

Compulsive Eaters Anonymous – H.O.W Promises Meeting Format

Requirements for being the leader of the meeting: 30 days of CEA-HOW abstinence and have been “stepped up” (Assign readings prior to the start of the meeting @ 7:03EST)

Welcome to the Promises 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.”

The following is important information unique to the telephone meeting. Consideration of the following will help the meeting function well.

1. Interference: Please use the MUTE key on your telephone when you are not speaking. Hitting the *6 keys on your phone pad will mute, also. Remember to un-mute when you wish to speak.
2. The meeting format, readings and Bridge Line Guidelines are on the www.ceahow.org website. The phone meetings are unique because people attend from all over the world. Therefore, the www.ceahow.org website is the source of all information pertaining to phone meetings. Copies of the meeting format and readings can be printed off this website.

The Promises Meeting has been established to give hope and encouragement to those who have not seen the Promises manifest in their lives. We invite the leader and the members to share how a promise, as detailed in the AA Big Book, has manifested itself in their life.

The CEA-HOW Promises Meeting is based on the concept that freedom from food addiction leads to maintenance and continued abstinence. We continue to follow the 7 Tools, as written in our literature, and practice the 12 Steps in our daily living. The great benefits derived from this new way of life include:

- 1 Freedom from the food obsession
- 2 Maintenance of a healthy weight
- 3 Healthy body image
- 4 Renewed general health
- 5 A feeling of well being

- 1 Will someone with 30 days of abstinence please read the 7 tools?
- 2 Will all available sponsors please qualify as to your length of abstinence, weight loss, the kind of sponsor you are (food, inventory, step or maintenance) and your telephone #.
- 3 Will all other sponsors please qualify and give us your telephone #
- 4 All others stay on the line after the meeting to give and receive telephone #'s
- 5 Will someone please read The CEA-HOW Concept.
- 6 Will someone please read from Chapter 5 in the Big Book (pages 58 &59)
- 7 Will someone please read the 12 Steps of Recovery
- 8 Will someone please read the 12 Traditions

This next part of the meeting acknowledges CEA-HOW milestones, including moving to a new level of sponsorship or celebrating a CEA-HOW anniversary. Are there any new sponsors? Is anyone celebrating a CEA-HOW Anniversary?

Now is the time that we give our name and the city we are calling from.

Will someone please read The Promises.

Now is the time the leader shares their experience, strength and hope as it applies to the promise of the week. The promise for this week is #_____. The leader's share will be 3-5 minutes in length.

Now the meeting is open for discussion based on Promise #_____. Everyone is offered a chance to share provided they have seven days of back-to-back CEA-HOW abstinence. The pitches are 3-minutes in length and remain positive by offering experience, strength and hope. We ask that no one give advice and please no "cross talk".

Sharing Continues until 7:45 PM

7th Tradition

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.

May we have the Secretary's report.

Does anyone have any CEA-HOW-related announcements?

The leadership for this meeting works on a rotating basis. Those who serve as leaders do so on a monthly basis. Qualifications for leading are:

30 days abstinence
Completed 30 days of questions
Stepped up as a food sponsor

Return to Sharing if time permits.

At 7:55 PM

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.

Thank you for allowing me to be your leader for this meeting. After the Serenity Prayer, please stay on the line if you want to give or get telephone numbers. Will someone please read "A Vision for You". Please un-mute your telephones and join me in "Serenity Prayer".

SECRETARY'S REPORT

(Requirements for being the Secretary of the meeting: 30 days of CEA-HOW abstinence and have completed the first 3 steps and are working with a sponsor)

Secretary is responsible for the following:

- Get on bridge line by 6:57 EST
- Ensure that leader is present or get alternate
- Ensure meeting starts @ 7:03 EST
- Monitor background noise
- Keep records of the weekly meetings
- Assist in keeping the meeting flowing
- Lead the business meetings; keep records of the motions passed by group conscience. Keeper of the archives.

Minutes from the prior week:

Date: _____

Secretary: _____

Number of people in attendance: _____

Number of newcomers _____

Business Meeting updates

Current Week's records:

Leader for next week _____

Promise for next week _____

(Announce business meeting 2 weeks before it is scheduled.)

(If the secretary is unable to attend next week's meeting... ask for a volunteer to fill in).

Other Announcements:

Leader's Responsibilities:

Qualifications to be a leader:

- 1 30 days abstinence
- 2 Completed 30 days of questions
- 3 Stepped up as a food sponsor

Responsibilities in the meeting:

- 1 Use the Promises Phone Meeting Format (CEAHOW.ORG website)
- 2 Get on phone line by 6:57 EST.
- 3 Ask for volunteers to do the readings prior to starting the meeting.

30 days abstinence required to read:

- 1 7 Tools

No abstinence requirements to read:

- 1 CEA-How Concept 12 steps
- 2 12 Traditions
- 3 Chapter 5 in the Big Book
- 4 The Promises
- 5 A Vision for You

Start the meeting @ 7:03EST

Lead for 3-5 minutes on the Promise for the week.

Keep the flow of the meeting going. Monitor interruptions.

Conclude pitching @ 7:55EST to allow for 5 minutes to close the meeting.