



World Service Office  
CEA-HOW, Inc.  
3371 Glendale Boulevard, Suite 104  
Los Angeles, CA 90039  
Phone: 323-660-4333  
Email: [gso@ceahow.org](mailto:gso@ceahow.org)

# Compulsive Eaters Anonymous-HOW

## WORLD SERVICE BUSINESS CONFERENCE 2021

July 23, 2021

### BUSINESS SESSION 1

#### 1. CALL TO ORDER

The World Service Business Conference (hereinafter, "WSBC") 2021 was called to order by Michael D, Chair, at 8:00 am.

#### 2. THIRD STEP PRAYER; TRADITION 2

#### 3. INTRODUCTION OF WORLD SERVICE ORGANIZATION BOARD OF DIRECTORS AND CORPORATE OFFICERS

- a. DIRECTORS: Michael D (Chair), Susan M (Vice-Chair), Shirle A, Janice R, Lorraine S, Bryce M, Gris M
- b. CORPORATE OFFICERS: Jim W (Acting President), Carolyn P (Treasurer), Donna B (Secretary)
- c. EXECUTIVE DIRECTOR: Ellie M

#### 2. DELEGATE ROLL CALL AND CREDENTIALS REPORT

- a. Voting Delegates Present: 35
- b. Voting Members Present: 6
- c. Two-Thirds Majority: 28

#### 3. APPROVAL OF STANDING RULES

Motion

The Standing Rules were unanimously approved.

#### **4. APPROVAL OF AGENDA**

Motion

The Agenda was unanimously approved.

#### **5. APPROVAL OF WSBC 2020 MINUTES**

Motion

The Minutes of the WSBC 2020 were unanimously approved.

#### **6. REPORTS**

a. Chair (Michael D)

The Chair, Michael D, thanked the participants for their service in preparing for and participating in the WSBC 2021. He commended the CEA-HOW Fellowship for its flexibility (and continued abstinence) in facing the challenges posed by the COVID-19 pandemic.

b. Executive Director (Ellie M)

Ellie M, Executive Director, thanked the participants for their service. She noted the highlights of the year in meeting the organizational challenges posed by the pandemic. She expressed her belief that, as we approach the 25<sup>th</sup> WSBC this coming year, CEA-HOW will continue to grow and strengthen.

The Executive Director's full written report is included in the WSBC 2021 preparatory packet.

c. Corporate President (Jim W)

Jim W, the Interim Corporate President, noted that he was a non-participating member serving as President. He commended the Fellowship's adaptation to changing times. He commented on CEA-HOW's strengths. He noted the recent appointment of a new Executive Director, Ellie M, and service of a very strong Corporate Treasurer, Carolyn P.

d. Corporate Treasurer, Financial Report (Carolyn P)

Carolyn P, the Corporate Treasurer, presented the financial report for Fiscal Year 2020, a summary of which is below. Carolyn reported CEA-HOW has a strong financial position overall, noting the changes in line items, such as the mix of income sources and expenses, when comparing Fiscal Years 2020 with 2019. A number of the variances were due to adjustments necessitated by the pandemic, such as virtual conferences. She stated, as of December 31, 2020, CEA-HOW had Assets of \$185,080, an increase in assets of \$31,183 year over year. Net income increased 18.8% or \$6,081, year over year, from \$32,328 in FY 2019 to \$38,408 in FY 2020. CEA-HOW's cash position as of December 31, 2020, is \$69,836, after backing out the Prudent Reserve, Reserve for the Convention, and non-cash items.

The full report is included in the WSBC 2021 preparatory packet.

