



World Service Office
CEA-HOW Inc.
5500 E. Atherton St., Suite 227-B
Long Beach, CA 90815-4017
Phone/Fax: 562-342-9344

Compulsive Eaters Anonymous-HOW

World Service Office Board of Directors' Regular Quarterly Meeting October 24, 2009 7:00 AM Pacific Time

The Chair called the meeting to order at 7:06 am Pacific Time.

SERENITY PRAYER; TRADITION 2; ABSI READING

ROLL CALL

Directors Present: Sherry S., Rachel P., Carl B., Coletta W., Lois L.

Also present: Woody N., Corporate Vice President; Pamela K., Advisor and Acting Secretary

Excused absence: Rae Z.

Directors Coco C.M. and Lupita B.C. made repeated attempts to be present via conference call but were unable to connect.

The Chair declared a quorum was present and the meeting could conduct business.

APPROVAL OF AGENDA

The Agenda was approved as amended.

POLICY MOTION: Nondirector corporate officers are allowed a voice not a vote at board of director meetings.

APPROVAL OF BOARD MINUTES

- a. The Chair stated the Agenda item for approval of Board minutes of April 25, 2009, was moot; the minutes had been approved at the Board meeting of July 17, 2009.
- b. The minutes of the final meeting of the 2008-2009 Board held on July 17, 2009, were approved as submitted.
- c. The minutes of the first meeting of the 2009-2010 Board held on July 17, 2009, were approved as submitted.

CEA-HOW is A Way of life!



OFFICER REPORTS

- a. The Chair made an oral report emphasizing the need for review and revision of the Board Policy Manual and researching the copyrighting of CEA-HOW literature
- b. Treasurer (see attached Quarterly Financial Report): The Treasurer stated she will develop a working relationship with our bookkeeper and the bank, including online access to the bank records. **Action: The President will contact the Las Vegas Intergroup regarding reimbursement of the entire amount of the NSF check and, in addition, the service charge for same.** A few years ago the Dallas Intergroup sent in a contribution earmarked specifically for a World Service newsletter; since the newsletter is still in a developmental stage the Board discussed requesting the funds be released to the World Service General Fund. **Action: The Treasurer shall contact the Dallas Intergroup to discuss its newsletter earmark donation and request the funds be released to the World Service General Fund.**
- c. President: The President stated his remarks are included in his Executive Committee Report. As of October 14, 2009, there were 29 registered intergroups and 639 groups.

COMMITTEE CHAIR REPORTS

- a. Executive Committee -- The President indicated there would be an Executive Committee meeting following the Board meeting, at which items on his Executive Committee Agenda would be addressed.
- b. Finance – The Treasurer stated the Ad Hoc Finance Committee is looking into financial transactions to better help the fellowship along the line of pledges and electronic banking and recurring donations. The Conference Finance Committee. hasn't met yet; one issue it will address will be area assistance re funding for delegates. **POLICY MOTION: Intergroup contributions will be posted on the website quarterly. Action: Rachel will set it up on website.**
- c. Literature – In the absence of the Literature Committee Liaison, who stepped down as a Director, the Board Chair reported that the Literature Committee is working on the Kaleidoscope questions to include references to both the 3d & 4th editions of *Alcoholics Anonymous*. The introductory language for *Steps 6 through 12* is being clarified. The *Traditions Study Guide* has been translated into Spanish by Area 6. **Action: Coco to provide WSO with an electronic copy of the Traditions Study Guide Spanish translation. Action: The How Concept will be printed on all copies of our literature where an appropriate blank page appears; the Chair will determine whether this will be overseen by the Office Manager or the Literature Committee.**
- d. Education – (see attached report). The Education Chair is focusing on developing training enrichment and public information programs. Updating the Literature Order Form to state the current revision date of each piece of literature is continuing. Another focus is bringing inaccuracies and inconsistencies in Conference approved literature to the Conference Literature Committee for review. The Conference Sponsorship Committee continues to be very active. The Phone Bridge workshops have been very popular. **Action: Rachel and Lois will coordinate posting workshop announcements on the website.** The Phone

