

COMPULSIVE EATERS ANONYMOUS CEA-HOW
FRIDAY MORNING PHONE BRIDGE MEETING FORMAT

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Compulsive Eaters Anonymous-HOW
DAILY REFLECTIONS MEETING FORMAT

Welcome to the _____ meeting of the Compulsive Eaters Anonymous-HOW. My name is _____, and I am a compulsive eater and the leader for this meeting.

Will you please join me in the **Serenity Prayer**? . .“God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

Are there **any compulsive eaters** here beside myself? Please identify yourself, by first name only.

Is there anyone here for the **first time or returnees**? Please give your first name only, so that we may get to know you.

Compulsive Eaters Anonymous-HOW is a group of individuals who, through shared experience and mutual support, are recovering from compulsive eating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. CEA-HOW is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and to carry the message of recovery to those who still suffer.

May I have a volunteer to **read** from Chapter 5 in the Big Book (pages 58 & 59)
Will someone please **read** the 12 Steps of Recovery (p. 20 Forever Abstinant)
May I have a volunteer to **read** the 12 Traditions (p. 21 Forever Abstinant Book)
Will someone please **read** The CEAHOW Concept? (p. 24 Forever Abstinant Book)
Will someone please **read** the Seven Tools (p. 22-23 Forever Abstinant Book)?

OUR SEVENTH TRADITION TELLS US THAT EVERY GROUP OUGHT TO BE FULLY SELF-SUPPORTING DECLINING OUTSIDE CONTRIBUTIONS. THE MONEY COLLECTED GOES TO SUPPORT THIS MEETING AND ITS EXPENSES AS WELL AS REACHING OUT TO OTHER MEETINGS, MEMBERS AND LEVELS OF THE CEA-HOW ORGANIZATION TO HELP SPREAD THE MESSAGE THAT THERE IS RECOVERY FROM COMPULSIVE EATING . WE ASK YOU TO PLEASE GIVE GENEROUSLY.

PLEASE SEND YOUR 7TH TRADITION PAYABLE TO:

CHECKS TO BE PAYABLE TO :

CEA-HOW BRIDGE MEETINGS P.O. BOX 29048

MSC (MAIL SORT CODE) 250

PHOENIX, ARIZONA 85038

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THE INSTRUCTIONS TO USE PAYPAL FOR 7TH TRADITION CONTRIBUTIONS:

- 1) LOG INTO PAYPAL ACCOUNT,
- 2) CHOOSE "SEND PAYMENT" TYPE IN PHONEBRIDGETREASURER@GMAIL.COM.
- 3) SELECT "PERSONAL" THEN "GIFT" THEN AMOUNT AND METHOD YOU WOULD LIKE TO PAY.

Does anyone have any **CEA-HOW-related announcements**? (including announcements for service positions to be filled.)

Is anyone celebrating a CEA-HOW birthday or anniversary.

For those of you here who are **newcomers to CEA-HOW** we have volunteers who will stay after the meeting to answer your questions and help you get a sponsor. You must have a sponsor to receive the food plan. May I have a volunteer to stay and assist newcomers?

Are there any newcomers here today?

A sponsor is a CEA-HOW member who has 30 days of continuous CEAHOW abstinence, has completed 30 days of questions and has taken the first three steps. A sponsor will help you work through the 12 steps. Will all **available sponsors** please tell us who you are, your abstinence date, weight loss and if you are available for Food, Inventory, Step and or Maintenance sponsoring and your phone number for outreach.

This is a Daily Reflections meeting. There is no abstinence requirement to read. There is a 7 day abstinence requirement to share. We ask that no one give advice and please no cross talk, which means commenting on another's share. You may mean well, but it can be misinterpreted. We further ask that those who share keep to the subject at hand.

Please remember to mute your background noise by pressing the *6 key on your phone. To un-mute in order to share press *6 as well. If you have a mute button on your phone, you may use that to eliminate the beeps when pressing other phone keys.

Would anyone like to read from the Daily Reflections book the reflection for today? The meeting is open for shares on this reading.

We invite all those who wish to, to stay on the line after the meeting is over, to share experience strength and hope.

I wish to thank those who shared today. Please remember our cherished tradition of anonymity. Who you see here, what you hear here, when you leave here, let it stay here.

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The requirements of the CEA-HOW concept are what this particular group has found to be effective in working this program. The opinions expressed here today by those that shared are our own and not necessarily those of Compulsive Eaters Anonymous-HOW as a whole. Thank you for allowing me to be your leader for this meeting.

Will someone please **read their choice of** “A Vision for You” (p. 164 AA Big Book), “The Promises” (p. 82-83 AA Big Book), or “Just for Today”.

After a moment of quiet meditation, will all those of you who wish to, please join me in the “**Serenity Prayer**”: God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.