

COMPULSIVE EATERS ANONYMOUS –HOW
Minutes of
World Service Business Conference
Los Angeles, California
July 22-23, 2010

Call to Order

Sherry S., Chair, called the meeting to order at 8:33 a.m. with the Third Step Prayer, Tradition Two and introduction of the Board. Board members present: **Sherry S., Carl B., Lupita B., Coco C., Jim Clough, Lois L, Mindy D., Bill P., and Rae Z.** Corporate Officers present: **Pamela K., Woody N., and Irish C.**

An announcement was made concerning the death of Jason Smith, former Board member and Parliamentarian, in a motorcycle accident in 2009.

Co-Founder's Greeting: Rae Z., Co-Founder, greeted the delegates.

Rureth Muniz was introduced as our Accounting Manager.

Conference Support Committee: Helen R., Judy S., and Susan S. served the Conference as volunteers to assist the voting delegates.

DAY ONE—BUSINESS SESSION #1 and #2

Roll Call--

There were 51 voting members present. See Register of Attendance. Jim Whipple served as Parliamentarian.

Workshop—Parliamentarian Workshop

Jim Whipple, Parliamentarian, presented a workshop on parliamentary procedure for the delegates. Short sessions on matters of procedure along with Q & A were given in fifteen-minute segments following each break and at the start of each session of Conference.

Approval of Standing Rules

The Standing Rules were approved unanimously as submitted.

Approval of Agenda

The agenda was approved with the change of having registration begin at 8:30 a.m. and the Business Session starting at 9:00 a.m. on Friday.

Approval of 2009 WSBC Minutes

The minutes were approved with the following changes: In the Register of Attendance, Jim Eddy should be changed to Jim E. In the Announcement of Conference Committee Assignments, under Finance, Bernice's name as Chair should be changed to bold print and Mindy B. should be changed to regular print. Under Public Information, the spelling of the name Merriane should be changed to Merrie Anne.

Reports

Sherry S., Board Chair, and Carl B., Corporate President, presented their reports to the Conference.

Board Committee reports were presented:

Finance: Bill P., Treasurer—Cover dates on the financial report should read July 2009—June 2010. The report was approved as presented.

Literature: Coletta W. reported for the committee. Three different booklets of *As Bill Sees It* questions have been published and are available. The submission form for the proposed Meditation book is online. 366 readings are needed for the book. 1500 submissions are requested. This information should be taken to the Fellowship and members urged to send in submissions that will be reviewed anonymously.

Education: Lois L. presented for the committee. Many workshops have been presented both on the Phone Bridge and at face-to-face meetings. There are monthly sponsorship articles available on the web. A future possibility will be literature concerning sponsoring chronic "slippers" being created to help those sponsees find recovery from compulsive eating.

Open Forum questions and comments pertaining to the committee reports:

1. **Why is there a Wells Fargo Business Checking Account and a Money Market Account?** There are no checks written out of the money market account. It is prudent to shepherd the money wisely as a corporation.
2. **What is the prudent reserve and where is that money?** There is no defined prudent reserve at this time. This is the first time the organization has had this type of positive balance. Services were slashed as a cost-cutting measure five years ago and the WSO is now bringing some of them back. A 24-hr. fax, for example, has been added. After the organization is back at a full-service level, we will be able to better establish a prudent reserve. This year will essentially be a fact-finding mission to help determine prudent reserve.
3. **A concern was voiced about the need for coordination with the Education, Literature and Public Information Committees so there is not duplication of projects.** This was noted and will be addressed.
4. **Is there a way to get the current publication dates on literature?** An updated literature form was sent out with the new *As Bill Sees It* questions, and was also given to each delegate at this year's Conference.

5. **When should outdated literature be discarded?** Literature should be the most current so as not to have misguided information being distributed. Dates should be checked against the current publication dates.

Announcement of Conference Committee Assignments: (Name in Bold is Chair)

Agenda: Eric R., Jennifer S., Jill T., Leona O., Mindy B., **Roberta S.**, Roizy S., James L.

