

**COMPULSIVE EATERS ANONYMOUS –HOW**  
**Minutes of**  
**World Service Business Conference**  
**Los Angeles, California**  
**July 17-19, 2008**

**Call to Order**

Pamela K., Chair, called the meeting to order at 8:38 a.m. with the Third Step Prayer, Tradition Two and introduction of the Board. A charge was made to the delegates that they are representing CEA-HOW as a whole as laid out in Concept Three of the Twelve Concepts for World Service.

Board members present: **Pamela K., Woody N., Bill P., Tom P., Irish C, John McK., Jason Smith., Coco C., Rae Z.**

**Lois L. was excused due to the death of her mother.**

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

**Conference Support Committee:** Barbara J. B. and Mary K. gave service to the Conference as volunteers to assist the voting delegates.

**DAY ONE—BUSINESS SESSION #1 and #2**

**Roll Call--**

There were 45 members present. See Register of Attendance. Jim Clough served as parliamentarian.

**Workshop—Parliamentarian Workshop**

Jim Clough, 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**

8. The Standing Rules were approved unanimously as submitted.

**Approval of Agenda**

The agenda was approved with the change of moving Business Session #4, item 4, Announcement of Conference Committee Assignment to Business Session #1, new item 11. The new committees will meet for a working lunch on Thursday, July 17 at which time each committee will elect a chair and set a time for their next meeting. The ad hoc

Spiritual Meditation committee will report under Business Session 1, Item 10 iii., Education.

### **Approval of 2007 WSBC Minutes**

The minutes were approved with the following change: **Wherever the phrase “a report was given and is attached hereto” appears it is changed to “a report was given and is available upon request.”**

### **Reports**

Pamela K., Board Chair, and Woody N., Corporate President, presented their reports to the Conference.

### **Board Committee reports were presented:**

**Finance:** Bill P., Treasurer—The cover dates on the financial report should read June 2007-July 2008. A decrease in expenses was helpful this year.

**Literature:** John McK. stepped in after Marion H. resigned. A Meditation book is in progress. As Bill Sees It questions were sent in from both the Phone Bridge and San Fernando IG. Other questions were given on Living Abstinently as well.

**Education:** Submitted in writing by Lois L, who was excused due to a death in the family.

**Nominating:** Jason Smith. No report at this time.

**Bylaws:** Tom P. reported on the Bylaws and thanked members of the committee.

**Public Outreach Committee:** Jason Smith. No report at this time.

Open Forum questions and comments pertaining to the committee reports:

1. **Are there anticipated expenses for next year?** A new computer might be looked at as the depreciation has been reached on the current system.
2. **Why is the Conference & Convention accrued a liability?** Because it has not been paid for this year yet.
3. **Why are contributions and income down?** Perhaps due to economy and declining membership.
4. **When Intergroups have zero contributions, is there follow through on this?** This is an area that needs to be looked at.
5. **Why is it taking so long to develop literature?** Committees need to follow through and continue to have follow-up throughout the year.

**WSBC Policy Manual (draft.)** This manual has been prepared through committee. Under Urgent New Business at this Conference it is hoped a committee will be established to use this as a template and keep this up-to-date and incorporate this year's actions and also put in the minutes from two years not included on the website. The word “draft” needs to be put on the front cover.

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

**Conference Literature:** Carol S., Sandra A., Polly F., Eric, S., Linda M., Cheryl A., (Chair) Ofelia M., Lilly E., Herlinda B.,

**Agenda:** Coletta W., Mary W., Cynthia S., Rachel P.

**Finance:** Bernice L., Maria B., Coletta W.

**Urgent New Business:** Al K, Elizabeth A., Judy K.

**Education/Public Information:** Debbie M., Mindy D., Rhonda C., Holly D., Carol B., Rachel P., Carol B., Mike O., Bob W., Jeanie S., Joan D.

**Education/Sponsorship:** Lauri M., Ann B (advisor) Jeanie S., Rick A., (Chair)Elizabeth A. Al K.

Conference committees will meet at lunch on Thursday, July 17, 2008, 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 #1-2008 Approved:**“Just for Today” Reading: A motion is submitted by Area 1 that “The reading of ‘Just for Today’ is a CEA-HOW Conference approved reading.” **In favor: 36: Opposed 6.**
2. **Policy Motion #2-2008 Approved:** Sponsor Guidelines-Honesty, Open-mindedness, Willingness re: Sponsorship: A motion is submitted by Area 1 that “The guidelines from the *Sponsor Guidelines—Honesty, Open-mindedness, and Willingness* have the following guidelines included as the last paragraph of page 2: “Share your commitment to sponsorship. Be sure that the newcomer understands that just as the newcomer needs a sponsor so do you. As a sponsor, you need to be continuously working with your own CEA-HOW sponsor.” **In favor 32: Opposed 8**
3. **Policy Motion #3-2008 Failed:** Sponsor Guidelines: Phone Bridge Meetings. A motion is submitted by Area 1 that “The Sponsor Guidelines, top of page 4, have the following paragraph added: “Sponsors are to encourage sponsees to attend three face-to-face CEA-HOW meetings a week. Phone Bridge meetings are available to help those members where there are no CEA-HOW meetings nearby. Sponsees with 90 days of abstinence who have completed their Third Step Ceremony are encouraged to open local meetings to spread the message of recovery from compulsive eating.”  
**Amendment (Approved): Delete the second sentence of “Phone Bridge meetings are available to help those members where there are no CEA-HOW meetings nearby.” In Favor 27: Opposed 14**

**Amended motion (Motion to Reconsider approved) is “Sponsors are to encourage sponsees to attend three face-to-face CEA-HOW meetings a week. Sponsees with 90 days of abstinence who have completed their Third Step Ceremony are encouraged to open local meetings to spread the message of**

recovery from compulsive eating.” In Favor 22: Opposed 21. After the minority voice was heard, 34 voted to reconsider the motion and 7 opposed.

