

CEA-HOW Spiritual Meditation Book Spiritual Meditation Book

*BY THE FELLOWSHIP
FOR THE FELLOWSHIP*



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Here's your chance.

Send us your original, spiritually-based writing of 200 words or less that is attributed to a CEA-HOW Step, Tradition or Tool, or to a quote from conference-approved literature.

Writing may be submitted online at <http://www.ceahow.org>
Questions may be emailed to meditationbook@ceahow.org.

Please let us know the source of your inspiration... the Step, Tradition, Tool, or the book and page number of the quote.

Also please provide your full name, address, phone number and email address so that we may contact you.

Note: The meditation book committee has the right to edit your submission.
All writings that appear in the book will be attributed to "Anonymous".