Rio Recovery Intergroup of New Mexico

C-Notes

Complusive Eaters Anonymous - HOW

Volume IV Edition III *June 2006*

Phone Bridge Sponsorship Questions

1. Discuss & Reflect on how your sponsor helps you to keep your program on track. D& R on how your sponsees help you keep your program on track

Sponsors help me keep on track by having me write daily and taking my food commitments and seeing to it that I work the 12 Steps. Sponsees keep me on track by saying exactly what it is I need to hear to strengthen my own program and my program is reinforced by passing it on.

2. Why is committing your food to your sponsor an important tool, even after you have some abstinence under your belt?

The entire program is based on surrender and this is part of the ongoing process of surrender. It also helps me stay squeaky clean with honesty.

3. How do you work with a sponsee on surrender or admitting powerlessness? Powerlessness over food? Powerlessness over other character defects?

In working with sponsees, I share with them many of the incidents of failure with controlling my food before I came into program in order to show them how powerless I was before I found CEA-HOW and the necessity for me to adhere to the program to save my life. I show them that powerlessness over character defects is the same as powerlessness over food in that I must turn them over to my HP in order to give them up. I also pray for my sponsees that they might find their awareness of powerlessness and I turn them over to their HP.

4. D & R on the importance of sponsorship as a service in CEA-HOW (or PHONE Bridge Meetings)

Sponsorship is the only way we can introduce the program to newcomers and reinforce program for older members. It is especially important in the phone bridge community because many of us are "loners" with no meetings in our area and we stay connected to program through our sponsors.

5. How do you encourage your sponsees to do their questions/writing? What suggestions have you given to sponsees who struggle with writing their 4th step inventory?

I stress to my sponsees that writing is probably the most cathartic tool we have and it will truly enhance their recovery. Also, I stress that in order for them to continue in their recovery, members must get into action. As a practical matter, if my sponsee balks at the "huge" undertaking of the 4th Step, I have my sponsee write one question per day and give it away, committing to a 15 minute period of writing; or I have my sponsee commit to answering 5 questions per week and we set a weekly appointment to meet for her to give it away to me.

6. What do you do when a sponsee stops calling, or keeps slipping?

If my sponsee is new to program and stops calling, I reach out to her and call her to let her know that I am available and that she needs to know that I really want to share this program with her. But I don't call her several times. It's her choice to make use of what is offered to her.

I have also chosen to stay with some sponsees who have slipped repeatedly. It's a case-by-case basis. Sometimes I think, after prayerful consideration, that my "hanging on" to a sponsee who slips often is really doing a disservice to that person because I obviously cannot communicate what she needs and she may do very well with someone else. I have to make sure my ego is not involved and let the person go. If the person keeps slipping because she is rebelling against the food plan, I point out how her food choices got her to program in the first place. (Continued on page 4.)

Phone Bridge Sponsorship Questions, Continued

7. D & R on the idea that we are each responsible for our own recovery. How does this relate to sponsorship?

Sponsorship is necessary for my recovery but it doesn't take the place of my recovery. My recovery must come first. I must be strong in my personal program before I can pass on a quality program. I have to remember not to take on too many sponsees or sponsees with demands that I really can't accommodate in my life because that in itself can damage my recovery.

8. D & R on the idea of food addiction being something we self-diagnose. How does this relate to sponsorship?

I need to concede that I am a food addict and nobody else can do it for me. If the realization does not come from within, I will never be able to admit powerlessness and surrender. Likewise, I can't diagnose whether my sponsee has a food addiction. She has to come to terms with that herself.

If a sponsee does not admit this, I tell her my story at length so she can see how my eating was out of control and hopefully she can relate. I talk about the strange mental phenomenon that precedes the first bite. I show her that, for me, I have no defense against the first bite except through my HP. But in the end, I have to remember that this program is for people who want it, not for those who need it.

9. D & R on healthy and appropriate ways to transition from one sponsor to another or to end with a sponsee? D & R on your experience ending with a sponsee who chose to leave CEA-HOW.

This program is all about honesty. When discontinuing a relationship with a sponsor, I should do it face-to-face, if possible. If that isn't possible, as with so many phone bridge people, then I should call the person and talk to her. If that isn't possible, I need to write or email the person. I should never just fade away and not communicate with the person.

I let my sponsee know the reason for ending the relationship, and that I will always be available for her to talk with me, but not to sponsor her.

(HINT: Look for the Phone Bridge Sponsorship Q&A, Part 2 in the next C-Notes!)

10. D & R on the value of having one sponsor to whom you are accountable for your whole program.

The reason that this is important is that we need to have one person with whom we can be completely honest. I doesn't do me any good to pick one person to hear some parts of my story or my life and another person to hear other parts. It also does me no good to call in answers to one sponsor and then not call my food. So I need my inventory or step sponsor also to take my food.

Upcoming Events:

July 21, 22, 23 2006, World Service Conference - Anaheim, California (Watch for registration flyers at your meetings.)

