

COMPULSIVE EATERS ANONYMOUS (CEA)-HOW QUALIFICATION PHONE MEETING FORMAT

Welcome to the Speaker Qualification Meeting of Compulsive Eaters
Anonymous-HOW Concept

My name is -----, a compulsive eater and the leader for this meeting. Will all those who wish to please join together in opening with 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 beside myself?

Is there anyone here for the first time? Please yourself by first name only, so that we may welcome 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”, Chapter Five in the BB ?

Will someone please read “The 12 Steps of Recovery”? (p 20 Forever Abstinent)

Will someone please read “The 12 Traditions”? (p 21 FA)

Will someone please read “The CEA-HOW Concept”? (p 24 FA)

Will someone please read “The Seven Tools”? (p 22-23 FA)

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 and if you wish your phone number for outreach.

Would all others please claim your seat by giving us your first name only and if you wish your phone number for outreach

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?

Phone Meeting guidelines – here are some guidelines to help the meeting run smoothly. To prevent background noise from disrupting the meeting, please mute your line whenever you are not speaking. To mute press the * 6 key on your phone pad and you will hear a prompt saying you are now muted. When you want to speak, press the * 6 key again, and you will hear a prompt saying you are now un-muted. If there is an echo, static or other interference on the line please double check that you have your phone muted.

Please resist the desire to cross-talk, which means directly commenting on another person's share. Your intention may be to show support, but commenting on another's share could be misinterpreted.

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.
- 3) SELECT "PERSONAL" THEN "GIFT" THEN AMOUNT AND METHOD YOU WOULD LIKE TO PAY.

Any CEAHOW related announcements?

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

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

This is a Qualification Meeting. The speaker will share their experience, strength and hope for 20 minutes. Is the speaker on the line? (ask for a spiritual timekeeper) Would you like a warning? 5 minute and 1 minute?

When speaker is done thank them, ask them to give their phone number if they wish to, and ask the speaker for a topic for sharing

Now is the time for sharing, 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.

Those with less than 7 days abstinence are encouraged to stay after the meeting and share.

We are now open for sharing, we have 3 minute timed shares, (ask the spiritual timekeeper if they would continue). Please indicate 1 minute and then when 3 minutes is up. For sharers please wrap up when you hear the indication. (Re-state the topic)

For any newcomers that joined in during the meeting, we have a newcomer greeter _____ who will stay after to answer any questions you may have.

(Sharing concludes at 5 minutes to the top of the hour to begin closing)

I wish to thank our speaker and all those who did service, shared, read, and came 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 "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, for all those in and out of the rooms who are still suffering. will all those who care to, please join together in the Serenity Prayer.