

October 31, 2001



COMPULSIVE EATERS
ANONYMOUS-HOW
WORLD SERVICE OFFICE
5500 E. ATHERTON ST.
SUITE 227-B
LONG BEACH, CA
90815-4017

"SERVING THE WORLDWIDE
FELLOWSHIP OF CEA-HOW"

VOICE (562) 342-4344
FAX (562) 342-9346
HTTP://WWW.CEAHOW.ORG
EMAIL GSO@CEAHOW.ORG

2001-02
BOARD OF DIRECTORS
JEAN C., CHAIR
CHAIR@CEAHOW.ORG
DOROTHEA P., VICE CHAIR
FRED S.
JEAN P.
KATHY D.
KAREN S.
LINDA K.,
LURETHA B.
RAE Z.,
ROSEMARY G.

CO-FOUNDERS
FRED S. & RAE Z.

COMMITTEE CHAIRS
CONVENTION, DOROTHEA P.
EDUCATION, ROSEMARY G.
EXECUTIVE, KAREN S.
FINANCE, JEAN P.
LITERATURE, KAREN S.
NOMINATING, LURETHA B.

CORPORATE OFFICERS
KAREN S., PRESIDENT
LINDA K., VICE PRESIDENT
RAE Z., TREASURER
MARIA D., SECRETARY

"OUR COMMON WELFARE
SHOULD COME FIRST;
PERSONAL RECOVERY DEPENDS
UPON CEA-HOW UNITY."
— TRADITION 1

"...OUR LEADERS ARE BUT
TRUSTED SERVANTS; THEY DO
NOT GOVERN." — TRADITION 2

"...PLACE PRINCIPLES BEFORE
PERSONALITIES." —
TRADITION 12

WSO OFFICE HOURS:
MON. - FRI.
12 P.M. - 4 P.M., PACIFIC

To: All CEA-HOW Intergroup Chairs, Area Delegates, and Area Chairs

Subject: Use of AA Literature, Steps, Traditions, and Concepts

Enclosures: (1) CEA-HOW Policy
(2) AA letter of July 17, 1998
(3) Revised reading of 12 Steps
(4) Revised reading of 12 Traditions

At its meeting October 20, your World Service Organization (WSO) Board of Directors took action to comply with a request first made of CEA-HOW a little over 3 years ago. I'm writing you about it because the result of the action will be some changes in our literature. The changes will not affect the tone or intent of our beloved literature, although we will see revision to the content of some formats, readings, and questions.

The request was from Alcoholics Anonymous, in its reply to CEA-HOW's request for permission to adapt and use AA's 12 Steps, 12 Traditions, 12 Concepts, and portions of the Big Book and *Twelve Steps and Twelve Traditions*. AA asked CEA-HOW to limit its substitution of the words *food* and *compulsive eating* for *alcohol* and *alcoholic* to the short forms of the Steps, Traditions, and Concepts. I encourage you to read AA's letter for yourself. But, in part, AA told us that it feels allowing a wholesale change of those words "would tend to dilute the credibility" of the original AA material.

In its letter, AA also asks that we first reprint AA's Steps, Traditions, and Concepts any time we print the CEA-HOW versions of them. AA also provides wording for the credit line we are to use with each reprint.

With discovery of the AA letter, too, we learned that CEA-HOW does not have permission to make those substitutions in any other AA literature. One result of this must be the removal of the CEA-HOW adapted "How It Works" reading from meeting formats. If you feel that the content of the reading is too valuable to completely eliminate, a member could read the text from the beginning of Chapter 5 in the Big Book.

It is unfortunate that this important letter was mislaid in the confusion of the move to new quarters, but it is good that your Board took action soon after the letter was discovered. At times, change can feel disconcerting, but with recovery comes the willingness to take life as it comes ("life on life's terms" as one of my favorite Big Book stories describes it).

I have enclosed a copy of the CEA-HOW policy, as well as a copy of AA's letter, and some replacement readings that you are welcome to reprint and use in your meetings. I ask that you share this information with your fellowship often over the next months and support everyone in their honesty, willingness, and open-mindedness to honorably implement AA's requests. I or any Board member will be happy to discuss this further with you. Please email me; snail mail works, too. Thank you for your help and acceptance in this very serious matter.