Overall	2020	2019	\$ Change	% Change
Total Income	\$ 130,613	\$ 177,963	\$ (47,350)	-26.6%
Total Expense (1)	\$ 92,204	\$ 145,635	\$ (53,431)	-36.7%
Net Income	\$ 38,409	\$ 32,328	\$ 6,081	18.8%

  

Gross Income by Class	2020	2019	\$ Change	% Change
Contributions	\$ 92,503	\$ 69,669	\$ 22,834	32.8%
Conference	\$ 4,000	\$ 4,125	\$ (125)	-3.0%
Convention	\$ 7,466	\$ 74,219	\$ (66,752)	-89.9%
Literature	\$ 26,615	\$ 29,896	\$ (3,281)	-11.0%
Total Gross Income	\$ 130,585	\$ 177,910	\$ (47,325)	-26.6%

  

Expenses by Class	2020	2019	\$ Change	% Change
Contributions	\$ 938	\$ 701	\$ 237	33.8%
Conference	\$ 500	\$ 13,550	\$ (13,050)	-96.3%
Convention	\$ 985	\$ 42,137	\$ (41,153)	-97.7%
Literature (1)	\$ 8,791	\$ 10,121	\$ (1,329)	-13.1%
Operations	\$ 80,990	\$ 79,126	\$ 1,864	2.4%
Total Expenses	\$ 92,204	\$ 145,635	\$ (53,431)	-36.7%

  

Net Income by Class	2020	2019	\$ Change	% Change
Contributions	\$ 91,565	\$ 68,968	\$ 22,597	32.8%
Conference	\$ 3,500	\$ (9,425)	\$ 12,925	137.1%
Convention	\$ 6,482	\$ 32,082	\$ (25,600)	-79.8%
Literature	\$ 17,824	\$ 19,776	\$ (1,952)	-9.9%
Operations	\$ (80,962)	\$ (79,073)	\$ (1,889)	2.4%
Net Income	\$ 38,409	\$ 32,328	\$ 6,081	18.8%

TOTAL				
Contribution Income	2020	2019	\$ Change	% Change
In Memory of/Honor of	\$ 25	\$ 28	\$ (3)	-10.7%
Intergroup	\$ 38,100	\$ 35,260	\$ 2,840	8.1%
Area	\$ 18,725	\$ 3,027	\$ 15,698	518.7%
Online Recurring	\$ 16,699	\$ 13,016	\$ 3,683	28.3%
Gratitude Contributions	\$ 18,954	\$ 18,339	\$ 616	3.4%
Total Contributions Income	\$ 92,503	\$ 69,669	\$ 22,834	32.8%
Total Direct Giving (online + gi)	\$ 35,653	\$ 31,354	\$ 4,299	13.7%

Conference	2020	2019	\$ Change	% Change
Income	\$ 4,000	\$ 4,125	\$ (125)	-3.0%
Expenses	\$ 500	\$ 13,550	\$ (13,050)	96.3%
Net Income	\$ 3,500	\$ (9,425)	\$ 12,925	137.1%

Convention	2020	2019	\$ Change	% Change
Income	\$ 7,466	\$ 74,219	\$ (66,752)	-89.9%
Expenses	\$ 985	\$ 42,137	\$ (41,153)	-97.7%
Net Income	\$ 6,482	\$ 32,082	\$ (25,600)	-79.8%

## 7. NEW BUSINESS -- POLICY/BYLAWS MOTIONS

Policy Motion #1: CEA-HOW Service Manual Online Access to All Members, submitted by Phone Bridge Intergroup #90140

Motion: To make the CEA-HOW Service Manual available as a PDF on our website under the "For Members" tab for easy reference, in addition to selling it as a hardcopy and eBook.

The Motion was seconded by Claire C.

Vote: The motion failed to pass by the required two-thirds majority, 24 voting in favor of the motion and 17 voting against the motion. The majority did not reach the requisite number of votes needed for passage and, as such was presented with the opportunity to speak. The position was presented by Paul M. No one changed their vote.