**Amendment (Failed.)** “Sponsors are to encourage sponsees to attend three CEA-HOW meetings a week. Sponsees with 90 days of abstinence who have completed their Third Step Ceremony are encouraged to open local meetings to spread the message of recovery from compulsive eating.” In Favor 4: Opposed: 39. Amendment failed.

The question was called and the body went back to voting on amended motion. In Favor 30: Opposed 12.

Another amendment was proposed (No Second): “Sponsees must attend three live CEA-HOW meetings a week. Sponsors are to encourage Sponsees with 90 days of abstinence who have completed their Third Step Ceremony are encouraged to open local meetings to spread the message of recovery from compulsive eating.” There was no second, so this amendment was not considered by the body.

The main motion as amended (Failed) was voted on again. In favor 10: Opposed 31. Motion failed.

4. **Policy Motion #4-2008 Not Heard—No Second** Meeting Format-Traditions Workshop. A motion is submitted by Area 1 that “The World Service Business Conference develop a uniform Traditions workshop to be provided for group education. The motion died for lack of a second.
5. **Policy Motion #5-2008 Tabled to Business Session #3**: Clarification of Meeting Speaker (Leader) Requirements. A motion is submitted by Area 4 that 1) Starting from sentence 2, paragraph 2, page 4, the Sponsor Guidelines to be amended to read: “To be a speaker at a meeting (for speaking times ranging from 10-45 minutes) or to lead or conduct a meeting, CEA-HOW members must have at least 30 days of current CEA-HOW abstinence and have been stepped up as a Food Sponsor. To be a speaker at workshops, CEA-HOW members must have at least six (6) months of CEA-HOW abstinence and have given away a Fourth Step. To be a speaker at CEA-HOW conventions and retreats, CEA-HOW members must have one (1) year of current CEA-HOW abstinence and have completed all 12 steps of the CEA-HOW program.” 2) The WSBC put out a statement to Intergroups and Areas with clarification of speaker requirements as suggested above, since revisions to the sponsor book need to go through the literature committee. Motion to table the motion until Business session #3. **In Favor: 35 Opposed: 5**

#### **Bylaws Motions Submitted Prior to Conference:**

1. **Bylaws Motion #1-2008: Approved**: Formation of Area 10: A motion is submitted by The Phone Bridge Intergroup “Subsection d) be added to Bylaws, Part C, Article 19,

Section 1, to read: “d. Two (2) or more electronic or voice-participant Groups may form an Intergroup for the purpose of serving and representing the Groups of which they are composed.” F) Intergroups which are electronic or voice participant may also petition the Board of Directors to form an Area.” Subsection 10) be added to Bylaws, Part C., Article 20, Section 1, Subsection b) to read: 10) Area 10 is composed of one or more electronic or voice-participant Intergroups.” These changes shall be effective immediately. **Motion passed unanimously with 42 in favor.**

**2. Bylaws Motion #2-2008: Tabled to Business Session #3-4:** Distribution of Surplus Revenues. A motion of submitted by Area 2: Motion: CEA-HOW Bylaws, Part C., Article 18, Section 5, subpart d) is amended to read as follows: “d) It is suggested that any surplus revenues collected be divided as follows: 50% to the Intergroup, 30% to the World Service Office, and 20% to the Area.” This Bylaw amendment shall become effective immediately. Motion to table and review and come back after Bylaw Motion 5 has been voted upon. **In Favor: 41**

**3. Bylaws Motion #3-2008 Tabled to Business Session #3-4** Establish Education/Public Information Conference Committee, Submitted by the Board of Directors. A motion is made that “We recommend a section to added to the Bylaws establishing a new Conference Committee, the Education/Public Information Committee, by amending the Bylaws as follows:

**Part C, Article 22, Conference Committees, Section 7. Education/Public Information Committee.** a) The Education/Public Information Committee shall propose to the Conference the development of CEA-HOW service documents and shall develop CEA-HOW service documents as it deems fit, or as directed by the World Service Business Conference. b) Outgoing Delegates, if they desire, may serve an extra year on the committee in an advisory capacity. c) The Education/Public Information Committee shall propose to the Conference the development of CEA-HOW service documents and shall develop CEA-HOW service documents as it deems fit, or as directed by the World Service Business Conference d) The initial priority of the Education/Public Information Committee is development of a CEA-HOW Service Manual. This Bylaw amendment will become effective immediately. **Motion to table until after Bylaws Motion #5 In Favor: 36 Opposed 6**

**4. Bylaws Motion #4-2008 Tabled to Business Session #3-4** Establish Education/Sponsorship Conference Committee, proposed by the Board of Directors: A motion is made that “We recommend a section be added to the Bylaws establishing a new Conference Committee, the Education/Sponsorship Committee, by amending the Bylaws as follows: **Part C, Article 22, Conference Committees, Section 8**

