



Compulsive Eaters Anonymous-HOW

World Service Office
Board of Directors' Regular Quarterly Meeting
October 25, 2008 7:00 AM Pacific Time
Via Teleconference

Minutes

Call to Order

The Chair called the meeting to order at 7:00am.

Third step prayer; Tradition Two; ABSI p. 332

Roll Call

Present: Pamela K., Lois L., Coco M., Jason S., John Mc. Bill P.
Sherry S. Lupita, Liz G.

Excused: Rae, Z.

Guests: Woody N.; translator

Approval of Agenda

Agenda amended to reorder items under New Business; Agenda as amended approved unanimously.

Approval of Board Minutes of July 18, 2008

Revised minutes approved unanimously.

Approval of Board Minutes of Special Meeting of July 20, 2008

Revised minutes approved unanimously.

Treasurer's Report

The Quarterly Financial Statements were submitted by the Accounting Manager, Rureth M.

The loss for the quarter is \$10,755.01. Contributions are down. Our main concern is to keep spending down at this time and to follow up on contributions. It was suggested that the Board communicate with the Areas regarding contribution practices in all levels of the service structure.

President's Comments

John McK. reported that financials are our biggest concern. We have not signed a new lease and are on a month-to-month tenancy. The decision was confirmed that WSO would not move its offices to the SCI premises based on Tradition Nine concerns. Sherry will research light industrial space within a radius of one hour travel time from downtown Los Angeles for consideration as new office space.

Chair Comments

Pamela welcomed new members and those returning as well. WSO finances are definitely a concern. Pursuant to Tradition 9, we have a responsibility to serve the groups as a whole. Our goals are to encourage increasing service at various levels and to actively support the Conference committees.

COMMITTEE REPORTS

Executive Committee – As Chair of the Executive Committee, John stated he had sent a notice to the Executive Committee members that the first Executive Committee meeting would follow following adjournment of the Board meeting. Executive Committee members are John, Pamela, Bill, Sherry, and Jason.

Finance – Bill was not available to give a report. Woody, as Vice President and a guest at the meeting, stated that the Conference Finance Committee has met and their discussions included encouraging a donation on abstinence anniversary; setting up a monthly donation for WSO; using Paypal to a greater extent. The Committee discussed sending a letter to fellowship from Conference Finance Committee or from delegates.

Literature - Sherry reported that the Conference Literature Committee is holding its first meeting tomorrow, October 26, 2008. The Committee will be focusing on one or two pieces of literature in order to make new literature available to the Fellowship. She will report the Committee discussions to the Board.

Education - Lois reported that the Chair of the Conference Education/Sponsorship committee stated there had been no Committee activity. The focus will be on emphasizing use of the current literature, in particular *Forever Abstinent* rather than the abridged tri-fold food plan and the *Sponsor Guidelines*.

Area 6 – Coco reported the efforts to establish new intergroups, specifically in Ensenada. Members were not willing to give service at that level and to date the intergroups are not active. Area 6 contacted all 70 meetings to confirm the existence of mtgs. It was confirmed that pursuant to the Bylaws there is no requirement as to the number of intergroups required to form an Area.

Hispanic Liaison – Lupita emphasized the importance of having a dedicated workshop schedule at Convention for Spanish speakers, as well as joint activities for both English and Spanish speakers. She also invites the Board to celebrate the Area 6 15th Anniversary Party in November and will send out the invitation via e-mail

to all Board members. It was suggested that Lupita establish contact with Spanish speaking groups in the U.S., including the Phone Bridge, and determine ways in which the Board can support them.

Public Outreach – Jason reported that he is scheduling a meeting with Nancy, our webmaster, to discuss our objective of a bilingual English/Spanish website. We will need volunteers for Spanish translation. He suggests the website should have a PI page on it instead of a link to another URL. The Committee is focusing on distributing a PSA for more exposure. He also suggested the website highlight various pieces of literature on a rotating basis to let the fellowship know what literature is available.

Nominating - Jason is considering a local doctor who specializes in addictions as a non-participating director. The Board discussed the duties/participation of non-participating directors as attending Board meetings, offering relevant input, and developing participating as appropriate. It was suggested it would be helpful to have a medical professional on our Board who could communicate with peers in the medical community. Sherry stated she knows an attorney who may also be considered as a non-participating director. Pamela to email the Non-Participating Director Application to board members for anyone they would think might be interested.

10 – **OLD BUSINESS:**

Conference– 2008 The conference accomplished a great deal. The amended Bylaws have not been added to the website. If the former Vice Chair does not complete the Bylaws update, Pamela will do so. A Conference Policy Manual was presented to the Conference and a Conference Policy Manual Committee was established to maintain the Conference Policy Manual in order to avoid inconsistencies and conflicts of Conference actions from year to year.