Policy Motion #2: Addition to *Sponsor Guidelines* – Not to Mention Food at Meetings

Motion: Include the following additional two statements in the *Sponsor Guidelines* (pages 4 and 6)

- i. Statement #1: “and advise against food pitches,” – include in the last sentence, paragraph 6
- ii. Statement #2: “This is a spiritual program that recommends a focus on the solution and not on the food. Please be mindful of not triggering fellows present at a CEO-HOW meeting by mentioning foods.” This becomes the last sentence of paragraph 6.
- iii. Page 4, paragraph 6 will read: “Encourage sponsees to share at meetings after seven (7) days of abstinence. Explain the purpose of a pitch is to carry the message and advise against food pitches, emotional dumping, sharing highly personal matters best discussed with your sponsor, or discussing outside issues, materials, or programs. Our Third Tradition says that anyone who has a desire to stop eating compulsively is welcome. All pitches should be on a positive level and advise against food pitches. This is a spiritual program that recommends a focus on the solution and not the food. Please be mindful of not triggering fellows present at a CEA-HOW meeting by mentioning foods.” [All paragraph and page references refer to *Sponsor Guidelines*, (Rev 7/20).]

The Motion was seconded by Janice R.

Vote: The motion failed to pass by the required two-thirds majority, 25 voting in favor of the motion and 17 voting against the motion. The majority did not reach the requisite number of votes needed for passage and, as such, was presented with the opportunity to speak. Adell P spoke in favor of the motion. No one changed their vote.

Policy Motion #3: Traditions Sponsor, Submitted by Areas 10 and 7

Motion

- Part 1: Create the category of Traditions Sponsor, sequenced after achieving the Food, Inventory, and Step levels of Sponsorship. In order to qualify as a Traditions Sponsor, you must qualify as a Food, Inventory, and Step Sponsor, have 90-days of continuous Abstinence, and have completed CEA-HOW’s *Twelve Traditions Study Guide*.
- Part 2: Amend the *Sponsor Guidelines* (Rev 7/20) as follows:
  - Page 3, paragraph 5:
    - Insert—after 3. Steps Six Through Twelve—the following-

- 4. *The Twelve Traditions Study Guide* & then,
  - 5. CEA-HOW maintenance questions from the *Maintenance Sponsor Guide*.
  - Re-write the next section in brackets () to read: (If a member needs to start the *Maintenance Food Plan* during the time of answering the questions in *The Twelve Traditions Study Guide*, it will be a mutual decision between the sponsor and the sponsee whether the member shall interrupt *The Twelve Traditions Study Guide* and move to the maintenance questions if the member reaches the maintenance stage prior to completion of *The Twelve Traditions Study Guide*. This does not change the use of slip questions or a member's choice of questions following completion of *The Twelve Traditions Study Guide*.)
- Page 7: Types of CEA-HOW Sponsors – 1. Food Sponsor 2. Inventory Sponsor 3. Step Sponsor 4. Traditions Sponsor 5. Maintenance Sponsor
  - Page 7: Insert after the paragraph on Step Sponsor and before the paragraph on Maintenance: Traditions Sponsor. To qualify as a CEA-HOW Traditions Sponsor, you must qualify as a Food, Inventory, and Step Sponsor, have 90-days of continuous abstinence, and have completed the CEA-HOW *The Twelve Traditions Study Guide*.

The motion was seconded by Shirle A.

Vote: The motion passed by the required two-thirds majority, 35 voting in favor of the motion and 5 voting against the motion. The minority voice was offered, but declined. No one changed their vote.

Bylaw Motion #1: Revise CEA-HOW *Bylaws* Part C, Article 23, Section 11, submitted by the Website Committee

Motion

- Delete c and d:
- c) The Phone Bridge Website Liaison shall be a non-delegate member of the Website Committee and attend all scheduled meetings.
- d) Develop a coordinated plan and procedures for website day-to-day maintenance, including, but not limited to:
1. Creation of material for posting to the website.
  2. Maintenance of website content.
  3. Upload of draft board minutes and marking them approved based on Board feedback.
  4. Upload of meeting formats as necessary.
  5. Upload of events.
  6. Troubleshooting technical issues with the site.
  7. Creation of a Quarterly CEA-HOW Newsletter.
- Add to Subsection (c)
- (c) The Conference Website Committee shall be a voice of the Conference and the fellowship

as a whole to help ensure the website serves the needs of those seeking help for compulsive eating whether prospective members, those who want to help someone who is a compulsive eater, and current members of the fellowship. In so doing, the Committee may, but is not limited to:

1. Invite input of the Conference Committees, the WSO Board, WSO, those who have expertise in website development, optimization, and maintenance, and, at times, the fellowship as a whole.
2. Provide input to WSO and the WSO Board on the prioritization of website-related projects.
3. Propose to the Conference Committees and/or develop content to be updated or for posting to the website.
4. Recommend editorial and technical changes to the website.
5. Undertake projects as requested by WSO or the WSO Board.