**Education/Sponsorship Committee** a) The Education/Sponsorship 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 good geographic representation. b) Outgoing Delegates, if they desire, may serve an extra year on the committee in an advisory capacity. C) The Education/Sponsorship Committee shall propose to the Conference the development of CEA-HOW service documents relating to sponsorship and shall develop CEA-HOW service documents relating to sponsorship as it

deems fit, or as directed by the World Service Business Conference. d) The initial priority of the Education/Sponsorship Committee is development of a CEA-HOW Sponsorship Manual and sponsorship workshop. **Motion to table until after Bylaws Motion #5 In Favor 41 Opposed 1**

**5. Bylaws Motion #5-2008 Items #1-14, 17-25 Approved by Acclamation:** Proposed Amendments to Bylaws, Part A and C., submitted by the Bylaws Committee. A motion is made that the CEA-HOW Bylaws shall be amended per Conference vote as set forth on the attached list entitled “The Board Bylaws Committee moves to adopt the following CEA-HOW Bylaws amendments, Board of Directors approved.” Each proposed amendment on said list shall be vote upon separately and amendments approved by the Conference will take effect immediately. All amendments with the exception of Item 15 and Item 16 were accepted by acclamation.

**Item #15. Approved as Amended:** Part C, Article 21, Section 2:  
Add: insert the following sentence—“Any special meeting may be held by conference telephone or similar communications equipment, providing all Delegates participating in such meeting are able to hear one another.” **Amendment to change the word “hear” to “communicate with one another.” In Favor: 42** Amended motion was then voted on.  
**In Favor: 43**

**Item #16 Tabled to Business Session #3-4: Part C, Article 21, Section 3, subsection c) changed to read: “Delegates must also be a qualified CEA-HOW Food, Inventory, & Step Sponsor, ...within six (6) months of their election or appointment must have completed and read to their sponsor the CEA-HOW Twelve Tradition Study Guide.) Question was called on voting on the amendment and was unanimous. Voting on amendment: In Favor: 43**

**Tabled.**  
**Recess at 4:50 p.m.**

## **DAY TWO—BUSINESS SESSION #3 and #4**

The Conference reconvened at 8:36 a.m.

Credential Report: There were 45 voting Delegates for Day Two.

### **Reports – WSBC Committees:**

**Conference:** No report was given

**Agenda:** No report was given

**Finance:** No report was given

**Literature:** No report was given

**Education ad hoc/Meditation book: Report given by Sherry S.** A flyer (see end of Minutes) was given out to get information and input from the Fellowship. Submissions or questions can be directed to [meditationbookceahow@yahoo.com](mailto:meditationbookceahow@yahoo.com) Maria D. will be the “gatekeeper” for this site. The committee would like an additional year to bring this work forth. Various roadblocks involving copyright issues were encountered by the committee.

**Education ad hoc/ Sponsorship A report was given by Ann B. and follows Minutes:**

Education ad hoc/Public Information: No report was given.

### **Questions and Answers about Reports.**

#### **New Business (Continued) Motions submitted prior to Conference**

**1. Policy Motion #5-2008 Tabled to Business Session #3** There was a Motion to table further discussion until after lunch on Friday. **In Favor: 27, Opposed 15.** Clarification of Meeting Speaker (Leader) Requirements. A motion is submitted by Area 4 that 1) Starting from sentence 2, paragraph 2, page 4, the Sponsor Guidelines to be amended to read: “To be a speaker at a meeting (for speaking times ranging from 10-45 minutes) or to lead or conduct a meeting, CEA-HOW members must have at least 30 days of current CEA-HOW abstinence and have been stepped up as a Food Sponsor. To be a speaker at workshops, CEA-HOW members must have at least six (6) months of CEA-HOW abstinence and have given away a Fourth Step. To be a speaker at CEA-HOW conventions and retreats, CEA-HOW members must have one (1) year of current CEA-HOW abstinence and have completed all 12 steps of the CEA-HOW program.” 2) The WSBC put out a statement to Intergroups and Areas with clarification of speaker requirements as suggested above, since revisions to the sponsor book need to go through the literature committee. Motion to table the motion until Business session #3. **In Favor: 35 Opposed: 5**

**Policy Motion #5-2008 Tabled to WSBC 2009:** There was a substitute motion submitted to insert new wording into the current Sponsor booklet: “ To be a leader (one who qualifies for ten to 15 minutes) or to read the “Tools” at meetings, you must have at least 30 days of current CEA-HOW abstinence and have gone through the Three Step Ceremony. To be a speaker (who qualifies for 30-45 min) **at a special event** or at workshops, CEA-HOW members must have at least six (6) months of CEA-HOW abstinence and have completed the Fifth Step of the CEA-HOW program. To be a speaker at CEA-HOW conventions and retreats, CEA-HOW members must have one (1) year of current CEA-HOW abstinence and have completed all 12 steps of the CEA-HOW program.”

**Motion to table this and refer it to the Literature Committee and be brought back to the 2009 WSBC. In Favor: 25, Opposed: 17. Motion to table passed**

**2. Bylaws Motion #2-2008: Approved as Amended:** Distribution of Surplus Revenues. An amendment was submitted by Area 2: Motion: CEA-HOW Bylaws, Part

C., Article 18, Section 5, subpart d) is amended to read as follows: “d) Any surplus revenues collected shall be divided as follows: 50% to the Intergroup, 30% to the World Service Office, and 20% to the Area Assemblies” This Bylaw amendment shall become effective immediately. Voting on Amendment: **In Favor: 32 Opposed : 9**  
Amendment passed. Minority opinions were heard. No persons in the majority wished to change their vote. Voting on the full motion followed: **In Favor: 30 Opposed: 12.**  
**Motion passed**

**3. Bylaws Motion #3-2008 Approved as Amended:** Establish Education/Public Information Conference Committee, Submitted by the Board of Directors. There was a substitute motion submitted:

**MOTION:**

Amend Part C, Article 22, Conference Committees of the Bylaws to establish a Public Information Committee.

