

CEA-HOW San Diego Sponsorship and Service Requirements

****All positions require volunteers to be actively working the CEA-HOW program. ****

Meeting Level		
Meeting Group Conscience takes precedence		
Position	Intergroup (IG)	WSO Service Manual
	continuous days of abstinence historically required at San Diego meetings	continuous days of abstinence required
Secretary	30	90
Treasurer	90	90
Literature	90	90
Intergroup Representative	30	90
Newcomer Chair (calls newcomers)	30	90
Read Seven Tools	30	30
Program Chair (Speaker Seeker)	None-- but must have 30 days in Fellowship	90
Readings other than Tools	None	None
Greeter, Beverage, Timer, Membership, Room Set up/Clean Up	None	None
Intergroup Level		
Position	San Diego Bylaws or IG Vote	WSO Service Manual "or pursuant to IG Bylaws"
Executive Board: Chair Vice Chair Secretary Treasurer Other: Parliamentarian Webmaster	1 year in Fellowship and 6 months abstinence; given away 4 th Step	90
Literature Chair	90	90
Area I Representative	One year of service above the group level	90
Special Events Chair	90	90
Reach Out and Newsletter Chair	None	90
Speaker at Special Event or Workshop	6 months and all CEA-HOW Twelve Steps	6 months and all CEA-HOW Twelve Steps
Speaker at Convention or Retreat	1 year and all CEA-HOW Twelve Steps	6 months and all CEA-HOW Twelve Steps
WSO Delegate		2 years and all CEA-HOW 12 Steps + other requirements

CEA HOW Sponsor Level	Must be a sponsor at following level	CEA-HOW Steps and completion requirements	Continuous days of abstinence required
Food		Worked CEA-HOW program with a Food Sponsor, first 30 questions (Steps 1-3) Step 3 Ceremony	30
Inventory	Food	Inventory questions, given inventory to God of your understanding and another person (4 th and 5 th Step),	60
Step	Food + Inventory	Steps 6-12	60
Maintenance	Food + Inventory + Steps	Be at goal weight Maintenance questions, Maintenance Stepping Up Ceremony	90
Traditions	Food + Inventory + Steps	Twelve Traditions Study Guide	90