



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)
Los Angeles, CA, JULY 21-22, 2022
Minutes**

BUSINESS SESSION 1

Susan M., Chair called the meeting to order with the Serenity Prayer at 8:30 am 7/21/2022.

Adell P read the Third Step Prayer and Aneisa B. read Tradition two.

Introduction, roll call, agenda, and previous meeting minutes approval

Susan M introduced the World Service Board of Directors and Corporate Officers: Susan M., Chair; Adell P., Director; Bryce M., Director; Michael D., Corporate President; Carolyn P. Corporate Treasurer; David M., Corporate Secretary; Dean B., Parliamentarian; Marcus F. Non-Participating Director; Lorraine S., Vice-Chair; Aneisa B., Director; Mary Q., Director; Gris M., Director; Ellie M., Executive Director, WSO. Susan reminded all participants to speak at a microphone and to remove their mask when they spoke at the mike. Stephen P, delegate was acknowledged for his 18th abstinence anniversary.

Delegate roll call and credentials report: 21 delegates were present at roll call. Quorum at the beginning of day one was established as 14 delegates; voting members including delegates and directors was 29, 2/3 majority 20. There were 3 Corporate Officers and the Executive Director present who in accordance with their role have a voice, but not a vote in the assembly.

Susan introduced the conference support committee: Cristina M and Ginger B.; Interpreters: Maria D and Sandy A. She also introduced Almarosa H., the new WSO Office Manager. Susan also made the first call for applications for Participating Director.

Approval of Standing Rules: Chair noted that for this year the standing rules included a strong recommendation that all participants wear a mask except when eating at lunch or addressing the body at one of the microphones in light of the Covid pandemic. Donna T. moved to approve the Standing Rules as presented; David S seconded, motion was unanimously approved.

Approval of Agenda. There were two corrections to the agenda: the Finance Committee report was omitted from Business Session 3, item 3, which was added as sub-item k. During Business Session 4, two asterisks were accidentally omitted from items 2 and 3 to indicate that these may be replaced or followed by discussion of the issues considered by the Ad Hoc committee regarding meeting registration and affiliation of electronic meetings with geographic Areas rather than Area 10, time permitting. LB C. moved to adopt the agenda as corrected, Donna T. seconded. Motion was unanimously approved.

Stephen P asked whether it was appropriate to have conditional or contingent parts of a main motion as was the case for Policy Motion #1. Stephen suggested that the motion either be considered by paragraph or by division.

Lorraine S. moved that if Policy Motion 1 part A does not pass then Policy Motion 1 part B be withdrawn from the agenda. Shirle A. seconded. 22 in favor, 5 opposed.



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)
Los Angeles, CA, JULY 21-22, 2022
Minutes**

Two spoke for the minority opinion. A vote to reconsider the amendment was taken and 10 were in favor of reconsideration; 16 were opposed. Motion to reconsider failed. Chair clarified that only those who vote against the prevailing side are allowed to speak to the minority opinion. Those who abstain or do not vote may not speak in the minority.

Approval of 2021 WSBC minutes. Donna T. moved to approve the minutes. Shirle A seconded. Motion was unanimously approved.

Officer Reports

Chair: [Report provided in advance, summarized here] Susan acknowledged everyone's participation despite Covid and the fellowship's resilience during the pandemic. She noted that this was the 25th anniversary of the formation of CEA-HOW as a fellowship. She highlighted some of the Board's work during the year: a workshop was held in June for the newly designated service month with both English and Spanish translation, titled Back to Basics; new Policy & Bylaws motion guidelines and templates for future business conferences; outreach by Board members to Intergroups; and addressed issues regarding Area 6 leadership and governance that were in conflict with the CEA-HOW Bylaws, Traditions and Concepts of Service. She thanked the WSBC conference committees for their efforts during the past year, especially the work of the Literature Committee, which evaluated many proposed pieces of literature and the Ad Hoc committee on meeting formation and Intergroup affiliation to study and survey the fellowship regarding online meetings retaining affiliation with geographic intergroups. She concluded with a special thanks to WSO office staff for their hard work. She reminded all members to thoroughly read and consider all the motions because we are here to make decisions for the fellowship as a whole.

Corporate President: Michael gave his president's report. Conference committee work is so important throughout the year as well as at WSBC. An important duty of the President is to be sure that WSO is fiscally responsible, as we have done in the past year. He also reported on the Bylaws change that gives term limits for all corporate officers, not just the President. All officers are now limited to four two-year terms.

Executive Director: [Report provided in advance, summarized here] Ellie stated that the Executive Director serves under the Corporate President and the Board of Directors and oversees the day-to-day operation of the business operation of the WSO corporation. WSO serves as the central communication hub of the CEA-HOW fellowship, directing thousands of emails to the appropriate service body throughout the fellowship. WSO exists to support the CEA-HOW fellowship and is financially supported by it. There are 29 registered Intergroups. As of June 1, 2022, the 90110 Intergroup in Mexico withdrew its affiliation with CEA-HOW. Almarosa H. Office Manager started in March of this year. She is responsible for literature order fulfillment and shipping and supporting the Executive Director with administrative tasks. We have a mailing membership of 2,500, which is up approximately 10% from last year. She thanked the members for their support and expressed that it is a pleasure to serve the members of the Conference and the whole fellowship in carrying the message of recovery in this our 25th anniversary.

Corporate Treasurer: [Report provided in advance, summarized here] Carolyn presented her Treasurer's report. Historically, net income had been a challenge until we turned the corner in 2019 and have done well in the last 3 years. She discussed source of revenue and how money is expended. We have thrived financially during 2020 and 2021 in spite of the pandemic.



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)
Los Angeles, CA, JULY 21-22, 2022
Minutes**

For 2021, CEA-HOW, Inc. had gross income of \$157,339 up 20.5% or \$26,759 increase over the prior year. Net income was \$63,333, up 70.8% or \$26,262. Primary contributors to the increase in net income was a \$25,759 increase in contributions and \$2,367 from two virtual events which had very little expense. There was a reduction in operating expenses in payroll because Executive Director transition and training occurred primarily in 2020 reflecting an overall 1.6% decrease. There was a decrease of Literature net income of 10.9% in 2021. Total contributions for 2021 were up 28% over 2020. Primarily from select Intergroups, Gratitude contributions and online donations.

CEA-HOW, Inc. had \$253,361 in assets as of December 31, 2021, a \$69,618 increase in assets. A key factor in the increase is Convention gross income which remains on the balance sheet until Convention is held as well as the \$26,000 increase in net income from 2020 to 2021. Of the \$253,361, \$169,000 is committed to: Prudent Reserve, Convention registrations that will pay for Convention expenses, website projects, cash flow management and other prepaid expenses. Convention registration looks promising, although there have been cost increases by the hotel because of inflation. She expressed gratitude that everyone has stepped up during the pandemic and that we are in a good financial position now. She stated that we need to keep up the good work and support the Convention. Carolyn further noted that there is a presentation "CEA-HOW It Works" which includes a section "CEA-HOW It's Funded" that goes into detail on "where the money goes". The presentation can be found on the ceahow.org website. Select Service Bodies from the menu, then WSO. The presentation can be found on that screen.

