

COMPULSIVE EATERS ANONYMOUS–HOW
Minutes of the World Service Business Conference
Los Angeles, California
July 26-27, 2012

Call to Order

Coletta W, Chair, called the meeting to order at 8:48 a.m. PDT with the Third Step Prayer, Tradition Two and introduction of the Board. Board members present: **Coletta W., David M., Lupita B., Carol S., Marybeth M., Merrie Anne B., Shannon H., and Jim C.** Corporate Officers present: **Pamela K., Woody N., and Irish C.**

Rureth Muniz was introduced as our Accounting Manager.

Conference Support Committee: Senia B., Barb B. and Christina M. served the Conference as volunteers to assist the voting delegates.

Translator: Maria D. served as translator to WSBC

DAY ONE—BUSINESS SESSION #1 and #2

Roll Call--

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

Forum: “The Service of World Service” was presented by Marybeth M., Coco C., Woody N., Merrie Anne B., and Margie B. Woody N. presented an overview of the duties of the Board and Officers along with the services and functions of the WSO office and President and the need to invest in the growth of CEAHOW and how it can reach out to help address the obesity epidemic that exists today. Coco C. presented a global perspective of the services of WSO and how CEAHOW has helped Mexico and how it can now expand more globally. Margie B. showed aspects of the new website and how it is a tool for our Fellowship and how we can use it individually to get needed support. Merrie Anne presented the financial aspects of WSO and shared some of the goals to help the organization to expand and grow.

Questions and comments were taken from the Delegates regarding suggested activities if CEA-HOW had more money:

1. Have our own chips and coins
2. Making the “front end” of the website more appealing to the public in terms of colors and graphics.
3. More personal contacts to Areas/Intergroups by the Directors.
4. More contact globally to expand CEA-HOW in other countries.
5. Have all of the questions from the booklets digitized.
6. Have a fund to help new face-to-face meetings get started.
7. More print media such as on bus benches and advertising such as t.v. and radio spots to promote CEA-HOW.

8. New graphic display of Areas.
9. Directors to visit various IGs.
10. Contributions to help local advertising and more seed money to help IGs with various projects.
11. Have CEA-HOW events streamed online and put literature into Kindle/electronic format.
12. Put the presentation from the Forum on the financial aspects of WSO into the new meeting packet and on the website.
13. Assistance with strengthening New York meetings and others that are struggling.
14. Answers to Ask It questions put into written form to give to IGs and those who do not have computers.
15. Help given to education for children and teens.
16. Spanish literature to be published at the same time as English literature. More support for Spanish translation.
17. Free packets to the new groups.
18. Some type of videos put on the website.
19. More items from the website being printed out and put into literature.
20. Sponsorship workshop put onto DVD and sent out to every IG.
21. Have a CEA-HOW cruise.

Note: Contributions are the lowest they have been since 2005.

A suggestion was made that the delegates go visit all the meetings in their IGs and give information from the Conference.

Approval of Standing Rules

The Standing Rules were approved unanimously as submitted.

Approval of Agenda

The agenda was approved with the addition of adding Serenity Prayer and the Responsibility Pledge to the opening starting with Business Session 2 and under the Reports of the WSBC Committees, adding a. Conference Committee and re-lettering the other committees from that point on.

Approval of 2011 WSBC Minutes

A correction was presented to correct the following Reports of the 2010-2011 Committees— Policy Manual to read: Updated the 2007 WSBC Policy Manual to include all WSBC policies, bylaws, and urgent new business motions from 1998 to the present. The minutes were approved as amended.

Reports:

Coletta W., Board Chair, and Pamela K., Corporate President, presented their reports to the Conference. (See attached)

Board Committee reports were presented: (See attached)

Finance: Merrie Anne B., Treasurer, reported for the committee. Contributions are the lowest since 2005. The finances were reviewed.

Literature: Carol S. reported for the committee. Three projects were finalized and are being presented at this WSBC. More needs to be done to promote the Meditation Book. **Education:** Marybeth M. presented for the committee. The Education committee has been redefined and has worked throughout the year on various projects. The Forum presented at this Conference came out of the work of this Committee.

