

World Service Office CEA-HOW, Inc. 3371 Glendale Boulevard, Suite 104 Los Angeles, CA 90039 Phone: 323-660-4333; Fax: 323-660-4334 Email: gso@ceahow.org

Compulsive Eaters Anonymous-HOW

Board of Directors Quarterly Meeting October 26, 2013, 7:00 AM PDT

- 1. CALL TO ORDER Meeting was called to order at 7:02 a.m.PST
- 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., Jim C., Jim W. Corporate Officers Present: Pamela K., Woody N., Irish C. Excused: Rae Z.

- 4. Approval of Minutes: Final Meeting of 2012-13 BOD, 7-26-13--The Minutes were approved as presented. First Meeting of 2013-14 BOD, 7-26-13--The Minutes were approved as presented.
- 5. **Approval of Agenda**—The Agenda was approved with the change at 7.d. Committee/Liaison Reports of listing Liane rather than Shannon.

6. Officer Reports

- a. Chair—David encouraged all members of the Board to be "cheerleaders" of the Fellowship and to share about the benefits of service.
- b. President and Executive Committee—Pamela shared information concerning the current numbers of meetings, the status of the trademark process, and that the new pieces of literature approved at the 2013 WSBC are now available. Financial oversight procedures and change in WSO management were also outlined.
- c. Treasurer and Finance Committee—Jim E. reported on the transition of the fiscal year from previous status to a calendar year model. The Quarterly Report was reviewed. The quarter ended in the black. The prudent reserve was discussed. A policy motion was made to change the prudent reserve from nine months of the previous year's operating expenses to six months of current budgeted expenses effective immediately. Motion passed. The intent to involve delegate members of the Finance Committee was discussed and they will be encouraged to attend Finance Committee meetings.

7. Committee/Liaison Reports

- a. Literature—Robert M. reported on what the committee has been working on. They will be meeting again October 27, 2013. ACTION ITEM: At the next Literature Committee meeting Robert will clarify the term of "ad hoc member" that was in his report. Pamela shared that a book of recovery stories was donated to WSO and will be passed on to the committee for review.
- **b.** Education—Marybeth reported that committee has been communicating via email. There has been discussion on having an educational corner on the website. Their next meeting will be in December.

CEA-HOW is A Way of life!

- **c.** Public Outreach—Lorraine reported and members of the committee have been active. Items on the website that might be outdated will be looked at for review. The committee is looking into having generic ads in free publications, having podcasts, putting on a newcomer workshop, implementing informational ads on a regular basis, and developing a list of best practices for members of the Fellowship to follow.
- **d.** Sponsorship—Liane reported and a workshop on transitioning to maintenance is being planned for the 2014 Convention. A possible trifold concerning this topic will be looked at in January. The committee will meet again on November 24.
- e. Ad Hoc 4th Step—Shannon—The committee will next meet in November. A conference call was held in September that did not include Shannon and she has asked to be included in the next meeting.
- f. Website Liaison—Shannon reported and the committee is very strong and organized and has several projects ongoing. ACTION ITEM: Jim E. requested that the Website Committee look at the tab "What is WSO" on the website to make it stand out more. The next meeting will be October 29.
- **g.** Ad Hoc Special Needs—Marybeth reported and was given input, specifically to review the motion passed at WSBC 2013 outlining the Committee's purpose, to take back to the committee to assist in setting up goals.

8. Old Business:

a. Global Convention 2013 Report--Pamela addressed this and many factors concerning Convention 2013 were discussed. It was a wonderful recovery event with outstanding workshops but attendance needs to be built up. It would be helpful to track how many people can download the audio workshops. ACTION ITEM: Pamela will look into how to track how many people actually download the audio workshops from Convention.

9. New Business:

- a. WSBC & Global Convention 2014—A Board liaison is needed for Convention 2014. Pamela outlined the responsibilities. Liane volunteered to be Co-liaison. ACTION ITEM: Shannon will visit with her sponsor regarding being the Board Liaison for Convention 2014. David will make a phone call concerning the Chair position within this next week. Woody is investigating hotels and shared some of the factors concerning booking a venue. ACTION ITEM: Woody will continue to gather hotel data for WSBC and Global Convention 2014 and will send a compilation out by December 15th. Many Items must be decided upon by January but the authorization to have a hotel contract signed can be decided upon via email prior to that time. The idea was presented to bring up these issues as the WSBC Forum for 2014 with additional input at another time during the Convention.
- b. Proposed change in *Forever Abstinent* re medical sponsor—ACTION ITEM: After discussion Shannon will draft a motion clarifying the language on page seven (7) of *Forever Abstinent* and present it at the January 25, 2014 Board meeting.
- c. Board Policy re WSBC/Convention reimbursement to Directors and Officers—After discussion a motion was made to table this to the next Board meeting. Motion passed. ACTION ITEM: Jim E. will look at the Board Policy re WSBC/Convention reimbursement to Directors and Officers and with input from Jim W. will craft a motion concerning this for discussion at the January meeting.

10. **Adjournment:** The meeting adjourned at 11:42 PST with the Third Step Prayer. Next Quarterly BOD Meeting January 25, 2014 at 7:00 a.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. World Service Office