

## MEETING FORMAT

### Compulsive Eaters Anonymous-HOW

#### Concept & Tools Meeting

Welcome to the [day of week] 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.”

Is there anyone here for the **first time or returning to CEAHOW**? Please give us your first name so we may welcome you or welcome you back.

This is a CEA-HOW Concept & Tools meeting. We will read select readings from the CEA – HOW Concept & Tools in the “Forever Abstinent handbook,” this morning. The meeting will end at 8:00 am EST. We normally hold our business meeting on the **third** [day of the week] of the month immediately following the regular meeting for a maximum of 15 minutes.

Please remember to mute your background noise by pressing the “star 6” key on your phone. To un-mute in order to read or share, press “star 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** “How It Works,” 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 with 30 days of back to back abstinence please **read** the Seven Tools of Recovery (p. 22-23 Forever Abstinent Book)?

Now is the time for the leader or **this weeks’ volunteer to share 3-5 minutes** of their experience, strength and hope as it applies to the selected Concept or Tool line of the week. The Concept/Tool line for this week is \_\_\_\_\_. (*Leader reads the sentence and speaks on it or invites the volunteer to do so*)

*Is our spiritual time keeper on the line this morning? \_\_\_\_\_*  
*Thank you for your service.*

(After the lead, please have the person give their phone number).

Now the meeting is **open for discussion** based on Concept/Tool line \_\_\_\_\_. (*Leader reads the sentence.*). Everyone is offered a chance to share provided they have seven days of back-to-back CEA-HOW abstinence. We will have three minute time shares. At two minutes, our Spiritual Timekeeper will give a one minute warning. Sharers, please acknowledge the one minute warning by the Spiritual Timekeeper, and please begin to wrap up your share. Pitches should remain positive by offering experience, strength and hope. We ask that no one give advice and please no “cross talk”, which means directly commenting on another person’s share. Your intention may be to show support, but commenting on another’s share may be misinterpreted.

*(At approximately 45 minutes after the start of the meeting take 7<sup>th</sup> Tradition Break)*

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](mailto: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**?

“Only sponsors needing CEA-HOW approved literature including the food plan for their sponsees should email [phonebridgeliteratur@gmail.com](mailto:phonebridgeliteratur@gmail.com) or [see website for current phone information]. If you would like to obtain a copy of the current phone bridge phone list, please send an email to [phonebridgeoutreach@gmail.com](mailto:phonebridgeoutreach@gmail.com). For those who do not have internet access you may call [see website for current phone information]. Thanks to both those individuals for doing service.

*Are there any CEA-HOW birthdays, anniversaries, or step ups to celebrate?*

*Also is there a volunteer who would like to do the lead share on next weeks' concept/tool line which is\_\_\_\_\_ (If no one answers read the following.)*

**If you decide you wish to do this service please call the leader for next week who will be \_\_\_\_\_ at\_\_\_\_\_ (Give phone #)**

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. Please include your time zone.

Due to the size of our group, we will not being sharing numbers for outreach, but we can continue fellowship after the close of the meeting.

I wish to thank all of the members who shared today. Please remember our cherished 12<sup>th</sup> 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 answer questions for newcomers and to continue the exchange of phone numbers for outreach.

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. Thank- you.

We have agreed at this meeting to close with a **timed minute of silence** in honor of the 11<sup>th</sup> Step. We encourage you to just be present in this moment of quiet meditation for all those in and out of these rooms who still suffer. [*the Leader stops talking at this point, and lets one timed minute pass*]. Now would everyone please join me in the "**Serenity Prayer.**"

<b>CEA-HOW Concepts and Tools Meeting</b>				
<b>Record Keeping Format for Concept and Tool Line Division</b>				
<b>THE CEA-HOW CONCEPT</b>				
<b>Concept Line For the Week</b>	<b>Date completed</b>			
<p><i>Concept Line #1</i></p> <p>The Compulsive Eaters Anonymous-HOW Concept has been formed to offer the compulsive overeater who accepts the Twelve Steps and Twelve Traditions as a program of recovery, a disciplined and structured approach.</p>				
<p><i>Concept Line #2</i></p> <p>The CEA-HOW groups have been formed in the belief that our disease is absolute and therefore only absolute acceptance of the CEA-HOW program will offer any sustained abstinence to those of us whose compulsion has reached a critical level.</p>				
<p><i>Concept Line #3</i></p> <p>Therefore, the CEA-HOW plan of eating, steps, traditions, and tools of recovery are not suggested.</p>				

Concept Line For the Week	Date completed				
<p><i>Concept Line #4</i></p> <p>Rather, we accept them as requirements for our recovery.</p>					
<p><i>Concept Line #5</i></p> <p>Meetings are dedicated to the concept of remaining Honest, Open-minded, and Willing to listen – this is the H.O.W. of the program.</p>					
<p><i>Concept Line #6</i></p> <p>We pray that the collective group conscience and love that these ideals offer us will promote a strong sense of security that will enable us to experience a new unity and wholeness with all those around us and, that the CEA-HOW ideal will help us to progress in our program of recovery on a daily basis.</p>					
<p><i>Concept Line #7</i></p> <p>To be certain, much of our strength is found in the structure of meetings and in the daily adherence to the program as it is written in our literature.</p>					

Concept Line For the Week	Date completed				
<p><i>Concept Line #8</i></p> <p>Each group also firmly understands that after our recovery has begun through abstinence and the taking of the first three steps, our further surrender to the additional steps of recovery offers us a promise of happiness, contentment, and achievement in all areas of our lives.</p>					
<p><i>Concept Line #9</i></p> <p>We insure our continued and sustained abstinence from compulsive eating by being forever aware that God is doing for us what we have never been able to do for ourselves.</p>					
<p><i>Concept Line #10</i></p> <p>May God, as each of us understands Him, open our minds and hearts to the love, which is manifest in this room. Amen.</p>					

**The Seven Tools of Recovery**

**Tool Line For the Week**

**Date completed**

*Tool Line #1*

The primary purpose of Compulsive Eaters Anonymous-HOW is "...to abstain from compulsive eating and to carry the message of recovery to those who still suffer."