Bridge Workshops have been recorded; **Action: Rachel will contact Kevin to discuss methods of uploading the recorded workshops to our website.** The issue of development of a FAQ page on the website was again brought up. **Action: Sherry will contact Steve to see whether he still has his electronic draft to be used as a starting point; if he does not, Pamela will scan her hard copy for this purpose.** **Action: Lois will draft a letter to the intergroups asking them to refer members to World Service for inclusion on a special emphasis hotline, e.g., vegetarian, lactating mothers, etc.**

- e. Area 6 – Due to technical difficulties, Coco was not able to attend the teleconference and there was no report from Area 6.
- f. Hispanic Liaison – Due to technical difficulties, Lupita was not able to attend the teleconference and there was no report from the Hispanic Liaison.
- g. Public Outreach – The WSBC PI committee has set up several subcommittees. One project is development of a media how-to guide using the New York City area prototype re using the media to carry the message . A “PI Guidelines and Workbook” is being developed to provide general information about carrying the message at group and intergroup levels; the document shall be approved by the BOD prior to dissemination to the Fellowship. The PI committee will present a proposal/draft to the Board of an inclusive document covering Pi issues in general terms that could be downloaded and printed. A further project of the PI Committee is creation of a flyer for public outreach that can be made available at no cost to the Fellowship via the website. **Action: Rachel will suggest to the PI Committee that it prepare a proposal for the content of such flyer.** **Action: The PI and Education Chair will coordinate drafting a letter to the medical professional, to include a very basic food group summary (e.g., the boxed information on pages 4 and 14 in *Forever Abstinent*) and the statement, “For more information please see www.ceahow.org.”** The issue of whether every WSBC committee should have a representative on the website committee was raised; no resolution was reached.
- h. Nominating – Pamela reported she has two prospects in mind and will call them and if they are interested will send the Non-Participating Director Application for their completion and return to the Board for review.

OLD BUSINESS:

- a. Convention 2009: The profit from Conference and Convention 2009 was \$2848,
- b. Hispanic Liaison: We have volunteer Spanish/English translators available. Their projects need to be coordinated.
- c. Surplus Funds: **POLICY MOTION: The surplus funds letter approved by the 2008-2009 Board will be updated by the Board Treasurer and sent out to all Areas and Intergroups in November of each year; a copy of the letter is attached to these minutes.**
- d. Accounting Guidelines: **Action: The Conference Finance Committee will draft guidelines for Area and Intergroup accounting practices and procedures and will disseminate the guidelines directly to the Areas and Intergroups.** A further project of the Finance Committee will be to develop

information flyers detailing what the Seventh Tradition supports and why it's important to contribute to the Seventh Tradition.

NEW BUSINESS

- a. Election of Director to Fill Vacancy. Liz G. stepped down as Director. Pamela was asked to fill the vacancy through WSBC 2010. She requested time to consider and subsequently declined. Eric R. expressed interest in being a Director at WSBC 2009 and the Chair will appoint him as director if he is still interested. If Eric R. does not accept, a letter will be sent to Bernice L., Janice E., Mary K., Barb B., Holly D. and Ann A. to determine their interest and availability. Based upon the response, the Board will vote to fill the vacancy.
- b. Election of Secretary: Liz G. also stepped down as Corporate Secretary. Pamela was asked to fill the vacancy through WSBC 2010 and after consideration declined. If possible, the Board would like to fill the Secretary position and Director vacancy with two individuals. The Chair will inquire whether Shannon H. will accept the position of corporate Secretary.
- c. Appointment of Literature Committee Chair/Liaison: It was agreed the new Director will fill this position through WSBC 2010.
- d. Formalization of email votes. **POLICY MOTION: Actions approved by the directors via telecommunication and other electronic means shall be included by the Chair in the agenda of the next regularly scheduled Board meeting for purposes of inclusion in the Board minutes and, if indicated, the Board Policy Manual.**
- e. Convention 2010
 - i. Conference/Convention Venue: Woody gave a report on her extensive research. **MOTION: WSBC and Convention 2010 will be held at the Embassy Suites LAX South.**
 - ii. Convention Committee Chair requirements: **POLICY MOTION: The Chair and Co-Chair of each convention committee shall have at least one year in the CEA-HOW fellowship, six months of CEA-HOW abstinence and have completed a CEA-HOW inventory and given it away, with the exception of the Registration Chair who will have one year of CEA-HOW abstinence.** Karen N., Chair of Convention 2010, joined the meeting and gave her report. She has sent out an appeal to all intergroups to get representatives from each intergroup to serve on Convention Committees. There are 15 committees and a chair and co-chair is needed for each. The Chair commitment is a one-year commitment and the Co-Chair commitment is a two-year commitment; the second year the Co-Chair would serve as Chair with a new Co-chair. Each Chair is asked to make a notebook of actions and issues relative to that Chair's committee. Only five Intergroups or individuals have responded to the Convention Chair's appeal.
- f. Printing Options for ABSI Questions Pages 51-200: **MOTION: As Bill Sees It questions will be printed in books of 50 questions each, with an initial printing of 200 for each set of questions.**
- g. Revision of Food Letter: **POLICY MOTION: The food letter is approved as amended; a copy is attached to these minutes.**

