CEA-HOW Los Angeles Intergroup
Monthly Business Meeting Agenda

November 8, 2026, 11:30 AM (Pacific time)

Zoom meeting ID: 820 6874 5820

Passcode: recovery

1 Serenity Prayer

2 Call to Order

Chair: Tom J.

Vice Chair: Terrill R.

Please silence all mobile phones and mute yourself when not speaking.

3 Secretary's Report

Janet M.

Approval of prior month meeting minutes.

4 Roll Call

Please type your name and title into the chat. If you need a CEA-HOW Service Manual, please write your full name, address, email, and your meeting so that Mary Eileen can mail it to you.

5 Chair's Report

Tom J.

6 Treasurer's Report

Terry M.

7 Committee Reports

7.1 Scholarship Committee

Wendy B. and Else H.

7.2 Literature

Mary Eileen O.

7.3 Public Information/Outreach

Mia I.

7.4 Website

Zachary S.

7.5 Special Events

Sue G.

8 Area 1 Update

Shirle A.

9 WSO Update

Diane S.

10 Old Business

No old business tabled from last meeting.

11 New Business

If you wish to propose a decision, action, or new piece of business, you may now make a motion by stating "I move that...." In order to proceed to discussion and vote, another member must second the motion. After a motion is seconded, I will invite discussion alternating between those who wish to argue for and against the motion. In the interest of time, I will suspend discussion as soon as we run out of people who want to speak in favor of either side. For example, if only two people are interested in arguing against the motion, we will move to a vote as soon as two or three people have had the opportunity to speak in favor of it.

We will now hear motions from the floor. If no one has any new business to propose, I invite you to make a motion to close the meeting.

12 Closing

Next meeting on December 13.

CEA-HOW Los Angeles Intergroup Minutes
DATE: November 8, 2026 11:30 AM

ZOOM Meeting ID: 820 6874 5820
Passcode: recovery

SERENITY PRAYER

I. **Call to Order**: Chair: Tom J Vice Chair: Terrill R

II. **Attendance**: Diane S, Diane S (WSO), Janet, Mary Eileen, Terry M, Zachary, Rene, Heather, Jason C, Shirle, Peter C, Johnny M, Shelley H,Betty B, Bill B, Alina H, Laura W, Zelda, Jennifer W

III. **Secretary's Report** — Janet is secretary until January 2027. Motion to approve October LAIG meeting minutes, seconded and approved. Secretary position (90 day abstinence) open.
IV. **Chair's Report** — Tom J—Please sign up for CEA/How monthly information on events on the CEAHOW.org website. Easy and you will receive PDF's for upcoming events to give to your meetings. Suggested that the CEAHOW.org website include in it's meeting finder, which Intergroup the meeting is affiliated with.
V. **Treasurer's Report** — Terry M went over contributions and expenses for October in the spreadsheet. Contributions totaled $4902. from 24 of 45 meetings. Paid to 30% WSO contributions ($1470) and Area 1 20% contributions ($980). Ending balance of $5648. Please remind your treasurers to put their meeting name and number in the notes when they make their Zelle contribution.
VI. **Committee Reports**
A. **Scholarship Committee**: No report. Else and Wendy not present
B. **Literature**: Mary Eileen said she is happy to keep her position on the Board in the upcoming rotation of service.
C. **Public Information/Outreach**- Mia not present but nothing to report
D.**Webmaster**: Zachary-encouraged us to look at the new CEA-How website for easy access to meetings-very easy now to locate meetings and make corrections. All LAIG Minutes and Treasurer Reports are available on Lahow.org.
E. **Special Events** - Rene reported that no date yet for the Zoom workshop in late February, early March, titled " It's a great day to be abstinent. Let me show you how"
VII **Area 1** UPDATE—Shirle -Area I found a secretary, John Mac, and a treasurer. Area 1 needs delegates and now is the time to become one. Requirements can be found in our Service Manuel. If interested, call Shirlee 323.861.7347 for more information **New Live LAIG meeting:** Friday, 7:30am BB study. 37 Washington Blvd. Venice CA (near the pier).
VIII **WSO Update**—Diane S (WSO): WSO is looking for a chair for the July 2027 Convention. A daily rate has been added to the Convention: Friday: program and dinner $150; Saturday: program snd lunch: $175 and if you want to add dinner to that $270; Sunday: $50. Please announce at your meetings. She also encouraged to sign up for the monthly announcements for CEA-HOW by going to the website, it's easy. Jason has augmented our Audio/Library under Resources.
Financial status of CEA-How: last year at this time we were at a loss of $32,000. This year we are in black $15,000. This report will be on the chow.org website soon.
Old Business: no old business
New Business: Motion made to make a one time contribution to CEA-HOW of $2000. Passed.