Questions for the Treasurer: In Area 1, the number of meetings is down by approximately 50%, but overall contributions are the same, can Treasurer speculate on what this might mean. Answer: tough to compare decrease in meeting numbers to total revenue. Hard to say now, may be clearer next year. Other concerns were expressed about a limited number of Areas that are providing most of the financial support. Outreach to new members is more important than ever. A question was asked about having Conference virtually, hybrid, or in person in alternate years, along with the observation that there was better representation at Conference from around the world when it was virtual. There was a request for guidance and experience from a struggling/beginning Area (Area 7) on how to get going and growing.

Chair said this discussion would continue in the Forum which was the next agenda item and called for a break at 9:58 am.

Chair called the body back to order 10:19 am.

Forum

Discussion on how to link our Seventh Tradition to the strength of CEA-HOW on all levels.

A suggestion was made that all meetings may wish to offer PayPal, Zelle, and Venmo as payment options and to keep reminding members about the importance of contributions. Another said fellows need to see where the money goes, how it comes back to the fellowship. In the electronic environment it can appear costless, and members may feel no need to contribute. Another pointed out that there is difficulty getting information from WSO through the Intergroups to the individual meetings. Giving goes up when meetings study the 7th tradition. One member suggested calling to mind how much we've spent on diet clubs and other weight loss methods before recovery in CEA-HOW, how much was spent on binges and trying to manage the disease. Other input offered was the importance of designing the pitch to the audience: who are they, what do they want, what are they concerned about. We need to communicate differently how we tell the fellowship this message. Concern



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)
Los Angeles, CA, JULY 21-22, 2022
Minutes**

was voiced that messages from WSO do not get distributed to meetings and members. Concern about widespread copying of literature was also voiced. Communication through flyers is not necessarily effective in electronic meetings. There was experience shared that a regular quarterly meeting about monetary contributions at the meeting level and to stress its importance has been effective. Tangibles need to be presented. A request was made for WSO to provide service materials as a template for local groups to customize. Don't be shy when asking for money if few members contribute; ask for more contributions if they're light. It's helpful when directors can visit or communicate with other service bodies and meetings.

Chair thanked the members for their input in the forum and hoped that the ideas shared would be carried forward through the year.

Chair asked for a report from the Chair of WSBC Conference Committee from Coletta W. Members were Coletta W., Linda T., Paul M., Stephanie G., Elaine E., and Susan M. was the Board liaison. The purpose of the committee is to assign delegates to Conference Committees for the coming year. Every attempt was made to distribute workload equitably and to accommodate delegate preferences. Some committees meet throughout the year and other committees meet just for short periods; multiple committee assignments took this into consideration. She thanked all involved.

Chair determined that Policy Motion #1 would likely have lengthy discussion and wondered if there were any objections from the body to starting with Policy Motion #2 and moving Policy Motion #1 to the end of the order of consideration of the policy motions. There were no objections.

New Business

Policy Motion #2 was read and moved by Elaine. Seconded by Lois L.

Motion: Add the following paragraph to the Forever Abstinent book on page 22 after the paragraph called **About Maintenance**:

“Ageing in CEA-HOW. As we age, further steps may be necessary to maintain a healthy weight. Less food, an exercise routine, and/or an adjustment in our goal weight, may be discussed with our sponsor and healthcare provider. Our goal should be to stay abstinent and be at peace with our body as we continue to improve our conscious contact with our Higher Power.”

A question was raised about quorum because a couple of delegates were not in the room. Chair reiterated that quorum was 14 delegates and there were more than that number present in the session. 2/3s majority will need to be recalculated.

Discussion was offered pro and con at the conclusion of which Chair called for a vote.

19 were in favor of the motion, 7 against. Chair asked for minority opinion. Two in opposition gave minority opinion. There was no motion to reconsider. Motion was approved.



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)
Los Angeles, CA, JULY 21-22, 2022
Minutes**

Policy motion #3 was read and moved by Lorraine S. Seconded by Adell P.

Motion: Approve the attached *As Bill Sees It – A Further Look* questions for publication and distribution to the fellowship, subject to editing for spelling, grammar, and typography.

Chair asked for discussion pro and con.

25 in favor of the motion, none opposed, 2 abstained. Motion passed unanimously.

Policy motion #4 was read and moved by Donna T. Seconded by Lois L.

MOTION: Approve *Musts and Miracles in CEA-HOW Recovery* questions for publication and distribution to the fellowship, subject to editing for spelling, grammar, and typography.

Chair asked for discussion pro and con.

Stephen P offered an amendment to change the word “Miracles” to “Wonderments.” Seconded by Shirle A. Lorraine S. offered an amendment to the amendment to change to the word “Promises” instead of the word “Wonderments.” Seconded by David S.

A vote was called for the amendment to the amendment (Promises) 2 were in favor, 21 were opposed, 2 abstentions. Amendment to the amendment failed. No minority opinion expressed. Amendment (Wonderment) 1 in favor, 24 opposed, 1 abstention. The amendment failed. No minority opinion expressed.

Hearing no further discussion Chair called for a vote on the main motion: 23 were in favor, none opposed, 2 abstentions. Motion passed unanimously.

Policy motion #5 was read and moved by Donna T. Seconded by Adell P.

MOTION: Approve the attached *Recovery, Unity and Service: Questions based on “AA Comes of Age”* for publication and distribution to the fellowship, subject to editing for spelling, grammar, and typography.

Chair asked for discussion pro and con and called for a vote when discussion finished.

25 were in favor of the motion, none opposed, 2 abstained. Motion passed unanimously.

Policy motion #6 was read and moved by Coletta W. Seconded by Elaine E.

MOTION: Approve the attached *NEWCOMERS TO THE CEA-HOW PROGRAM STEPS 1, 2, and 3* for publication and distribution to the fellowship, subject to editing for spelling, grammar, and typography.



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)
Los Angeles, CA, JULY 21-22, 2022
Minutes**

Chair asked for discussion pro and con and called for a vote when discussion finished.

24 were in favor of the motion, 3 were opposed, 1 abstained. 1 minority opinion was expressed. There was no motion to reconsider. Motion passed.

Chair announced that the Literature, Sponsorship, Agenda, Public Information, Education Conference Committees would be meeting at lunch today. Any urgent new business motions needed to be given to the Urgent New Business Committee before lunch tomorrow. UNB forms are available from the Conference Support Committee.

Chair adjourned Business Session 1 at 11:48 am for lunch and WSBC committee discussions.

BUSINESS SESSION 2

Chair called the body to order at 1:46 pm 7/21/2022 with the Serenity Prayer.

New Business (cont'd)

Policy Motion #7 was read and moved by Coletta. Seconded by Shirle A.

MOTION: Approve the attached *SPONSOR GUIDELINES 4TH STEP INVENTORY STEPS 4 AND 5* for publication and distribution to the fellowship, subject to editing for spelling, grammar, and typography.

Chair asked for discussion pro and con.

Stephen P. offered an amendment to remove the 100 slip questions from this step 4 & 5 literature and put it in the step 1,2,3 guide. Seconded by Mary Q. After discussion, vote was called for on the amendment.

6 were in favor of the amendment, 17 opposed to the amendment, 4 abstained. Minority opinion was heard. No motion to reconsider was made. Motion to amend failed.

Chair asked for further discussion on the main motion, hearing none a vote was taken.

22 were in favor, 2 were opposed, 4 abstained. No minority opinion was heard. Motion passed.

Chair said Policy Motion #1 is now before the body.

Question was asked of the Chair and parliamentarian whether Chair who was one of the original submitters of the motion could preside over its consideration. Parliamentarian said nothing precluded this, chair would not vote, except in case of a tie.