Public Outreach: Merrie Anne B. presented for the committee. The Public Information Committee has been very active. A pamphlet is being finalized on setting up a Health Fair that will be presented next year at WSBC.

Web Liaison Report: Coletta W. presented the report. The CEA-HOW website was moved to a new web-hosting service and is more interactive.

Conference committees will meet at lunch on Thursday, July 26, 2012, 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.

The Business Session adjourned for lunch and reconvened with a parliamentary session.

Parliamentarian Information

Jim Whipple, Parliamentarian, presented information 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.

New Business:

Policy Motions Submitted Prior to Conference:

- 1. Policy Motion #1-2012—Motion submitted by the Literature Committee:** To publish the sponsorship articles in booklet format under the title of *Sponsorship: Articles from the WSBC Sponsorship Committee, July 2009 through July 2011 and make it available to the Fellowship as CEA-HOW conference-approved literature.*

A motion was made to change the title of the booklet to *For CEA-HOW Sponsors.*

Another motion was made to table this motion pending the outcome of Policy Motion #8.

Approved: 33 Opposed: 16. Motion to table passed.

Motion was made to send the motion out to a committee of interested people to frame a new title and bring it back after Policy Motion #8. Approved: 36 Opposed: 10

On day two the tabled motion was brought back as follows:

Motion: It is proposed to publish the sponsorship articles in a booklet form under the title of A Collection of Sponsorship Articles from Compulsive Eaters Anonymous CEA-HOW with the attached new introduction page. (The introduction page reads as follows: “Dear Fellow CEA-HOW member, In an effort

to support ‘those who still suffer,’ this booklet is a collection of the articles found on the CEA-HOW website. The supplemental pages will provide suggestions for Sponsorship Chairs, a Sponsorship Format, and other reference materials. We hope you will find the support and information that will enable you to be a better sponsor and sponsee in your recovery. Yours in service, Members of the Fellowship” Approved: 49 Opposed: 1 Motion passed.

2. **Policy Motion #2-2012—Motion submitted by the Board of Directors:** Edit the *CEA-HOW Maintenance Sponsor Guide*, as follows:
 1. Page 2, Question 3: Change “Chapter 11” to “Chapter 2.”
 2. Page 7, Question 56: Change “Chapter 7 in the AA Big Book.” To “Step 11, page 99, last full paragraph in the 12 & 12.” **Approved: 50 Opposed: 0**
3. **Policy Motion #3—2012 —Motion submitted by the Literature Committee:** Publish *Questions for Challenging Times* and make it available to the Fellowship in journal and pamphlet format as CEA-HOW conference-approved literature.

Amendment was made to change the second sentence in Question Two to be in question form: “How does memorizing and saying daily prayers help your recovery?” Approved: 4 Opposed: 44. Amendment failed.

The original motion was then voted on. Approved: 49 Opposed: 0. Motion passed.

4. **Policy Motion #4-2012—Motion submitted by the Literature Committee:** Motion: It is proposed to edit the booklet, *An Abstinence Model for Compulsive Eaters* as follows:
 1. Page 1, sentence 1, paragraph 2: Remove the sentence, “*The more we restrict specific foods...*” and replace it with: “We found we must abstain from specific foods.”
 2. Page 1, subtitle, Physical Abstinence
 - Bullet #1: Replace “*Develop a sound food and exercise plan*” to “Follow the food plan which includes weighing and measuring.”
 - Bullet #3 Replace “*pre-plan meals*” to “Commit our food to a sponsor daily.
 3. Replace the fifth and sixth bullets with:
 - Abstain from binge foods;
 - Abstain from high fat foods, sugar and flour;
 4. Page 2, Paragraph 4: Remove the first sentence; replace “*Designing and shaping a container for the*” with, “Weighing and measuring our”
 5. Page 4, #13 3rd 5th Sentences: Before food plan, replace “A” with “*The CEA-HOW.*”
 6. Page 4, #15, sentence 2: Before food plan, replace “a” and add “the CEA-HOW.”
 7. Page 4, item #16: Delete: “*Diets are based on control: food plans are the demonstration of surrender. Diets rely on willpower; food plans necessitate a Higher Power. Acceptance of a Higher Power is followed by the recognition that the Power will not be showing up to fix breakfast! Food plans are the “footwork”—putting one front in front of the other to take responsibility for*

recovery. Weighing and measuring becomes a spiritual discipline. Three times a day, weighing and measuring is a demonstration of an acceptance of personal powerlessness. It becomes the “chop wood, carry water” of food dependency.”