Finance: Eileen M.,(Secretary) Kathleen N., **Stephen P.**, Stuart G.(Vice-Chair)

Literature: Barbara B., Carol S., (Vice-Chair) [resigned when elected to Board of Directors] Gina C., Janet D.,(Secretary) Linda G.M., Lorraine S., Ofelia M.

Urgent New Business: Eric R., Jennifer S., Jill T., Leona O., Mindy B., Roberta S., Roizy S., **James L.**

Public Information: Denise M., Holly D., (Secretary) Joan D., **Judy K.**, Margie B., Merrie Anne B.,(Vice-Chair) Janice H. E.

Sponsorship: Amy S., (Secretary) Jim E., Joann S., Mary K.,(Vice-Chair) Marybeth M. [resigned when elected to Board of Directors], **Shannon H.**, Eric S., Maria M., Lois L.

Policy Manual: Carolyn P. (alternate), **David M.**, Rick A. [resigned when elected to Board of Directors], Nikki W.,(Secretary) Stephanie G., Liane S.

Conference committees will meet at lunch on Thursday, July 22, 2010, to elect their Chairs, who will provide all contact information to the Board Secretary and also set up their next meeting to begin committee work for the year.

New Business:

Policy Motions Submitted Prior to Conference:

1. **Policy Motion #1-2010--Inventory Sponsor Qualifications and Sponsor Guidelines Literature Correction--** A motion was submitted by David M. that the *Sponsor Guidelines* booklet, page 5, paragraph 3, be changed to state: “To qualify as an Inventory Sponsor, you must be a Food Sponsor, have completed all of the CEA HOW Inventory questions in the *Sponsor Guidelines* booklet and have given this inventory away to the God of your understanding and another person, thus completing the CEA HOW requirements for the Fifth Step. You are now ready to get a Step Sponsor.”

Amended to read: That the *Sponsor Guidelines Book*, page 5, paragraph 3, is changed to state: “To qualify as a *CEA-HOW* Inventory Sponsor, you must be a *CEA-HOW* Food Sponsor, have completed all of the *CEA-HOW* Inventory questions in the *Sponsor Guidelines* booklet and have given this inventory away to the God of your understanding and another person, thus completing *the CEA HOW requirements for the Fifth Step*. You are now ready to get a *CEA-HOW* Step Sponsor.” **Approved 42, Opposed 3, Amendment passed.** The amended motion was then voted on. **Approved 44, Opposed 1, 1 abstention. Motion passed.**

2. **Policy Motion #2-2010 Quarterly WSO Electronic Newsletter**--A motion was submitted by the Website Sub-Committee that a sub-committee be established to create a Quarterly Newsletter. **Approved : 41 Opposed: 3. Motion passed.**

3. **Policy Motion #3—Public Information Brochure-** A motion was submitted by the WSBC Public Information Committee that the piece of literature “*Do you Need Help with Your Eating?*” be accepted as conference-approved literature. An amendment was made and then a second motion was made to refer it to committee. **Approved: 41 Opposed: 3. The brochure was referred to committee.**

A new revised brochure was presented (See attached) An amendment was made to change wording on that piece. Approved: 0 Opposed: 50. Amendment failed.

The motion on the revised brochure was then voted on.
Approved: 48 Opposed: 0. Motion passed.

4. **Policy Motion #4—2010--change to CEA HOW Food Plan—Allowing Vegetables at Breakfast:** A motion was submitted by Area 3 to amend the CEA HOW food plans (*Forever Abstinent* on page 14, paragraph 2; and the Maintenance Food Plan, tri-fold section 3, at the end of the “Vegetables” selections) to read:

(*Forever Abstinent*, page 14, paragraph 2)

Breakfast

- 1 protein selection
- 1 fruit selection
- 1 tsp. fat (optional)
- 3T raw or unprocessed bran (optional)
- 1 vegetable selection (optional)

(*Forever Abstinent*, page 14, paragraph 2)

Breakfast

- 1 protein selection
- 1 fruit selection
- 1 tsp. fat (optional)
- 1 grain selection (optional)
- 1 vegetable selection (optional)

Optional: A committed, weighed or measured portion of vegetables can be moved from lunch and/or dinner and added to the above breakfast selections. (Maintenance Food Plan, tri-fold section 3, at end of “Vegetables” selections)

Optional: A committed, weighed or measured portion of vegetables can be moved from lunch and/or dinner and added to the above breakfast selections.

