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# Compulsive Eaters Anonymous-HOW

## Board of Directors Quarterly Meeting APRIL 26, 2014, 7:00 AM Pacific Daylight-Savings Time

### MINUTES

1. **CALL TO ORDER:** Meeting was called to order at 7:01 a.m. PDT
2. **SERENITY PRAYER; TRADITION 2; ABSI READING**
3. **ROLL CALL—Board Members Present:** David M., Lorraine S., Jim E., Coco C., Shannon H., Liane S., Marybeth M., Robert M., and Jim W.  
**Corporate Officers Present:** Pamela K., Woody N., Jim C., and Irish C.  
**Excused:** Rae Z.
4. **Approval of Minutes:** January 25, 2014--The minutes were approved as submitted.
5. **Approval of Agenda—**The agenda was amended to note that under Officer Reports the 2014 Budget was already approved and does not need to be presented again. Under Committee/Liaison Reports, the Spanish Language Liaison Report was added to be Item a. with subsequent items to be renumbered. Under Old Business, AV Equipment will be added as Item f. The Agenda was approved as amended.
6. **Officer Reports**
  - a. Chair—All were thanked for ongoing service. It was noted that a special Board meeting might need to be called to complete business items before WSBC.
  - b. President and Executive Committee—(See attached) Pamela K. presented. It was noted that there is not a growth in new meetings. It was also noted that the hiring of Rureth has been beneficial to the organization.
  - c. Treasurer and Finance Committee—Jim E. went over the attached reports. Pamela noted that payroll expenses were down in March due to Rureth’s leave. Liane asked about monies broken out from the Phone Bridge Catalina retreat but that could not be answered. Obtaining a breakdown of expenses from Convention will need to be looked at and it was noted that some expenses are shared by both Conference and Convention.
7. **Committee/Liaison Reports**
  - a. Spanish language Liaison—Coco—Groups are closing and meetings are smaller, but there is much enthusiasm among current members. Meetings have dropped from 70 to about 20. Most meetings are around Leon and some are growing with newcomers.
  - b. Sponsorship—Liane—The committee has met twice and is presently working on conducting a 90-minute presentation at Convention. Pamela noted that all keynote speakers at Convention will have double-digit abstinence.
  - c. Public Outreach—Lorraine—The committee would like to see pitches added to the website to be available for download. The committee has not been able to meet on a regular basis and some members have dropped out.
  - d. Teen Ad Hoc—Lorraine—The primary concern is how to legally present to teens under the age of 18. The food plan should not be disseminated at this point as this opens us up to legal repercussions. Discussion was held about the need to redirect the committee to its charge. **A motion was made to put information concerning the Teen Program and liability issues on the home page of the website and send out an e-blast with the link. Motion passed. ACTION ITEM: Lorraine, Pamela and David**

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**will draft verbiage for the website directing members to the information currently on the website stating CEA-HOW's discontinuance of the Teen Program due to legal/liability concerns. WSO will send out an E-Blast when the language is finalized.**