Rewrite to read: “Diets are based on control and willpower: The CEA-HOW food plan is a demonstration of surrender. Acceptance of a Higher Power is followed by the recognition that a Power will not show up for breakfast! The CEA-HOW food plan is the “footwork”—putting one foot in front of the other—to take responsibility for recovery. Weighing and measuring becomes a spiritual discipline. Three times a day, weighing and measuring is a demonstration of an acceptance of personal powerlessness. It becomes the “chop wood, carry water” of food dependency.

Motion made to amend the motion by eliminating the last sentence: “It becomes the “chop wood, carry water” of food dependency. Motion failed for lack of a second.

Amendment made to replace the sixth bullet with “Abstain from flour, sugar, and quantity eating. Approved: 10 Opposed: 36 Amendment was defeated.

Amendment made to delete the sixth bullet, “Abstain from high fat foods, sugar and flour. There were no objections so the bullet point was removed.

A vote was then taken on the original motion with the elimination of the sixth bullet from point 3. Approved: 39 Opposed: 4. Motion passed.

The minority opinion was heard and a motion was made to reconsider: Approved: 11 Opposed: 32 Motion to reconsider failed and the original vote on the original policy motion stands.

After a break, Business Session 2 reconvened with a parliamentary session.

- 5. Policy Motion #5-2012: Motion submitted by the Policy Manual Committee:**
Motion: To discharge the following committees because their service is no longer needed and/or their time allotment is over. **A standing committee is performing these committees’ functions:
- **Special Food Plan committee – 1998
 - Ad Hoc Bylaws review committee – 2000
 - Ad Hoc Bylaws committee – 2001
 - **Education and outreach ad hoc Conference committee – 2002
 - Area Assistance committee – 2008, 2009
 - **Public Information Ad Hoc Committee – 2006
 - Service Manual Task Force – 2006
 - **Sponsorship Manual Ad Hoc Committee – 2006
 - Audio material production of questions – 2007

An amendment was made for clarification to change the motion to read: **Motion: To discharge the following committees, **Special Food Plan committee – 1998, Ad Hoc Bylaws review committee – 2000, Ad Hoc Bylaws committee – 2001, **Education and outreach ad hoc Conference committee – 2002, Area Assistance committee – 2008, 2009, **Public Information Ad Hoc Committee – 2006, Service Manual Task Force – 2006, **Sponsorship Manual Ad Hoc Committee – 2006, and Audio material production of questions – 2007 because their service is no longer needed and/or their time allotment is over. **A standing committee is performing these committees’ functions. Approved: 48 Opposed: 0. Motion passed.**

- 6. Policy Motion #6—2012 Motion submitted by the WSO Literature Committee:**
Motion: Establish an *Ad Hoc* Committee of 5-10 Delegates to focus specifically on the Reflections Book project to include the advertisement of the project to the fellowship; collection and review of submissions; editing, formatting, and finalization of a book for publication. When a finalized publication-ready book has been created, the Committee will send it to the Literature Committee for final review, editing, and submission to Conference.

An amendment was made to add the following sentence to the end of the motion: “The *Ad Hoc* Committee will report to WSBC on its progress within two years.”

A second amendment was made to amend this as follows: Motion: Establish an *Ad Hoc* Committee of 5-10 Delegates to focus specifically on the Reflections Book project to include the advertisement of the project to the fellowship; collection and review of submissions; editing, formatting, and finalization of a book for publication. When a finalized publication-ready book has been created, the Committee will send it to the WSO for consideration for final review, editing, and submission to Conference. The *Ad Hoc* Committee will report to WSBC on its progress within two years.

A motion was made to withdraw the second amendment: Approved: 47 Opposed: 0. The second amendment was withdrawn.

A vote was taken to approve the original amendment. Approved: 47 Opposed 1. The minority voice was heard after which a motion was made to reconsider. Motion failed due to lack of a second.