An amendment was made to change the wording to:
change to CEA HOW Food Plan—Allowing Vegetables at Breakfast: A motion was submitted by Area 3 to amend the CEA HOW food plans (*Forever Abstinent* on page 14, paragraph 2; and the Maintenance Food Plan, tri-fold section 3, at the end of the “Vegetables” selections) to read:

(*Forever Abstinent*, page 14, paragraph 2)

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- 1 fruit selection
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- 1 grain selection (optional)

(*Forever Abstinent*, page 14, paragraph 2)

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- 1 protein selection
- 1 fruit selection
- 1 tsp. fat (optional)
- 1 grain selection (optional)

Optional: A committed, weighed or measured portion of vegetables can be moved from lunch and/or dinner and added to the above breakfast selections. (Maintenance Food Plan, tri-fold section 3, at end of “Vegetables” selections)

Optional: A committed, weighed or measured portion of vegetables can be moved from lunch and/or dinner and added to the above breakfast selections.

Wording of the amended motion: Approved: 7 Opposed: 35 Amended motion failed.

An amendment was made to change the wording under the Optional sections on both page 14 of *Forever Abstinent* and also the Maintenance Food Plan, tri-fold section 3 at end of “Vegetables” selections: A committed, weighed or measured portion of vegetables can be moved from lunch or dinner and added to the above breakfast selections. **Approved: 26 Opposed: 10. Amendment passed.**

Motion: Amend the CEA HOW food plans (*Forever Abstinent* on page 14, paragraph 2; and the Maintenance Food Plan, tri-fold section 3, at the end of the “Vegetables” selections) to read:

(*Forever Abstinent*, page 14, paragraph 2)

Breakfast

- 1 protein selection
- 1 fruit selection
- 1 tsp fat (optional)
- 1 grain selection (optional)

Optional: A committed, weighed or measured portion of vegetables can be moved from lunch or dinner and added to the above breakfast selections.

(Maintenance Food Plan, tri-fold section 3, at end of “Vegetables” selections)

Optional: A committed, weighed or measured portion of vegetables can be moved from lunch or dinner and added to the above breakfast selections.

Approved: 25 Opposed: 19 Motion failed.

After hearing the views of the minority opinion, there was a vote on re-opening discussion. **Approved: 34 Opposed: 9. Discussion reopened.**

After discussion, another vote was taken. Results of the revote: **Approved: 33 Opposed: 15. Motion passed.**

- 5. Policy Motion #5-2010 Commit Artificial Sweeteners** A motion was presented by Rae Z. that: a. The following language shall be added to *Forever Abstinent* under *The Optional Items* (page 5): Artificial sweeteners (0 calories)

The Sugar Rule notwithstanding, the zero-calorie pink, blue, yellow, and bottled artificial sweeteners may be used but the quantity (e.g., number of packets or weighed and measured amount per day) must be committed to your sponsor.]

b. The following sentence at the bottom of page 6 of *Forever Abstinent* is deleted: “Note: The pink, blue, or bottled sweeteners are acceptable, even though they use an “ose” as a dispersing agent.”

After discussion, the policy motion was referred to committee.

Policy Motion #5 Amendment as per the Committee:

The following language shall be added to *Forever Abstinent*, page 5, following the last paragraph of “The Sugar Rule”:

A word of caution about the use of CEA-HOW accepted sweeteners: Some members have learned through experience that using acceptable sweeteners on the CEA-HOW Food Plan can become a problem. Members have reported excessive intake, increased appetite and relapse when use of these items becomes obsessive. Therefore it may be necessary to commit the quantity of sweeteners to be used as you would any food plan item. These sweeteners would include:

1. Sugar-free sodas and no calorie beverages
2. Sugar- free gum
3. Powdered or liquid sweeteners whether alone or added to food and beverages

Please refer to the additional guidelines on page 13.

There was an amendment to change the third item to say:
Powdered or liquid *sugar-free* sweeteners whether alone or added to food and beverages.