Meeting closed with Serenity Prayer

Next meeting **Sunday December 13, 2026 11:30 am PST**
Zoom Meeting ID: 820 6874 5820. Password: recovery

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LAIG Treasurer Report
October 2026

CURRENT MONTH MEETING DONATIONS					SPLIT 50/20/30			YEAR TO DATE (2026)		PREVIOUS YEAR (2025)		GRATITUDE
meeting #	day	time	location	amount	LA IG	Area 1	WSO	total to IG	meeting total	total to IG	meeting total	meeting total
1636	Sunday	7:30AM	Pitch/Speaker - Zoom	50.00	25.00	10.00	15.00	651.50	1,303.00	294.00	588.00	0.00
2772	Sunday	7:30AM	AT Center Writing - Live	185.00	92.50	37.00	55.50	785.00	1,570.00	232.50	465.00	0.00
80	Sunday	9:30AM	Radford Pitch/Spkr -Hybrid	609.11	304.56	121.82	182.73	356.38	712.76	0.00	0.00	0.00
125	Sunday	10:00AM	Hollywood, Pitch/Spkr - Zoom	66.00	33.00	13.20	19.80	405.50	811.00	713.00	1,426.00	0.00
1141	Sunday	11:00AM	Altadena, Big Book - Zoom		0.00	0.00	0.00	151.00	302.00	70.50	141.00	0.00
2768	Monday	7:30AM	Writing - Zoom	730.00	365.00	146.00	219.00	365.00	730.00	0.00	0.00	0.00
141	Monday	8:50AM	Meditation - Zoom	93.00	46.50	18.60	27.90	77.50	155.00	0.00	0.00	0.00
117	Monday	1:00PM	WEHO Big Book - Zoom		0.00	0.00	0.00	0.00	0.00	200.00	400.00	0.00
105	Monday	1:15PM	Beginner Womens - Live		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2749	Monday	6:30PM	Mens' stag - Zoom	500.00	250.00	100.00	150.00	1,600.00	3,200.00	1,226.80	2,453.59	0.00
169	Monday	7:00PM	Speaker - Live ES		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
77	Monday	7:30PM	L.A. Motown	307.84	153.92	61.57	92.35	990.42	1,980.84	806.50	1,613.00	0.00
1442	Tuesday	8:00AM	Writing Zoom		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2307	Tuesday	5:30PM	Topic/Discussion - Zoom		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2253	Tuesday	6:00PM	SHARE	130.00	65.00	26.00	39.00	200.50	401.00	65.00	130.00	0.00
8	Tuesday	6:30PM	Pitch/Speaker - Zoom	125.00	62.50	25.00	37.50	577.50	1,155.00	153.00	306.00	0.00
1560	Tuesday	6:30PM	Big Book - Live		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2776	Tuesday	12:00 PM	Melrose - Live		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
973	Tuesday	7:00PM	La Cañada - Zoom	375.00	187.50	75.00	112.50	1,136.00	2,272.00	959.00	1,918.00	0.00
2798	Wednesday	7:30AM	Pitch/Speaker - Hybrid	391.00	195.50	78.20	117.30	195.50	391.00	0.00	0.00	0.00
413	Wednesday	8:50AM	Big Book - Zoom	96.00	48.00	19.20	28.80	67.50	135.00	0.00	0.00	0.00