The amended motion then reads: Motion: Establish an *Ad Hoc* Committee of 5-10 Delegates to focus specifically on the Reflections Book project to include the advertisement of the project to the fellowship; collection and review of submissions; editing, formatting, and finalization of a book for publication. When a finalized publication-ready book has been created, the Committee will send it to the Literature Committee for final review, editing, and submission to Conference. The *Ad Hoc* Committee will report to WSBC on its progress within two years.

An amendment was then made as follows: Motion: Establish an *Ad Hoc* Committee of 5-10 Delegates to focus specifically on the Reflections Book project to include the

advertisement of the project to the fellowship; collection and review of submissions; editing, formatting, and finalization of a book for publication. When a finalized publication-ready book has been created, the Committee will send it to the Conference for final review, editing, and submission. The *Ad Hoc* Committee will report to WSBC on its progress within two years.

Another amendment was presented: Motion: Establish an *Ad Hoc* Committee of 5-10 Delegates to focus specifically on the Reflections Book project to include the advertisement of the project to the fellowship; collection and review of submissions; editing, formatting, and finalization of a book for publication. When a finalized publication-ready book has been created, the Committee will send it to the WSBC for final review and publication. The *Ad Hoc* Committee will report to the WSBC on its progress within two years. Approved: 39 Opposed: 3 Amendment passed. The minority opinion was heard. There was no reconsideration of the motion.

A motion was made to table this motion to the next Business Session of Conference. Approved: 25 Opposed: 21 Motion passed and the motion was tabled to the next Business Session.

An amendment was presented on Business Day two: Motion: To establish an *Ad Hoc* Committee of 5-10 Delegates to focus specifically on the Reflections Book project to include the advertisement of the project to the fellowship; collection and review of submissions; editing, formatting, and finalization of a book for publication. The *Ad Hoc* Committee will report to the WSBC on its progress within two years. When a finalized publication-ready book has been created, the Committee will send it to the WSBC for approval and publication. Approved: 50 Opposed: 0 Motion passed.

Members of the Ad Hoc Committee will be: Judy S., Sherry A., Geri C., Luz Ma C., and Kelly L. The Board Member Liaison is Marybeth M.

Recess at 4:05 p.m.

DAY TWO--BUSINESS SESSION #3 AND #4

The Conference reconvened at 8:41 a.m. with the Serenity Prayer and the Responsibility Pledge. All participants stood and qualified.

Credential Report: There were 50 voting members for Day Two.

A Parliamentary Procedure session was held.

Reports of the 2011-2012 Committees: (See attached reports)

- a. **Conference Committee**—Delegates are assigned by preference and also with attention paid to making sure a geographical distribution is maintained.
 - b. **Agenda Committee:** Nine motions were received this year. Motions are reviewed and may be returned to the proposers for clarification and resubmittal. There were eight final policy motions.
 - c. **Finance:** A treasurer’s handbook was sent out and will need to be reviewed for next year.
 - d. **Literature:** Many pieces of literature were reviewed and several items were submitted for Conference approval and publication.
 - e. **Policy Manual:** The committee updated the previous edition (2011) and presented Ad Hoc Conference Committees to be discharged. New updates from this year’s WSBC will be added to the Policy Manual by the 2012 Committee.
 - f. **Public Information:** A document of Public Information guidelines was created.
 - g. **Sponsorship:** No report was submitted.
 - h. **Website:** Information was given on the new website which has many new features useful as tools for recovery.
 - i. **Ad Hoc Inventory Review:** No written report was submitted. It is an ongoing project.
 - j. **Ad Hoc Artificial Sweetener:** No report was submitted.
 - k. **Ad Hoc Teen Program:** It was recommended to the Committee that a lawyer be hired as each state has different laws that will need to be complied with.
7. **Policy Motion #7—2012 submitted by Maria D.:** Motion: The following metric conversion table is added to *Forever Abstinent* at the top of the first page of Appendix A (page 29 in Rev. 7/10) and following “When in doubt, leave it out” on the *Forever Abstinent Trifold*:
- 2 T = 1/8 cup = 1 oz = 28.35 grams (rounded to 28 grams)
 - ½ cup = 4 oz = 113.3 grams (rounded to 113 grams)
 - 1 cup = 8 oz = 226.8 grams (rounded to 227 grams)

