

## **Leader's Responsibilities:**

### **Qualifications to be a leader:**

- 30 days abstinence
- Completed 30 days of questions
- Stepped up as a food sponsor

### **Responsibilities in the meeting:**

1. Use the Sunday Phone Meeting Format (CEAHOW.ORG website)
2. Get on phone line by 6:57 EST.
3. Ask for volunteers to do the readings prior to starting the meeting.

#### **Reading abstinent requirements:**

##### **30 days abstinence:**

CEA-How Concept  
7 Tools

##### **No abstinence requirements:**

12 steps  
12 Traditions  
Chapter 5 in the Big Book  
The Promises  
A Vision for You

4. Start the meeting @ 7:03EST
5. Lead for 3-5 minutes on the Promise for the week.
6. Keep the flow of the meeting going.
7. Conclude pitching @ 7:55EST to allow for 5 minutes to close the meeting.