The PI Committee shall:

- a) Develop a coordinated Public Information effort that includes, but is not limited to:
  - a. Research the activities of other CEA-HOW groups’ PI efforts
  - b. Gather the information into a central source
  - c. Make this information available to the general fellowship via ceahow.org and other methods of communication
  - d. Maintain contact with the various CEA-HOW groups in order to keep the information current and updated.
  - e. Research and develop other PI opportunities including, but not limited to radio, TV, hospitals, internet.
  - f. Develop additional material to be used in outreach to the community such as, but not limited to: sample letters to the clergy, hospitals, treatment centers, physicians, therapists, other health care professionals; flyers for public display; public service announcements; community calendar announcements; articles for media publication.
  - g. Provide guidance to CEA-HOW groups as to how they can use the available material and information to inform the public about CEA-HOW.
  - h. Suggest ways to involve the membership in public outreach
- b) Public Information (PI) 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 good geographic representation.
- c) Outgoing Delegates, if they desire, may serve an extra year on the committee in an advisory capacity.



**An amended motion (Approved) which renumbered the sections was submitted as follows: MOTION:** Amend Part C, Article 22, Conference Committees of the Bylaws to establish a Public Information Committee.

The PI Committee shall:

- d) Public Information (PI) 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 good geographic representation.
- e) Outgoing Delegates, if they desire, may serve an extra year on the committee in an advisory capacity.
- f) Develop a coordinated Public Information effort that includes, but is not limited to:
  - 1. Research the activities of other CEA-HOW groups' PI efforts
  - 2. Gather the information into a central source
  - 3. Make this information available to the general fellowship via ceahow.org and other methods of communication
  - 4. Maintain contact with the various CEA-HOW groups in order to keep the information current and updated.
  - 5. Research and develop other PI opportunities including, but not limited to radio, TV, hospitals, internet.
  - 6. Develop additional material to be used in outreach to the community such as, but not limited to: sample letters to the clergy, hospitals, treatment centers, physicians, therapists, other health care professionals; flyers for public display; public service announcements; community calendar announcements; articles for media publication.
  - 7. Provide guidance to CEA-HOW groups as to how they can use the available material and information to inform the public about CEA-HOW.
  - 8. Suggest ways to involve the membership in public outreach

**The amendment was voted on, and approved unanimously with 43 in favor. The amended motion was then voted on and passed unanimously with 41 in favor.**

**4. Bylaws Motion #4-2008: Approved as Amended:** Establish Education/Sponsorship Conference Committee, proposed by the Board of Directors: An amended motion is made that "We recommend a section be added to the Bylaws establishing a new Conference Committee, the Education/Sponsorship Committee, by amending the Bylaws as follows: **Part C, Article 22, Conference Committees, Section 8 Education/Sponsorship Committee** a) The Education/Sponsorship 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 good geographic representation. b) Outgoing Delegates, if they desire, may serve an extra year on the committee in an advisory capacity. C) The Education/Sponsorship Committee shall propose to the Conference the development of CEA-HOW service

documents relating to sponsorship and shall develop CEA-HOW service documents relating to sponsorship as it deems fit, or as directed by the World Service Business Conference. d) The initial priority of the Education/Sponsorship Committee is:

1. Develop Sponsorship manual
2. Develop Sponsorship workshop
3. Develop Intergroup Sponsorship Committee Packet; to include both the newcomer meeting format and new sponsor workshop.
4. Development sponsorship web page on CEAHOW website and maintain that website under the guidance of WSO Board.

Amendment (**Approved**) to drop the word “Education” from Part C, Article 22, Section 8 **In Favor: 42 Opposed: 1 Amendment passed.** Then the amended motion was voted on as follows:

**5. Part C, Article 22, Conference Committees, Section 8 Sponsorship**

**Committee** a) The Sponsorship 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 good geographic representation. b) Outgoing Delegates, if they desire, may serve an extra year on the committee in an advisory capacity. C) The Sponsorship Committee shall propose to the Conference the development of CEA-HOW service documents relating to sponsorship and shall develop CEA-HOW service documents relating to sponsorship as it deems fit, or as directed by the World Service Business Conference. d) The initial priority of the Sponsorship Committee is:

1. Develop sponsorship manual
2. Develop Sponsorship workshop
3. Develop Intergroup Sponsorship Committee Packet; to include both the newcomer meeting format and new sponsor workshop.

Development sponsorship web page on CEAHOW website and maintain that website under the guidance of WSO Board. **In Favor: 43 with none opposed.**

**The main motion was then voted on and it passed with 41 in favor with none opposed.**

**5. The next item of business was the tabled Bylaws Motion 2008-#5 Item #16. (Approved as Amended). Part C, Article 21, Section 3, subsection c) to read: “Delegates must also be a qualified CEA-HOW Food, Inventory, & Step Sponsor, ...within six (6) months of their election or appointment must have completed and read to their sponsor the CEA-HOW Twelve Tradition Study Guide.)**

**Amendment (Failed)to change the wording to: “Delegates must also be a qualified CEA-HOW Food, Inventory, & Step Sponsor, ...(within six (6) months of their election or appointment must have either completed and read to their sponsor the CEA-HOW *Twelve Tradition Study Guide*) or in the process thereof. In Favor: 10, Opposed 29. Amendment failed.**

