

2011 CEA-HOW Global Convention

Workshop: Outreach to the Community: How does Technology affect Anonymity?

Saturday, July 16, 2011, Sevilla Room, 4-5:30 PM

Questions: *(and in your answers, try and cite specific CEA-HOW or AA literature wherever possible)*

1. Is it OK for me to reference CEA-HOW on my Facebook site?

If not, why not?

If so, are there any constraints or guidelines on how I should do that?

2. Can I make a video of myself and post it on YouTube mentioning how I've overcome my eating addiction by working CEA-HOW?

3. Can I run an advertisement in the local paper about a new CEA-HOW meeting we're opening, showing 'before and after' pictures of successful CEA-HOW members?

Why, or why not?

4. What should I do if I see other CEA-HOW members doing any of the behavior/ actions cited above?

Any questions or feedback? Feel free to contact me...Roberta S., 714-299-9721 (PT)

The Twelve Steps and Twelve Traditions of CEA-HOW

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The 12 Steps

- Step 1** - We admitted we were powerless over food—that our lives had become unmanageable.
- Step 2** - Came to believe that a Power greater than ourselves could restore us to sanity.
- Step 3** - Made a decision to turn our will and our lives over to the care of God as we understood Him.
- Step 4** - Made a searching and fearless moral inventory of ourselves.
- Step 5** - Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- Step 6** - Were entirely ready to have God remove all these defects of character.
- Step 7** - Humbly asked Him to remove our shortcomings.
- Step 8** - Made a list of all persons we had harmed, and became willing to make amends to them all.
- Step 9** - Made direct amends to such people wherever possible, except when to do so would injure them or others.
- Step 10** - Continued to take personal inventory and, when we were wrong, promptly admitted it.
- Step 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.
- Step 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.

The 12 Traditions

- Tradition 1** - Our common welfare should come first; personal recovery depends upon CEA-HOW unity.
- Tradition 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.
- Tradition 3** - The only requirement for CEA-HOW membership is a desire to stop eating compulsively.
- Tradition 4** - Each group should be autonomous except in matters affecting other groups or CEA-HOW as a whole.
- Tradition 5** - Each group has but one primary purpose - to carry its message to the compulsive eater who still suffers.
- Tradition 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.
- Tradition 7** - Every CEA-HOW group ought to be fully self-supporting, declining outside contributions.
- Tradition 8** - Compulsive Eaters Anonymous-HOW should remain forever nonprofessional, but our service centers may employ special workers.
- Tradition 9** - CEA-HOW, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
- Tradition 10** - Compulsive Eaters Anonymous-HOW has no opinion on outside issues; hence the CEA-HOW name ought never be drawn into public controversy.
- Tradition 11** - Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.

Tradition 12 - Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.