Approved: 4 Opposed: 35. Amendment failed

There was another amendment:

These CEA-HOW acceptable sweeteners would include:

1. Sugar-free sodas and other no-calorie beverages
2. Sugar-free gum
3. CEA-HOW accepted powdered or liquid sweeteners whether alone or added to food and beverages.

Please refer to the additional guidelines on pages 6 and 13

Approved: 42 Opposed: 6. Amendment passed

The amended motion then read:

The following language shall be added to Forever Abstinent, page 5, following the last paragraph of “The Sugar Rule”:

A word of caution about the use of CEA-HOW accepted sweeteners: Some members have learned through experience that using acceptable sweeteners on the CEA-HOW Food Plan can become a problem. Members have reported excessive intake, increased appetite and relapse when use of these items becomes obsessive. Therefore it may be necessary to commit the quantity of sweeteners to be used as you would any food plan item. These CEA-HOW acceptable sweeteners would include:

1. Sugar-free sodas and other no-calorie beverages
2. Sugar- free gum
3. CEA-HOW Accepted powdered or liquid sweeteners whether alone or added to food and beverages

Please refer to the additional guidelines on pages 6 and 13.

Approved: 39 Opposed: 9.

A motion was made to reopen the issue. **Approved: 26 Opposed: 21. Motion was reopened for discussion.**

After being reopened for discussion, another vote was taken. The results of the revote were: Approved: 27 Opposed: 21 Motion failed.

6. **Policy Motion #6-2010-Forever Abstinent Food Plan Tri-fold Pamphlet Change**—A motion was submitted by the Board of Directors. Motion: Modify the front of the Forever Abstinent tri-fold pamphlet to include the following advisory statement: “NOTE: This pamphlet does not contain the CEA-HOW food plan in its entirety. For complete information about the plan of eating, please refer to *Forever Abstinent*.” **Approved: 47 Opposed: 1. Motion passed.**

7. **Policy Motion #7-2010 Add Maintenance Food Plan to Forever Abstinent**—A motion was submitted by the Board of Directors: Motion: Add the Maintenance Food Plan to *Forever Abstinent*. There will be no change in content or substance. **Approved 47. Opposed 0. Motion passed.**

8. **Policy Motion #8-2010 Establish an Ad Hoc Inventory Review Committee to Review the CEA-HOW Inventory Questions on Pages 24 through 36 in the Sponsor’s Guidelines**, submitted by James L. Motion: To establish an Ad Hoc Inventory Review Committee to review the CEA-HOW Inventory Questions on Pages 24 through 36 in the Sponsor’s Guidelines and within two years report their recommendations to the World Service Business Conference. **Approved: 40 Opposed: 6. Motion passed.**

Recess at 4:15 p.m.

BUSINESS SESSION—DAY TWO

The Conference reconvened at 9:02 a.m. with the Serenity Prayer and all participants stood and qualified.

Credential Report: There were 49 voting members for Day Two.

The Third Step Prayer was recited, followed by Tradition Two.

Reports – WSBC Committees:

Finance: Stephen P. reported that there are three future projects for this year:

1. Prepare literature to be provided to the various Treasurers at all levels of Service with suggested Best Practices to be followed when elected to a Treasurer position. Provide standard forms for tracking 7th Tradition donations, splitting the donations to support the Intergroup, Area, and World Service, and submitting/mailing the donation.
2. Prepare literature to be placed in a meeting that explains the 7th Tradition donation.
3. Work with webmaster to add another Donate Option on the website—the option of making a donation over a period of time using scheduled recurring payments via Paypal.

Literature: Coletta W. shared that the committee accomplished finalizing the *As Bill Sees It* questions (3 sets). They also have put submission forms for the Spiritual Meditation Book on the website, and that project will be continued this coming year.

Public Information: Merrie Anne B. reported that the committee broke into five sub-committees. Committees met monthly by phone and accomplished goals in the area of PSA and Media Publications, PI Web Page, a Library Project to help put CEA-HOW information into public libraries, CEA-HOW PI Guidelines and Workbooks, and Public Outreach and Health Fairs.