**Amendment (Approved) to change the wording to: “Delegates must also be qualified CEA-HOW Food, Inventory, and Step sponsors, must share an active relationship with their sponsor, declare themselves as practicing the Twelve Steps, CEA-HOW Concept and Seven Tools to the best of their ability and as committed to the Twelve Traditions and Concepts of Service of CEA-HOW to be affirmed on their Delegate application forms. Upon election or appointment, each Delegate shall make a commitment of adherence to the Twelve Steps, Twelve Traditions, Twelve Concepts of Service, CEA-HOW Concept, Seven Tools, continual recovery including abstinence, completion of the CEA-HOW Twelve Traditions Study Guide within six (6) months of becoming a delegate, and that he or she agrees to comply with and be bound by all the terms and provision of the prevailing CEA-HOW, Inc. Bylaws. Permission for any exception in qualifications for valid reasons, if deemed credible by the Directors, may be granted by the Board of Directors upon proper receipt of an application to the World Service Office.” In Favor: 35 Opposed: 8 Amendment passed. The minority opinion was heard, there was no further voting and the motion stood.**

**6. URGENT NEW BUSINESS #1 (Approved):**

**Title: Creation of a Conference WSBC Policy Manual Committee**

Recommend a section be added to the Bylaws establishing a new conference Committee, the WSBC Policy Manual Committee by amending the Bylaws as follows:

Part C, Article 22, Conference Committees – Add a section WSBC Policy Manual Committee

- g) WSBC Policy Manual 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 good geographic representation.
- h) Outgoing Delegates, if they desire, may serve an extra year on the committee in an advisory capacity.
- i) The WSBC Policy Manual Committee shall review, correct as needed, organize, and maintain the WSBC Policy Manual.

**Motion was passed unanimously.** Ann B. volunteered to be an advisor, with **Bernice L. (Chair)** and Holly D. and Karlyne E. as members.

**7. URGENT NEW BUSINESS #2 (Approved)**

**Title: Creation of an *ad hoc* Area Assistance Committee**

Establish an ad hoc Area Assistance Committee to explore ways of financially helping Areas so that they can afford to send delegates to World Service Business Conference. The document “Conference Support to Areas” as distributed to WSBC 2008 may be used as a guideline to the work required by the committee.

**Motion was passed unanimously. Joan D., (Chair) Holly D, Debbie M., Carol S., Al K., Cheryl A. will serve on the committee and interact as well with Coletta W., as Chair of the Finance Committee.**

**8. Election of WSBC Conference Committee:** The following people volunteered for the Committee and were approved by acclamation: **Rick A., Sherry S, Maria B., Coletta W. and Jeanie S.**

**9. Election of the WSO Board of Directors:**

Six seats on the Board were up for election: Nominees were: Coco C., (Area 6), Lois L., (Area 1), John McK (Area 1) Liz G. (Area 3/4/10) Sherry S. (Area 1) Lupita B. (Area 6) Newly elected Board members for two-year terms were: Coco C., Lois L., Liz G., and Lupita B.

Newly elected Board members for one-year terms were: Sherry S., and John McK.

Remaining on the Board were Rae Z., Co-Founder, Pamela K, Bill P. and Jason Smith.

**10. Open Forum:**

**The importance to have people “be there” at meetings and be there for the newcomer.**

**An appeal was made to define “healthy fats” in the Forever Abstinent book.**

**There was a suggestion that the Literature Committee review the Maintenance food plan.**

**It is important to pass on the policies and guidelines so that we do not have a “black hole” and things do not get lost in transition.**

**Important to get new meetings started and get information from Mexico and Brooklyn and other parts of the country on how they have been successful in this endeavor.**

**There was a challenge to look at the formats of meetings.**

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

**Adjournment:**

The 2008 World Service Business Conference adjourned at 4:30 p.m. with the Serenity Prayer.

Minutes submitted by,  
Irish C., Secretary

**Woody N.  
Pamela K.  
Irish C.  
Bill P.  
Tom P.  
Coco C.  
John Mc.  
Rae Z,  
Jason S.  
Judy K.  
Mindy D.  
Lilly Escobar W.  
Debbie M.  
Rachel P.  
Linda M.  
Mike O.  
Rhonda C.  
Carol S.  
Lupita B.  
Poly F.  
Mary W.  
Al K.  
Coletta W.  
Elizabeth A.  
Jeanie S.  
Cheryl A.  
Liz G.  
Ann B.  
Bernice L.  
Cheryl F.  
Cris M.  
Cynthia S.  
Eric S.  
Herlinda B.  
Holly D.  
Joan D.  
Lauri M.  
Manuel G.  
Maria B.  
Ophelia M.  
Rick A.  
Sandra A.  
Sherry S.  
Sis T.  
Carl B.  
Judith B.**

## REPORTS

July 2008

World Service Board of Directors

### *BOARD CHAIR REPORT*

Dear Delegates,

Welcome to Compulsive Eaters Anonymous-HOW's 11<sup>th</sup> World Service Business Conference. The Board of Directors thanks you for your service to CEA-HOW on behalf of the Fellowship.

Guardianship of the Traditions and direction of our principal service affairs is the direct responsibility of the World Service Business Conference and the World Service Board. Relying on the lessons of A.A. and our own CEA-HOW experience, we have learned the importance to the well-being of CEA-HOW for these bodies to act consciously, with clarity, patience and due deliberation, and to be cautious about acting hastily for the sake of action.

In addition to our overall responsibilities, the goal of the Board this year has been to be responsive to the Fellowship, to continue to solidify the service structures, and to establish more support for service among the Fellowship. Although we fell short in many respects, we each did our best individually and as a Board to support these goals and move them forward.