In Service,

JEAN C.
Chair, CEA-HOW WSO Board of Directors
cc: WSO Board members

There is recovery from compulsive eating, one day at a time.

TOPIC: LITERATURE

POLICY: USE OF 12 STEPS, 12 TRADITIONS AND/OR 12 CONCEPTS IN CEA-HOW LITERATURE

Date Passed: October 20, 2001

Date Amended: N/A

POLICY:

CEA-HOW will not publish literature using any adaptation of Alcoholics Anonymous (AA) materials, including the books *Alcoholics Anonymous* (the "Big Book") and *Twelve Steps and Twelve Traditions*, except for the adaptation of the Twelve Steps, Twelve Traditions (short form), and Twelve Concepts of Service as granted by AA.

All current literature that includes adapted material shall be revised per this policy and reprinted when current stocks are depleted.

Literature upon which CEA-HOW chooses to reprint the Twelve Steps, Twelve Traditions, and/or Twelve Concepts shall be formatted in the following manner:

- a. They shall be presented in their unaltered form.
- b. The following disclaimer (edited as appropriate depending upon which item[s] are included in the publication) shall be included after (a): *The Twelve Steps, Twelve Traditions, and/or Twelve Concepts are reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt this material does not mean that AA is in any way affiliated with the CEA-HOW program. AA is a program of recovery from alcoholism **only** -Use of the Twelve Steps, Twelve Traditions, and/or Twelve Concepts in connection with programs and activities which are patterned after AA, but which address other problems, or in any other non-AA context, does not imply otherwise.*
- c. The appropriate revised version shall then be presented.
- d. The size of text for (a) and (b) must be legible, but may be smaller than item (c).

This action is taken at the request of the AA General Service Office in its letter of July 17, 1998 (attached and incorporated as part of this policy.)



ALCOHOLICS ANONYMOUS WORLD SERVICES, INC.
475 RIVERSIDE DRIVE, NEW YORK, NY 10115 (212) 870-3400

(Between 119th and 120th Streets)

July 17, 1998

COPY

Please direct all communications to:

GRAND CENTRAL STATION
P.O. BOX 459
NEW YORK, NY 10163
FAX# 212-870-3003

██████████, Chair
Board of Directors
CEA-HOW, Inc.
P.O. Box 2506
Santa Fe Springs, CA 90670

Dear ██████████

Thank you for your letter, dated July 9, 1998, in which you clarify the context in which you intend to reprint/adapt the Twelve Steps, Twelve Traditions, and the Twelve Concepts for use in your newly incorporated program, entitled Compulsive Eaters Anonymous-HOW, Inc.

Perusing through the material, I observed that you have also adapted the A.A. Preamble. The Preamble is the property of the A.A. Grapevine. You may request permission from them by writing to: ██████████, A.A. Grapevine, P.O. Box 1980, Grand Central Station, New York, NY 10163-1980.

While we don't mind sharing and permitting the adaptation of some of the materials which A.A. has developed (principally, the Steps, the Traditions, and, on occasion, the Concepts), we do have certain requirements before granting permission. Some of the materials you have developed, prior to obtaining permission, will have to be revised to meet these conditions. The most sought-after A.A. materials for reprint and/or adaptation - for example, the Steps - are so closely connected with A.A. that even simple word substitutions are significant. Our Traditions require that we avoid any implication of a relationship to, or an affiliation with, a non-A.A. entity. Since you are seeking to adapt our Traditions, I can only assume that you are similarly concerned about the potential for implied affiliation or endorsement.

You should also note that we do not permit the adaptation of text material. Generally speaking, our policy permits the adaptation of the Twelve Steps and the Twelve Traditions, the latter in short form, with word substitutions such as you suggested. However, when it comes to other A.A. materials, we do not feel that it is appropriate to grant permission to reprint such materials with the mere substitution of some other concern, addiction, compulsion, or what have you, where the words such as alcoholics, alcoholism, and the like, appear in the original. To illustrate with an extreme example, we would find it unacceptable to reproduce the book, *Twelve Steps and Twelve Traditions*, with the substitution of co-dependency, or eating disorders, etc., where the words such as alcohol,

