

## **THE GIFT OF CEA HOW**

I am so grateful to have been given the gift of CEA HOW! When I first came to program several years ago, I was a very sad person with very little self esteem. I was physically declining in health and was barely able to walk from the parking lot into the building. Every step hurt. I was so uncomfortable with myself as I walked into that first meeting, but people welcomed me and made me feel glad I had come. I knew I was in the right place as the meeting proceeded. I got a sponsor that day, stopped on the way home, got a food scale and began to work the program. Immediately, I felt loved and protected by God. It was such a blessing. God taught me to trust Him, to Him have the food addiction and He just showed me how to follow the program a day at a time.

I went through all the steps and it was often very painful, but God helped me through all of the challenges I faced. I started to like myself as I learned to give my emotional issues over to God. I gained my self esteem and learned about serving others.

Today, three years and 100 pounds later, I am a different person. Physically, of course, but also emotionally and spiritually. I am so grateful to the people in CEA HOW who have helped me grow and become who I am today. I give my life over to God's will every day and for that I am so thankful.