The Board Bylaws Committee was extremely active this year in reviewing the Bylaws and proposing amendments for purposes of consistency and clarity. The Bylaws have long been in need of a thorough review to ensure that actions taken by the Conference were accurately incorporated into them and to review procedures envisioned by the original Bylaws Committee which in practice were not effective.

It is the Vice Chair's responsibility to maintain the Board Policy Manual. This year, in addition to maintaining the Board Policy Manual, the Vice Chair assembled a World Service Business Conference Policy Manual consisting of all actions taken by each Conference. The Board is hopeful the Conference will review the Policy Manual carefully for inconsistencies and ambiguities and perhaps establish a Committee for this purpose and for ongoing review of Conference actions.

A primary focus in need of development is Conference committee activity. Each of us has the opportunity to effect change by doing service. When we are elected as a Delegate, Conference Committee member, or Director, we are offered the opportunity to carry the message of recovery. We do not do service in isolation but as part of the whole. It is the responsibility of a Conference

Committee member to reach out to other members of the Committee rather than wait to be contacted. I encourage you to be part of the solution by working together to carry out the purpose of the Committee on which we have committed service so that we are not part of the problem by our own inaction.

It has been my privilege to offer my service to the Fellowship in the capacity of Board Chair. As each of us carries out our service trust as the group conscience of the Fellowship through our participation in this World Service Business Conference, let us remember these words from the CEA-HOW Concept:

**“We pray that the collective group conscience and love that these ideals offer us will promote a strong sense of security that will enable us to experience a new unity and wholeness with all those around us....”**

Grace and peace,

*Pamela Kightlinger*

Pamela Kightlinger  
Chair, Board of Directors

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## **11<sup>th</sup> Annual World Service Business Conference**

**July 16 – 18 2008**

### **PRESIDENT’S REPORT**

#### **DUTIES OF THE PRESIDENT**

The President’s roles are defined by the corporation’s bylaws and the policy manual. Simply stated, subject to the control of the Board the President oversees the operation of the day-to-day business affairs of the corporation through the activities of the World Service Office.

The primary functions of the World Service Office are communicating from WSO to the fellowship, assisting individuals and groups in their recovery efforts and enhancing lines of communication between the office and groups/Intergroups and Areas, and providing program literature.

#### **CURRENT GROUP AND INTERGROUP COUNT**

There are 658 groups and 27 intergroups reported.

## **LITERATURE SALES**

Orders have been shipped out within two business days. This is an incredibly high level of efficiency.

## **CENSUS**

You will be happy to hear that I have abandoned the formal effort to discern the actual number of active groups. I spent a great deal of time attempting to contact areas and intergroups to get them to verify their groups and update the contact information for people in their groups. Areas 1, 2 and 5 responded and their information is confirmed, at least partially. We are now announcing a new system which is incredibly more efficient and user - friendly. Read on.

## **INTERNET SYSTEM FOR GROUP AND INTERGROUP REPORTS**

In an effort to improve the accuracy of the Intergroup information on the web site and contact information for WSO, a new process is available that allows a designated person from each Intergroup to maintain their group information through a simple web form. This will ensure WSO has the current contact information necessary to communicate changes and other information and update the web site accurately and in a timely manner.

## **NEW! Information now available on the CEA-HOW Web Site**

A new area of the CEAHOW web site is now available with information about your Intergroup and meetings associated with your Intergroup. This page ([www.ceahow.org/admin](http://www.ceahow.org/admin)) includes a listing of all Intergroups, number of meetings and links to meetings related to the specific Intergroup.

### **Updating Intergroup/Meeting Information**

In addition, web forms are now available where Intergroup/Meeting information and service positions can be updated, automatically changing the information on the web site and sending a confirmation email to the WSO office and the Intergroup email listed. We would like to encourage Intergroup and/or Meeting Secretaries (or other designee) to make changes using these forms on a regular basis. These forms and instructions can be found by clicking on the How to Update Intergroup and Meeting Information link on the [www.ceahow.org/admin](http://www.ceahow.org/admin) page described above.

For your convenience, we have attached a communication and instruction handout to send to the Meeting Secretaries within your Intergroup.

We appreciate your help and cooperation in this matter.

**PRIVACY POLICY:** The only information that is posted to the public



web site is what you see on the Intergroup/Meeting pages. All the contact information for the service positions is only available to WSO for the work of World Service. Contact information is never shared with anyone outside the World Service Office.

Of course, the system will be only as good as the effort invested in maintaining its accuracy. This is why we ask that all groups and Areas participate to keep it functioning at its highest level.

Thank you for the opportunity to serve,

*Gabrielle (Woody) Nurre*

Gabrielle (Woody) Nurre  
President, WSO  
CEA-HOW, Inc.

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**BOARD FINANCIAL REPORT—2007 Report Available upon request**

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July 2008

**EDUCATION COMMITTEE CHAIR REPORT**

(These are the Committee Chair's notes; due to a death in the family a finished report is not available.)

The committees did not stay in touch with each other throughout the year.

Whatever projects they had in mind, nothing transpired.

However, on the Local Levels, there has been reports of Sponsorship Workshops (New York City, Texas, Nevada, several in California) given at retreats, conventions & stand alone workshops.

Pennsylvania Area Intergroup uses various modes of communication to make the public aware of the CEA-HOW Program of recovery and have had success in attracting newcomers.

