

## Are You Willing to Be of Service?

Please Send Us Your Stories for the Dallas CEA HOW Website  
[www.DallasCEAHOW.org](http://www.DallasCEAHOW.org).



### **THE STEPS INVOLVED:**

1. Write your story of your experience, strength, & hope using 500 words or less.
2. Write "What it was like, what happened, and what it is like now."
3. Emphasize your recovery and the tools of CEA HOW that you use.
4. Email it to Karen R. at [KarenRose1952@sbcglobal.net](mailto:KarenRose1952@sbcglobal.net).
5. Include your first name and last initial and the name of your home group.
6. *We reserve the right to edit submissions for clarity content and length.*

To submit your story you must have at least 30 days of current CEA HOW abstinence and have gone through the Three Step Ceremony.