██████████, Chair

July 17, 1998

Page 2

alcoholics, alcoholism, etc., appear in the original. Such a work would not be a mere adaptation; and the resulting piece would be confusing to the reader, especially, one who has had an opportunity to read the original version of the book published by Alcoholics Anonymous. Additionally, to permit "adaptation" of portions of text material would tend to dilute the credibility of such material. As may be the case with some of your own literature, A.A. material derives chiefly from experience, and, therefore, possesses an unerring sense of authenticity and sincerity. If the very same material were to be published with the aforementioned word substitutions, depending on which fellowship was publishing it, anyone having occasion to read two or more of these versions would have good reason to doubt the integrity of any of them. Therefore, we cannot grant permission regarding text material (such as your adaptation of portions of Chapter 4 of *Alcoholics Anonymous*), other than the short form of the Traditions and the Steps, where word-substitutions have been made.

Regarding the Steps, Traditions and the Concepts, we request that they be reprinted first in a series, unaltered and unseparated, followed by a credit line/disclaimer. You may then adapt the excerpts as you have indicated in your enclosed material. The credit line/disclaimer should state:

The Twelve Steps, Twelve Traditions and Twelve Concepts are reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt this material does not mean that A.A. is in any way affiliated with this program. A.A. is a program of recovery from alcoholism only - use of the Twelve Steps, Twelve Traditions and Twelve Concepts in connection with programs and activities which are patterned after A.A., but which address other problems, or in any other non-A.A. context, does not imply otherwise.

If you agree to the above, we will have no objection to your use of the Twelve Steps, Twelve Traditions and the Concepts as described. Thank you in advance for your anticipated cooperation.

Yours in service

Signature Removed in the
Interest of Anonymity

██████████
Services Director

██████████

1. We admitted we were powerless over alcohol; that our lives had become unmanageable. 2. Came to believe that a Power greater than ourselves could restore us to sanity. 3. Made a decision to turn our will and our lives over to the care of God as we understood Him. 4. Made a searching and fearless moral inventory of ourselves. 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. 6. Were entirely ready to have God remove all these defects of character. 7. Humbly asked Him to remove our shortcomings. 8. Made a list of all persons we had harmed, and became willing to make amends to them all. 9. Made direct amends to such people wherever possible, except when to do so would injure them or others. 10. Continued to take personal inventory and when we were wrong promptly admitted it. 11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out. 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

The Twelve Steps of CEA-HOW

The Twelve Steps are reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt this material does not mean that AA is in any way affiliated with this program. AA is a program of recovery from alcoholism only. Use of the Twelve Steps in connection with programs and activities which are patterned after AA, but which addresses other problems, or in any other non-AA context, does not imply otherwise.

1. We admitted we were powerless over food—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive eaters, and to practice these principles in all our affairs.

1. Our common welfare should come first; personal recovery depends upon AA unity. 2. For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern. 3. The only requirement for AA membership is a desire to stop drinking. 4. Each group should be autonomous except in matters affecting other groups or AA as a whole. 5. Each group has but one primary purpose – to carry its message to the alcoholic who still suffers. 6. An AA group ought never endorse, finance or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose. 7. Every AA group ought to be fully self-supporting, declining outside contributions. 8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers. 9. AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. 10. Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy. 11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films. 12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

The Twelve Traditions of CEA-HOW

The Twelve Traditions are reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt this material does not mean that AA is in any way affiliated with this program. AA is a program of recovery from alcoholism only. Use of the Twelve Traditions in connection with programs and activities which are patterned after AA, but which addresses other problems, or in any other non-AA context, does not imply otherwise.

1. Our common welfare should come first; personal recovery depends upon CEA-HOW unity.
2. For our Group purpose there is but one ultimate authority—a loving God as He may express Himself in our Group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for CEA-HOW membership is a desire to stop eating compulsively.
4. Each Group should be autonomous except in matters affecting other Groups or CEA-HOW as a whole.
5. Each Group has but one primary purpose— to carry its message to the compulsive eater who still suffers.
6. A CEA-HOW Group ought never endorse, finance or lend the CEA-HOW name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every CEA-HOW Group ought to be fully self-supporting, declining outside contributions.
8. Compulsive Eaters Anonymous-HOW should remain forever non-professional, but our service centers may employ special workers.
9. CEA-HOW, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Compulsive Eaters Anonymous-HOW has no opinion on outside issues; hence the CEA-HOW name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and other public media of communication.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.