

COMPULSIVE EATERS ANONYMOUS (CEA)-HOW

PHONE BRIDGE TOPIC MEETING FORMAT

NOTE: Mute the line right away.

Welcome to the _____ meeting of the Compulsive Eaters Anonymous-HOW Concept.

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,
courage to change the things I can, and wisdom to know the difference."**

Are there any compulsive eaters here besides myself?

Is there anyone here for the first time? Please give your first name only, so that 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. 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" in the B/B page 58 & 59?

Will someone please read "The 12 Steps of Recovery"?

Will someone please read "The 12 Traditions"?

Will someone please read "The CEA-HOW Concept"?

Will someone with 30 days of CEAHOW abstinence please read "The Seven Tools"?

(Ask for sponsors to introduce themselves)

Would all available sponsors please introduce themselves, state their length of abstinence, weight loss, whether they are a food, inventory, step or maintenance sponsor and please give their phone number and time zone.

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, you come into this meeting muted; please remain muted whenever you are not speaking. To unmute, press the star 6 key on your phone pad and you will hear a prompt saying you are now unmuted. When you're done speaking, press the star 6 key again, and you will hear a prompt saying you are now muted. If there is an echo, static, or other interference on the line, please double check that you have your phone muted.

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?

(The following information can be found on the website:)

Sponsors can contact Cat for literature at: phonebridgeliterature@gmail.com

You can obtain a copy of the Phone Bridge phone list by emailing:
phonebridgeoutreach@gmail.com

If you need assistance in getting a sponsor, call the Sponsor coordinator, Cynthia H., at 805-421-3791 PST

Are there any anniversaries or step-ups?

This is a Topic Meeting. 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. 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. We further ask that those who share keep to the subject at hand.

(You do not have to have the seven days of abstinence to extend a topic.)
(Topics are then shared on.)

(Sharing concludes at five minutes before the end of the hr. to begin closing.)

I wish to thank those who did service, shared, 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 "Just for Today", "A Vision for You," or "The Promises"? (This is an optional reading)

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 their 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 wish to, please join me in the Serenity Prayer.