*Tool Line #2*

The tools help us to recover on all three levels – physical, emotional, and spiritual.

*Tool Line #3*

The following tools are used to enhance our program of recovery through working the Twelve steps of CEA-HOW.

*Tool Line #4*

1. CEA-HOW ABSTINENCE FOOD PLAN: Three meals daily, weighed and measured, with nothing in between except sugar-free soda, no-calorie beverages, and sugar free gum.

Tool Line For the Week	Date completed				
<p><i>Tool Line #5</i></p> <p>Food is written down, called in, and committed, so we can get on with our recovery and "out" of the food.</p>					
<p><i>Tool Line #6</i></p> <p>It is recommended that you obtain your physician's or health care professional's approval before beginning your abstinence using the CEA-HOW food plan.</p>					
<p><i>Tool Line #7</i></p> <p>Any recommendations your physician or health care professional makes will be accepted.</p>					

<p><i>Tool Line #8</i></p> <p>2. LITERATURE &amp; WRITING: We use Alcoholics Anonymous' "The Big Book" and "A. A.'s Twelve Steps and Twelve Traditions" as tools of examination and release.</p>					

Tool Line For the Week	Date completed				
<p><i>Tool Line #9</i></p> <p>Our writing assignments for the first 30 days are taken from them.</p>					
<p><i>Tool Line #10</i></p> <p>When we substitute the words <i>compulsive eater</i> for <i>alcoholic</i> and <i>food</i> for <i>alcohol</i>, we feel we identify absolutely.</p>					
<p><i>Tool Line #11</i></p> <p>We believe that negative thinking is a large part of our disease, so we are learning, one day at a time, to abstain from negative thinking.</p>					
<p><i>Tool Line #12</i></p> <p>3. ANONYMITY: Who you see here, what you hear here; when you leave here, let it stay here.</p>					

Tool Line For the Week	Date completed				
<p><i>Tool Line # 13</i></p> <p>When we meet another member in the outside world, we do not mention that they are members of CEA-HOW.</p>					
<p><i>Tool Line #14</i></p> <p>4. TELEPHONE CALLS: We are required to make four calls a day-one to our sponsor and three to other CEA-HOW members.</p>					
<p><i>Tool Line #15</i></p> <p>The phone is like a lifeline; we need the contact; it can be like a mini-meeting.</p>					
<p><i>Tool Line #16</i></p> <p>5. MEETINGS: We must attend three meetings a week.</p>					

Tool Line For the Week	Date completed				
<p><i>Tool Line #17</i></p> <p>Those members who have at least 30 days of continuous CEA-HOW abstinence may pitch.</p>					
<p><i>Tool Line #18</i></p> <p>Those members who have at least seven days of continuous CEA-HOW abstinence may pitch if their pitching has been discussed with their sponsor.</p>					
<p><i>Tool Line #19</i></p> <p>6. SERVICE: Service is abstinence-the greatest service to ourselves.</p>					
<p><i>Tool Line #20</i></p> <p>Service is coming to meetings on time; being a leader or speaker; volunteering to be a service person such as a program chairperson, coffee person, treasurer, secretary, literature person, intergroup representative.</p>					

Tool Line For the Week	Date completed				
<p><i>Tool Line #21</i></p> <p>Service is CEA-HOW.</p>					
	<p><i>Tool Line #22</i></p> <p>Service is putting away chairs when necessary, picking up after the meeting, being quiet when a member is sharing.</p>				
<p><i>Tool Line #23</i></p> <p>Service is one way to get involved in the program.</p>					

Tool Line For the Week	Date completed				
<p><i>Tool Line #24</i></p> <p>Service is needed at all levels and at every meeting.</p>					
<p><i>Tool Line #25</i></p> <p>Service is giving of ourselves to help CEA-HOW continue to function.</p>					
<p><i>Tool Line #26</i></p> <p>Let's all get involved to help CEA-HOW, because we all know that: <i>Service is freedom from bondage of self.</i></p>					
<p><i>Tool Line #27</i></p> <p>7. SPONSORSHIP: A sponsor is a compulsive eater who--thank God-- has 30 days of back-to-back CEA-HOW abstinence.</p>					

Tool Line For the Week	Date completed				
<p><i>Tool Line #28</i></p> <p>A sponsor will help you work through the 12 Steps.</p>					
<p><i>Tool Line # 29</i></p> <p>Everyone in CEA-HOW is sponsored according to the same guidelines.</p>					
<p><i>Tool Line #30</i></p> <p>Sponsors MUST have 30 days of abstinence, have completed 30 days of questions, and have taken the first three steps.</p>					