



## It's your Time to Shine!

**"We recover on all three levels, PHYSICAL, emotional,  
& spiritual..."**

***Celebrate your physical recovery from compulsive  
eating.***

**Volunteer to participate in the  
Celebration & Inspiration show at the 2019 CEA-HOW  
Global Convention**

***Step out into the light • Live the slogan  
"attraction rather than promotion"***

**To sign-up now or for questions, please contact Sonia 310-  
925-7037**

**[sonia1wonder@gmail.com](mailto:sonia1wonder@gmail.com)**



## ***...COFFEE & TEA...***



## ***...THROUGH OUR OWN CONTRIBUTIONS...***

The Convention Hospitality Suite is a place for fellowship and fun. With that, it will be set up with hot coffee & tea.

Come by & grab a cup! Catch up with fellows you haven't seen in awhile & make new friends with members from all over the world!

Please donate to supplement the cost of this beverage station. Please ask your group to pass a basket during the months of March and/or April. Individual donations also welcome.

**Contact Betty at 310-780-0508**

## ***...FOR THE FELLOWSHIP BY THE FELLOWSHIP...***



***HELLO!!!...RIGHT THIS WAY....***



😊😊😊😊 **BE THAT WARM & SMILING  
FACE**😊😊😊😊

**We are looking for fun & happy greeters  
to assist at the convention!**

Welcome & direct attendees to the hospitality suite and other areas.

This is an exciting opportunity to meet new people & be of service.

**Contact Betty 310-780-0508**

**To sign up for a 1-2 hour time slot on  
Friday July 26th between 1pm & 6pm or  
Saturday July 27th between 8am & 6pm.**



## **2019 CEA-HOW Convention Raffle Donations**

**Help us in making our RAFFLE a huge success! Please suggest sending a second collection basket at your meetings for the RAFFLE at our 2019 CEA HOW Global Convention!**

**With the money collected, purchase gift cards from National chain stores or send money to the address listed below. Please have them in the mail no later than July 8th.**

**Raffle tickets will be sold throughout the weekend of the convention. This is a great way to help raise funds to spread the message that there is recovery from compulsive eating.**

### **Gift Card Suggestions:**

**Amazon, American Express, Bath and Body Works, Bed, Bath and Beyond, Costco, Gas Station Chains, Home Depot, Hotel Chains, iTunes, Lyft, Master Card, Pro Bass Shop, REI, Sam's, Sephora, Target, Toys R Us, Trader Joe's, Uber, Visa, Walmart, Whole Foods**

**Questions, call or Email Sheryl J. 503-492-3998**  
[ceahowconvention2019@gmail.com](mailto:ceahowconvention2019@gmail.com)





***FRIDAY, JULY 26TH 2019 CEA-HOW  
CONVENTION TALENT SHOW***

**We want Your Shine!**

**Can you sing, dance, play an instrument, tell  
jokes, or entertain your fellows?**

**Show us your stuff at the convention talent show.**

**If you would like to be included, contact:**

**Chair, Linda -720-936-4555 [lsdrury8236@gmail.com](mailto:lsdrury8236@gmail.com)**



**Friday July 26th - Sunday July 28th 2019**

## **WORKSHOP PROPOSAL**

**To lead a workshop at the CEA-HOW convention, you must have at least one (1) year of current CEA HOW abstinence and have completed all 12 steps of the CEA HOW program. It is required that speakers, panelists and facilitators uphold the CEA HOW Steps, Traditions, CEA HOW Concepts, Tools and refrain from mentioning other fellowship**

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**Speakers will be asked to sign a waiver as all workshops are recorded for CEA HOW website.**

**Contact Workshop Chair, Ronda [rudalu@msn.com](mailto:rudalu@msn.com) or call 970-217-5273**