Sponsorship: Shannon H. reported that the committee posted eleven sponsorship articles on the website and the committee will work on possibly developing a book based on these. There was also a Sponsorship Workshop hosted on the Phone Bridge.

Proofreading was done on CEA-HOW literature and sent to the Literature Committee, and a Sponsor checklist was designed and is currently under review.

Spanish Speaking Meetings: Lupita B. presented the report with the assistance of Woody N. Gratitude for the assistance of World Service was expressed. The translation of all the literature into Spanish is being accomplished. Delegate packets are now in Spanish and the translations for workshops and committees at both Conference and Convention are ongoing. This effort helps with the unity in the Fellowship. Appreciation was also expressed to Maria D. for her assistance with those areas, as well as with her help for the Spanish Phone Bridge meetings.

9. Bylaws Motions Submitted Prior to Conference:

1. Bylaws Motion #1-2010: Effective Date of Bylaws Amendments: A motion was submitted by the Board of Directors to read: Part A, Article 12, Section 1, Subsection g) is amended to read:

g) Amendments to Part A of these Bylaws shall be effective as of the date of approval by the Board of Directors, except as otherwise specified. Amendments to Part B of these Bylaws shall be effective on the date stated in the motion to amend. Amendments to Part C of these Bylaws shall be effective at the close of the World Service Business Conference at which they are approved, except as otherwise specified.

This motion shall be effective immediately upon approval.

Approved: 49 Opposed: 0. Motion passed.

2. Bylaws Motion #2-2010: Addition to Part C., Article 19 – Intergroups, Section 2. Purpose: A motion was submitted by the Board of Directors to read: CEA-HOW, Inc. Bylaws, Part C, Article 19-Intergroup, Section 2. Purpose is amended to read as follows: “The purposes of the Intergroup are to act as guardian of CEA-HOW’s Twelve Steps, Twelve Traditions, Twelve Concepts of Service, the CEA-HOW Concept, and the Seven Tools: to facilitate group formation; to distribute CEA-HOW literature: to facilitate communication and participation in the CEA-HOW organizational structure; to facilitate discussion and resolution of local issues., and to arbitrate disputes therein. Matters which affect CEA-HOW as a whole shall be addressed by the Board of Directors.

An amendment was made to reinstate the phrase “to provide service and support to member Groups” after the Seven Tools.

Approved: 48 Opposed: 0. Amendment passed.

The motion then read:

CEA-HOW, Inc. Bylaws, Part C, Article 19-Intergroup, Section 2. Purpose is amended to read as follows: “The purposes of the Intergroup are to act as guardian of CEA-HOW’s Twelve Steps, Twelve Traditions, Twelve Concepts of Service, the CEA-HOW Concept, and the Seven Tools: to provide service and support to member groups, to facilitate group formation; to distribute CEA-HOW literature: to facilitate communication and participation in the CEA-HOW organizational structure; to facilitate discussion and resolution of local issues., and to arbitrate disputes therein. Matters which affect CEA-HOW as a whole shall be addressed by the Board of Directors.

Approved: 49 Opposed 0. Motion passed

3. Bylaws Motion #3-2010 Amendment of Bylaws Part C., Article 20-Areas, Addition of Section 1. Purpose. A motion is brought by the Board of Directors to read:

CEA-HOW Bylaw Part C, Article 20 Areas is amended to read as follows:

Section 1. Purpose: The purposes of the Area are to act as guardian of CEA-HOW’s Twelve Steps, Twelve Traditions, Twelve Concepts of Service, CEA-HOW Concept and the Seven Tool; to conduct the Area assemblies; to facilitate Intergroup formation; to facilitate communication and participation in the CEA-HOW organizational structure; to provide service and support to member Intergrups and unaffiliated groups in the Area; to facilitate discussion and resolution of Area issues. Matters which affect CEA-HOW as a whole shall be addressed by the Board of Directors.

(All of the following Sections in Article 19 will be renumbered sequentially.)

Approved: 49 Opposed: 0. Motion passed.

