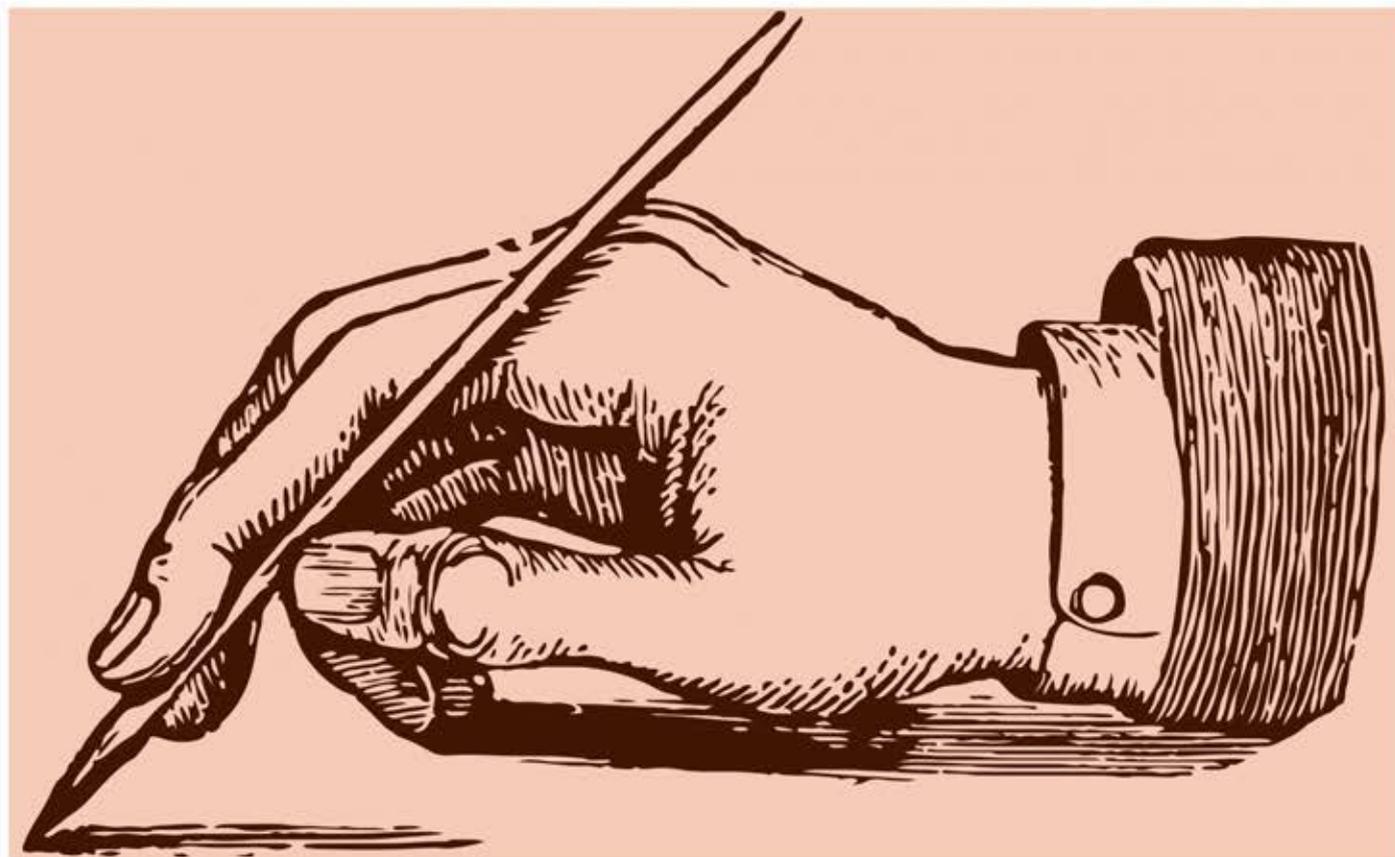


# Um . . . I Hate to Write



## CEA-HOW Writing Workshop

CEA-HOW is collecting submissions for our own Reflections book, & **we need you!** Help the WSBC Literature Committee complete CEA-HOW's first Reflections book.

We Need Your **Experience, Strength, & Hope.** Whether you love to write or it's your least favorite thing on Earth, we want to learn from your first-hand recovery.

**What:** Try out writing a rough draft of a Daily Reflection

**How:** We'll work with a template, write together, & have a period for kind feedback

**Bring:** A favorite quote from A.A. conference-approved or CEA-HOW literature

**Why:** Boost your recovery and help the CEA-HOW fellowship!

**Who:** Brand new to CEA-HOW, seasoned member — all are welcome

### Saturday May 9 at 1-2:30pm EDT

**ZOOM: Meeting ID: 836 6432 4626 Passcode: 529268**

<https://us06web.zoom.us/j/83664324626?pwd=8pd5EnIWupMTjNIaO85KRAPwTxLqZa.1>

**Suggested donation \$10—but no one will be turned away, all are welcome.**

**Paypal, Venmo, CashApp, Zelle, checks:** <https://www.ceahow.org/en/contribute/>  
**All proceeds go directly to World Service to fund fellowship services.**

**Sponsor: Thursday 5:30pm EST Michigan Zoom Mtg #2015**



Zelle

Use phone number 323-276-3838



venmo



Cash App

Our partners & sponsors