- h. Language Letter Regarding Substituting the Word Food for Alcohol: **POLICY MOTION**: The Language Letter is approved as amended. The letter, together with the AA letter dated July 17, 1998, and the AA approved format of the Steps and Traditions with the AA disclaimer, will be sent out periodically to Intergroups for dissemination to the groups. The Language Letter will also be posted on the website, link to be determined. Copies of these documents are attached to these minutes.
- i. Logo Patent and Literature Copyright. **ACTION**: The Chair will arrange for research re copyrighting the CEA-HOW logo and literature.
- j. Gratitude Month letter: **POLICY MOTION**: The Gratitude letter is approved as amended. **Action**: Based on the Board's discussion, Coletta will finalize the cover letter to Areas, Intergroups and Delegates.
- k. Website Liaison: **POLICY MOTION**: Title: Website Liaison
- Create the position of Website Liaison
 - It is recommended the Website Liaison:
 - Be familiar with website technology
 - Be a source of information to committee and board members as they look for ways to utilize the website
 - Be responsible for delivering committee documents to the webmaster for inclusion on ceahow.org.
 - Act as the Board Liaison to the WSBC Website Subcommittee.
 - Review requests and suggestions as to the content and structure of the website to determine if suggestions are appropriate and technically feasible, consulting with the webmaster as needed.
 - Shall forward appropriate and technically feasible requests and suggestions to the webmaster for inclusion on the website.
 - Minor changes such as broken links and typos may be submitted directly to the webmaster and do not require the approval of the Website Liaison.
- l. Web Site Hosting: **ACTION**: The President will cancel service w/XO Communications.
- m. Transition to Content Management Based Website: Under the proposed new website authorized members could be given access for content change (e.g., Spanish translators would translate online; Chair of Phone Bridge Intergroup could change times/tel#s, etc.). Although the new website might require more knowledge on the part of a new webmaster, this is a minor consideration. **MOTION**: Transition to the content management based website is authorized.
- n. Formation of English/Spanish Translation Committee: **POLICY MOTION**: Title: Formation of Spanish Translation Committee
- The Chair of the Committee shall be appointed by the BOD and shall liaise with the Board Hispanic Liaison, Board Literature Chair, and Board Website Liaison.
 - Chair of the Committee shall maintain a list of members of the fellowship who shall make up a translation pool; such list, including updates as they occur, shall be on file with WSO.

- **Tasks of the Translation Committee shall include, but not be limited to:**
 - Translation of website pages to Spanish
 - Ongoing maintenance of Spanish website pages
 - Translation of CEA-HOW questions and literature
 - Translation of documents from other committees that are to be distributed to the fellowship
- **Items to be translated shall be submitted to the Chair via the Board Liaison for the Committee requesting the translation.**
- **New volunteers for the translation pool shall be assigned a task as soon as possible in order to maintain their interest and enthusiasm.**
- **Priority of tasks shall be as determined by the Board.**

o. **Website Enhancements:**

MOTION: Title: Service Positions

Meeting service positions listed on the website shall be linked to descriptions of the positions as suggested in the New Meeting Packet “Structure of Meetings” documents; the descriptions, including abstinence requirements, shall be clearly stated as suggested, not required.

POLICY MOTION: Title: Webpage for Meeting Formats

- **Suggested meeting formats may be added to the website**
- **Any formats on the website shall meet the requirements of a CEA-HOW meeting as to the required readings to be read as written and as to Conference approved literature only.**
- **A statement shall be included on the webpage stating, “The meeting formats found herein have been found to be helpful by some CEA-HOW groups and are not products of or endorsed by CEA-HOW as a whole.”**

MOTION: Title: Meeting Updates and Registrations on Website

Links will be added to the website to allow Intergroups and Meetings to electronically update their information.