Nothing came of CEA-HOW questions on audio tape other than the initial inquiry to the Braille Institute of Los Angeles. They were agreeable. However, we need to put together the "question with the assigned reading."

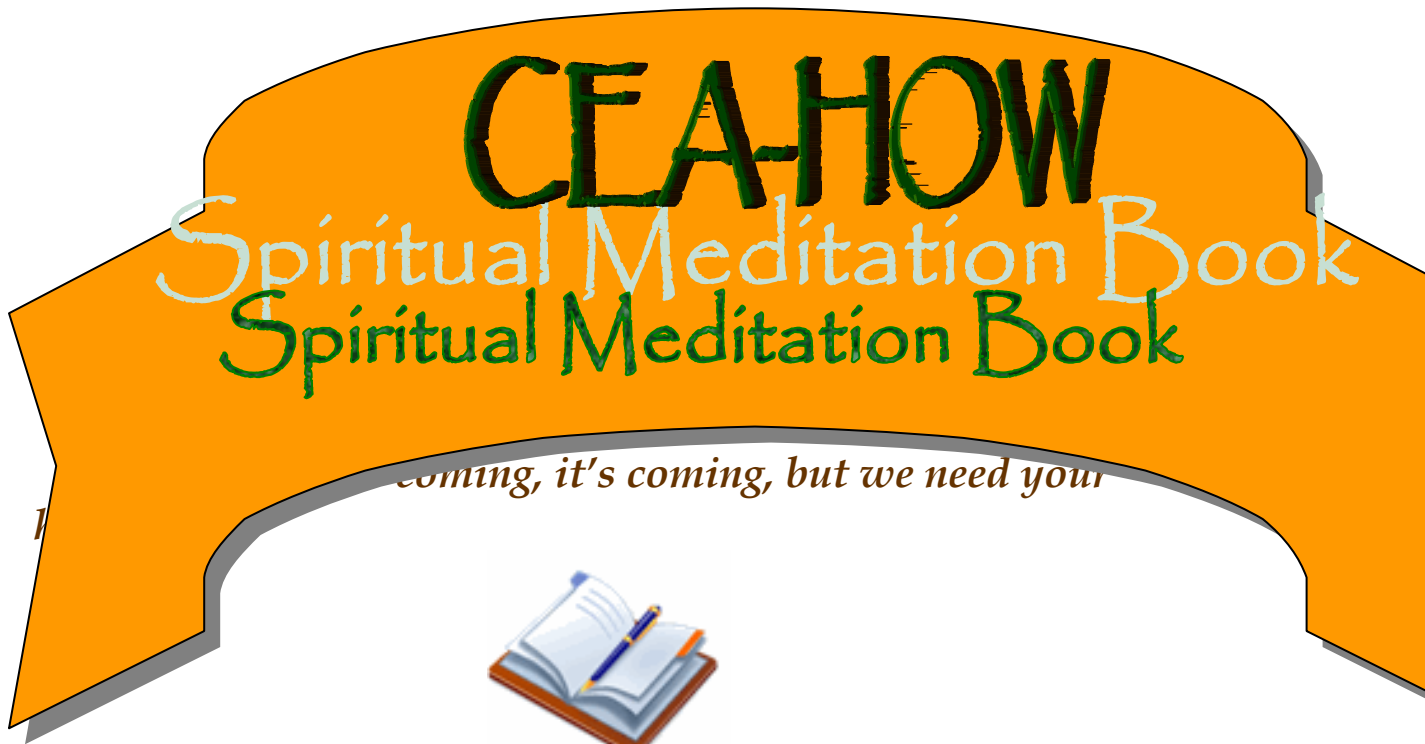
Another problem that has surfaced this past year that probably needs to be addressed is "inconsistencies in the wording in some of our literature" that causes confusion. Such as in the Sponsor's Manual that states that a person doesn't have to continue to call in their food after the first thirty days.

Respectfully submitted,

Lois Langford

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### AD HOC SPIRITUAL MEDITATION BOOK COMMITTEE REPORT



**THE PLAN:**

***TO USE AA & CEA HOW CONFERENCE APPROVED LITERATURE;***

**THE FOCUS:**

***THE STEPS, TRADITIONS, TOOLS AND CONCEPTS;***

**THE FRAMEWORK:**

***THIS IS WHERE YOU HELP BUILD IT FROM THE GROUND UP! WE NEED SUGGESTED TOPICS FROM WHICH TO LAUNCH OUR WRITINGS.***

**EXAMPLES:**

***\*WEIGHING AND MEASURING BEYOND THE SCALE;***

***\*WHAT'S THE DIFFERENCE BETWEEN SUBMISSION AND SURRENDER?***

We know you have some really good ideas to share, so...



Please send us your suggested topics so that we can get this project launched at the conference. Write them down on whatever you find, just don't forget to turn them in to a Committee Member or put in our Suggestion Box today.

***Thank you! Thank you!. Thank you!***

**[MEDITATIONBOOKCEAHOW@YAHOO.COM](mailto:MEDITATIONBOOKCEAHOW@YAHOO.COM)**

**CEA-HOW SPIRITUAL  
MEDITATION BOOK**

We are developing a CEA-HOW Spiritual Meditation Book similar to AA's Daily Reflections or OA's Just For Today books for use at our meetings. The book will contain 366 daily writings from the CEA-HOW fellowship. You can be a part of this book by submitting your writings.

Each writing is to be based on a Step, Tradition, Tool, or saying that has been meaningful to your recovery and spiritual development. Use this form to submit your input. Use this opportunity to share your experience, strength, and hope with others on a global basis.