1830	Wednesday	12 NOON	Big Book - Live		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2785	Wednesday	12 NOON	Big Book - Live		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
47	Wednesday	6:30PM	The Hills		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1531	Wednesday	7:00PM	Living Sober - Zoom	212.00	106.00	42.40	63.60	668.50	1,337.00	218.50	437.00	0.00
1837	Wednesday	7:00PM	Speaker - Live ES		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1443	Thursday	8:00AM	Meditation Zoom		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2176	Thursday	9:00AM	Concepto/Herraminetas-Live ES		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2238	Thursday	12:15 PM	Big Book - Zoom		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1802	Thursday	5:00PM	Libro Grande - Live ES		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2108	Thursday	6:00PM	As Bill Sees It - Live		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2285	Thursday	6:30PM	Mens' stag - Zoom	200.00	100.00	40.00	60.00	402.78	805.55	0.00	0.00	0.00
132	Thursday	7:00PM	Pitch/Speaker - Live	58.00	29.00	11.60	17.40	29.00	58.00	0.00	0.00	0.00
688	Friday	7:30AM	Meditation - Zoom	176.00	88.00	35.20	52.80	273.50	547.00	0.00	0.00	0.00
179	Friday	8:50AM	Steps/Traditions - Zoom	63.00	31.50	12.60	18.90	56.00	112.00	0.00	0.00	0.00
1924	Friday	9:00AM	Orador - Live ES	44.00	22.00	8.80	13.20	46.50	93.00	0.00	0.00	0.00
1692	Friday	6:00PM	Orador - Live ES		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
396	Saturday	8:00AM	La Cañada - Live	137.00	68.50	27.40	41.10	822.50	1,645.00	706.00	1,412.00	0.00
2769	Saturday	8:00AM	12 X 12 - Zoom	124.00	62.00	24.80	37.20	736.22	1,472.44	1,137.00	2,274.00	45.00
2796	Saturday	9:00AM	Sylmar (Members Hm) - Live	19.00	9.50	3.80	5.70	23.50	47.00	0.00	0.00	0.00
46	Saturday	9:15AM	La Cañada - Live		0.00	0.00	0.00	778.26	1,556.52	1,266.62	2,533.23	0.00
2814	Saturday	10:00AM	Hugs & Mugs SM	100.00	50.00	20.00	30.00	483.72	967.44	0.00	0.00	0.00
922	Saturday	10:30AM	Women's Pitch/Spkr - Live		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2803	Saturday	10:30AM	Women's Pitch/Spkr - Zoom	100.00	50.00	20.00	30.00	50.00	100.00	0.00	0.00	0.00
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	total current month meeting donations			**4,902.95**	**2,451.48**	**980.59**	**1,470.89**	**11,967.78**	**23,935.55**	**8,135.91**	**16,271.82**	**45.00**