February 23, 24, 25, 2007 - Area 2 Assembly, Dallas, Texas

New Santa Fe CEA How Meeting

Thursdays - 12:00 Noon - 1:00 PM
Unity Santa Fe

A new meeting has started in Santa Fe, please make a note of it. For More Information Call 999-9999. (For Directions only: Unity Santa Fe: 999-9999)

DIRECTIONS TO UNITY SANTA FE, 1212 Unity Way, From Downtown Santa Fe and Points South:
From Highway 84/285 (St. Francis), proceed north past veteran's cemetery. Exit onto Highway 599 South (Santa Fe Relief Route). After 2.4 miles, turn right onto Camino de las Montoyas. Make an immediate left onto La Cuchara Road (sign is missing), which becomes Unity Way. Turn left into Unity Santa Fe driveway.

DIRECTIONS TO UNITY SANTA FE, 1212 Unity Way, From Downtown Santa Fe and Points North:
From I-25, exit onto Highway 599 South (Santa Fe Relief Route). Just before mile marker 12, turn left onto Camino de las Montoyas. Make an immediate left onto La Cuchara Road (sign is missing), which becomes Unity Way. Turn left into Unity Santa Fe driveway.

"On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives."

--From "Into Action" in the AA Big Book

Albuquerque/Surrounding Area Meetings

SUNDAY - 4:30 PM - Pitch Meeting - Presbyterian Hospital, 1100 Central SE - Southwestern Room, Contact – 999-9999.

MONDAY - 7:00 PM, Big Book Study - Peralta Memorial United Methodist Church, 25 Wesley Road, Contact - 999-9999

WEDNESDAY - 12:00 Noon, Big Book Study - Sombra Del Monte Church, Parlor Room, 2528 Utah NE, Contact - 999-9999

WEDNESDAY - 5:30PM, Albuquerque Indian Hospital, 801 Vassar Bldg. 22, Contact - 999-9999

THURSDAY – 12:00 Noon. West Side/Rio Rancho - St. Paul's United Church of Christ, 2701 American Rd. SE, Contact - Sue F. 999-9999.

THURSDAY – 12 Noon, Santa Fe – Unity Santa Fe Church (Call church for directions only—505-999-9999). Contact – 505-999-9999.

THURSDAY -5:30PM - 100 Pound+ Focus Meeting - First Church of Religious Science in the Youth Ed Building, 3320 San Pedro Dr. NE, Contact - 999-9999

FRIDAY - 12:00 PM, 12 Step/Meditation Meeting -Queen of Angels Chapel, 1100 Indian School Road, Contact - 999-9999

SATURDAY - 9:30 AM - Big Book Study, Nativity Church - 4th & Alameda, Contact - 999-9999.

Special Meetings

Public Information Committee Meetings: Public Information Committee meeting every 4th Sunday of the month at 5:30pm (After Sunday meeting). The Public Information Committee is seeking suggestions for outreach targets. If you know of groups or organizations that would be great targets for public information about our CEA-HOW program, please forward those suggestions to Carletta, 999-9999. Thank you.

Special Events Meetings: First Saturday of each month. Location varies. Contact 999-9999.

Intergroup Meetings: 2nd Sunday of each month - Presbyterian Hospital, Southwestern Room - 1100 Central SE 999-9999.

Online Meetings and Chat Available

Having trouble getting to the three meetings a week required by our program? Up at 3 am and hesitant to call another member? CEA-How now offers internet meetings and chat on line. You can access a schedule of meetings and chat topics at

www.ceahow.org

Intergroup Officers

Chair	Woody	999-9999
Vice Chair	Dorene F.	999-9999
Secretary	Alexis	999-9999
Treasurer	Jo M.	999-9999
Literature	OPEN	
Public Information	Carletta	999-9999
Special Events	Michelle S.	999-9999
Area Rep	Susyn B.	999-9999
Communications	Dominique	999-9999

Intergroup Reps

Sunday 4:30 pm	Lisa G	999-9999
Monday 7:00 pm Peralta	Danene	999-9999
Wednesday Noon	Lou	999-9999
Wednesday 5:30 pm	OPEN	
Thursday Noon	OPEN	
Thursday Noon Santa Fe	OPEN	
Thursday 5:30 pm	OPEN	
Friday Noon	OPEN	
Saturday 9:30 am	Diane	999-9999

Contact Information

Newsletter Submissions
Susyn B. - 999-9999 or email@ provider, or
Dominique - 999-9999 / 999-9999 or email@provider
Phone List contact
Dominique - 999-9999 / 999-9999 or email@ provider
Susyn B. - 999-9999 or email@ provider
Rio Recovery Intergroup Address
RRI-CEA-How, PO Box 30004, Alb., NM 87190
World Service Office
562-342-9344 E-mail - gso@ceahow.org
CEA-How Online
www.ceahow.org
www.ceahownm.org

Note to group treasurers: When making your monthly10% donation to Area, please mail to: **Treasurer**, CEA-HOW Area 2, Street, City, State, Zip. Phone: cell 999-9999. E-mail: email@provider.