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
 WORLD SERVICE BUSINESS CONFERENCE (WSBC)
 Los Angeles, CA, JULY 21-22, 2022
 Minutes**

Policy Motion #1A was read and moved by Lois L. David S. seconded.

MOTION: Amend *Forever Abstinent*, Appendix A, Proteins section, creating a separate subsection titled “Plant-based Proteins,” moving the existing plant-based proteins into this section, adding clarifying information as needed and adding additional plant-based choices.

The changes would include:

- Creating a Plant-based proteins subsection.
- Eliminating the 8 oz. or 1 c. uncooked subsection. (*Yogurt will move to Individualized Measures; Tofu, soft or moist will be amended and moved to the Plant-based proteins subsection; Vegetarian proteins will be eliminated.*)
- Moving legumes, protein powder, soy nuts to the appropriate sub-subsections of the Plant-based proteins subsection.

Metric
1 tsp. = 4.72 grams (round up to 5 grams) 2 T = 1/8 C = 1 oz = 28.35 grams (round to 28 grams) 1/2 C = 4 oz = 113.3 grams (round to 113 grams) 1 C = 8 oz = 226.8 grams (round to 227 grams)
Protein
<p>Individualized measures Curd cheeses (cottage, ricotta, farmer, etc.), (4 oz. or 1/2 c.) Hard or aged cheese (full or part fat), 2 oz. Hard cheese (fat free), 4 oz. Chicken, 4 oz. or 2 pieces (ex: quarter chicken or 2 thighs) 2 eggs or 4 oz. egg substitute or 4 oz egg whites Milk (16 oz. or 2 c.) Yogurt (8 oz. or 1 c.)</p> <p>4 oz. cooked All fish Hot dogs, sausage, slab bacon, Canadian bacon (sugar-free only) All meats, poultry, organ meats All luncheon meats, cold cuts (sugar listed 5th or below)</p> <p align="center"><u>Plant-based proteins</u></p> <p>4 oz. or 1/2 cup Processed plant-based proteins (e.g., tempeh, hummus, meatless protein alternatives) Soy nuts or other dry roasted legumes Baked, pressed or firm tofu</p> <p>8 oz. or 1 cup Legumes, cooked (e.g., beans, lentils, split peas and black-eyed peas) Loose, moist or silken tofu, uncooked Quinoa, cooked Plant-based yogurt (e.g., soy, pea protein or other yogurt with an equivalent amount of protein to these examples)</p> <p>Individualized measures subsection: Plant-based milk (e.g., soy, pea protein or other beverage with an equivalent amount of protein to these examples) (16 oz. or 2 c.) Plant-based cheese (2 oz.) <i>Note: It is recommended that plant-based cheeses have at least half the amount of protein as that of dairy cheeses.</i></p>



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)
Los Angeles, CA, JULY 21-22, 2022
Minutes**

Protein powder (no flour, no sugar. Follow scoop directions on label) Nuts (3 T or 1 ½ oz.) Nut butter (2T or 1 oz.) Nutritional yeast (3T) Seeds (3T or 1 ½ oz.)

See addendum:

- *Plant-based protein nutrition info spreadsheet (for delegate reference; not to be included in Forever Abstinent). Note: there are items on the spreadsheet that are set apart by boxed borders and different background to indicate the low protein content for reference.*

Chair asked for discussion pro and con.

Stephen P. offered an amendment to consider both parts of Policy Motion #1 (A and B) paragraph by paragraph. Donna T. seconded.

After parliamentary clarification on the process of consideration by paragraph was made, a vote was taken.

26 were in favor of the amendment, 2 were opposed. Minority opinion was heard. No motion to reconsider was made. Amendment passed.

Lois read Policy Motion #1 B. Policy Motion #1 will be considered by paragraph parts A & B together.

MOTION A: Amend *Forever Abstinent*, Appendix A, Proteins section, creating a separate subsection titled “Plant-based Proteins,” moving the existing plant-based proteins into this section, adding clarifying information as needed and adding additional plant-based choices.

The changes would include:

- Creating a Plant-based proteins subsection.
- Eliminating the 8 oz. or 1 c. uncooked subsection. (*Yogurt will move to Individualized Measures; Tofu, soft or moist will be amended and moved to the Plant-based proteins subsection; Vegetarian proteins will be eliminated.*)
- Moving legumes, protein powder, soy nuts to the appropriate sub-subsections of the Plant-based proteins subsection.



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)
Los Angeles, CA, JULY 21-22, 2022
Minutes**

Metric
1 tsp. = 4.72 grams (round up to 5 grams) 2 T = 1/8 C = 1 oz = 28.35 grams (round to 28 grams) 1/2 C = 4 oz = 113.3 grams (round to 113 grams) 1 C = 8 oz = 226.8 grams (round to 227 grams)
Protein
<p>Individualized measures</p> <p>Curd cheeses (cottage, ricotta, farmer, etc.), (4 oz. or 1/2 c.) Hard or aged cheese (full or part fat), 2 oz. Hard cheese (fat free), 4 oz. Chicken, 4 oz. or 2 pieces (ex: quarter chicken or 2 thighs) 2 eggs or 4 oz. egg substitute or 4 oz egg whites Milk (16 oz. or 2 c.) Yogurt (8 oz. or 1 c.)</p> <p>4 oz. cooked</p> <p>All fish Hot dogs, sausage, slab bacon, Canadian bacon (sugar-free only) All meats, poultry, organ meats All luncheon meats, cold cuts (sugar listed 5th or below)</p> <p align="center"><u>Plant-based proteins</u></p> <p>4 oz. or 1/2 cup</p> <p>Processed plant-based proteins (e.g., tempeh, hummus, meatless protein alternatives) Soy nuts or other dry roasted legumes Baked, pressed or firm tofu</p> <p>8 oz. or 1 cup</p> <p>Legumes, cooked (e.g., beans, lentils, split peas and black-eyed peas) Loose, moist or silken tofu, uncooked Quinoa, cooked Plant-based yogurt (e.g., soy, pea protein or other yogurt with an equivalent amount of protein to these examples)</p> <p>Individualized measures subsection:</p> <p>Plant-based milk (e.g., soy, pea protein or other beverage with an equivalent amount of protein to these examples) (16 oz. or 2 c.) Plant-based cheese (2 oz.) <i>Note: It is recommended that plant-based cheeses have at least half the amount of protein as that of dairy cheeses.</i> Protein powder (no flour, no sugar. Follow scoop directions on label) Nuts (3 T or 1 1/2 oz.) Nut butter (2T or 1 oz.) Nutritional yeast (3T) Seeds (3T or 1 1/2 oz.)</p>

See addendum:

- *Plant-based protein nutrition info spreadsheet (for delegate reference; not to be included in Forever Abstinent). Note: there are items on the spreadsheet that are set apart by boxed borders and different background to indicate the low protein content for reference.*

MOTION B: Amend *Forever Abstinent*, page 9 [insert before *A Final Note*], a new section titled *Plant-based Food Options*:



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)
Los Angeles, CA, JULY 21-22, 2022
Minutes**

Whether by personal choice or under the direction of a healthcare provider, many CEA-HOW abstainers currently utilize or would like to utilize more plant-based foods in their daily menu choices. CEA-HOW does not recommend or endorse any particular way of eating--our goal is to provide reliable information on a variety of commonly used plant-based foods and appropriate serving sizes that coincide with our *Forever Abstinent Food Plan* guidelines. Sponsoring can be a challenge for a sponsor who is not familiar with the use of plant-based foods which is why we have tried to present these changes in a simplified and coherent manner. Following the *Forever Abstinent* food plan does not change, only the particular food choices in the recommended serving sizes.