OTHER CURRENT MONTH INCOME		
date	**description**	**amount**
	literature sales	0.00
	total other current month income	**0.00**

CURRENT MONTH EXPENSES		
date	**description**	**amount**
	WSO 30% contr.	(1,470.89)
	Area 1 20% contribution	(980.59)
	postage for literature	0.00
	total current month expenses	**(2,451.48)**

CURRENT MONTH SUMMARY	
month's gross income (meeting donations + other)	**4,902.95**
month's expenses	(2,451.48)
month's net income	**2,451.48**

YEAR-TO-DATE EXCESS CONTRIBUTIONS TO WSO	
date	**amount**
2/7/2026	1,000.00
3/23/2026	1,000.00
5/18/2026	1,000.00
7/13/2026	1,000.00
8/10/2026	1,000.00
9/30/2026	2,000.00
YTD total	**7,000.00**

CONVENTION SCHOLARSHIP & Conv. '26 contributions	
date	**amount**
Conv. Coffee	
6/16/2026	250.00
Conv. Raffle	
6/16/2026	250.00
10 Conv. Pkgs.	
for 2027	3,950.00
YTD total	**4,450.00**

OUTSTANDING CHECKS		
check #	**description**	**amount**
898	Area 1 - 20%	(980.59)
Zelle	WSO 30% co	(1,470.89)
total outstanding checks		**(2,451.48)**

ACCOUNT RECONCILIATION		
10/31	**bank bal.**	**9,900.49**
	outstanding checks	(2,451.48)
	prudent reserve	(1,000.00)
	social fund	(800.00)
total earmarked		**(4,251.48)**
excess (balance - earmarked)		**5,649.02**

CEA HOW LÍNEA TELEFÓNICA EN ESPAÑOL #90144

"COMITE DE EDUCACIÓN"



SÁBADO

7 DE NOVIEMBRE



LAS DOCE TRADICIONES

TRES ORADORES



DE 6 A 8 AM HORA PACÍFICO

ACOMPAÑANOS

(774)220-4000
Código 634992#



Compulsive Eaters Anonymous HOW

Dallas Intergroup Presents:

From Surviving to Thriving During the Holidays

The Gift of Recovery

Holiday Hybrid Workshop

Saturday, November 14th

1:00-3:00 CT

Join us at the Center of Spiritual Development Room 102

5324 West Northwest Highway Dallas, TX 75220

Zoom-355-925-844

Passcode: CEAHOWTX1



Suggested donation of $10.00

Any amount is greatly appreciated!

Zelle account-817-703-5434

PayPal-dallastxceahow@gmail.com

Questions? Call Karen R. ~ 817-504-8404 rosek086@gmail.com

"Lo nuestro es más que una historia: es un destino compartido".



33 ANIVERSARIO

Celebra con nosotros la llegada de CEA-HOW a México

Tendremos:

Música en vivo

Rifa 50 - 50

Desfile de nuestros milagros en CEA-HOW

Y muchas sorpresas más...

NOV

SÁBADO · 21 · 6:00 PM

SALON DE FIESTAS TERRACOTA

MARIANO ESCOBEDO PONIENTE #4003 COL. SAN ISIDRO. LEÓN GUANAJUATO, MEXICO

Cuota de recuperación: $680

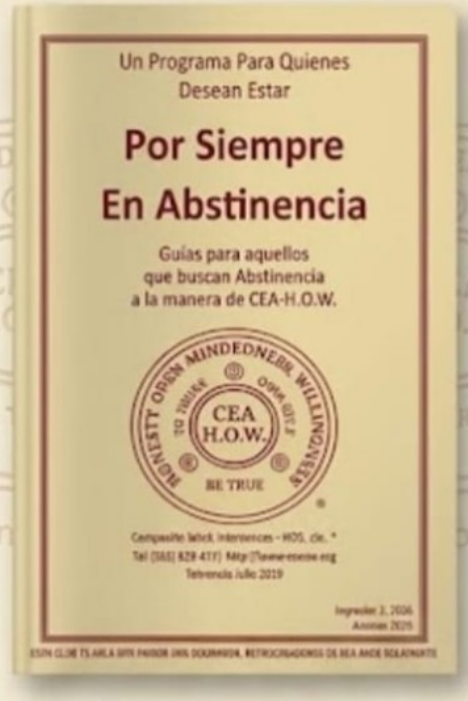
Aparta tus boletos al: (+52) 477 468 0985

¡Te esperamos!

Escaneado con CamScanner

INTERGRUPO ELECTRÓNICO EN ESPAÑOL # 90150

UNIDAD AMOR Y SERVICIO



¡TE INVITA AL TALLER:

POR SIEMPRE EN ABSTINENCIA

SÁBADO 21 DE NOVIEMBRE 2026

HORA USA:	HORA MÉXICO:
6:00 – 8:00 AM	7:00 – 9:00 AM

ÚNETE POR LA
APLICACIÓN JITSI MEET

PARA REGISTRO Y MÁS INFORMACIÓN:
Amada y Lety
TELÉFONO: 661 110 5343

CONTACTO
Y REGISTRO


CEA-HOW
2026
Live from New York!
We have a change of dates:
Area 3,4,5 Live from NY
Seasonal Holiday Fellowship
Weekend is now December
4,5,6, 2026, in NYC.
Please Fly in via LaGuardia
Airport, and Hotel will be
close by
For more info contact: P'ol:
646-660-1336 or Susan C :
(917) 714-4157
Suggested Donation $25
We have an incredible
weekend planned so please
reach out for more details.
Bring a friend...
MACY'S
MACY'S
CEA
HOW
We got your back...
Sponsored by Area 3,4,5
New York Intergroup
Live from New York