MOTION: Functionality will be added to the website to allow meetings to electronically apply for registration as a CEA-HOW meeting.

The following suggested enhancements were tabled:

- **Replace the “Support WSO” link with a “Donate Now” button**
- **Procedures for adding mailboxes (e.g., for various Conference committees) to the websites**
- **Implementation of a newsletter**

p. **Guidelines for Committee Submission of Website Content:**

POLICY MOTION:

Title: Guidelines for Committee Submission of Website Content

- **Documents intended for the website shall be submitted to the Website Liaison by the committee’s Board Liaison.**

- Documents should be submitted at least 7 days in advance of the date desired for publication to the website and in a PDF file if possible.
 - It is understood that a specific date may be requested but, due to the volunteer status of the position of webmaster, may not always be accommodated.
- q. Bridge Meetings Registration and Free Teleconferencing Phone Number: There was concern about unauthorized posting of members' contact information and CEA-HOW literature. This may be due to a language barrier. **Action: The Chair will discuss this matter with Coco who will explain the CEA-HOW philosophy to the member in question.**
- r. Board Minutes and Attachments:
POLICY MOTION: Title: Attachments to Board Meeting Minutes
Board minutes will include all attachments as one PDF file when submitted to the webmaster for posting.
- s. Distribution of Information to the Fellowship:
POLICY MOTION: Title: Distribution of Information to the Fellowship
- Flyers/notices from Conference committees to the fellowship shall be distributed through the WSO office.
 - Documents shall be provided in PDF format whenever possible
 - Documents shall be forwarded by the committee's Board Liaison to WSO office staff via email.
 - WSO office staff shall distribute the information to CEA-HOW Intergroups, Areas, and Delegates via email.
- t. In response to concerns from a member of the fellowship, Lois will draft a letter stating the Board's position on Tradition Four.

ADJOURNMENT

NOTE: The Executive Committee may meet after the Board adjourns.

Everyone is welcome to attend Board meetings as observers. Please note, though, that observers may not vote and may not speak unless the Board specifically invites comment. The Board may close meetings for reasons of confidentiality. World Service Office

ATTACHMENTS

Quarterly Financial Report (*Officer Reports, Item b*)

Education Chair Report (*Officer Reports, Item d*)

Surplus Funds Letter (*Old Business, Item c*) [not attached pending revision]

Food Letter (*New Business, Item g*)

Language Letter (*New Business, Item h*)

Gratitude Month Letter (*New Business, Item j*)

Quarterly Financial Statements

PERIOD ENDING

September 30th, 2009

CEA-H.O.W. Inc.
World Service Office



CONFIDENTIAL

CEA-HOW World Service Office
Profit & Loss
July through September 2009

	<u>Jul 09</u>	<u>Aug 09</u>	<u>Sep 09</u>	<u>TOTAL</u>
Income				
401 · Contributions Income	3,435.44	3,601.96	4,367.88	11,405.28
402 · Literature	2,450.95	555.90	809.75	3,816.60
403 · Cassette/CDs Sales	0.00	75.00	0.00	75.00
404 · Spanish Literature Sales	578.82	0.00	305.50	884.32
406 · Shipping Income	204.79	202.58	87.52	494.89
410 · Support Structures	0.00	6.40	0.00	6.40
412 · Cookbooks	246.00	190.00	168.00	604.00
415 · Convention Income	23,177.27	0.00	279.50	23,456.77
416 · Conference Income	4,248.00	1,094.10	0.00	5,342.10
435 · CDs Fund Raiser	40.00	0.00	0.00	40.00
450 · Interest Income	3.19	2.81	2.58	8.58
Total Income	<u>34,384.46</u>	<u>5,728.75</u>	<u>6,020.73</u>	<u>46,133.94</u>
Cost of Goods Sold				
500 · Purchase of Literature	941.27	231.12	401.50	1,573.89
503 · Discounts & Allowances	101.00	20.00	3.00	124.00
504 · Cost of CDs Fund Raisers	20.00	0.00	0.00	20.00
515 · Convention Accrued	12,459.21	0.00	0.00	12,459.21
516 · Conference Accrued	3,199.20	0.00	0.00	3,199.20
Total COGS	<u>16,720.68</u>	<u>251.12</u>	<u>404.50</u>	<u>17,376.30</u>
Gross Profit	17,663.78	5,477.63	5,616.23	28,757.64
Expense				
704 · WSO Board/Staff Meeting Meals	779.92	0.00	0.00	779.92
705 · WSO Board Travel/Hotel	6,610.06	579.58	0.00	7,189.64
706 · Web Hosting Expenses	15.95	15.95	158.15	190.05
708 · Convention Expense	1,201.75	806.61	340.00	2,348.36
709 · Conference Expense	1,755.97	38.21	78.00	1,872.18
802 · Shipping Expense	134.32	108.38	89.82	332.52
902 · Rent	699.00	699.00	699.00	2,097.00
904 · Bank Service Charges	0.00	186.58	0.00	186.58
905 · Merchant Fees (PayPal)	17.69	39.82	9.23	66.74
906 · Payroll Expenses	2,726.67	2,156.67	2,666.67	7,550.01
907 · P/R tax Expense	251.06	207.45	246.47	704.98
908 · Office Supplies & Expenses	200.60	417.66	310.70	928.96
915 · Telephone	89.82	90.01	82.01	261.84
940 · Postage	12.68	62.80	8.18	83.66
Total Expense	<u>14,495.49</u>	<u>5,408.72</u>	<u>4,688.23</u>	<u>24,592.44</u>
Net Income	<u>3,168.29</u>	<u>68.91</u>	<u>928.00</u>	<u>4,165.20</u>