There are some food items in the Protein category that are also found in the Fat and Grain categories (e.g., nuts, seeds, quinoa, spelt). These items contain a significant quantity of protein. Please note that the measurement of the item differs depending on which category is used (e.g., for quinoa, 8 oz. protein; 4 oz. grain). When an abstainer's food plan uses a "double-category" item, it is important that the category be committed daily for both abstainer and sponsor to know whether the item is a protein or fat (or grain).

As stated in the 7 Tools, it is recommended that you obtain your physician's or health care professional's approval before beginning your abstinence using the CEA-HOW food plan.

Chair asked for discussion on the first paragraph, clarifying that only discussion or amendments to the paragraph under discussion will be considered in order, not preceding or upcoming paragraphs.

First paragraph:

Amend Forever Abstinent, Appendix A, Proteins section, creating a separate subsection titled "Plant-based Proteins," moving the existing plant-based proteins into this section, adding clarifying information as needed and adding additional plant-based choices.

Discussion proceeded on the first paragraph. No amendments were offered.

Chair asked for discussion on the second paragraph:

The changes would include:

- Creating a Plant-based proteins subsection.
- Eliminating the 8 oz. or 1 c. uncooked subsection. (Yogurt will move to Individualized Measures; Tofu, soft or moist will be amended and moved to the Plant-based proteins subsection; Vegetarian proteins will be eliminated.)
- Moving legumes, protein powder, soy nuts to the appropriate sub-subsections of the Plantbased proteins subsection.



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)
Los Angeles, CA, JULY 21-22, 2022
Minutes**

Stephen P. offered an amendment to add the following bullet points at the end of the second paragraph.
Donna T. seconded:

- Nuts
- Nut butter
- Nutritional yeast
- Plant-based milk, yogurt and cheese
- Quinoa
- Spelt
- Seeds

Second paragraph will read:

The changes would include:

- Creating a Plant-based proteins subsection.
- Eliminating the 8 oz. or 1 c. uncooked subsection. (Yogurt will move to Individualized Measures; Tofu, soft or moist will be amended and moved to the Plant-based proteins subsection; Vegetarian proteins will be eliminated.)
- Moving legumes, protein powder, soy nuts to the appropriate sub-subsections of the plant-based proteins subsection.

Adding the following to the plant-based protein section

- Nuts
- Nut butter
- Nutritional yeast
- Plant-based milk, yogurt and cheese
- Quinoa
- Spelt
- Seeds

Call for a vote on the amendment to the second paragraph. 19 were in favor, 6 were opposed, 3 abstained. No minority opinion was heard. The amendment passed.

Chair asked for further discussion.

Stephen P. offered an amendment to eliminate these foods from the other parts of the food plan from fats or grains. Shirle A. seconded.

Chair asked for discussion at conclusion of discussion a vote was taken.

2 in favor of the amendment, 25 opposed. No minority opinion was offered. The amendment failed.

JoAnn offered an amendment to change the word from "Moving" to "Adding" Mary Ann seconded. Hearing no discussion, chair asked for a vote.

25 were in favor of the amendment, 1 was opposed; 1 abstained. Minority opinion was requested and none was expressed. The amendment passed.

Paragraph as amended now reads:

The changes would include:



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
 WORLD SERVICE BUSINESS CONFERENCE (WSBC)
 Los Angeles, CA, JULY 21-22, 2022
 Minutes**

- Creating a Plant-based proteins subsection.
- Eliminating the 8 oz. or 1 c. uncooked subsection. (Yogurt will move to Individualized Measures; Tofu, soft or moist will be amended and moved to the Plant-based proteins subsection; Vegetarian proteins will be eliminated.)
- Adding legumes, protein powder, soy nuts to the appropriate sub-subsections of the Plant-based proteins subsection.

Adding the following to the plant-based protein section

- Nuts
- Nut butter
- Nutritional yeast
- Plant-based milk, yogurt, and cheese
- Quinoa
- Spelt
- Seeds

Chair called for a break at 3:15 pm

Chair reconvened the body at 3:32 pm.

Chair said that the parliamentarian and non-participating director who had been our parliamentarian in the past expressed appreciation for how well the body was respecting parliamentary order and how much it facilitates discussion.

No further discussion was heard on the second paragraph, so Chair moved to discussion of the third paragraph:

Metric
1 tsp. = 4.72 grams (round up to 5 grams) 2 T = 1/8 C = 1 oz = 28.35 grams (round to 28 grams) 1/2 C = 4 oz = 113.3 grams (round to 113 grams) 1 C = 8 oz = 226.8 grams (round to 227 grams)
Protein
Individualized measures Curd cheeses (cottage, ricotta, farmer, etc.), (4 oz. or 1/2 c.) Hard or aged cheese (full or part fat), 2 oz. Hard cheese (fat free), 4 oz. Chicken, 4 oz. or 2 pieces (ex: quarter chicken or 2 thighs) 2 eggs or 4 oz. egg substitute or 4 oz egg whites Milk (16 oz. or 2 c.) Yogurt (8 oz. or 1 c.)
4 oz. cooked All fish Hot dogs, sausage, slab bacon, Canadian bacon (sugar-free only) All meats, poultry, organ meats All luncheon meats, cold cuts (sugar listed 5 th or below)
<u>Plant-based proteins</u>
4 oz. or 1/2 cup



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)
Los Angeles, CA, JULY 21-22, 2022
Minutes**

Processed plant-based proteins (e.g., tempeh, hummus, meatless protein alternatives) Soy nuts or other dry roasted legumes Baked, pressed or firm tofu
8 oz. or 1 cup Legumes, cooked (e.g., beans, lentils, split peas and black-eyed peas) Loose, moist or silken tofu, uncooked Quinoa, cooked Plant-based yogurt (e.g., soy, pea protein or other yogurt with an equivalent amount of protein to these examples)
Individualized measures subsection: Plant-based milk (e.g., soy, pea protein or other beverage with an equivalent amount of protein to these examples) (16 oz. or 2 c.) Plant-based cheese (2 oz.) <i>Note: It is recommended that plant-based cheeses have at least half the amount of protein as that of dairy cheeses.</i> Protein powder (no flour, no sugar. Follow scoop directions on label) Nuts (3 T or 1 ½ oz.) Nut butter (2T or 1 oz.) Nutritional yeast (3T) Seeds (3T or 1 ½ oz.)

Stephen P. offered an amendment under Plant-based proteins, under 4 oz or ½ cup, remove the line “Processed plant-based proteins (e.g., tempeh, hummus, meatless protein alternatives) Seconded by Shirle A.

Chair asked for discussion. After discussion chair called for a vote.

5 in favor, 19 are opposed, 3 abstained.

LB C. offered an amendment to remove “Plant-based proteins,” change the section “4 oz., cooked” to 4 oz cooked, meat and fish.” Then “4 oz or ½ cup” change to “4oz or ½ cup, plant-based proteins” and “8 oz or 1 cup” to “8 oz or 1 cup, plant-based proteins.” And change “Individualized measures subsection” to “Individualized measures.” Elaine E. seconded.