Convention 2008 - This is the first year the fellowship took full responsibility for the Convention. Although there were some innovations, such as registering online, there were many glitches due to the new procedure; lack of accountability and communication between the Convention committee and the Board was a major drawback. There's a net loss of \$6000 from the convention. We need better tracking of registration information on the whole. Bill, Pamela and Convention 2009 Chair Rick will meet with Convention Chair 2008 for an exit interview and to determine how the Fellowship can be better served in the future. Need consistent record keeping and better liaising. John will follow up with Rureth regarding credit card charges that need to be collected.

Status of WSO location The final decision was made to maintain WSO adherence to Tradition Nine and maintain physical separation from any level of CEA-HOW service structure.

There are two issues- Staying where we are and staffing.
Staying where we are - Our current rent is \$699 and we are on a month-to-month tenancy. Pro: No moving expense, rent low, Rueth willing to help. Con: moving costs, fifty dollars to change address on each publication. Phone lines cost @ \$200 to move and would we need to change the number. Maybe less expensive to just delete address from literature. Advantage to move to where there's stronger fellowship presence. Might be able to get lower rate if we consider light industrial locale.

Sherry will pursue light industrial in a radius of one hour of downtown LA.
We will approach Rick to set up our database.

Compilation of FAQs from monthly Director questions - This issue is tabled to the next Board meeting.

11 – **NEW BUSINESS:**

Online meeting registration procedure - The Webmaster and Board have created an updated online meeting registration procedure. The online registration format states the requirements to register a CEA-HOW meeting and a notice is sent to the appropriate IG and to WS. It was determined that upon registration of a new meeting, a standard letter (to be drafted by the Pamela and approved by the Board) would be sent to the new group, with copies to the Intergroup and Area, welcoming the group and giving it contact information to receive support from their IG and Area. In this way the new groups get support from their IG and the IG can fulfill its responsibility to support its groups. The new procedure will assist in maintaining accurate records in order to support the Fellowship. Jason suggested we should develop a standard new meeting packet to send to new groups; however, IG information varies and this is something that may be suggested to the Conference Literature Committee.

Spirit of 7th Tradition practices – The Bylaws were amended at WSBC 2008 to change the distribution of surplus revenues from Tradition Seven to a 50/30/20 (intergroup/world service/area) split in order to assist Areas in funding delegates to Conference. It was noted that in some IGs the groups send one check to the IG for further distribution to WSO and Area rather than sending their distribution with a separate check directly to each entity. Jason pointed out this is an abdication by the groups of their 7th Tradition responsibility and voice. It was further noted that one IG has voted to take 10% from their groups' 7th Tradition contribution before sending the respective amounts to WSO and Area. The Board agreed this was a violation of their groups' autonomy. It was further noted that some IGs and Areas are sitting on excessive prudent reserves. The Board agreed that both of these issues appear to be in violation of the spirit of the 7th Tradition. Motions were made and approved that 1) the Chair would draft a letter for Board approval to be sent to the IGs and to be posted on the website informing the Fellowship of the groups' duties under the Bylaws to send separate contributions directly to the separate entities so that the

groups are properly represented; and 2) the Chair would draft a letter for the Board's approval a friendly letter of appeal to the Areas that they not hold beyond their prudent reserve so that the funds may be distributed to WSO to fund our primary responsibility of support to the Fellowship as a whole.

Revision of literature – It was recommended that the following items would be communicated to the Literature Committee for review and action as appropriate:

Review page 10, *Forever Abstinent*, “We avoid all alcoholic beverages.” Should the wording be reinstated to “**No alcohol**”?

Review *Sponsor Guidelines*, p. 5: “We strongly suggest you continue to commit your food to a sponsor on a daily basis.” Should this wording be brought into conformity with The Seven Tools, e.g., “We continue to commit our food to a sponsor on a daily basis.”

Could we perhaps add something to guidelines to help us remember what Rae suggested as a sponsor's responsibility is to keep our sponsees in the room. To be brought to conference literature committee. Sponsor guidelines would be important.

Building the Fellowship Lois made suggestions on ways to increase fellowship: Build fellowship the 7th tradition will follow; Items for consideration for IG's to consider as possibilities for growth; Walk up to newcomers in mtgs; Starts with one on one; Reiterate the basics with the fellowship; increase PI. Lois will send out a letter from the Education Committee with these ideas.

Conference/ Convention 2009. After extensive e-mail communication the Board decided to go forward with WSBC/Convention 2009. Woody did an incredible amount of work in getting bids of possible venues, and the Board narrowed it down to Embassy Suites LAX South. Bill, Pamela and Rick visited the site and approved it. Woody was authorized to negotiate a contract. It was suggested that signing for two years may reduce the fee considerably for each year.

12 – Adjournment 12:55pm