

COMPULSIVE EATERS ANONYMOUS (CEA)-HOW  
BIG BOOK STUDY MEETING FORMAT

Welcome to the meeting of the Compulsive Eaters Anonymous-HOW  
Concept

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,  
courage to change the things I can, and wisdom to know the difference."

Are there any compulsive eaters here besides myself?

Is there anyone here for the first time? 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.

Will someone please read "How It Works" in the B/B page 58 & 59

Will someone please read "The 12 Steps of Recovery"?

Will someone please read "The 12 Traditions"?

Will someone please read "The CEA-HOW Concept"?

Will someone with 30 days of abstinence please read "The Seven Tools"?

This is a Big Book Meeting We will start off reading a paragraph or two At any time after the reading all those who choose to, will be offered a chance to share provided they have seven days of continuous CEA-HOW abstinence, as outlined in the CEA-HOW tools.

We ask that no one give advice and please no cross-talk 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 unmute in order to read or share press \* 6 as well Also note that there is no abstinence requirement to read.

(At Mid Point in the Meeting)

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

THE INSTRUCTIONS TO USE PAYPAL FOR 7TH TRADITION CONTRIBUTIONS:

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

CEA-HOW Bridge Meeting  
(Check the website for the current information)

Any CEAHOW related announcements?

Sponsors needing literature send email to: [phonebridgeliterature@gmail.com](mailto:phonebridgeliterature@gmail.com)

Those in need of the phone list or to be included: [phonebridgeoutreach@gmail.com](mailto:phonebridgeoutreach@gmail.com)

(If you need further information, check the website.)

For those of you here who are new 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 volunteers to stay and assist newcomers?  
Are there any newcomers here today?

(Ask for sponsors to introduce themselves)

A sponsor is a CEA-HOW member who has 30 days of continuous CEA-HOW abstinence, has completed 30 days of questions and has taken the first three steps. A sponsor will help you work through the 12 steps. Would all sponsors please introduce themselves, state their length of abstinence, weight loss, whether they are a food, inventory, step or maintenance sponsor and if they are available. Please repeat your phone number twice.

Would all others please identify yourselves by giving us your first name. And if you wish to receive outreach calls include your phone number as well.

We will continue the reading and sharing now.

(Close the meeting )

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.

(Will someone please read their choice of "Just for Today", "A Vision for You," or "The Promises"?) optional

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.

After a moment of quiet meditation, will those of you who wish to, please join me in the Serenity Prayer