Height and weight measurements
1 in = 2.54 cm (1 cm = 0.39 in)
1 ft = 30.48 cm (1 meter = 3.28 ft)
1 lb = 0.454 kg (1 kg = 2.2 lb)

An amendment was made to add 1 tsp. = .85 grams. Motion passed. The motion now read as follows:

Motion: The following metric conversion table is added to *Forever Abstinent* at the top of the first page of Appendix A (page 29 in Rev. 7/10) and following “When in doubt, leave it out” on the *Forever Abstinent Trifold*:

- 1 tsp. = .85 grams
- 2 T = 1/8 cup = 1 oz = 28.35 grams (rounded to 28 grams)
- ½ cup = 4 oz = 113.3 grams (rounded to 113 grams)

1 cup = 8 oz = 226.8 grams (rounded to 227 grams)

Height and weight measurements
1 in = 2.54 cm (1 cm = 0.39 in)
1 ft = 30.48 cm (1 meter = 3.28 ft)
1 lb = 0.454 kg (1 kg = 2.2 lb)

Approved: 48 Opposed: 1 The minority opinion was heard: A motion was made to reconsider and seconded. Approved: 6 Opposed: 42 The motion stands as submitted and approved.

- 8. Policy Motion #8—Motion submitted by CEA-HOW Board of Directors—**
Anonymity on CEA-HOW Conference-Approved Literature. MOTION: All CEA-HOW Conference Approved Literature shall be consistent in the use of anonymous authorship attribution; no names of members or specific service bodies shall appear on CEA-HOW Conference Approved Literature. In keeping with the original agreement with Co-Founder Fred S., attribution will be made on our website to Fred S. as the author of much of our seminal literature.

An Amendment to the motion was made: All CEA-HOW *original* Conference Approved Literature shall be consistent in the use of anonymous authorship attribution; no names of members or specific service bodies shall appear on CEA-HOW Conference Approved Literature. In keeping with the original agreement with Co-Founder Fred S., attribution will be made on our website to Fred S. as the author of much of our seminal literature.

Another amendment was made: All *newly-submitted* CEA-HOW Conference Approved Literature shall be consistent in the use of anonymous authorship attribution; no names of members or specific service bodies shall appear on CEA-HOW Conference Approved Literature. In keeping with the original agreement with Co-Founder Fred S., attribution will be made on our website to Fred S. as the author of much of our seminal literature.

Motion died due to lack of a second.

A vote was taken on the original amendment motion: All CEA-HOW original Conference Approved Literature shall be consistent in the use of anonymous authorship attribution; no names of members or specific service bodies shall appear on CEA-HOW Conference Approved Literature. In keeping with the original agreement with Co-Founder Fred S., attribution will be made on our website to Fred S. as the author of much of our seminal literature. Approved: 21 Opposed: 28 Motion failed

The minority opinion was heard. There were no motions to reconsider and so the motion remains as a failed motion.

Election of WSBC Conference Committee:

The following people were nominated for the Committee: Connie S., Betty M., Terrie P., Debbie M., Deborah W. **The nominees were elected by acclamation and shall serve.**

After a break, the Directors, Officers, and Delegates qualified.

Co-Founder's Greeting: Rae Z, Co-Founder, addressed the Conference.

The Business Session adjourned for lunch and reconvened with the Serenity Prayer and a parliamentarian session.

An English DVD presentation on CEA-HOW from Area 6 was made available for viewing by the Delegates.

URGENT NEW BUSINESS:

- 1. Motion by James L.: Motion: Given the large amount of information in reviewing the CEAHOW inventory and the amount of time necessary to assimilate the information, be it resolved to extend the existence of the *Ad Hoc* Inventory Committee for one additional year. Approved: 50 Opposed: 0 Motion passed.**

Members of the *Ad Hoc* Inventory Committee will be: Sherry A., Karen C., James L., and Paul K.

- 2. Motion by the Literature Committee: Motion: Be it resolved that *An Abstinent Model for Compulsive Eaters* no longer be in production. Approved: 8 Opposed: 38 Motion failed.**

Election of the WSO Board of Directors:

Four seats on the Board were up for election for two-year terms: Nominees were: Carol S., Coco C., Connie S. Jose F., Judy S., Lorraine S., and Shannon H.

