

Compulsive Eaters Anonymous-HOW Steps & Traditions MEETING FORMAT

Welcome to the _____ Meeting of Compulsive Eaters Anonymous – H.O.W. 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**? Please give us your first name so we may get to know you.

This is a CEAHOW Steps & Traditions meeting. We read select readings from the AA Big Book and AA 12 & 12. This meeting ends at _____. We normally hold our business meeting on the _____ immediately following the regular meeting, for a maximum of 15 minutes.

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.

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 Abstinent)

May I have a volunteer to **read** the 12 Traditions (p. 21 Forever Abstinent Book)

Will someone please **read** The CEAHOW Concept? (p. 24 Forever Abstinent Book)

Will someone please **read** the Seven Tools (p. 22-23 Forever Abstinent Book)

We will start off reading a paragraph or two in the _____. 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 and remain positive by offering experience, strength and hope. Please limit your share to 3 minutes, in consideration of all those who may want a chance to share.

At approximately **35 minutes past the hour**.....

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 INSTRUCTIONSTO 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 any service positions open)

Sponsors needing literature send email to: phonebridgeliterature@gmail.com

Those in need of the phone list or to be included send email to: phonebridgeoutreach@gmail.com

Will all **available sponsors** please tell us who you are, your abstinent date, weight loss and if you are available for Food, Inventory, Step and or Maintenance sponsoring and your phone number for outreach.

Will all **other sponsors** please give us your name and phone number for outreach.

Would **all others** please give your name and the city you are calling from and phone number for outreach.

I wish to thank all of the members who shared today. Please remember our cherished 12th Tradition which states: "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities".

The requirements of CEA-HOW are what this particular group has found to be effective in working this program, and do not represent any other organization or meeting except this one. The opinions expressed here today by those that shared are their own and not necessarily those of CEAHOW as a whole.

We invite any and all members to stay on the line after the Serenity Prayer at the close of the meeting, to share Experience, Strength and Hope with one another. If any newcomers have questions, we encourage you to stay on the line to talk with someone after the meeting. May I have a **volunteer to stay on the line** afterwards to talk with newcomers or answer questions?

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 BB, “The Promises” p. 82-83 BB, or “Just for Today”.

Please join me in “**Serenity Prayer**”.