MAINTENENCE QUESTIONS

A committee has been formed to answer your maintenance food plan questions. Feel free to contact any of these members for clarification or help regarding our CEA-How maintenance plan.

Susyn B. 999-9999, Carletta B. 999-9999, Sue F 999-9999, Barbara F. 999-9999.

Albuquerque Member Voices

This area is for members to share their experiences and writing voices for the newsletter. Please consider adding your voice to our newsletter! To send a submission, it is as easy as sending an e-mail message to Susyn B., email@provider, or Dominique, email@provider.

Obsession

I'm thinking about the mental obsession that precedes "that first compulsive bite" and how obsessing about *anything* leads to compulsive eating. This is exactly what happens to me! I obsess about something, and the experience of obsessing is so nerve-wracking that I immediately begin to think about what I want to eat, and it's always in terms of what would taste good, and make me feel better. I obsess over the options of what I could eat, considering and discarding until I find the one that I'm sure will make me feel better. Maybe obsession is an opposite of serenity. If I have serenity, then I'm not obsessing, and vice versa. I take that first compulsive bite to relieve the obsession. So the obsession drives the compulsiveness. Then it becomes a vicious cycle and I spiral down-down-down. Because the first bite leads to more bites, until I'm satiated for a moment, then shame and remorse fills me. Throughout the process, I am not focused on or moving forward on my goals because my consciousness is consumed by the obsessive/compulsive process. And the only thing that gives me relief from the O/C process is abstinence. Abstinence relieves the obsession, so I don't act compulsively. Ergo, how precious my abstinence is, how precious the gift of abstinence. The more I understand this, the more I want to do whatever it takes to protect and maintain my abstinence. Wow. I'm so impressed right now with how powerful the writing is. It's as if HP is using the writing to explain me to myself. I am so grateful. Probably everyone else understands this and I am just getting it, but that doesn't matter. This is not a race, or a competition. Thank You, God.

We are no longer running the show…

It is a gift to let my higher power's arms embrace the cornerstones of my day—morning and evening. There is nothing that feels cleaner than the realization that I can relax and let God do the job. I can be part of the plan but I am not the only part or the most important part. My ambition today has been to be a useful member of the group—neither holding back when I think I can contribute nor being overzealous in my seeking for approval, aggrandizement, or anything for myself. This in contrast with most of my life where I just wanted to *feel better* at any cost to myself or others. What a relief that I am no longer running the show!

Abstinent Recipes

This month, we also continue the new forum for sharing abstinent recipes. Please send your submissions to Susyn B, email@provider, or Dominique, email@provider. Acceptable recipes are those that can be used by all members (in other words, they comply with the first 30-day food plan).

With Summer on the move, here are some seasonal ideas for abstinence…

Spiced Chicken Kebabs

This recipe is a wonderful do-ahead meal. A side-dish of red, green and yellow bell peppers marinated in balsamic vinaigrette is a colorful addition to a super tasty and healthy meal.
NOTE: Marinate Chicken in spices a day ahead.

1 tablespoon ground coriander
1 tablespoon ground cumin
1 teaspoon cayenne pepper
1 tablespoon ground turmeric
1 teaspoon freshly ground pepper
1 tablespoon salt
1 tablespoon canola oil
1 tablespoon minced garlic
1 tablespoon minced fresh ginger
2 tablespoons minced onion
1 1/2 pounds boneless, skinless chicken breast, cubed into medium chunks
1 head red leaf lettuce

Serve on the side: 3 bell peppers, sliced in rings, with 1 TB balsamic vinegar splashed over the top.

Combine the first 6 ingredients in a non-stick skillet. Over medium heat, cook for 2-3 minutes, until fragrant. Remove from the heat and set aside to cool. Put 2-3 teaspoons into a medium-sized bowl. Reserve the extra in a zip-lock bag for future use.

Add oil, garlic, ginger and onion to the spice mix. Use a small whisk to blend well. Add the chicken chunks, and toss well to coat. Place in a zip-lock bag and marinate in the refrigerator overnight.

The next day, thread the chicken on skewers, and grill for about 4 minutes on each side – just until cooked through, not dry. Serve immediately on a bed of cleaned red-leaf lettuce.

Serves 4
One Serving = 1 protein, 1 vegetable , 1 fat

Jicama Salad
1 -1/2 cup jicama strips
1 red onion sliced
1 bell pepper chopped
1 t vinegar
Juice of lemon
1/4 t. Cayenne
Salt and pepper
Chill 2 hours or overnight. Toss before serving .

Fiesta Salad
8 green chili chopped
2 tomatoes chopped
1 red onion, sliced
3 bell peppers (1 each: red,yellow,and green)
1/4 c cilantro
3 T salsa
2 T lemon juice
1/2 t garlic salt
1/4 pepper
1/4 cumin
Serve over lettuce.
(Keep the Fiesta Salad separate from lettuce until ready to serve.)

These are really simple and easy to make, especially with a food processor doing the slicing, and they keep for a while in the fridge. Enjoy,! ~Lisa J