

From the LA Intergroup -- Reminders to fellows regarding the bylaws and guidelines that govern CEA HOW meetings:

CEA-HOW as a whole is subject to the Bylaws on which we are founded. The bylaws can be found here:

<https://www.ceahow.org/wp-content/uploads/Bylaws-as-amended-10.24.2020.pdf>

For information on the criteria every meeting must follow, they can be found here:

<https://www.ceahow.org/en/meetings/starting-a-new-meeting/>

Only those meetings which meet the following criteria may be registered with the World Service Office as a CEA-HOW meeting. The meeting must:

- Meet with the purpose of practicing the Twelve Steps and Twelve Traditions of CEA-HOW
- Welcome all who have a desire to stop eating compulsively
- Have a minimum of two individuals
- Have no affiliation other than CEA-HOW
- Read The Twelve Steps of CEA-HOW, The Twelve Traditions of CEA-HOW, The CEA-HOW Concept, and The Seven Tools of CEA-HOW as written
- Adhere to abstinence requirements to pitch, per the 7 Tools of CEA-HOW*
- Use only CEA-HOW or AA Conference approved literature. Outside literature is not read or quoted

*The Seven Tools, which state we must have 30 days abstinence to pitch or seven days if discussed with our sponsor, are contained in the CEA HOW bylaws and read at every meeting. For this reason, a registered CEA-HOW group cannot take a group conscience to forgo the abstinence requirement to pitch. Such a group conscience does affect CEA-HOW as a whole. Further, it is outside the guidelines of Tradition Four.

A meeting is free to take a group conscience not to follow the abstinence requirement; however, that meeting would no longer be in compliance with the CEA-HOW Bylaws, Tradition Four or the CEA-HOW guidelines and is not eligible to be registered on the CEA-HOW website. CEA-HOW as a whole is affected if members cannot rely on meetings listed on the CEA-HOW website to be in compliance with CEA-HOW guidelines and provide CEA-HOW recovery. It is a disservice to the fellowship to register a meeting which does not follow the CEA-HOW guidelines.

There are many opportunities for all CEA-HOW members to share. The structure of Compulsive Eaters Anonymous – HOW is set up to not only encourage but to require all members to share on a regular basis, whether abstinent or not. All CEA-HOW members who are working the CEA-HOW program share with their sponsors on a daily basis, in three outreach calls a day, through their daily writing, and through fellowship before and after meetings. The purpose for sharing at a meeting is to carry the message of recovery.

Group consciences are guided by all our Traditions. Traditions One (CEA-HOW unity), Two (our Higher Power as expressed through a group conscience), and Four (matters affecting CEA-HOW as a whole) are particularly important.