

WEDNESDAY Compulsive Eaters Anonymous-HOW MEDITATION 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?

Is there anyone here for the **first time or any returning members**? Please give us your first name so 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. CEAHOW 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.

READINGS:

Will someone please read:

Twelve Steps (Forever Abstinent P20)

Twelve Traditions (FA P21)

CEAHOW Concept (FA P24)

Tools of Recovery (FA P22-23)

The 12 Steps are a group of principles, spiritual in nature, which when practiced as a way of life can create a new direction and commitment for those caught in the disease of food addiction. The direct result of these ideas is the process of recovery leading to a happier and more purposeful life.

The format of this meeting is an Eleventh Step Meditation Meeting. We will read Step 11 from the AA Twelve and Twelve w/o sharing. We invite everyone to read a few paragraphs or a page. After we have completed the reading, we ask you to dim your lights and light a candle to prepare our minds and hearts for meditation. (approx 5:45 am)

Gentle music will play OR we will silently meditate for 10 minutes. When the music ends, we will have time for sharing. We will now begin with the reading of Step 11.

After completing Step 11:

Please dim your lights and light your candles. (Approx 6:00am)

LEADER STARTS MUSIC. (Music plays for 10 minutes.) (optional) (6:10am)

This is our meditation time. We ask you to please make sure all phones are muted.

We ask you to take this time to jot down what revelations you had during meditation time. Now it is time to begin our sharing. We ask that sharing be limited to 1 minute positive pitches to allow as many as possible to share. A pitch is an experience that has helped us grow or given us a new level of awareness.

Those members who have at least 30 days of continuous CEAHOW abstinence may pitch. Those members who have 7 days of continuous CEAHOW abstinence may pitch if their pitching has been discussed with their sponsor.

At approximately **6:20 a.m.**.....

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?**

LITERATURE:

(Sponsors in need of literature send email to: phonebridgeliterature@gmail.com)

For a copy of the phone list or to be included on the list:

phonebridgeoutreach@gmail.com

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

The next part of the meeting acknowledges CEAHOW milestones, including moving to a

new level of sponsorship or celebrating a CEAHOW anniversary. Are there any new sponsors? Is anyone celebrating a CEAHOW Anniversary?

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.

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**”.