REUNIONES DE CEA-HOW

EN ESPAÑOL INTERGRUPAL | **LÍNEA POR TELÉFONO #90144**

El Comité de Eventos Especiales

los invita a su

Mini Maratónica ¡Jardín Espiritual!

HONESTY • OPEN • MINDEDNESS • WILLINGNESS
TO THINE U OWN SELF
CEA H.O.W.
S R
BE TRUE

JUEVES 24 DE DICIEMBRE | **5 ORADORAS** | **DE 6:00 AM A 11:00 AM**

Compartimos nuestra experiencia, fortaleza y esperanza

TEL: 774-220-4000
Codigo 634992#

REUNIONES DE CEA-HOW

EN ESPAÑOL
LÍNEA POR TELÉFONO | intergrupal #90144

El Comité de Eventos Especiales

los invita a su

Mini Maratónica Inspiración

HONESTY · OPEN-MINDEDNESS · WILLINGNESS
TO THINE OWN SELF BE TRUE
CEA H.O.W.

JUEVES 31 DE DICIEMBRE

5 ORADORAS

DE 6:00 AM A 11:00 AM

Compartimos juntas la fuerza de la recuperación.

TEL: 774-220-4000
Código 634992#



We have great news for our members! We have a new registration process for the 2027 CEA-HOW Global Convention allowing us to resume Installment Plans and move away from PayPal.

Go to the ceahow.org website, scroll down, and click on the "Register" or "More Information" buttons.

Please spread the word and encourage your friends and fellow members to register. Connect, recover, and grow—experience the strength of our shared journey.

Hope to see you there!



¡Tenemos grandes noticias para nuestros miembros! Tenemos un nuevo proceso de inscripción para la Convención Global CEA-HOW 2027 que nos permitirá reanudar los planes a plazos y alejarnos de PayPal.

Visita nuestro sitio web ceahow.org , desplázate hacia abajo y haz clic en los botones “Register” (Inscribirse) o “More Information” (Más información).

¡Por favor, comparte esta noticia y anima a tus amigos y compañeros de CEA-HOW a inscribirse! Conéctate, recupérate y crece. ¡Experimenta la fortaleza de nuestro camino compartido!

¡Esperamos verte allí!

Visit the new, improved

CEA-HOW

Meeting Finder!

***See all upcoming meetings and instantly connect to online and phone meetings.**

***Map the locations of in-person meetings.**

***Find meetings in progress.**

https://www.ceahow.org/en/find-a-meeting/

¡Visita el nuevo y mejorado

Buscador de reuniones CEA-HOW!

***Consulta todas las próximas reuniones y conéctate al instante con reuniones online y telefónicas.**

***Mapea las ubicaciones de las reuniones presenciales.**

***Encuentra reuniones en curso.**

https://www.ceahow.org/es/buscar-una-reunion

Beginning November 1st, 2026

Sydney Sunrise Speaker Meeting

changes to

Saturday 12:30pm PDT / 3:30pm EDT

Electronic Intergroup English zoom room
ZOOM ID: 544 093 5435 passcode: 991703

Go to the updated Meeting Finder on ceahow.org to easily access any CEA-HOW meetings in all time zones



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



Comedores Compulsivos Anónimos-HOW (CEA-HOW)
LIBRO DE REFLEXIONES
Por la comunidad, para la comunidad

