

Compulsive Eaters Anonymous-HOW General Service  
1998 General Service Conference Meeting Minutes  
June 12, 1998

1. Opening Prayer

The 1998 General Service Conference held at the Raddison Hotel, Culver City, California, was called to order by Tom, Chair, at 10:00 a.m.

2. Introductions

Tom welcomed all conference delegates, and gave a background of how the Compulsive Eaters Anonymous-HOW organization is an outgrowth of Alcoholics Anonymous (AA) and Overeaters Anonymous (OA). When OA de-listed the So. Cal. OA-HOW Intergroup from OA World Services, Inc., meetings registered with the intergroup were asked if they wanted to start a new organization or conform to OA's request to stop using a food plan and the HOW Concept.

As a result of the meeting's request to start a new organization, a 12-Step Formation Committee was formed to begin the process of the new organization. The present Board was elected this year by the 12-Step Formation Committee.

3. Roll Call

There were 40 registered delegates representing CEA-HOW intergroups from four states in the United States (California, Florida, Idaho, and Nevada) and two countries (Israel and Mexico).

4. Standing Rules

A motion was made, seconded, and carried: To adopt the Standing Rules as corrected: 1) There will be only two microphones instead of three, to conduct pro and con discussions. Tom appointed a Sergeant-at-Arms.

5. Officers Reports

A. President's Report - Tom President, presented the number of meetings and intergroups registered with CEA-HOW, Inc. He asked that groups be encouraged to give \$2 instead of \$1 as part of the Seventh Tradition to cover increases in cost-of-living costs.

B. Treasurer's Report - Rureth, Treasurer, presented the Profit and Loss Statement as of May 30, 1998. Most income is from this year's convention. A balance Sheet was requested and made available for review by the delegates. Currently, these financial statements reflect all cash, no assets.

A delegate asked if groups could be given a financial format to keep financial records. The CEA-HOW Intergroup of Southern California has started a new form that could be used as a model. The 60/30/10 donation distribution was explained as called for in the Bylaws. Intergroups receive 60% of the groups' donations. The General service Office (GSO) receives 30% from the groups' donations. Areas, when formed, will receive 10% of the groups' donations. At this time, the GSO is placing the areas' funds into a trust until they are formed. At that time, the areas will receive funds directly from the groups.

6. Food Plan Presentation

Fred S., Co-Founder, gave a presentation on the history of the food plans for the First 30-Days and After. He explained that there are 5 different "gray sheets" throughout the united States. They are called "gray sheets" because our disease is black and white that leads us into gray areas of our lives. Fred S. called for our organization to declare that our disease is one of a physiological response to the substances of sugar and flour, which trigger a behavioral problem. The first 30 days with no grains are considered the withdrawal period. Comments

on the food plans followed. Fred S. proposed that a committee be established to bring the different gray sheets from various CEA-HOW intergroups in the United States into a uniform food plan in CEA-HOW.

7. Presentation of the Bylaws

Tom P., President, and Howard G., Non-Participating Board Director, presented the Bylaws, the organizational structure, and a map with the five CEA-HOW areas in the United States. Groups outside the United States will need to request to be recognized as an area.

The Bylaws are composed of: 1) Part A, Corporation's legal description. 2) Part B, Philosophy. 3) Part C, Organizational Structure. The Board of Directors is formed of eleven members, three Non-participating Board Directors, and eight Participating Board Directors. The Participating Board Directors are elected by delegates at the General service Conference. Non-Participating Board Directors are appointed by a Nominations Board Committee. This present Board has a vacancy of one Participating Board Director and one Non-Participating Board Director. Tom P. described the qualifications as stated on the Bylaws for Participating and Non-Participating Board Directors.

Area assemblies will become very essential. They will need to elect delegates to the General Service Conference. Participating Board Directors will be elected from up to 75 delegates. According to the Bylaws, there are five CEA-HOW areas.

The organizational structure was explained. First, the groups are formed by individuals who are themselves anonymous members in the fellowship. This organization does not keep track of individual members, only of groups registered in CEA-HOW. The groups form intergroups. Intergroups elect area representatives to their local area assemblies. The area assemblies elect delegates based on the number of groups registered in their area. The General Service Conference is formed of up to 75 delegates and elects the CEA-HOW Board of Directors from among themselves. The General Service Conference elects a General Service Conference (GSC) Committee of five delegates. This committee appoints other committee chairs to the GSC Agenda Committee, GSC Finance Committee, GSC Literature Committee, and GSC Urgent Business Committee.

8. Election of Board Participating Directors

Participating Board Directors are elected annually for two-year terms in staggered periods. The floor became open for nominations to the eight positions of Participating Board Directors. Nominations closed with twelve names. The candidates qualified themselves. The ballots were secretly counted. Vote results were announced as follows:

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|-----------------------|-------------------------|
| 1) Rae Z., Two-Year   | 5) Blossom R., One-Year |
| 2) Tom P., Two-Year   | 6) Maria D., One-Year   |
| 3) Kathy W., Two-Year | 7) Pamela J., One-Year  |
| 4) John D., Two-Year  | 8) Pat A., One-Year     |

9. Election of the General Services (GS) Conference Committee

The floor became open to elect five delegates to two-year terms for the General Service Conference Committee. Nominations closed with nine names. The candidates qualified themselves. Vote results were as follows:

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|---------------------|-----------------------|-------------------------|
| 1) Fred S., Florida | 3) Don B., California | 5) Nancy A., California |
| 2) Mary G., Indiana | 4) Coco C., Mexico    |                         |

Among these delegates, Fred S. was selected as the General Services Conference Committee Chair. Then, Fred S. appointed four other GS Conference Committee Chairs as follows:

- 1) Fred S., Agenda Committee
- 2) Laurie G., Literature Committee
- 3) Coleen W., Finance Committee
- 4) Hilary H., Urgent New Business Committee

10. Special Food Plan Committee

A motion was made and seconded: To establish a special committee to review and make recommendations to develop a uniform food plan. Discussion followed. The motion carried. 22-Favor, 4-Opposed.

11. Closing Prayer

Tom P., Chair, thanked the delegates for their participation. The time and place for the next General Service Conference will be announced at a later time. The General service Conference adjourned at 5:30 p.m., with the Lord's Prayer said in Spanish and English. Respectfully submitted by Maria D.