendment 2: Change the word “God” to “God of your understanding” where it is not in a direct citation | 22 Yes = Not Passed

Original Motion: 33 Yes = Passed

**BOTTOM LINE: Policy Motion 1 passed in its original form**

### **Policy Motion 2 | Title: Continue the work of the *Ad Hoc* Committee to Assist Areas within CEA-HOW**

#### MOTION

The *Ad Hoc* Committee on Area Health proposes the continuance of this committee to promote the health of the CEA-HOW Areas. Specific focus:

1. Continue to assess and evaluate the current state of the Areas.
2. Continue to look at what is working in healthy Areas
3. Continue to ask how other Areas can be activated and revitalized.
4. Report back to the 2019 WSBC on their findings.
5. Make recommendations to the 2019 WSBC.

The Committee will present its findings at WSBC 2019, and the Conference will make a decision regarding termination of the Committee.

#### DISCUSSION

No significant discussion ensued

Original Motion: 35 Yes = Passed

**BOTTOM LINE: Policy Motion 2 passed in its original form**

### **Policy Motion 3 | Title: SERVING IN CEA-HOW – A CEA-HOW Service Manual**

#### MOTION

The attached CEA-HOW service manual entitled SERVING IN CEA-HOW is approved for publication and distribution to the CEA-HOW fellowship, subject to editing for spelling, grammar and typography.

## DISCUSSION

Proposed Amendment 1: Add the following language outlining logistical duties to Area and Intergroup Treasury sections on page 23:

- *File Initial 1023EZ form with the IRS in order to establish the group's 501(c)3 non-profit status.*
- *File yearly 990N or 990 EZ annually in order to continue the group's 501(c)3 status.*
- *Pay and monitor P. O. Box.*
- *Make monthly bank deposits and reconcile bank account.*
- *Track contributions by Intergroup.*
- *Along with the chair, based on expense reimbursement policy, cut checks for area reps and delegates for expenses related to their attendance at assemblies and the WSBC.*

Motion to Amend: 35 Yes = Passed

Amended Motion: 36 Yes = Passed

**BOTTOM LINE:** Policy Motion 3 passed in its amended form

## **POLICY MOTION 4 | Title: Addition to Suggested Secretary's Announcement for All Levels of Service**

### MOTION

After thanking those who do service at the meetings, the secretary add the following wording to the suggested Secretary's announcements at meetings:

*We also wish to thank those who do service above the meeting level, such as our Intergroup Representative and Board, our Area Representatives, WSBC Delegates, and the Board of the World Service organization.*

### DISCUSSION

Proposed Amendment 1: Reword the first section to this: *"We also wish to thank those who do service beyond the meeting level and encourage you to do service beyond the meeting level, such as Intergroup ..."* | 22 Yes = Not Passed

Proposed Amendment 2: Reword the first section to this: *"We also wish to thank those who do service beyond the meeting level ..."* | 35 Yes = Passed

Amendments Motion: 36 Yes = Passed

**BOTTOM LINE:** Policy Motion 4 passed in its amended form

| BREAK |

## 3. POLICY/BYLAWS MOTIONS (cont.)

### **BYLAWS MOTION #1 | Title: Delegate Responsibilities**

## MOTION

WSO Bylaws are amended to add Subsection h to Part C, Article 22, Section 3:  
h) Delegates shall focus exclusively on the business presented at WSBC for their deliberation and vote as Delegates, and shall not simultaneously serve in any dual or overlapping role at WSBC.

Original Motion: 33 Yes = Passed

**BOTTOM LINE:** Bylaws Motion 1 passed in its original form

## BYLAWS MOTION #2 | TITLE: Streamline WSBC Timeline

### MOTION

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 22, SECTION 3e of the WSO Bylaws shall read:**

**e)** On October 1st of each year, there will be a count of all Groups registered with the CEA-HOW World Service Office. Following the count, the Board of Directors shall determine the number of Delegates to be assembled at the next Conference. The allotment will not exceed seventy-five (75) total Delegates each year. Each Area Assembly shall be allotted the number of Delegates in proportion to the number of Groups within that Area as it relates to the total number in the organization. The number computed shall be rounded to the nearest integer. In the event that the number of Delegates so selected is less than the number of designated Delegates, then the Area Assemblies with the highest fraction without representation shall each receive a Delegate until the number of designated delegates is reached. Each Area Assembly will be informed by the World Service Office of its total number of Delegates no later than ~~January 31st~~ **November 1st**.

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

3. ARs and alternates should be selected ~~at least sixty (60) days before the Area Assembly~~ **no later than November 1st** and the names forwarded immediately upon selection to the Area Chair.

#### **PART C., ARTICLE 20, SECTION 3b of the WSO Bylaws shall read:**

b) An Intergroup must be formally registered, along with the Area Representatives elected by the Intergroup, with the WSO and the Area Assembly ~~thirty (30) days prior to the opening of an Area Assembly~~ **no later than December 1st** to send Representatives to the current Assembly. (See Article 21, Section 3 (f) for qualifications and selection of Representatives.)