El **Comité de Literatura de la WSBC** da la bienvenida a tu contribución original escrita al Libro de Reflexiones CEA-HOW. Cada reflexión debe estar inspirada en un pasaje de CEA-HOW o de la literatura aprobada por la Conferencia de AA y reflejar su experiencia personal, fortaleza y esperanza. Al final de su escrito, añada una frase positiva o una oración sobre su escrito para llevarla consigo durante el día. Envíe los escritos completos a ***Conf.Lit.Commit.Reflections@gmail.com*** **.**

Este correo electrónico es para uso exclusivo del Comité de Literatura de WSBC para este proyecto. Envíe cualquier pregunta o solicitud a este correo electrónico también. Solo será supervisado por el Comité de Literatura de la Conferencia. La persona de contacto del proyecto es Coletta W, presidenta del comité, 757-739-1650, colettamary5@gmail.com.

Algunos temas a tener en cuenta al elegir su cita son los Pasos 1, 2 y 3; las Tradiciones 1, 2 y 3; 1°, 2°, y 3º Concepto de Servicio; y las Herramientas 1, 2 y 3.

Por favor, incluya lo siguiente con su envío: nombre, ubicación, número de teléfono y nombre del libro de referencia (incluyendo el número de página) o cita.

CONDICIONES DE ENVÍO

Al enviar una propuesta, usted acepta lo siguiente:

- Todos los escritos, una vez enviados, pasan a ser propiedad de CEA-HOW y no serán devueltos al autor.
- Solo se pueden enviar escritos originales basados en CEA-HOW y en la literatura aprobada por la Conferencia de AA.
- Todos los escritos serán editados en cuanto a gramática y ortografía, si es necesario, y se publicarán de forma anónima.
- Los editores tienen permiso para combinar libremente los escritos que no cumplan con las pautas de envío, como la extensión, o eliminar partes que no apoyen nuestra recuperación.
- Usted cede a CEA-HOW, Inc. sus derechos de autor sobre el escrito original enviado que pueda formar parte del libro de CEA-HOW. Usted certifica que es el propietario del escrito y que no impedirá ni obstaculizará a CEA-HOW, Inc. en el ejercicio de todos los derechos de propiedad.

Directrices de envío

- Se debe incluir una cita o frase(s) de nuestra literatura publicada. ***Las preguntas de nuestros libros de trabajo pueden servir de guía para las reflexiones, pero no pueden utilizarse como cita.***
- Se recomienda que cada reflexión enviada tenga entre 125 y 200 palabras. (Una página a doble espacio, mecanografiada, tiene aproximadamente 250 palabras) (La cita no se incluye en el recuento de palabras).
- Ejemplo de cita de la literatura: «Rendirme a Dios es la forma en que me recupero». Como lo ve Bill, p. 5
- Ejemplo de pregunta del libro de ejercicios (NO ACEPTABLE): «Como lo ve Bill, pregunta 5: ¿Cómo me recupero?

Directrices de contenido

- Las citas deben proceder de CEA-HOW y de la literatura aprobada por la Conferencia de AA.
- Literatura aprobada por la Conferencia: CEA-HOW Concept, Forever Abstinent, Seven Tools, Sponsor Guidelines, otra literatura publicada por CEA-HOW, toda la literatura aprobada por la Conferencia de AA, como ABSI, AA 4.ª edición, Came to Believe, Daily Reflections, Living Sober, 12 Steps & 12 Traditions
- Se valorarán especialmente las propuestas basadas en la literatura de CEA-HOW, como nuestros numerosos folletos informativos, Patrocinio en Comedores Compulsivos Anónimos - HOW, Abstinencia para siempre y nuestras Directrices para patrocinadores. (Consulte la página de literatura para obtener una lista completa de la literatura de CEA-HOW).
- El texto debe expresar positividad, en la experiencia, la fortaleza y la esperanza del autor.
- Si las reflexiones comparten dificultades, los escritores deben mostrar cómo las superaron con los principios del programa.
- La reflexión debe incorporar las ideas de la literatura citada.
- Puede ser útil conocer los libros de meditación de otros programas como ejemplo de entradas de calidad.

Para enviarlo, envíe su escrito original por correo electrónico a Conf.Lit.Commit.Reflections@gmail.com