Vote: The motion was unanimously adopted.

### Ad Hoc Committee Formation

#### Motion

- Form an ad hoc committee to review [CEA-HOW] *Bylaws* that impact meeting registration.
  1. The committee will present a report of their findings during WSBC 2022.
  2. The committee will sunset after the completion of WSBC 2022.
- Motion unanimously passed.
- Ad Hoc Committee Members: Paul M, Debbie T, Linda T, Loretta G, Jose F, Elaine E, Carmen M, Jude A, and Mary Ann M. [At a WSO Board of Directors meeting held directly after the WSBC 2021, Adell P and Bryce M were appointed Board Liaisons.]

## **LUNCH**

Michael D, Chair, adjourned Session 1 at 11:35 a.m., noting a lunch break until 1:30 p.m. and WSBC Committee meetings between 1:30 p.m. and 2:30 p.m., after which Session 2 will convene.

## **BUSINESS SESSION 2**

### **1. CALL TO ORDER**

The WSBC, Business Session 2, was called to order by Michael D, Chair, at 2:30 p.m.

### **2. DELEGATE ROLL CALL AND CREDENTIALS REPORT**

- |                              |    |
|------------------------------|----|
| a. Voting Delegates Present: | 33 |
| b. Voting Members Present:   | 6  |
| c. Two-Thirds Majority:      | 26 |

### **3. REPORTS OF THE WSBC COMMITTEES**

- a. WSBC
- b. Agenda
- c. Education
- d. Special Needs
- e. Finance
- f. Literature
- g. Public Information
- h. Sponsorship
- i. Website
- j. WSBC Policy Manual

Written reports of the following committees are included in the preparatory packet: Agenda, Education, Special Needs, Finance, Literature, Public Information, Sponsorship, Website, and Policy Manual.

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

Four applications for Board members were received to fill four vacant positions. One Board member was up for reelection (Lorraine S).

- a. The following people were unanimously elected to the Board of Directors:
  - i. Lorraine S (second term)
  - ii. Susan C (first term)
  - iii. Aneisa B (first term)
  - iv. Adell P (first term)
- b. Michael D and Shirle A are retiring from the Board of Directors. The Board thanked them for their dedication and service over the years.

### **5. ELECTION OF WSBC 2022 COMMITTEE MEMBERS**

- a. The following delegates volunteered and were approved to serve on the WSBC 2022 Committee: Elaine E, Paul M, Stephanie G, Coletta W, Linda T. [At a Board of Directors meeting conducted subsequent to the WSBC 2021 meeting, Lorraine S was appointed as the Board Liaison.]

### **6. OPEN FORUM**

- a. 911 Plan. Discussion ensued regarding CEA-HOW's emergency preparedness plan. Given the organization's response to the pandemic and its financial position, a formal initiative to formally address was not considered.
- b. Food Insecurity. The pandemic has highlighted food and financial insecurity amongst people, including CEA-HOW members. The general discussion did not result in any formal action.
- c. Communication.
  - i. Reminder about Connected in Recovery, August 1, 2021.
  - ii. CEA-HOW Global Convention 2022, July 22-July 24, 2022.

## **7. CLOSING COMMENTS AND ADJOURNMENT**

Michael D thanked the Delegates, Directors, Parliamentarian, Interpreters, and Tech staff for their service.

Upon a motion made by Michael D, seconded by Janice R, and unanimously adopted, the meeting was adjourned at 3:05 p.m.

The meeting was closed with the Serenity Prayer.