4. Bylaws Motion #4-2010 Amend Bylaws Part C., Intergrups, Formation: To Clarify Registration of Groups within Areas. A motion was brought by the Board of Directors to read: CEA-HOW Bylaws , Part C, Article 3 19- Intergrups, Section 1, Formation, subsection c) be amended as follows:

“No Group may be registered with more than one CEA-HOW Intergroup. Each group shall register with the Intergroup in its nearest geographic or state or municipal vicinity and in no event outside its Area as defined by these Bylaws (except that phone or electronic groups will be affiliated with Area 10 as defined in these Bylaws without regard to geographic proximity.”)

This amendment is effective immediately for all new-registering Groups and effective September 30, 2011, for all Groups.

An amendment was made to include the sentence: Applications for exceptions can be made to the Board of Directors.

Approved: 46 Opposed: 1. Amendment passed.

The motion then read:

CEA-HOW Bylaws, Part C, Article 3 19- Intergroups, Section 1, Formation, subsection c) be amended as follows:

“No Group may be registered with more than one CEA-HOW Intergroup. Each group shall register with the Intergroup in its nearest geographic or state or municipal vicinity and in no event outside its Area as defined by these Bylaws (except that phone or electronic groups will be affiliated with Area 10 as defined in these Bylaws without regard to geographic proximity.”) Applications for exceptions can be made to the Board of Directors.

This amendment is effective immediately for all new-registering Groups and effective September 30, 2011, for all Groups.

Approved: 46 Opposed: 2. Motion passed.

URGENT NEW BUSINESS #1 Title: A Motion was made to create an Ad Hoc Committee to create a pamphlet addressing issues/concerns of sugar-free/calorie free sweetener included in the CEA-HOW program.

Approved: 41 Opposed: 5 Motion passed.

Jennifer S. volunteered to head this committee and will send out an email to the delegates asking for additional volunteers.

8. Election of WSBC Conference Committee: The following people volunteered for the Committee: Judy K., Jill T., Holly D., and Janet D. Janet D. will serve as Chair.

Approved: 44 Opposed: 0 Those named shall serve.

9. Election of the WSO Board of Directors:

Five seats on the Board were up for election: Nominees were: Rick A., (Area 1) Marybeth M., (Area 10) Mindy D., (Area 2) Carol S., (Area 2) Lupita B., (Area 6), and Eric R., (Area 5)

After election, the newly-elected Board members were: Rick A., Mindy D., Carol S., Lupita B., and Marybeth M.

Remaining on the Board were Rae Z., Co-Founder, Carl B., Coletta W., Jim Clough, and Sherry S.

10. Open Forum:

With the 50/30/20 donation split, some groups are saying they want to invoke Tradition 4 and not follow those guidelines. To be a CEA-HOW group, groups must conform to the Bylaws or be delisted.

Is it possible to change quantities with the shipping? This will be addressed.

Meditation book: The literature committee challenges all to submit items for this book.

Question was raised about the publication of *Just Desserts*. It has been removed due to using outside literature for some sources and is being looked at.

There are questions on stepping up sponsees who might not be using all the Tools. Sponsors should encourage sponsees to use the Tools.

Closing remarks: Board members and delegates were thanked for their service.

Adjournment:

The 2010 World Service Business Conference adjourned at 4:13 p.m. with the Lord's Prayer.

Minutes submitted by
Irish C., Secretary

REGISTER OF ATTENDANCE 2010

**Sherry S.
Carl B.
Lois L.
Coletta W.
Woody N.
Pamela K.
Irish C.
Bill P.
Coco C.
Lupita B.
Jim Clough
Rae Z,
Eric S.
Kathleen N.
Leona O.
Joan D.
David M.
Mary K.
Barbara BG.
Holly D.
Stephen P.
Stuart G.
James L.
Rick A.
Gina C.**

Ofelia M.
Nikki W.
Merrie Anne B.
Janet D.
Jim E.
Jennifer S.
Judy K.
Linda G. M.
Lorraine S.
Carol S.
Jill T.
Margie B.
Janice H. E.
Amy S.
Eillen M.
Denise M.
Mindy B.
Roizy S.
Eric R.
Maria M.
Joann S.
Katy P.
Liane S.
Marybeth M.
Roberta S.
Carolyn P. (alternate)

REPORTS: