

COMPULSIVE EATERS ANONYMOUS-HOW
Minutes of World Service Business Conference
Culver City, California
July 25 – 26, 2019

| Day One |
| BUSINESS SESSION #1 |

1. **CALL TO ORDER** (8:30am PT)
2. **THIRD STEP PRAYER; TRADITION 2**
3. **INTRODUCTION OF WORLD SERVICE BOARD OF DIRECTORS AND CORPORATE OFFICERS**

Directors: Michael D., Jan D., Shirle A., Lueretha B., Rosa A., David S., Janice R., Susan M., Jim W. (Non-participating)
Corporate Officers: Pamela K., Carolyn P., Diana H.
Parliamentarian: Marcus Filipovich

4. **DELEGATE ROLL CALL AND CREDENTIALS REPORT**
Voting members present = 35
Two-thirds majority = 23

- a. **ANNOUNCEMENTS**

- b. **FIRST CALL FOR APPLICATIONS FOR SEAT ON BOARD OF DIRECTORS**

5. **APPROVAL OF STANDING RULES** | Approved
6. **APPROVAL OF AGENDA** | Approved
7. **APPROVAL OF 2018 WSBC MINUTES** | Approved

8. **REPORTS**

- **Chair**
 - Podcasts – over 4000 downloads
 - Instagram – we are making incremental improvements
- **Corporate President** (See President Report 2019 for details)
 - Functions of WSO and President
 - Intergroups/Areas
 - WSO Administration
 - Carrying the message
 - Growth of Compulsive Eaters Anonymous - HOW
 - Pamela completes her 8th year as President at the conclusion of the 2019 convention

- **Corporate Treasurer** (See 2019 WSBC Treasurer Report for details)
 - Fiscal Year 2018 Results – the year ended with a profit of \$2,857 up from a loss of \$5,687 in 2017.
 - Contribution Income
 - Direct giving is up about 60% this year, the primary driver of increase was an \$8500 contribution from a member
 - Intergroup contributions were flat year over year. A positive sign after multiple years of decreasing contributions.
 - Area Contributions were \$0, down from \$2,373 in 2017
 - Members can bequeath money or contribute up to \$10,000/year
 - Literature income was down \$3,086 or 18% from 2017. No specific intergroup or publication drove the decrease.
 - Convention income was up \$4,200 over 2017
 - Balance Sheet
 - Adjusting for the Convention income, the assets and liabilities/equity of the corporation was \$80,025, up \$4,000 over 2017, primarily due to net income from 2018.
 - 2019 Budget
 - CEA-HOW is projecting a loss in net income of about \$2,000 in 2019
 - Budget highlights include a reduction in direct giving due to \$8,500 in single contribution not being repeated, offset by an increase in Convention income due to the relocation of the event back to California
 - June 30, 2019 Year-To-Date Financials
 - Net income is about \$6,000 lower than the same time period last year
 - eLiterature – There has been \$1200 in sales pushing us beyond the break-even point of costs associated with getting set up; going forward, the costs are expected to be minimal
 - Addendums

9. FORUM

Discussion: How to help encourage all our members to be self-supporting. Dues and fees are not required, yet being self-supporting is a core tradition and value of our program. What can we do? How do we transfer the commitment and enthusiasm of the delegates to the rest of the members?

Comments, Personal Experiences and Observations:

- At meetings, give a dollar for each year abstinent plus one dollar
- At some face-to-face meetings, the treasurer gives a brief report stating how much money was collected
- A different 12-step group has a reminder on their home page explaining where spirituality and money meet. They also give an example of inflation.
- Each board member is assigned to specific intergroups for the purpose of calling them to see where they might need help and to get input for fellowship health
- At the phone bridge IG meeting, a motion was raised to add “suggested \$2 donation” to the 7th tradition paragraph. The motion did not pass. Some people can only afford to put a little change in the basket and others can put in more than \$2.

- With inflation, 50 cents is now over \$8
- CEA-HOW is at the age where growing pains start to happen
- When we ask new members to buy literature instead of contributing, it may cause newcomers to think that contributing is not important
- There is a correlation between finance and participation; one is leading and one is following
- Some non-profit organizations are willing to reduce the rent when people provide service for them
- People are sensitive when it comes to money

Question/Answer

- Do we issue a tax receipt?
 - CEA-HOW will issue a tax receipt if the member requests a receipt or if a single donation is over \$250. The receipt reflects both the total amount given and the value of goods and services received in exchange. The donor may claim the difference as a tax deduction. The receipt would be for any amount over the value of what they are getting. Some Intergroups and Areas are 501c3.

Solutions and Ideas:

- At face-to-face meetings, display the flowchart that shows where the contributions go
- Treasurers could send money on a monthly basis to the next level
- Add short video clips on the website featuring anonymous testimonies about why members give more than \$1
- Schedule very low expense retreats. For example, Area 10 held a phone bridge retreat that had 40 attendees at \$15 each plus larger individual contributions from non-attendees. The total raised was almost \$900 which was used to increase the dollar amount available for delegates and also to send contributions to WSO.
- 100 people contributing \$25/month would provide enough money
- Add anonymous audio testimonials as a podcast or place on Instagram
- When people hear “there are no dues or fees” their minds stop. We can change it to something like “there are no dues or fees to be a member, but we need to pay the bills and contribute to the organization”
- The sponsor can encourage the sponsee, especially when they step up, to share their abundance. This could be added to the literature.
- At face-to-face meetings, keep passing the basket until the meeting meets the predetermined weekly goal/amount
- Have each geographical area pick an area of need from the WSO Treasurer’s report and get the word out
- Instead of telling people what to do, be an example and tell them what you do
- Communicate the different ways and methods of contributing
- When leading meetings, use the word “your”. For instance, you could say “your meeting” and “your contribution”.
- IG reps can have a discussion and take information back to the meetings
- IG reps can explain what the money is used for

- Sponsors can explain to sponsees that we are self-supporting and that one way to carry the message is by giving
- On a phone bridge meeting, remind members that it takes money to keep an organization going and that it is a privilege to support your organization. Say “get your checkbook out or go to your PayPal account before you forget”
- The treasurer can encourage people to give more
- Speaker seekers can encourage speakers to share how they give and what CEA-HOW has done in their lives

Roll Call:

Voting members present = 35

Two-thirds majority = 23

POLICY MOTION #1

(submitted by WSBC Area Health Committee)

Title: Continuation of the 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.

Discussion: The geographical areas were clarified. (see Service Manual)

Vote on Policy Motion #1:

No opposition.

Policy Motion #1 passed unanimously in its original form.

POLICY MOTION #2

(submitted by Area 10)

Title: *Forever Abstinent* -- Add ounces measurements to Appendix A, Fruits Section

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, un sulphured) (1/4c. or 2oz)

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

Proposed Amendment #1: Change “Melons” line to read:

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

Amendment #1 passed unanimously.

Proposed Amendment #2: change measurement to “**up to** 8 oz”

Amendment #2 failed with 7 votes in favor and 24 votes against.

| BREAK |

Roll Call:

Voting members present = 36

Two-thirds majority = 24

Vote on Policy Motion #2:

The amended policy motion failed with 16 votes in favor and 15 against.
(2/3 required to pass)

Policy Motion #2 failed.

POLICY MOTION #3

(submitted by AREA 10)

Title: *Forever Abstinent* -- Add Bullet Points re Sponsoring

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.

Motion: **Require 2/3 of the votes to pass a policy motion.**

The motion passed with 21 votes in favor and 9 votes against.

Roll Call:

Voting members present = 36

Two-thirds majority = 24

Vote on Policy Motion #3:

The motion passed with 22 votes in favor and 11 votes against.

Policy Motion #3 passed in its original form.

POLICY MOTION #4

(submitted by Janann Y.)

Title: *Forever Abstinent* -- Revise “LOOK FOR SUGAR”, p. 15

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)

Vote on Policy Motion #4:

The motion passed unanimously with 34 votes in favor.

Policy Motion #4 passed in its original form.

POLICY MOTION #5

(submitted by Area 10)

Title: Clarifying Condiment Measurements, Appendix A

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 a total of one-half cup per meal helps to keep our meals in check.)

Proposed amendment #1: Remove the words “a total of”.

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

Amendment #1 passed with 22 votes in favor and 10 votes against.

Vote on Policy Motion #5:

The amended motion passed with 23 votes in favor and 10 votes against.

The minority spoke and one person in the majority changed their vote.

Vote to reconsider policy motion #5:

The vote to reconsider failed with 7 in favor and 26 against.

The vote was not reconsidered.

A vote was called on the following amended 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 #5 passed in its amended form.

POLICY MOTION #6

(submitted by Area 10)

Title: Forever Abstinence - Clarify Condiments Guidelines, p. 16

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. Up to one-half cup (1/2c.) of sugar-free gelatin may be eaten at each meal. As with all condiments, the gelatin is optional.

Proposed Amendment #1:

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

Amendment #1 passed unanimously.

A vote was called on the following amended 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.

Vote on Policy Motion #6:
The motion passed unanimously.

Policy Motion #6 passed in its amended form.

| LUNCH |

| BUSINESS SESSION #2 |

Roll Call:

Voting members present = 35

Two-thirds majority = 23

POLICY MOTION #7

(submitted by the Board of Directors)

Title: *Forever Abstinent* - Remove “healthy fat”, p. 15

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

Vote on Policy Motion #7:
The motion passed unanimously.

Policy Motion #7 passed in its original form.

POLICY MOTION #8

(submitted by Area 10)

Title: *Forever Abstinent – Maintenance Fats, Appendix B -- Nut Butter*

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

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

Proposed amendment to Amendment #1 to the motion: Add 1 T (tablespoon) nut **butter or seed** butter to Maintenance Foods Only in *Forever Abstinent* Appendix B.

The proposed amendment to amendment #1 passed unanimously.

Amendment #1 passed unanimously.

A vote was called on the following amended motion:

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

Vote on Policy Motion #8:

The motion passed with 31 votes in favor and 1 vote against.

Policy Motion #8 passed in its amended form.

POLICY MOTION #9

(submitted by Janann Y)

Title: Revising the list of **Fats and Oils** in *Forever Abstinent*, APPENDIX B, Maintenance

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

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 olives

2 slices crisp bacon

Proposed Amendment #1: add “2 T of Half and Half” to the list

The proposed amendment #1 passed unanimously

Proposed Amendment #2: after 8 olives add “depending on size, if large use less”

Proposed amendment #1 to Amendment #2: after 8 olives “depending on size, if large use 6”

The proposed amendment #1 to amendment #2 failed with 14 votes in favor and 19 votes against.

Proposed amendment #2 to Amendment #2: “8 medium olives or 6 large olives”

Amendment #2 to amendment #2 passed unanimously.

Proposed amendment #3 to amendment #2:

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

Amendment #3 to amendment #2 failed with 14 votes in favor and 19 votes against.

A vote was called on the following amended motion:

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

Vote on Policy Motion #9:

The motion passed with 34 votes in favor and 1 vote against.

Policy Motion #9 passed in its amended form.

POLICY MOTION #10

(submitted by Janann Y):

Title: Fat Consumption in *Forever Abstinent*

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>Breakfast 1 protein selection 1 fruit selection Up to 1 fat selection 3 T. raw or unprocessed bran (optional)</p> <p>Lunch 1 protein selection 2 vegetable selections Up to 1 fat selection</p> <p>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)

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

Vote on Policy Motion #10:

The motion passed with 27 votes in favor and 6 votes against.

Policy Motion #10 passed in its original form.

POLICY MOTION #11

(submitted by Area 10)

Title: *Forever Abstinent* -- Ready Set Go! Medical Abstinence, p 5

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.

Vote on Policy Motion #11:

The motion failed with 21 votes in favor and 12 against. (2/3 required to pass)

Policy Motion #11 failed.

| BREAK |

POLICY MOTION #12

(submitted by WSBC Special Needs Committee)

Title: *Forever Abstinent* -- Medical Abstinence “Life Threatening,” p 7

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 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.

Vote on Policy Motion #12:

The motion passed with 26 votes in favor and 8 votes against.

After the minority vote spoke, 3 people wanted to change their vote.

Vote to reconsider the motion: 16 votes in favor and 16 votes against.

Re-vote to reconsider the motion: 19 votes in favor and 13 votes against.

Proposed Amendment #1: except in the case of **a serious illness or a life-threatening condition.**

Amendment #1 passed with 24 votes in favor and 6 votes against.

A vote was called on the following amended 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.

Vote on Policy Motion #12:

The motion passed with 24 votes in favor and 8 votes against.

Policy Motion #12 passed in its amended form.

POLICY MOTION #13

(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)

Title: *Forever Abstinent*, Ready Set Go! P 5 -- Three Meals Weighed and Measured According to The CEA-H.O.W. Concept and Seven Tools

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”

Proposed Amendment #1: Delete only the phrase “Although this is not a must”

Amendment #1 failed with 21 votes in favor and 12 votes against. (2/3 required to pass)

Vote on Policy Motion #13:
Nobody voted in favor of the motion.

Policy Motion #13 failed.

POLICY MOTION #14

(submitted by Area 3)

Title: *Forever Abstinent*– Appendix A, Starches – Corn

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

Vote on Policy Motion #14:
The motion passed with 31 votes in favor and 1 vote against.

Policy Motion #14 passed in its original form.

POLICY MOTION #15

(submitted by Elayne S)

Title: *Forever Abstinent* - Add Protein Powder, Appendix A, Proteins, p 29

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.)

Proposed Amendment #1: Add the following to Protein section in Appendix A in *Forever Abstinent* p. 29, in a new section Protein Powders to look like this:

Protein Powder

Follow measurements on the nutrition label which fall between the minimum and maximum ranges of nutrients:

- Fat range: 0-25 g
- Carbohydrate range: 0-45 g
- Protein range: 15-35 g

Sugar and flour must be 5th or lower on the ingredient list.

Amendment #1 failed with 13 votes in favor and 18 votes against.

Vote on Policy Motion #15:

The motion passed with 24 votes in favor and 9 votes against.

After the minority spoke, one person in the majority wanted to change their vote

Reconsider to vote again: 6 votes in favor and 24 votes against.

Policy Motion #15 passed in its original form.

| RECESS BUSINESS SESSION – DAY ONE |

| Day Two |
| BUSINESS SESSION #3 |

1. CALL TO ORDER

2. DELEGATE ROLL CALL – CONFIRM CREDENTIALS

Voting members present = 34

Two-thirds majority = 23

3. REPORTS OF WSBC COMMITTEES

a. WSBC

- No report

b. Agenda (see report for details)

c. Education (see report for details)

d. Education (Special Needs) (see report for details)

e. Literature (see report for details)

- Question about *12 Steps Revisited* that was passed last year
 - The books in stock will be sold before new versions are printed

f. Finance (see report for details)

- Does the committee actually have a say in how the money is spent?
 - The committee has input on the budget
- Are we still banking at Wells Fargo?
 - The new president will review banking relationships

g. Public Information (see report for details)

h. Sponsorship (see report for details)

i. Website (see report for details)

- Question about the words “pop-up” and “bounce”
 - The question was answered
- We currently have a pop-up regarding the service manual. It is set to pop-up three times. After conference, an announcement will pop-up regarding the WSBC changes to Forever Abstinent

j. WSBC Policy Manual

- An oral report was given by the board liaison.
- The current copy of the Policy Manual is included in the delegate handouts.

k. Ad Hoc –Area Health (see report for details)

- Question about how many delegates can be chosen from a combined area?
 - Calculations were done and it was determined that the number of delegates will not change whether there are 3 areas or 1.

4. NEW BUSINESS - POLICY/BYLAWS MOTIONS (continued)

POLICY MOTION #16

(submitted by Janann Y)

Title: *Forever Abstinent* – Appendix A, “Proteins,” p 16

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. 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. For example, you may select half of your protein in *milk* (one cup/8oz) and the other half *sausage* (2oz cooked).

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

Proposed Amendment #1: Instead of replacing the original paragraph, delete from the original paragraph one sentence: “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*.”

Amendment #1 failed with 3 votes in favor and 29 votes against.

Proposed amendment #2 to change sentence to read: **Note that there is a wide variety; this isn't a complete list of proteins.**

Amendment #2 failed with 21 votes in favor and 12 votes against. (2/3 votes required)

Vote to reconsider Amendment #2 passed with 18 votes in favor and 16 votes against. Amendment #2 will be reconsidered.

Amendment #2 passed with 24 votes in favor and 10 votes against.

Proposed Amendment #3 to keep current and proposed paragraphs and delete the following sentence: A good rule of thumb is that, with proteins, it is usually four ounces, and that means cooked weight.

Amendment #3 failed with 2 votes in favor and 31 votes against.

Proposed amendment #4 to change “sausage (2oz cooked)” to “in egg (1 egg)”

Proposed amendment #1 to amendment #4 to replace “in egg (1 egg)” with “4 oz of garbanzo beans or any legume”.

Amendment #1 to amendment #4 failed with 15 votes in favor and 16 votes against.

Proposed amendment #2 to amendment #4 to **remove** the sentence: “For example, you may select half of your protein in milk (one cup/8oz) and the other half in egg (1 egg).”

Amendment #2 to Amendment #4 passed unanimously.

A motion was made to remove Policy #16 from the agenda.

The motion to remove policy #16 failed with 3 votes in favor and 31 votes against.

A vote was called on the following amended motion:

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.

The motion passed with 31 votes in favor and 3 votes against.

Policy Motion #16 passed in its amended form.

| BREAK |

Roll Call:

Voting members present = 34

Two-thirds majority = 23

POLICY MOTION #17

(submitted by Area 2)

Title: 1st 30 Questions Revised

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.

(See attachment for new questions)

Vote on Policy Motion #17:

The motion passed unanimously.

Policy Motion #17 passed in its original form.

POLICY MOTION #18

(submitted by WSBC Board of Directors)

Title: “Sponsor Guidelines” into two publications – Steps 1-3 and Steps 4-5

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.

Vote on Policy Motion #18:

The motion passed with 29 votes in favor and 5 votes against.

After the minority spoke, one person in the majority wanted to change their vote.

Vote to reconsider this motion failed with 6 votes in favor and 27 votes against

Policy Motion #18 passed in its original form.

POLICY MOTION #19

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

Title: CEA-HOW Entry in Wikipedia

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 healthy 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."

Proposed Amendment #1 to change 2 words in this sentence: 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 **healthy mindful** relationship with food and to reach and maintain a **healthy normal** body weight.

Proposed amendment to amendment #1: change "a normal body weight" to "**a right-sized body**".

Amendment #1 to Amendment #1 failed unanimously.

Proposed Amendment #2 to Amendment #1: change "a normal body weight" to "**an appropriate body weight**".

Amendment #2 to Amendment #1 failed with 3 votes in favor and 30 votes against.

Proposed amendment #3 to amendment #1: change "normal" back to "**healthy**"

Amendment #3 to Amendment #1 passed unanimously.

Amendment #1 passed unanimously as "mindful" relationship with food

Proposed Amendment #2 to add the sentence: The CEA-HOW program has worldwide face-to-face, telephone and electronic meetings.

Amendment #2 passed unanimously.

A vote was called on the following amended 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.

Vote on Policy Motion #19:

The motion passed with 30 votes in favor and 2 votes against.

Policy Motion #19 passed in its amended form.

5. **DEADLINE FOR SUBMITTAL OF APPLICATION FOR SEAT ON BOARD OF DIRECTORS**

6. **ANNOUNCEMENTS**

| LUNCH |

| BUSINESS SESSION #4 |

1. **CALL TO ORDER**

2. **ROLL CALL**

Voting members present = 34

Two-thirds majority = 23

3. **URGENT NEW BUSINESS MOTIONS**

No urgent business

4. **ELECTION OF WSO BOARD OF DIRECTORS**

6 applications were received to fill 3 positions

The following members were elected:

- **Shirle A**
- **Lorraine S**
- **Michael D**

5. **OPEN FORUM**

- What is the possibility of bringing a person from each area to the board? Several areas are not represented on the board. Can each area get a board liaison?
- People can be invited to call and listen to the Board meetings. Proposed that an invitation go out to IG chairs
- Have local workshops and send money to WSO
- Our program is here and that means that we are growing. It's been so fun watching strengths come out and how we use our tools and resources. Encourage all of us to keep carrying the message.
- Delegate was glad to be of service and to meet people face-to-face; it's interesting to see what goes on behind the scenes
- Pamela was acknowledged for her 8 years of serving as President
- Pamela was thanked for her constancy, humility, and the way she carried the organization through the years
- Michael was recognized for taking the time to meet with each board member, for assigning board members to 3 intergroups, and for reminding board members that personal connection makes a difference
- Reminder that the president and the vice-president do not have to be members of the fellowship
- None of the corporate officers have to be CEA-HOW members
- Gratitude was expressed for the excellent support in English/Spanish translation
- The conference support team was thanked for their service

6. ELECTION OF WSBC CONFERENCE COMMITTEE

The primary responsibility is to assign delegates to Conference Committees based on their preferences expressed in their Conference Committee Selection forms. This Committee's work is done in May and June.

The following members volunteered:

- Adell P
- Mary Q.
- Paul M.

7. CLOSING COMMENTS

Vice-Chair – This has been a remarkable year and it's been a pleasure to serve. In the past, the answer to many of our questions has been "I don't know. Ask Pamela!" (followed by much laughter) Pamela's term as president has been completed and she will continue now solely as Executive Director. Pamela was presented with a beautiful quilt made up of CEA-HOW t-shirts. Pamela will be missed.

8. ADJOURNMENT (2:33pm PT)