- e. Education—Marybeth-- Members of the committee are finalizing the wording of the introduction for the material (from last year's committee) to be posted as a new Education page on the CEA- HOW website. The Education Committee submitted a Bylaws Motion for 2014 WSBC clarifying the function and duties of the Education Committee.
- f. Ad Hoc Special Needs—Marybeth—This committee continues to explore the making of Braille copies of *Forever Abstinent* and *Sponsor Guidelines*. Committee members will continue to gather information for wheelchair accessibility CEA-HOW meetings. CDs of *Forever Abstinent* and the *Sponsor Guidelines* previously recorded by a member will be reviewed by the Committee members to ensure they are current and accurate and when the review is complete consideration will be given to the format to make them available to the fellowship.
- g. Literature—Robert M. Several projects have been reviewed and those that were redundant were dropped. Others are ongoing and this is a very active committee. A bookmark is ready which contains direct quotes from the AA literature as affirmations and the Area 2 Cookbook is being reviewed to make sure that its ingredients and measurements are in line with the current *Forever Abstinent*. The Literature Committee has an ongoing project based on *Emotional Sobriety*; verification that it is based on Conference Approved literature is required. Discussion was held as to the purpose of the Literature Committee. It was reiterated that the purpose of the Literature Committee is to review literature submitted to it from the fellowship and service bodies to ensure the literature adheres to CEA-HOW guidelines and the content is accurate and then making recommendations to WSBC for Conference approval of such literature; it is not the purpose of the Literature Committee to create literature.
- h. Ad Hoc 4<sup>th</sup> Step—Shannon—A motion will be submitted to WSBC 2014 to dissolve this committee as the Literature Committee is working on literature which includes a columnar inventory and work on this *Ad Hoc* Committee is now redundant..
- i. Website Liaison—Pamela—A question was raised by the committee whether quotes from the Big Book needed permission to be included in the Reflections Book project. A discussion followed and it was felt by Board members who are also a part of the AA Fellowship that short quotes are allowed as long as they were attributed.
- j. Convention Liaison—Shannon—Plans for the Convention are ongoing and Renee P, Chair, is doing a good job. There are still open Chair positions.

## 8. Old Business:

- a. WSBC Bylaws Motion concerning *Ad Hoc* Committees—This motion is presented by the Board. Our Bylaws do not currently address the formation of Ad Hoc Committees and this Motion rectifies the omission. **Motion was made and seconded to send this motion to WSBC 2014. Motion passed.**
- b. WSBC Policy Motion from Board on Medical Abstinence in *Forever Abstinent*—Shannon presented. **After discussion addressing outside issues (health v. compulsive eating) a motion was made to remove the sentence "Unless your health care professional disagrees, take a sugar-free multi-vitamin daily." from the motion. Motion passed. A motion was made to change "Please have your health care professional list medical conditions that need dietary modifications. List dietary modifications and sign and date in the section below." The revised signature section will read: "Food plan is approved as is" with signature and date. This will be followed by "Medical Conditions that need dietary modifications: \_\_\_\_\_." Followed by "Specific Modifications:\_\_\_\_\_." Motion passed. This original motion as amended was then voted on and passed. This Motion will be sent to WSBC 2014.**
- c. Board Policy Motion on WSBC/Convention reimbursement to directors and officers tabled from January 2014 meeting.—This motion is tabled until the next meeting. If a special meeting does not take place before the July Board meeting, the original policy will remain in place. Jim E. indicated he would not be in attendance if the original policy is followed. **ACTION ITEM: A special meeting was scheduled to address this issue which has been tabled from the last two Board meetings. Jim E. will present a motion regarding Director/Officer WSBC/Convention reimbursement.**
- d. New literature pricing structure—Jim E. presented with the literature rates as recommended by the Board and Conference Finance Committee. **A motion was made to adopt the literature pricing algorithm with all existing discount policies in place and that Spanish literature items be sold at the comparable English literature prices. Motion passed. ACTION ITEM: The new literature pricing**

structure will be sent to the Executive Committee to determine the timeline for implementation and attendant administrative matters, including pricing for Mexico Groups, etc.

- e. Area Assistance for WSBC 2014—A request for financial assistance for Area 4 delegates was received. A lengthy discussion took place. **A motion was made that the WSBC registration fees for up to three delegates from Area 4 be waived and that \$500 Area assistance be sent. Motion passed.**
- f. **AV Equipment. A motion was made to approve the proposed AV contract which is at \$5,191. Motion passed.**