Those elected were: Carol S., Coco C., Lorraine S., and Shannon H. The other nominees were thanked for their willingness to serve.

Remaining on the Board were Directors: Rae Z., Co-Founder, Coletta W., David M., Merrie Anne B., Marybeth M., Carol S., Jim C., with those remaining on the Board as Corporate Officers: Pamela K, Woody N., and Irish C.

Lupita B., outgoing Director, addressed the delegates and expressed thanks for being able to give service.

Open Forum for Delegates:

It would be good to have the screens again next year throughout Conference to project information to the delegates.

The Board was thanked for all their service.

It was shared that serving at this level of service has been exciting and that the dedication to details is vital and important.

Is January still Gratitude Month? Yes, but donations are appreciated at any time throughout the year. One thing that is being looked at is automatic payments for donations.

San Fernando Valley produced an attraction card. Virginia and other Intergroups have an information card as well. A challenge was given to all the delegates to bring at least one person into CEA-HOW this year.

Public Information Committee wants to collect good ideas from Areas and Intergroups and those can be sent to the committee or sent to the World Service Office at gso@ceahow.org

A challenge was given to all delegates to go to the Business Center and submit at least one piece of writing for the Meditation Book before they leave after the Conference. Delegates were charged to take this back to groups and ask for submissions as well.

Thanks were given to family members at home for their support for the service being given at the Conference.

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

Adjournment:

The 2012 World Service Business Conference adjourned at 3:30 p.m.

Minutes submitted by
Irish C., Secretary

2012-2013 WSBC Committees: (Bold print indicates Chair of committee)

Conference: Deborah W., **Debbie M.**, Terrie P., Connie S., and Betty M.

Agenda: Robert M., Debbie Mack, **Liz G.**, Terrie P.

Finance: Jim E., (Secretary) Kathleen N., Carolyn P., (Vice Chair) Helene B., **Richard L.**

Literature: Linda D., Lynne D., Terrie P. Linda D., Kelly L., Joann S. Maricela H. Betty M., Debbie M.

Urgent New Business: Debbie M., James L., Gail C., Kelly L., **Sherry A.**, Lorraine S.

Public Information: Renee P. (Secretary), Connie S.,(Vice Chair) Geri C., Suzanne K, **Kirsten D.**, Gail C., Maria Q., Lorena R.

Education: **Robert M.** Joan D., (Secretary) Paul K., Ofelia M., Lori R.

Sponsorship: Judy S. (Secretary) Liz G., Eric S., Jose F., Karen C., **Sherry A.**, Liane S., (Vice-Chair) Coco C., Lupita M., Luz Ma C., Lupita B.

Policy Manual: Tamara N., (Vice Chair) Deborah W., (Secretary) **Stephanie G.**, Kirsten D.

Website Committee: Margie B., Janice H-E

Ad Hoc Teen Committee: Debbie M., Helenne D., Katy P., Karen C., Suzanne K.

Ad Hoc Meditation Book Committee: Judy S., Sherry A., Luz Ma C., **Kelly L**, Geri C.

REGISTER OF ATTENDANCE 2012

Merrie Anne B.

Lupita B.

Jim C.

Irish C.

Shannon H.

Pamela K.

Marybeth M.

David M.

Woody N.

Carol S.

Coletta W.

Betty M.

Connie S.

Eric S.

Geri C.

James L.

Jose F.

Linda D.

Ofelia M.

Paul K.

Robert M.

Richard L.

Suzanne K.

Tamara N.

Stephanie G.

Joan D,

Debbie M.

Karen C.

Kelly L.

Judy S.

Jim E.

Lupita M.

Lorraine S.

Deborah W.

Kirsten D.

Lynne D.

Terrie P.

Margie B.

Joann S.

Janice H-E.

Renee P.

Gail C.

Elizabeth G.

Helenne D.

Coco C.

Luz Ma C.

Katy P.

Sherry A.

Maricela H.

Maria Q.

Lorena R.

Lori R.

Carolyn P.

Liane S.