Original Motion: 33 Yes = Passed

**BOTTOM LINE:** Bylaws Motion 2 passes in its original form

## RECESS BUSINESS SESSION – DAY ONE

### | BUSINESS SESSION #3 |

#### 1. CALL TO ORDER

#### 2. ROLL CALL - CONFIRM CREDENTIALS

33 = voting members | 22 = two-thirds majority vote

#### 3. REPORTS OF WSBC COMMITTEES

**A. WSBC:** Nothing added to submitted report

**B. Agenda:** Nothing added to submitted report

**C. Education:** Nothing added to submitted report

**D. Education (Special Needs):** Nothing added to submitted report

**E. Literature:**

- Committee is currently working on a book that documents CEA-HOW's history
- A process was suggested to have all historical CEA-HOW photos sent to the Literature Committee and WSO

**F. Public Information:** Nothing added to submitted report

**G. Sponsorship:** Nothing added to submitted report

**H. Website:**

- Most visitors are not utilizing all the resources on the website

**I. WSBC Policy Manual:** Nothing added to submitted report

**J. Ad Hoc – Area Health:** Nothing added to submitted report

| BREAK |

#### 4. New Business (Motions Continued)

All new motions completed in Session 2

Carolyn presented the new literature store, which will sell both printed and electronic CEA-HOW publications: [store.ceahow.org](http://store.ceahow.org)

- Site is live now in soft launch form
- One download per purchase (read instructions before ordering)
- Members cannot print or share purchases
- For *Forever Abstinent* purchases, visitor must include sponsor information

#### OPEN FORUM

Delegates voiced these suggestions:

- Challenge each member to bring one new person to Conference next year
- Continue the Challenge to get 100 people to auto-donate \$25 per month

## 5. DEADLINE FOR SUBMITTAL OF APPLICATION FOR SEAT ON BOARD OF DIRECTORS ANNOUNCEMENTS

| LUNCH |

| BUSINESS SESSION #4 |

### 1. CALL TO ORDER

### 2. NEW BUSINESS MOTIONS (continued)

All new motions completed in Session 2

### 3. URGENT NEW BUSINESS MOTIONS

Chair discussed criteria for Urgent New Business motions

Two submitted motions did not meet the criteria

### 4. ELECTION OF WSO BOARD OF DIRECTORS

The following members were elected:

- Jan D.
- Janice R.
- Lueretha B.
- Rosa A.
- Susan M.

### 5. ELECTION OF WSBC CONFERENCE COMMITTEE

The following members were elected:

- Brendan O.: Chair
- Betty M. Vice-Chair
- Dorene F.: Secretary
- Elaine E.
- Mykel Bryce M.

### 6. OPEN FORUM

- It was strongly suggested that all sponsors incorporate into their new sponsee orientations the need to make Seventh Tradition donations and utilize the new literature store to ensure the financial health of the Fellowship: [store.ceahow.org](http://store.ceahow.org)
- Delegates shared how / if they share their delegate status with others in the Fellowship:
  - Some felt it was important to share as it helped other members, “humanized” WSO, and offset the “us versus them” mentality
  - Some felt it was important *not to share* as it created a hierarchy with other members
- Delegates were encouraged to share the happenings at Conference at their meetings to ensure the Fellowship is informed of current events



- Delegates were encouraged to mentor other potential delegates to help assuage the fear of service

## 7. CLOSING COMMENTS AND ADJOURNMENT

Minutes submitted by  
Shannon H., Secretary

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2018 – 2019 WSBC Committees: (**Bold** print indicates Chair of committee)

Conference: **Brendan O**, Betty M., Dorene F., Elaine E., Mykel Bryce M.

Area Health: **Susan C.**, Jo, Elaine, Suzanne E.

Agenda: **Dorene**, Lola, Marsha, Joann, Barbara

Finance: Carolyn, Barbara P., **Claire (Vice Chair)**, Mykel Bryce, Ernest, Jo, Betty

Literature: **Janis R**, Claire, Lupita, Maria Del Carmen, Brendan, Mercedes, Lorraine, Joann, Betty

Urgent New Business: **Brendan**, Suzanne K., Paul, Janis, Betty

Public Information: **Maria De La Cruz**, Sheila, Paul, Gris, Maria Del Carmen, Paula, Mercedes, Janis R.

Education: **Molly**, Suzanne K., Marilyn, Lupita, Lorraine, Elizabeth, Jose

Special Needs Subcommittee: **Suzanne E.**, Lola, Paula, Susan C.

Sponsorship: **Jose**, Mykel Bryce, Gris, Jo, Mercedes, Marsha, Susan C., Dorene, Elizabeth

Policy Manual: **Ernest**, Marilyn, Molly

Website Committee: **Sheila**, Suzanne K., Maria De la Cruz, Brendan, Elaine E.

# # #

### Delegates in Attendance

Area No.	First Name	Last Name
1	Betty	Martinez
1	Suzanne	Karbel
1	Claire	Carpenter
1	Lola	Santana
1	Marilyn	Gruen

<b>1</b>	Maria	DeLaCruz
<b>1</b>	Mykel Bryce	Myers
<b>1</b>	Ernest	Holt Sr.
<b>1</b>	Jo	Brocato
<b>1</b>	Brendan	O'Neill
<b>1</b>	Janice	Reches
<b>1</b>	Mercedes	Sanchez
<b>2</b>	Janis	Ruoff
<b>2</b>	Lorraine M	Schippers
<b>2</b>	Elaine	Ewell
<b>2</b>	Barbara	Pianin
<b>2</b>	Dorene	Freese
<b>3</b>	Sheila	McRae
<b>4</b>	Paul	McClure
<b>6</b>	Lupita	Bustos
<b>10</b>	Molly	Sheridan
<b>10</b>	Jose	Frausto
<b>10</b>	Joan	Sherman
<b>10</b>	Susan	Calvert
<b>10</b>	Suzanne	Eddy
<b>10</b>	Paula	Nivens
<b>10</b>	Ma Del Carmen	Castorena Martinez
<b>10</b>	Gris	Moreno Cervantes
<b>10</b>	Susan	Mayer