## 9. New Business:

- a. Request for Waiver of Delegate Qualifications **A motion was made to approve the waiver presented. Motion passed.**
- b. Board hotel reservations for WSBC/Convention—**Action item: Pamela will check with the hotel concerning a deadline for making Board hotel reservations.** If there are roommate preferences they should be emailed to WSO. **ACTION ITEM: All Board members and officers should contact WSO concerning roommate preferences by May 15, 2014 at the latest.**
- c. Agenda Committee Report, motions from the Committee for WSBC 2014:
  - 1) Ad Hoc 4<sup>th</sup> Step Inventory Committee— **MOTION: The Ad Hoc CEA-HOW Inventory Conference Committee determines it will not create a columnar inventory for presentation to WSBC. Any work produced or reviewed by the Ad Hoc CEA-HOW Inventory Conference Committee is hereby turned over to the Literature Committee for use as the Literature Committee sees fit. The work of the 2013—2104 Ad Hoc CEA-HOW Inventory Conference Committee is complete, and the Committee is officially dissolved.** There were no objections to this motion.
  - 2) Bylaws change, Education Committee— **MOTION: Revise the wording of CEA-HOW Bylaws:**
    - Article 23— Conference Committees**
    - Section 12— Education Committee by:**
    - Keeping current wording of a) and b)**
    - a) The Education 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 full geographic representation.**
    - b) Outgoing Delegates, if they desire, may serve an extra year on the committee in an advisory capacity.**
    - Deleting current wording of c) and d)**
    - c)The Conference Education Committee shall include, but not be limited to, a representative from the Literature, Public Information, Website, and Sponsorship Conference Committees.**
    - d) The Education Committee will implement educational goals (within and outside of the fellowship) with objectives from each of the represented groups.**
  - Inserting the following wording for c) and d)**
  - (b) The Conference Education Committee shall invite input on education topics or initiatives from the Conference Literature, Public Information, Website, and Sponsorship Committees.**
  - c) Whenever possible, the Conference Education Committee shall incorporate this input and work in conjunction with the other committees to implement educational goals (within and outside of the fellowship).**
- There were no objections to this motion.
- 3) Sponsorship Assistance, Motion A, Area 10--**MOTION: The CEA-HOW Sponsor Guidelines be modified as follows: Insert the following sentences at the beginning of Page 3:**
  - In your first meeting/telephone call with your sponsee review Forever Abstinent with your sponsees. You must have a sponsor to receive Forever Abstinent or the Forever Abstinent Trifold.** There were no objections to this motion.

- 4) Sponsorship Assistance, Motion B, Area 10 The motion adds the Sponsorship checklist to the *Sponsor Guidelines*. There were no objections to this motion.
- 5) Sponsorship Assistance, Motion C, Area 10 **MOTION: That the following sentence be added to the title page of *Forever Abstinent*: THIS BOOK IS FOR USE BY SPONSORED CEA-HOW MEMBERS ONLY.** Clarification is needed to ascertain whether this is meant to be added to the title page or the cover. **ACTION ITEM: David will take the matter of clarification on Sponsorship Assistance, Motion C to the Agenda Committee to get clarification.**

6) Ad Hoc Special Needs Committee-- **MOTION: That the Special Needs Ad Hoc Committee (with at least three members) be extended through 2014-2015 to continue researching ways CEA-HOW can be improved for those with special needs and accessibility issues. The Special Needs Ad Hoc Committee will make recommendations to WSBC 2015.** There were no objections to this motion.

**A motion was made to send the policy and bylaw motions to WSBC 2014 following clarification on Sponsorship Assistance, Motion C. Motion passed.**

d. WSBC 2014 Forum & WSBC feedback

- 1) Forum topic—"How to keep Sponsorship Strong" was brought up as a possibility. **ACTION ITEM: Marybeth will spearhead the Forum; Lorraine will assist.**
- 2) Was having more time to work with the committees after lunch productive? This was deemed to be very successful and productive at the WSBC 2013 and will be incorporated into the Agenda for WSBC 2014 if time allows.

**Adjournment: A special BOD meeting will be held at 7:00 PDT on May 17, 2004 for a maximum of two hours. The Chair will confirm the meeting on or before May 10. The meeting adjourned at 12:01 p.m. PST.**

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