



World Service Office
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Compulsive Eaters Anonymous-HOW

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Dear members of the CEA-HOW fellowship:

Several of you have expressed interest in writing literature for possible fellowship use. The experience of the intergroup that developed the recently CEA-approved Twelve Traditions Study Guide provides a good example of how program literature is developed.

The source material needs to be CEA- or AA-conference approved literature. In the example of the Traditions Study Guide, the intergroup started by discussing and planning the project. Next, the local CEA-HOW members were asked to read about and study each of the Twelve Traditions over the course of twelve months. Each month they were to submit questions applicable to each of the Traditions. The committee met and discarded duplicates and drew up a list of the remaining questions.

The next step was very important. A study group was formed of all interested members, the majority of whom had not previously served on the committee and therefore did not have a personal stake in the outcome of the prior work. Eight people committed to meeting weekly for about 14 weeks. Each week they wrote on all of the designated questions and met to read their writings to each other. In this manner they refined the questions.

From this point, the process for obtaining CEA-HOW conference approval is common to most projects.

The proposed literature was submitted to the Literature Committee Chair on the Board of Directors. The Board Literature Chair gave the literature to the conference literature committee for its review.

Their final work product was then turned over to the Board Literature Chair for her committee to further develop. The Board Literature Chair then brought the proposed literature to the Board of Directors as a whole for review and recommendation that the material be placed on the agenda for approval by the World Service Business Conference (thus the term "conference-approved literature.") A copy of the text was

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mailed to all conference delegates so they could become familiar with it before voting on it.

We share this experience in developing this book because it is illustrative of the process.

Please provide local groups the opportunity for recovery by involving as many people as possible in working on your material. The greater the input, the more likely that the questions will speak to a greater number of people.

We also ask that you inform the World Service Office when you decide to begin work on a project so that we may coordinate your efforts with those of others who may be working on the same source material.

We encourage all groups and intergroups to consider literature development. It greatly benefits CEA-HOW as a whole to have as many sets of writing material as possible. And it can be hugely beneficial to the recovery of the individuals at the local level who participate in the effort.

The CEA-HOW Board of Directors