Chair asked for discussion on the amendment, and how the chart would read:

Individualized measures

- Curd cheeses (cottage, ricotta, farmer, etc.), (4 oz. or 1/2 c.)
- Hard or aged cheese (full or part fat), 2 oz.
- Hard cheese (fat free), 4 oz.
- Chicken, 4 oz. or 2 pieces (ex: quarter chicken or 2 thighs)
- 2 eggs or 4 oz. egg substitute or 4 oz egg whites
- Milk (16 oz. or 2 c.)
- Yogurt (8 oz. or 1 c.)

4 oz. cooked fish/meats

- All fish
- Hot dogs, sausage, slab bacon, Canadian bacon (sugar-free only)
- All meats, poultry, organ meats
- All luncheon meats, cold cuts (sugar listed 5th or below)



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)
Los Angeles, CA, JULY 21-22, 2022
Minutes**

4 oz or ½ cup plant-based proteins

Processed plant-based proteins (e.g., tempeh, hummus, meatless protein alternatives)
Soy nuts or other dry roasted legumes
Baked, pressed or firm tofu

8 oz. or 1 cup plant-based proteins

Legumes, cooked (e.g., beans, lentils, split peas, and black-eyed peas)
Loose, moist, or silken tofu, uncooked
Quinoa, cooked
Plant-based yogurt (e.g., soy, pea protein or other yogurt with an equivalent amount of protein to these examples)

Individualized measures:

Plant-based milk (e.g., soy, pea protein or other beverage with an equivalent amount of protein to these examples) (16 oz. or 2 c.)
Plant-based cheese (2 oz.) Note: It is recommended that plant-based cheeses have at least half the amount of protein as that of dairy cheeses.
Protein powder (no flour, no sugar. Follow scoop directions on label)
Nuts (3 T or 1 ½ oz.)
Nut butter (2T or 1 oz.)
Nutritional yeast (3T)
Seeds (3T or 1 ½ oz.)

16 were in favor of the amendment, 11 were opposed. Amendment failed to pass by 2/3s. Minority opinion was heard. There was no motion to reconsider.

Donna T. moved to consolidate the two Individualized measures sections and remove the Plant-based proteins section header. Elaine E. seconded. Chart would now read:

Individualized measures

Curd cheeses (cottage, ricotta, farmer, etc.), (4 oz. or 1/2 c.)
Hard or aged cheese (full or part fat), 2 oz.
Plant-based cheese (2 oz.) Note: It is recommended that plant-based cheeses have at least half the amount of protein as that of dairy cheeses.
Hard cheese (fat free), 4 oz.
Chicken, 4 oz. or 2 pieces (ex: quarter chicken or 2 thighs)
2 eggs or 4 oz. egg substitute or 4 oz egg whites
Milk, dairy (16 oz. or 2 c.)
Milk, plant-based (e.g., soy, pea protein or other beverage with an equivalent amount of protein to these examples. Sugar or flour, fifth ingredient or lower) (16 oz. or 2 c.)
Yogurt, dairy or plant-based (Sugar or flour, fifth ingredient or lower.) (8 oz. or 1 c.)
Protein powder (no flour, no sugar. Follow scoop directions on label)
Nuts (3 T or 1 ½ oz.)
Nut butter (2T or 1 oz.)
Nutritional yeast (3T)
Seeds (3T or 1 ½ oz.)



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)
Los Angeles, CA, JULY 21-22, 2022
Minutes**

4 oz. cooked

All fish
Hot dogs, sausage, slab bacon, Canadian bacon (sugar-free only)
All meats, poultry, organ meats
All luncheon meats, cold cuts (sugar listed 5th or below)

4 oz or ½ cup

Processed plant-based proteins (e.g., tempeh, hummus, meatless protein alternatives)
Soy nuts or other dry roasted legumes
Baked, pressed or firm tofu

8 oz. or 1 cup

Legumes, cooked (e.g., beans, lentils, split peas and black-eyed peas)
Loose, moist or silken tofu, uncooked
Quinoa, cooked
Plant-based yogurt (e.g., soy, pea protein or other yogurt with an equivalent amount of protein to these examples)

Linda T. offered an amendment to consolidate the lines in Individualized measures to Milk, dairy or plant-based, Yogurt, dairy or plant-based, Hard or aged Cheese, dairy or plant-based. Elaine E. seconded the amendment to the amendment.

Chair asked for discussion pro and con, and vote when discussion was concluded.

5 were in favor of the amendment to the amendment, 21 were opposed, 2 abstained. No minority opinion was expressed.

21 in favor of the amendment, 6 opposed, none abstained. Minority opinion was solicited. None was offered.

Lorraine S. moved to separate Quinoa, Nuts, Nut butter, Nutritional yeast and Seeds into a separate plant-based section, (not seconded)

Stephen P. moved function as a committee of the whole. (not seconded)

Parliamentarian suggested that the body temporarily suspend the standing rules.

Motion to temporarily rescind the standing rules until re-established or until the end of business session (at 6 pm.) LB C. so moved. Donna T. seconded.

25 were in favor, 1 was not. Minority was requested and voiced. No motion to reconsider.

Informal discussion:

Start a fresh document for the minutes. Importance of keeping the same measures together. May need to be sent back to the makers. It's critical that this be correct and clear. It may need to be sent to an ad hoc



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)
Los Angeles, CA, JULY 21-22, 2022
Minutes**

committee. Some clarification needs to be offered about foods that are treated in more than one way. Nuts etc. should be in a separate section. Some of our concerns are addressed in part B of the motion. Another member likes the consolidated approach. A few liked the original.

David suggested that after the end of the session a few members meeting with him to draft a new version of the paragraph with the input from our discussion.

Body was asked for a straw poll of how the chart is or with a few changes. 19 liked current version, 5 didn't.

Chair asked for what the drafting committee should change:

A fresh heading for the specialized proteins; yogurts, milks and cheese. Under plant-based milk, sugar listed 5th or lower. An asterisk for the items which are used as a fat and or grain as well as a protein.

Roberta S. moved to adjourn business session 2 at 5:28 pm. Seconded by Elaine E.

Body will reconvene at 8:30 am 7/22/2022.

BUSINESS SESSION 3

Chair called the body to order at 8:30 am 7/22/2022 with the Serenity Prayer.

Stephen P. asked whether the standing rules needed to be re-established. Motion to rescind the rules had a limit within it only until 6:00 pm last night.

Roll call: 20 delegates were present (14 was the necessary quorum from yesterday) 28 voting members.

Chair clarified whether the agenda needed to be changed, because of the matter we were working on from yesterday. It was determined that all Policy and Bylaws motions before the body are new business until they are passed or defeated, and Policy Motion #1 was still before the body. So if it is taken back up at 10:45 no change to the agenda is required.

Reports of WSBC Committees:

WSBC: No additional report was necessary from what was given during business session 1.

Agenda: 13 of the 14 agenda items received were forwarded to the WSO Board. The Board did not pass 4 of the items and combined two items into one.

Education: Committee drafted and submitted one of the policies on this year's agenda.

Special Needs: Has been working on questions based on Daily Reflections for use by the fellowship. It was submitted to the Literature Committee but returned needing more editing. Committee plans to send a revised version back to the Literature Committee later this calendar year.



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)
Los Angeles, CA, JULY 21-22, 2022
Minutes**

Literature: Committee has been very active this year as the WSBC reflects, several new pieces of literature have been vetted by the Committee and approved by this Conference. There were several items from as far back as 2019 that have been moved forward. There is no unfinished literature work left from prior years.

Public Information: There was lack of clarity on leadership and so a meeting schedule wasn't established. Chair reached out to a list of health care professionals to provide information about the CEA-HOW program.

Sponsorship: Members of the committee have presented workshops on how to do the 4th step column inventory. They are also working on sponsorship stories to be put on the website.

Website: Committee was not active this year.

Policy Manual: Committee updated the policy manual with the latest policy additions: Traditions sponsor and Ad hoc committee formation

Ad hoc Area Health: Conducted a forum of Area and Intergroup chairs to discover their views on the issue of electronic meetings, meeting formation and delegate representation. The committee conducted a survey with the intent of gaining wide feedback from as many meetings as possible. The committee drafted and submitted bylaws amendments which were sent to the agenda committee but did not pass review by the Board of Directors and so were not consider by this conference.

Finance: Committee has worked on the providing treasurers' workshops and for the development of a treasurers' manual.

New Business (cont'd)

At the conclusion of Committee reports at 9:20 am, Chair asked for the Serenity Prayer before continuing consideration of Policy Motion #1

David M. presented a version of the paragraph under consideration that he worked on with LB C. and Elaine E. after yesterday's last adjournment. The group tried to incorporate the points that were brought up in discussion from the informal discussion. The highlighted sections were what was moved or changed.

Individualized measures

Curd cheeses (cottage, ricotta, farmer, etc.), (4 oz. or 1/2 c.)

Hard or aged cheese (full or part fat), 2 oz.

Plant-based cheese (2 oz.) (It is recommended that plant-based cheeses have at least half the amount of protein as that of dairy cheeses.)

Hard cheese (fat free), 4 oz.

Chicken, 4 oz. or 2 pieces (ex: quarter chicken or 2 thighs)

2 eggs or 4 oz. egg substitute or 4 oz egg whites

Milk, dairy (16 oz. or 2 c.)

Milk, plant-based (e.g., soy, pea protein or other beverage with an equivalent amount of protein to these examples. Sugar or flour, fifth ingredient or lower) (16 oz. or 2 c.)

Yogurt, dairy or plant-based (Sugar or flour, fifth ingredient or lower.) (8 oz. or 1 c.)

Protein powder (no flour, no sugar. Follow scoop directions on label)



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)
Los Angeles, CA, JULY 21-22, 2022
Minutes**

Other plant-based proteins

Nuts (3 T or 1 ½ oz.) **
Nut butter (2T or 1 oz.) **
Nutritional yeast (3T) **
Seeds (3T or 1 ½ oz.) **

4 oz. cooked

All fish
Hot dogs, sausage, slab bacon, Canadian bacon (sugar-free only)
All meats, poultry, organ meats
All luncheon meats, cold cuts (sugar listed 5th or below)

4 oz or ½ cup

Processed plant-based proteins (e.g., tempeh, hummus, meatless protein alternatives)
Soy nuts or other dry roasted legumes
Baked, pressed or firm tofu

8 oz. or 1 cup

Legumes, cooked (e.g., beans, lentils, split peas, and black-eyed peas)
Loose, moist, or silken tofu, uncooked
Quinoa, cooked**
Spelt, cooked**

****These foods can also be treated as a fat or grain, with different measurements and should be discussed with your sponsor before committing and eating these foods.**

David M. moved this be a substitution for the last amended paragraph on which the body was working. He noted that "Nutritional yeast" should not have the two asterisks (**). Elaine E. seconded.

Chair asked for discussion pro and con. Stephen P. called the question. Roberta S. seconded. 26 were in favor, none opposed, 1 abstained. Motion to call the question passed unanimously. 26 were in favor of the motion, none opposed, 1 abstained. Motion to amend passed unanimously.

Chair moved to the next paragraph.

MOTION B: Amend *Forever Abstinent*, page 9 [insert before *A Final Note*], a new section titled *Plant-based Food Options*:

Since no discussion or amendments were offered, Chair moved to the next paragraph:

Whether by personal choice or under the direction of a healthcare provider, many CEA-HOW abstainers currently utilize or would like to utilize more plant-based foods in their daily menu choices. CEA-HOW does not recommend or endorse any particular way of eating--our goal is to provide reliable information on a variety of commonly used plant-based foods and appropriate serving sizes that coincide with our *Forever Abstinent Food Plan* guidelines. Sponsoring can be a challenge for a sponsor who is not familiar with the use of plant-based foods which is why we



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)
Los Angeles, CA, JULY 21-22, 2022
Minutes**

have tried to present these changes in a simplified and coherent manner. Following the *Forever Abstinent* food plan does not change, only the particular food choices in the recommended serving sizes.

Stephen P. offered an amendment to delete the paragraph under discussion. Mary Q. seconded. At the conclusion of discussion, Chair called for a vote. 8 were in favor, 17 were opposed, 1 abstention. Minority opinion was requested. Elaine E. moved to reconsider; Donna seconded. 17 in favor, 9 opposed. Motion to reconsider passed.

After further discussion, a vote was called for. 11 were in favor of the amendment being reconsidered, 15 were opposed. Motion to strike the paragraph failed.

Chair moved to the next paragraph

There are some food items in the Protein category that are also found in the Fat and Grain categories (e.g., nuts, seeds, quinoa, spelt). These items contain a significant quantity of protein. Please note that the measurement of the item differs depending on which category is used (e.g., for quinoa, 8 oz. protein; 4 oz. grain). When an abstainer's food plan uses a "double-category" item, it is important that the category be committed daily for both abstainer and sponsor to know whether the item is a protein or fat (or grain).

As stated in the 7 Tools, it is recommended that you obtain your physician's or health care professional's approval before beginning your abstinence using the CEA-HOW food plan.

LB C. offered an amendment to delete the paragraph under discussion. Elaine E. seconded. At the conclusion of discussion, a vote was called. 3 were in favor, 23 were opposed. Minority opinion was requested. Motion to reconsider was moved and seconded. 5 were in favor of reconsideration, 21 opposed to reconsideration. Amendment to strike paragraph under discussion fails.

Chair called for a break at 10:29 am

Chair called the body back to order at 10:48 am. Chair made another call for Director applications.

Chair asked for a version of Policy Motion #1 as revised through paragraph-by-paragraph discussion and it was discovered that the first paragraph now had a reference to the rest of the motion that had been removed:

Paragraph 1)

MOTION A: Amend *Forever Abstinent*, Appendix A, Proteins section, creating a separate subsection titled "Plant-based Proteins," moving the existing plant-based proteins into this section, adding clarifying information as needed and adding additional plant-based choices.

Chair asked for discussion on this paragraph. Stephen P offered an amendment to change this paragraph to:

a.) Amend *Forever Abstinent*, Appendix A, Proteins section, adding clarifying information as needed and adding additional plant-based choices.

Linda seconded.



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)
Los Angeles, CA, JULY 21-22, 2022
Minutes**

JoAnn moved to amend the amendment to change the paragraph to:

- a.) Amend Forever Abstinent, Appendix A, Proteins section as follows:

Lorraine S. seconded. 24 were in favor of the amendment, 2 were opposed, 1 abstained. Minority opinion was requested, and none was heard.

Chair noted that paragraph 2 now no longer made sense and entertained a motion to strike the paragraph.

Paragraph 2)

The changes would include:

- Creating a Plant-based proteins subsection.
- Eliminating the 8 oz. or 1 c. uncooked subsection. (Yogurt will move to Individualized Measures; Tofu, soft or moist will be amended and moved to the Plant-based proteins subsection; Vegetarian proteins will be eliminated.)
- Adding legumes, protein powder, soy nuts to the appropriate sub-subsections of the plant-based proteins subsection.

Adding the following to the plant-based protein section

- Nuts
- Nut butter
- Nutritional yeast
- Plant-based milk, yogurt, and cheese
- Quinoa
- Spelt
- Seeds

Roberta S. moved to strike the paragraph that begins “The changes would include” and ends with “Seeds.” LB C. seconded. Chair requested discussion, hearing none called for a vote. 27 in favor. Amendment passed unanimously. Paragraph was removed.

Donna T. offered a motion to strike the line “Replace the Proteins section with the following:” Mary Q. seconded. 27 were in favor. Motion passed unanimously.

A restatement of Policy Motion #1 was amended was requested:

Policy Motion #1

- a.) Amend Forever Abstinent, Appendix A, Proteins section as follows:

Individualized measures

Curd cheeses (cottage, ricotta, farmer, etc.), (4 oz. or 1/2 c.)

Hard or aged cheese (full or part fat), 2 oz.

Plant-based cheese (2 oz.) (It is recommended that plant-based cheeses have at least half the amount of protein as that of dairy cheeses)

Hard cheese (fat free), 4 oz.

Chicken, 4 oz. or 2 pieces (ex: quarter chicken or 2 thighs)



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)
Los Angeles, CA, JULY 21-22, 2022
Minutes**

2 eggs or 4 oz. egg substitute or 4 oz. egg whites
Milk, dairy (16 oz. or 2 c.)
Milk, plant-based (e.g., soy, pea protein or other beverage with an equivalent amount of protein to these examples. Sugar or flour, fifth ingredient or lower) (16 oz. or 2 c.)
Yogurt, dairy or plant-based (Sugar or flour, fifth ingredient or lower) (8 oz. or 1 c.)
Protein powder (no flour, no sugar. Follow scoop directions on label)

Other plant-based proteins

Nuts (3 T or 1 ½ oz.) **
Nut butter (2 T or 1 oz.) **
Nutritional yeast (3 T)
Seeds (3 T or 1 ½ oz.) **

4 oz. cooked

All fish
Hot dogs, sausage, slab bacon, Canadian bacon (sugar-free only)
All meats, poultry, organ meats
All luncheon meats, cold cuts (sugar listed 5th or below)

4 oz or ½ cup

Processed plant-based proteins (e.g., tempeh, hummus, meatless protein alternatives)
Soy nuts or other dry roasted legumes
Baked, pressed or firm tofu

8 oz. or 1 cup

Legumes, cooked (e.g., beans, lentils, split peas, and black-eyed peas)
Loose, moist, or silken tofu, uncooked
Quinoa, cooked**
Spelt, cooked**

**These foods can also be treated as a fat or grain, with different measurements and should be discussed with your sponsor before committing and eating these foods.

- b.) Amend Forever Abstinent, page 9 [insert before A Final Note], a new section titled Plant-based Food Options:

Whether by personal choice or under the direction of a healthcare provider, many CEA-HOW abstainers currently utilize or would like to utilize more plant-based foods in their daily menu choices. CEA-HOW does not recommend or endorse any particular way of eating--our goal is to provide reliable information on a variety of commonly used plant-based foods and appropriate serving sizes that coincide with our Forever Abstinent Food Plan guidelines. Sponsoring can be a challenge for a sponsor who is not familiar with the use of plant-based foods which is why we have tried to present these changes in a simplified and coherent manner. Following the Forever Abstinent food plan does not change, only the particular food choices in the recommended serving sizes.



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)
Los Angeles, CA, JULY 21-22, 2022
Minutes**

There are some food items in the Protein category that are also found in the Fat and Grain categories (e.g., nuts, seeds, quinoa, spelt.) These items contain a significant quantity of protein. Please note that the measurement of the item differs depending on which category is used (e.g., for quinoa, 8 oz. protein; 4 oz. grain.) When an abstainer's food plan uses a "double-category" item, it is important that the category be committed daily for both abstainer and sponsor to know whether the item is a protein or fat (or grain.) As stated in the 7 Tools, it is recommended that you obtain your physician's or health care professional's approval before beginning your abstinence using the CEA-HOW food plan.

It was noted that the amendment to the first paragraph opens the entire chart for revision which was not the intent of the original motion.

Stephen P. offered the amendment to change the first paragraph to:

- a.) Amend Forever Abstinent, Appendix A, Proteins section as follows by adding, creating, and clarifying plant-based options:

JoAnn seconded. Vote was called for.

25 were in favor of the amendment, none opposed, 1 abstained. Motion to amend passed unanimously.

Stephen P. called the question on Policy Motion #1 as revised. LB C. seconded. Vote to call the question: 26 in favor of call the question, none opposed.

Policy Motion #1

- a.) Amend Forever Abstinent, Appendix A, Proteins section as follows by adding, creating, and clarifying plant-based options:

Individualized measures

Curd cheeses (cottage, ricotta, farmer, etc.), (4 oz. or 1/2 c.)

Hard or aged cheese (full or part fat), 2 oz.

Plant-based cheese (2 oz.) (It is recommended that plant-based cheeses have at least half the amount of protein as that of dairy cheeses.)

Hard cheese (fat free), 4 oz.

Chicken, 4 oz. or 2 pieces (ex: quarter chicken or 2 thighs)

2 eggs or 4 oz. egg substitute or 4 oz egg whites

Milk, dairy (16 oz. or 2 c.)

Milk, plant-based (e.g., soy, pea protein or other beverage with an equivalent amount of protein to these examples. Sugar or flour, fifth ingredient or lower) (16 oz. or 2 c.)

Yogurt, dairy or plant-based (Sugar or flour, fifth ingredient or lower) (8 oz. or 1 c.)

Protein powder (no flour, no sugar. Follow scoop directions on label)

Other plant-based proteins

Nuts (3 T or 1 ½ oz.) **

Nut butter (2 T or 1 oz.) **

Nutritional yeast (3 T)

Seeds (3 T or 1 ½ oz.) **



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)
Los Angeles, CA, JULY 21-22, 2022
Minutes**

4 oz. cooked

All fish
Hot dogs, sausage, slab bacon, Canadian bacon (sugar-free only)
All meats, poultry, organ meats
All luncheon meats, cold cuts (sugar listed 5th or below)

4 oz or ½ cup

Processed plant-based proteins (e.g., tempeh, hummus, meatless protein alternatives)
Soy nuts or other dry roasted legumes
Baked, pressed or firm tofu

8 oz. or 1 cup

Legumes, cooked (e.g., beans, lentils, split peas, and black-eyed peas)
Loose, moist, or silken tofu, uncooked
Quinoa, cooked**
Spelt, cooked**

**These foods can also be treated as a fat or grain, with different measurements and should be discussed with your sponsor before committing and eating these foods.

- b.) Amend Forever Abstinent, page 9 [insert before A Final Note], a new section titled Plant-based Food Options:

Whether by personal choice or under the direction of a healthcare provider, many CEA-HOW abstainers currently utilize or would like to utilize more plant-based foods in their daily menu choices. CEA-HOW does not recommend or endorse any particular way of eating--our goal is to provide reliable information on a variety of commonly used plant-based foods and appropriate serving sizes that coincide with our Forever Abstinent Food Plan guidelines. Sponsoring can be a challenge for a sponsor who is not familiar with the use of plant-based foods which is why we have tried to present these changes in a simplified and coherent manner. Following the Forever Abstinent food plan does not change, only the particular food choices in the recommended serving sizes.

There are some food items in the Protein category that are also found in the Fat and Grain categories (e.g., nuts, seeds, quinoa, spelt). These items contain a significant quantity of protein. Please note that the measurement of the item differs depending on which category is used (e.g., for quinoa, 8 oz. protein; 4 oz. grain). When an abstainer's food plan uses a "double-category" item, it is important that the category be committed daily for both abstainer and sponsor to know whether the item is a protein or fat (or grain). As stated in the 7 Tools, it is recommended that you obtain your physician's or health care professional's approval before beginning your abstinence using the CEA-HOW food plan.



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)
Los Angeles, CA, JULY 21-22, 2022
Minutes**

Vote to pass the amended policy motion was 25 in favor, 1 opposed, 1 abstained. Minority opinion was heard. No motion to reconsider was made. Motion passed.

Bylaws Motion #1 was read and moved by Linda M. Seconded by Shirle A.

MOTION: On page 39, Article 23 Conference Committees, insert Spanish Language Literature Committee as Section 4 and thereby increase by 1 all Section numbers through the end of Article 23.

The amended Bylaws would then read, beginning at the point of amendment on page 39:

SECTION 4. SPANISH LANGUAGE LITERATURE COMMITTEE

- a) The Spanish Language Literature Committee shall be composed of five (5) to thirteen (13) Delegates at the Conference who are appointed by the World Service Business Conference Committee to obtain good geographic representation.
- b) Outgoing Delegates, if they desire, may serve an extra year on the committee in an advisory capacity.
- c) The Spanish Language Literature Committee may review and recommend for the approval or disapproval of any CEA-HOW literature and outside literature in Spanish as needed.
- d) The Spanish Language Literature Committee shall propose to the Conference the development of new CEA-HOW literature as well as develop new CEA-HOW literature in Spanish.

[Other Bylaws sections following within Article 23 would be renumbered but otherwise unchanged: Agenda Committee becomes Section 5; Finance Section 6; Urgent New Business Section 7; Conference Support Committee Section 8; Policy Manual Section 9; Public Information Section 10; Sponsorship Section 11; Website Section 12; Education Section 13; Other Conference Committees Section 14; Conference Committee Delegate Chairs Section 16]

Chair asked for discussion pro and con.

Aneisa B. offered an amendment to change subsection d) to

The Spanish Language Literature Committee shall propose to the Conference the development of new CEA-HOW literature.

Amendment was not seconded.

Michael D. moved to strike subsection d) Mary Q. seconded. Chair called for a vote. 8 were in favor, 16 were opposed. Minority opinion was asked for and not voiced.

Chair called for a vote on the main motion. 21 were in favor, none were opposed, 7 abstained. Motion carried.

Susan called for volunteers to be on the committee. Per WSBC policy, a new committee must have at least 5 members to be considered active. Fabiola, Carmen, Mari, Jose, and Linda M.



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)
Los Angeles, CA, JULY 21-22, 2022
Minutes**

Susan gave a last call for Director applications and said the Board would be reviewing the applications to be sure each applicant met the qualifications. Conference committees meeting at lunch were Finance, Policy Manual, Website, Special Needs and Urgent New Business.

Chair adjourned Business Session 3 at 11:48 am for lunch.

BUSINESS SESSION 4

Chair called the body to order at 1:46 pm with the Serenity Prayer.

Chair asked for a report from the Chair of the Urgent New Business Committee. Donna T. There was one UNB motion submitted but was withdrawn.

Forum Issues related to the issues addressed by the Ad Hoc committee, electronic meetings and their association with geographic Areas vs. Area 10

Meetings have changed to electronic for the pandemic and wish to remain electronic but retain their geographic Area affiliation. There are also meetings that have newly formed as electronic but wish to affiliate with geographic Areas/Intergroups. Hybrid meeting, that meet once a month in person. As long as there is some physical aspect of a meeting, this doesn't apply. There had been an issue in the past with meetings from outside the geographic area were affiliating with a particular Intergroup. Concerns about member representation and the difference between groups and meetings. This can't be based on member feelings. Concern about what happens after the pandemic. Opinion was expressed that the Bylaws do not empower WSO to move an existing meeting from one Area to another or from one Intergroup to another. New meetings are another matter. Bylaws need to reflect the reality, but we don't necessarily know what that is yet. Some meetings have used the electronic Intergroup's meeting number. One member wondered what the concern was. If meetings are affiliated with a geographic intergroup and that intergroup decides to meet in person, members from out of the area may not be able to participate in intergroup service anymore. A fear is that face to face meetings may disappear. Area 3,4,5 may offer experience with how changes in Area structure affect member involvement. Members are looking forward to return to face-to-face meetings. Others have only come to program because of electronic meetings.

Election of WSO Board of Directors

There are three directors continuing (Aneisa B, Adell P., and Lorraine S.). There are five open positions in the new Board. Mary Q was filling a vacancy and is standing for her first term. Bryce M. and Gris M. have completed their first two-year term and are applying for re-election. Susan and Janice are terming out after their second. Donna T., Jose F., Carmen CM., Bryce M., Gris M., and Mary Q. submitted applications. Vote was conducted by written ballot.

Chair called a 10-minute break while votes were counted.

Donna T., Jose F., Bryce M. and Mary Q. were elected on the first ballot. A runoff vote was conducted between Gris M. and Carmen CM. Gris was elected in the runoff.



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)
Los Angeles, CA, JULY 21-22, 2022
Minutes**

WSBC Conference Committee. Volunteers were solicited for the Conference Committee. Coletta W., John W., Linda T., Mari S. and Shirle A. volunteered.

Chair acknowledged Carolyn P. for her eight years of service as Corporate Treasurer, and the body thanked her for her service. Carolyn said it had been an honor to serve the fellowship and will continue to help it thrive.

Gris was announced as the winner of the runoff. Chair thanked Carmen for running and encouraged her to run again.

Chair thanked Maria and Sandy for their work as translators; Ellie for her first year serving Executive Director and Almarosa; Conference Support Committee members, Cristina and Ginger. Dean for serving as Parliamentarian, Marcus for serving as non-participating Director and Joe our AV tech.

Chair adjourned at 3:46 pm

Voting participants

Adell P.
Aneisa B.
Bryce M.
Carmen C.M.
Coletta W.
David S.
Donna T.
Elaine E.
Fabiola A.
Gris M.
James L.
JoAnn S.
John W.
Jose F.
Karen M.
LB C.
Linda D.
Linda M.
Linda T.
Lois L.
Lorraine S.
Maggie L.
Marcus F.
Mari S.
Mary Ann M.
Mary Q.
Roberta S.
Shirle A.
Stephen P.
Susan M.



**COMPULSIVE EATERS ANONYMOUS-H.O.W.
WORLD SERVICE BUSINESS CONFERENCE (WSBC)
Los Angeles, CA, JULY 21-22, 2022
Minutes**

Non-Voting participants

Carolyn P.
David M.
Ellie M.
Michael D.

Parliamentarian

Dean B.

Conference Support Committee

Cristina M.
Ginger B.

Interpreters

Maria D.
Sandy A.

DRAFT