

Compulsive Eaters Anonymous-HOW (CEA-HOW) REFLECTIONS BOOK

By the Fellowship, For the Fellowship

The **WSBC Literature Committee** welcomes your original written contribution to the CEA-HOW Reflections Book. Each reflection should be inspired by a passage from CEA-HOW or AA Conference-approved literature and reflect your personal experience, strength, and hope. At the end of your writing, add a one-sentence positive thought or prayer about your writing to carry forward into the day. Send completed submissions to ***Conf.Lit.Commit.Reflections@gmail.com*.**

This email is solely for use by the WSBC Literature Committee for this project. Send any questions or requests to this email too. It will be monitored only by the Conference Literature Committee. Project point of contact is Coletta W, Committee Chair, 757-739-1650, colettamary5@gmail.com.

Some topics to consider when choosing your quote are Steps 1, 2 and 3; Traditions 1, 2, and 3; 1st, 2nd, and 3rd Concept of Service; and Tools 1, 2, and 3.

Please include the following with your submission: Name, Location, Phone number, and Source book name (including page #) or quote.

SUBMISSION TERMS

By submitting an entry, you agree to the following:

- All writings, once submitted, become the property of CEA-HOW, and will not be returned to the individual.
- Only original writings based on CEA-HOW and AA Conference Approved Literature may be submitted.
- All writings will be edited for grammar and spelling, if required, and will be published anonymously.
- Editors have permission for free creative reign to combine writings that do not meet submission guidelines, such as word length, or removing parts that don't support our recovery.
- You assign to CEA-HOW, Inc. your copyright interest in the submitted original writing that may become part of the CEA-HOW book. You attest that you are the owner of the writing and that you will not prevent or hinder CEA-HOW, Inc. from all rights of ownership.

Submission Guidelines

- A quote or sentence(s) from our published literature must be included. ***Questions from our workbooks can guide the reflections but cannot be used as the quote.***
- Each reflection submission is recommended to be 125-200 words. (One page double spaced, typed, is about 250 words) (Quote is not included in word count)
- Example of quote from literature: "Surrendering to God is how I recover." As Bill Sees It, p. 5
- Example of workbook question (NOT ACCEPTABLE): "As Bill Sees It Question 5, How do I recover?

Content Guidelines

- Quotes must be from CEA-HOW and AA Conference Approved Literature.
- Conference Approved Literature: CEA-HOW Concept, Forever Abstinent, Seven Tools, Sponsor Guidelines, other CEA-HOW published literature, all AA Conference approved literature such as ABSI, AA 4th Edition, Came to Believe, Daily Reflections, Living Sober, 12 Steps &12 Traditions
- Submissions using as a basis CEA-HOW literature such as our many CEA-HOW information pamphlets, Sponsoring in Compulsive Eaters Anonymous – HOW, Forever Abstinent, and our Sponsor Guidelines are especially desired. (See Literature page for a full list of CEA-HOW literature.)
- The writing needs to express positivity, in the writer's experience, strength and hope.
- If the reflections share struggles, the writers need to show how they overcame those struggles with program principles.
- The reflection needs to incorporate the ideas of the quoted literature.
- It may be helpful to be aware of other programs' meditation books as an example of quality entries.

To submit, email your original writing entry to Conf.Lit.Commit.Reflections@gmail.com