Provide your original writing (no more than 200 words) on your chosen topic electronically via email to: [ceahowmeditationbook@yahoo.com](mailto:ceahowmeditationbook@yahoo.com)

Submissions may be subject to editing for form and grammar and will not be returned.

Topic:

Source of Topic, if applicable (book, page #, paragraph):

**Writing:**

**Submitted by:**

**Name:**

**Phone Number:**

**Email Address:**

***PLEASE NOTE: All writings will be signed "Anonymous" in the actual book.***

**Thank you for your service in taking the time to share your thoughts and experiences with those in the program and those outside the program.**

**—The CEA-HOW Spiritual Meditation Book Committee**

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## **AD HOC SPONSORSHIP COMMITTEE REPORT**

WSBC Ad Hoc Sponsorship Committee Report

July 18, 2008

The Ad Hoc Sponsorship Committee progress over 2007 - 2008

- 1) **Sponsorship Manual:** Research for reference information for use in the manual has been started using: CEA-HOW and A.A. Conference Approved Literature\*, Internet literature searches, and seeking Experience, Strength, and Hope of our fellowship.

The following topics have been identified as being the primary focus

- a) Intro as to history of sponsorship and the importance of carrying the message was completed in 2007
- b) Sponsor/Sponsee Relationship: in process
  - (1) How to choose a sponsor

- (2) Sponsorship Etiquette
- (3) Long distance sponsoring with snail mail and email
- (4) Sponsoring and relapse
- (5) Sponsoring Medical Abstinence approved by MD or Dietician
- (6) Sponsoring and Bulimia
- (7) Sponsoring and Anorexia
- (8) Sponsoring and Dual Addictions
- (9) Sponsoring opposite gender sponsee
- c) Food Plan: in process
  - (1) Reading and looking “it” up in the “Forever Abstinent Booklet”
  - (2) “When in doubt leave it out” until you can discuss it with your Sponsor philosophy
  - (3) Importance of use of the “Chain of Sponsorship”
- d) Passing on the program as written: use of the 7 Tools, taking the Sponsee through the 12 Steps using the CEA-HOW Questions and procedures
- e) Slip and relapse guidelines: from our literature in the blue sponsorship book, the “Forever Abstinent” booklet, and the Maintenance food plan tri-fold
- f) Journey of Sponsorship: learning from other’s experience, strength, and hope. The fellowship is sharing experiences in the workshops but the use of the questions developed for sponsoring has not been effectively started. It is hoped that our web site will become interactive to allow for
  - i) our Fellowship to download the questions and email back their responses for possible inclusion in booklet
  - ii) Develop an ongoing forum on our website for sponsorship questions from the fellowship. The committee is willing to respond to these questions and create a virtual recourse for use by the fellowship.
    - (1) The committee would familiarize themselves with the guidelines from the reference list tagged with \* below listing approved reference literature
    - (2) Respond to questions from our fellowship regarding sponsorship
      - 1. Communication

2) **Intergroup Sponsorship Committee:**

- a) Intergroup Sponsorship Committee Packet: currently on hold for future project.
- b) Sponsorship Meeting Format: Templates have been developed for trial use this year for both Newcomer 30’ Meeting Format and a 60’ New Sponsor Workshop. The committee will assure they meet with meeting guidelines and develop instructions for use of formats.

3) **Outlines for a Sponsorship Workshop:**

The 2007 workshop has been developed further from feedback gained from the fellowship from presentations in two conventions, two retreats, two intergroup workshops, and one phone bridge workshop. It has been placed on CD for distribution to 2008-2009 Conference Literature Committee and WSO Board for review. When it is passed on to the WSBC and approved it would be made available on PowerPoint and transparencies for presentation.

- 4) **Outlines for a Traditions Workshop:** on hold for future project
- 5) **Outlines for a Sponsorship Retreat:** In the process of the above work the committee, its members and contributors, will have the opportunity to create a sponsorship workshop related to information gathered and created for and by our fellowship.
- 6) **Outlines for a Sponsorship Retreat:** In the process of the above work the committee, its members and contributors, will have the opportunity to create a sponsorship workshop related to information gathered and created for and by our fellowship.

**C.E.A.-HOW and A.A. Conference Approved Literature\***

- 1) C.E.A.-HOW's "Sponsor Guidelines" Booklet pages 1-6, 18-23;
- 2) C.E.A.-HOW's "Forever Abstinent" Booklet
- 3) C.E.A.-HOW's Maintenance Food Plan Pamphlet and Intro to Maintenance Question Booklet
- 4) C.E.A.-HOW 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> Food Sponsor Step-up Ceremony and the Recommitment Questions Step-up Ceremony
- 5) A.A.'s Big Book: with specific emphasis on information contained in Chapter 7 "Working With Others", Chapter 5 "How It Works", Chapter 6 "Into Action" as it relates to the topic of Sponsorship.
- 6) A.A.'s 12&12: this book is the Sponsors and Sponsee's guide to working the 12 Steps and following 12 Traditions
- 7) A.A.'s "Living Sober" pages 26-30 "Availing yourself of a Sponsor", 59-61 "Seeking professional help", 77-83 "Going to A.A. meetings"
- 8) A.A.'s "As Bill See's It" pages referring to Discussion and Reading Guide topics : Amends, Anonymity, Character Defects, Inventory, Meditation, Prayer, Slips, Surrender, Twelfth-Stepping, and Willingness.
- 9) A.A.'s "I Am Responsible, The Hand of A.A." pages 49-66 "Working with Others"