**CEA-HOW World Service Office
Contributions by Intergroup
July through September 2009**

	<u>Jul - Sep 09</u>	<u>% of Column</u>
PayPal	981.00	8.75%
90099 - SOUTHERN CALIFORNIA INTERGROUP	3,193.37	28.48%
90101 - CEA-HOW OF SAN DIEGO	471.00	4.2%
90102 - NW CEA VANCOUVER, WA	0.00	0.0%
90103 - CEA-HOW HAWAII IG	0.00	0.0%
90104 - LAS VEGAS INTERGROUP	691.19	6.17%
90106 - FLORIDA INTERGROUP	40.95	0.37%
90107 - HOW IT WORKS OF CENTREAL COST	0.00	0.0%
90108 - ISRAEL INTERGROUP	0.00	0.0%
90110 - MEXICO INTERGROUP	400.00	3.57%
90111 - VENTURA TRI COUNTIES INTERGROUP	0.00	0.0%
90113 - AUSTRALIA INTERGROUP	0.00	0.0%
90114 - GREATER SACRAMENTO INTERGROUP	0.00	0.0%
90115 - NEW YORK INTERGROUP	17.10	0.15%
90117 - AAA SEATTLE INTERGROUP	0.00	0.0%
90119 - DALLAS FORT WORTH INTERGROUP	701.69	6.26%
90122 - MICHIANA INTERGROUP	45.10	0.4%
90123 - SAN FERNANDO VALLEY INTERGROUP	1,067.24	9.52%
90124 - MONTEREY BAY AREA INTERGROUP	45.00	0.4%
90125 - NORTH TEXAS INTERGROUP	0.00	0.0%
90126 - OKLAHOMA INTERGROUP	80.42	0.72%
90127 - NETHERLANDS INTERGROUP	0.00	0.0%
90129 - PERT WESTERN AUSTRALIA INTERGROUP	0.00	0.0%
90130 - RIO RECOVERY OF NM INTERGROUP	123.36	1.1%
90131 - INTERMOUNTAIN INTERGROUP	30.00	0.27%
90132 - UNITED KINDOM (UK) INTERGROUP	0.00	0.0%
90134 - SAN BERNARDINO/RIVERSIDE COUNTIES	363.38	3.24%
90135 - PENNSYLVANIA INTERGROUP	9.30	0.08%
90136 - VIRGINIA INTERGROUP	195.31	1.74%
90137 - KERN COUNTY INTERGROUP	75.00	0.67%
90139 - LOS ANGELES INTERGROUP	421.11	3.76%
90140 - PHONE BRIDGE INTERGROUP	1,138.89	10.16%
90141 - GREAT LAKES CEA-HOW	1,014.77	9.05%
90142 - CEA-HOW NORTHERN COLORADO IG	107.10	0.96%
TOTAL	<u>11,212.28</u>	<u>100.0%</u>

CEA-HOW World Service Office
Sales by Intergroup
July through September 2009

	<u>Jul - Sep 09</u>	<u>% of Column</u>
PayPal	409.90	7.72%
Convention	1,582.23	29.79%
UNAFFILIATED GROUPS	12.00	0.23%
90099 - SOUTHERN CALIFORNIA INTERGROUP	1,128.75	21.25%
90101 - CEA-HOW OF SAN DIEGO	0.00	0.0%
90102 - NW CEA VANCOUVER, WA	0.00	0.0%
90103 - CEA-HOW HAWAII IG	0.00	0.0%
90104 - LAS VEGAS INTERGROUP	153.75	2.9%
90106 - FLORIDA INTERGROUP	0.00	0.0%
90107 - HOW IT WORKS OF CENTREAL COST	0.00	0.0%
90108 - ISRAEL INTERGROUP	0.00	0.0%
90110 - MEXICO INTERGROUP	425.49	8.01%
90111 - VENTURA TRI COUNTIES INTERGROUP	0.00	0.0%
90113 - AUSTRALIA INTERGROUP	0.00	0.0%
90114 - GREATER SACRAMENTO INTERGROUP	0.00	0.0%
90115 - NEW YORK INTERGROUP	48.00	0.9%
90117 - AAA SEATTLE INTERGROUP	0.00	0.0%
90119 - DALLAS FORT WORTH INTERGROUP	575.00	10.83%
90122 - MICHIANA INTERGROUP	148.25	2.79%
90123 - SAN FERNANDO VALLEY INTERGROUP	67.00	1.26%
90124 - MONTEREY BAY AREA INTERGROUP	0.00	0.0%
90125 - NORTH TEXAS INTERGROUP	0.00	0.0%
90126 - OKLAHOMA INTERGROUP	36.50	0.69%
90127 - NETHERLANDS INTERGROUP	0.00	0.0%
90129 - PERT WESTERN AUSTRALIA INTERGROUP	0.00	0.0%
90130 - RIO RECOVERY OF NM INTERGROUP	176.25	3.32%
90131 - INTERMOUNTAIN INTERGROUP	0.00	0.0%
90132 - UNITED KINDOM (UK) INTERGROUP	0.00	0.0%
90134 - SAN BERNARDINO/RIVERSIDE COUNTIES	0.00	0.0%
90135 - PENNSYLVANIA INTERGROUP	115.00	2.17%
90136 - VIRGINIA INTERGROUP	116.25	2.19%
90137 - KERN COUNTY INTERGROUP	0.00	0.0%
90139 - LOS ANGELES INTERGROUP	69.00	1.3%
90140 - PHONE BRIDGE INTERGROUP	0.00	0.0%
90141 - GREAT LAKES CEA-HOW	100.00	1.88%
90142 - CEA-HOW NORTHERN COLORADO IG	147.95	2.79%
TOTAL	<u>5,311.32</u>	<u>100.0%</u>

Education Chairperson's Report

World Service Business Conference, October 24, 2009

Compulsive Eaters Anonymous – HOW, Inc.

World Service Organization BYLAWS, Article 4, Section 10

Description & purpose, Responsibilities & Duties

- a) **The Education Committee shall communicate news throughout the organization.**
- b) **The Education Committee shall develop training enrichment programs for Intergroups and Areas.**
- c) **The Education Committee shall develop public information programs.**

Focus: 1. Seeking out inaccuracies and inconsistencies in CEA-HOW CAL

2. WSBC Sponsorship Committee Liason

3. Phone conference workshops

Goal: To disseminate the Compulsive Eaters Anonymous-HOW Program accurately and unaltered, to strive for consistency and unity in our recovery Fellowship.

1. CAL inaccuracies and inconsistencies

a.) Spawning from last year's goal of emphasizing "Read the Literature", many misstatements, omissions, inconsistencies, have been detected. Whereas some are reading the literature, our literature may be hindering earnest sponsors & their sponsees in their recovery process by confusing and complicating the CEA-HOW message.

b.) Generally, our fellowship doesn't seem familiar with our literature as evidenced by the inordinate amount of food related questions and questions about procedures and policies. Example: the meetings in Salinas, CA. says "popcorn" is ok, someone said so." "What's the abstinence requirement for ...?"

Solution: Read our literature; Forever Abstinent booklet, the Sponsor's Guidelines, Meeting Packet.

c.) Continue to keep tabs on "Literature Order" form "Date Project" to help insure that groups receive and sell the most current Literature. Groups/meeting will be reminded to clean out old, outdated materials so as to not purposefully disseminate inaccurate and/or erroneous information. (1/2 cup vegetables. etc.)

d.) Working with whoever proofreads the literature in the reprinting process.

2. WBSC Sponsorship Committee Liason

a.) Cea-how.org website monthly Sponsorship articles

b.) January 2010 preparing to present a Phone conference workshop entitled "Train the Trainer". This is the Sponsorship Workshop I've done at convention and on Phone Bridge with an emphasis to train interested members to put on this workshop in their own area. thus passing on the Program's aspect of

sponsors' skills through unity, experience, and knowledge. Also, presenting local area Workshops could be fundraisers for Intergroups to help spread the message or Areas to perhaps fund delegates.

3 Sponsorship Workshop

-June 4, 2009 was the first Teleconference Call Basic Sponsorship Workshop. Well over 100 people were on line as one meeting had a speaker box so that the whole group could participate.

-October 18, 2009 was the sequel workshop, "Using Slips Wisely".

94 calls dialed in. Once again, that Sunday meeting used the speaker box so that added another 9 people. The workshop was also recorded.

- I'm planning another Phone Bridge Workshop for February 2010 addressing medical abstinence and traveling.

Respectfully submitted,
Lois Langford, Education Chairperson



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Compulsive Eaters Anonymous-HOW

April 2007

To the Fellowship of CEA-HOW,

Our recovery in CEA-HOW is three-fold... physical, emotional, and spiritual. By surrendering and working all 12 Steps and The Seven Tools of CEA-HOW, we achieve relief from our obsession with food. When World Service or an Intergroup receives a food-related question, the concern arises that such questions are diverting us from our primary purpose, which is to abstain from compulsive eating and to carry the message of recovery to those who still suffer. We are concerned that, by addressing what are sometimes basic questions about food, we are reinforcing the obsession with food rather than assisting you in looking at all aspects of recovery.

- *Forever Abstinent* and the *Maintenance Food Plan* based upon *Forever Abstinent* set out the guidelines of our food plan. We follow our food plan with the guidance of our sponsors.
- When a food question arises, the first source of information is always *Forever Abstinent/Maintenance Food Plan* and the ingredient list on the product or a query to the manufacturer. The results of this research are discussed with our sponsor.
- Sponsors may wish to check with their sponsors, on up the chain. Sponsors share their experiences and usually the answer from a sponsor with long-term abstinence is, "when in doubt, leave it out."
- A decision is reached between the sponsor and sponsee based on *Forever Abstinent/Maintenance Food Plan* and **a spirit of abstinence.**

Majority experience suggests that if we are too intent upon a certain food that we and/or our sponsor finds questionable, we are better off to eliminate it. If we ask "why?" we are generally not looking for an answer but for a debate or for permission to do it our way.

If a question arises regarding our abstinence and a religious practice or medical need, we follow the Traditions, specifically, Tradition 10. Thus we have no comment on questions concerning religion, politics, economics, finances, or medical or psychiatric issues. Input from an appropriate authority (e.g., religious leader, medical doctor, psychiatrist/psychologist) can be sought and, based upon this information, a decision can be made with the guidance of our sponsor and *Forever Abstinent*.

Neither World Service nor our local Intergroups are the ultimate authority on abstinence. As members of a 12-Step Program, "...there is but one ultimate authority, a loving God" who grants us **the spirit of abstinence.**

We are each responsible for our own abstinence and for our own recovery. Our abstinence is between us, our sponsor, *Forever Abstinent* (and the Maintenance Plan based on *Forever Abstinent*), and our Higher Power. Our recovery is a mutual gift between us and our Higher Power.

In service,

CEA-HOW Board of Directors

CEA-HOW is A Way of life!





World Service Office
CEA-HOW Inc.
5500 E. Atherton St., Suite 227-B
Long Beach, CA 90815-4017
Phone/Fax: 562-342-9344

Compulsive Eaters Anonymous-HOW

September 2009

RE: Language Policy
Substitution of Words "Food" for "Alcohol" and "Compulsive Eater" for
"Alcoholic"

To the Fellowship of CEA-HOW,

In agreeing to the permission given by Alcoholics Anonymous dated July 17, 1998, to use AA's 12 Steps, 12 Traditions and 12 Concepts of Service, CEA-HOW established the following policy* in regard to substitution of the words "food" for "alcohol" and "compulsive eater" for "alcoholic":

A. PRINTED MATERIAL

1. The words "food" for "alcohol" and "compulsive eater" for "alcoholic" may **ONLY** be substituted in the 12 Steps, 12 Traditions, and 12 Concepts of Service.* (NOTE: CEA-HOW's 12 Concepts of Service differ in wording substantially from AA's 12 Concepts of Service, although each Concept is based on the same premise.)
2. AA denies permission for the adaptation of text material, specifically denying CEA-HOW's proposed adaptation of portions of Chapter 4. It is CEA-HOW's opinion that substitution of the word "food" for "alcohol" when reading Chapter 5 as part of a meeting's readings falls under this prohibition to substitute, both in printed and spoken form.

B. SPOKEN LANGUAGE

AA does not address the question of substitution in spoken use. It is the position of CEA-HOW that oral substitution is a decision left to the member speaking, unless a group conscience dictates group policy. (When the reading of Chapter 5 is a formal part of the meeting format, it is an exception to the member's choice and should be read as printed.)

CEA-HOW honors AA's generosity in sharing its invaluable program of recovery with us and supports the recovery community fellowship by adhering not only to the letter of AA's request but also to the spirit of the request.

In service,

CEA-HOW Board of Directors

*The original letter of permission from Alcoholics Anonymous dated July 17, 1998, may be found at www.ceahow.org>Meeting Assistance>Literature Policy.

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Compulsive Eaters Anonymous-HOW

INTERGROUP REPRESENTATIVES: PLEASE READ TO YOUR MEETINGS

November 2009

Dear Fellow Members of CEA-HOW,

We are all grateful for our recovery through the CEA-HOW program, and for the efforts each of us puts forth, one compulsive eater helping another compulsive eater, to keep CEA-HOW a thriving recovery program which continues to spread the message that there is recovery from compulsive eating.

The World Service Office exists to support and answer to the needs of the Fellowship worldwide. It is the service hub of our organization which ensures that "the hand of [CEA-HOW] is always there." The WSO provides CEA-HOW with the structure and support needed globally by all CEA-HOW intergroups and meetings.

If you ever wondered who manages and produces our program's literature, it is the WSO.

If you wondered who organizes meetings across the country, it is the WSO.

If you wondered who maintains an office to link people with our program and our meetings via the website, it is the WSO.

If you ever wondered how our meetings continue to be available to us and to function in harmony, it is WSO which encourages adherence to our Traditions to ensure our survival.

And if you ever wondered who is responsible for the compulsive eater suffering alone anywhere in the world, it is YOU—through your support of WSO.

A great part of this work is done through Fellowship service. However, support of CEA-HOW worldwide is an immense responsibility and requires financial support. As Bill says in Tradition 7 of the 12&12, "There was a place in A.A. where spirituality and money would mix, and that was in the hat!"

The 7th Tradition is an expression of our gratitude for the program that has given us new life. To show our gratitude and to extend the hand of CEA-HOW to the compulsive eater inside and outside these rooms who still suffers, we suggest a **special one-time contribution of \$1 from each member during the month of January 2010. Of course, if you wish to contribute more than \$1 your generosity will be put to good use in reaching out to fellow sufferers. You may wish to show your gratitude for each year of your release from our terrible disease by contributing \$1 for each year of your recovery or abstinence.**

Let's all do our part to honor the spirit of the 7th Tradition to be self-supporting through our own contributions, particularly keeping in mind the compulsive eater who suffers in parts of the world without a strong Fellowship presence. We ask that each of you join us in action, as well as in prayer, for the continued success of CEA-HOW.

In service,
CEA-HOW Board of Directors

MEETING TREASURER OR INTERGROUP REP: PLEASE SEND THE GRATITUDE DONATION TO CEA-HOW AS A SEPARATE CHECK FROM 7TH TRADITION DONATIONS. MARK CHECK: GRATITUDE MONTH.

SEND TO: CEA-HOW, 5500 EAST ATHERTON STREET, SUITE 227B, LONG BEACH CA 90815-4017

CEA-HOW is A Way of life!

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