

From: "The Forever Abstinant" booklet *appendices—The Twelve Traditions...*
Tradition Three: ***The only requirement for CEA-HOW membership is a desire to stop eating compulsively.***

From: The AA volume, The 12 & 12 text...Tradition Three:
"The only requirement for A.A. membership is a desire to stop drinking."

From: **The Long Form appendices of the 12 Traditions,**
Tradition Three: "Our membership out to include all who suffer from alcoholism. Hence ***we may refuse none who wish to recover.*** Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation."

Perhaps you, as a seasoned or recently minted full service sponsor, has had the experience of sponsoring someone who, though well intentioned, fails to get the program and embrace recovery ***as we might think they should?*** Often this/these individual/s have made multiple contrite attempts with a variety of very fine and capable sponsors....

It can cause us much worry and concern for these individuals as often they have a serious and potentially morbid condition making us ponder and question even more? These folks are very often possess great humor and attractively sweet temperaments who bring abundant joy and levity with their presence to the rooms.

In my experience I have found that no one I have ever sponsored has ever really gotten recovery because of my sponsorship skills or prowess! The grace and transformation of recovery came as a result of H.P. and the surrender and acceptance of the individual seeking release of compulsive eating. My task was simply offering my experience, guidance, strength and hope, while bearing witness to the Sponsee's recovery process.

The bottom line is and has always been that no one has ever gotten or lost their recovery because of my efforts! I am and remain POWERLESS over anyone else's potential recovery! Though to be sure, I get to keep my recovery by working with others....Working with others in service and humility provides me a *kind of insurance policy*, helping to keep me attached constructively to my fellowship and embedded in the principles, practice and tools of OUR CEA-HOW program.

—**Everyone belongs as long as they want to stop eating compulsively!**