

The Level Spoon

Hi Everyone,

It's an exciting time for CEA-HOW NY. There are so many wonderful opportunities to do service for our fellowship. My experience is that there are people counting on my service, both at intergroup meetings and at the convention this summer. I have stepped up to do these things for my fellowship in gratitude for my recovery, and as insurance for my continued abstinence. That's my short pitch for service.

Now to the opportunities which exist. We continue to need people to step up as intergroup representatives and have therefore changed our primary meeting location to the phone bridge to increase representation from the outlying areas. Twice a year we will have live meetings to touch base in person and the other 10 months we will meet by phone. (All meetings take place on the third Tuesday of the month at 7:30pm). Due to this change, we have recently added two representatives from Brooklyn who are now able to serve. The requirement for this service position is 90 days of continuous back to back CEA-HOW abstinence. So, ask your meeting chair, "Is there an intergroup rep for this meeting?" If there isn't, volunteer.

We have stepped up our outreach efforts, reinstating the committee with Julie S. and Anita S. serving as co-chairs. We have a flier on the Ceahownewyork Newsgroup which is available for distribution in your neighborhood stores, etc. The outreach committee recently sent a mailing to area hospitals including a beginner's brochure, flier and meeting list. We are going to participate in local health fairs and hope to launch our new website shortly. Ask Julie and/ or Anita how you can help. Remember, posting one flier opens up the opportunity to carry the message to another compulsive eater.

We have service positions at all levels, from being a rep to assisting at events to helping launch and maintain the website. So when someone announces opportunities to do service, jump in. Do it for your fellowship and for your recovery. Remember, *service is freedom from bondage of self.*

Peace,

Liz G. Intergroup Chair

My Experience, Strength & Hope Around Steps 5 and 6

Step 5 Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Step 6 Were entirely ready to have God remove all these defects of character.

It was always easy for me to admit to God and others the exact nature of my wrongs. Heck, seemed like everything I did felt wrong and wasn't it a good thing to be able to tell other people how messed up I was? Wasn't that the same as humility? And wasn't I always praying to God to make me perfect? Isn't that the same thing as having my character defects removed? Little did I know that there is a huge difference between examining my conscience in order to recognize and admit true wrongs versus casually telling people how many times and ways I've screwed up, like I was trying to be the best screwball—if nothing else, I could do that perfectly. Besides, I was taught that it was immodest and prideful to take credit for doing

things well, that I was supposed to deny my “good” qualities, talents and abilities. Steps 5 and 6 emphasize the need to accept being human and fallible and that self-acceptance is more important than self-abuse. As you may have noticed, I have been self-critical and self-abusive for most of my life. Only over the past few years have I learned how to love myself and stop the self-criticism. I still have to work on the self-blame though, because that’s another element of control—blaming myself for my inability to control the outcome of things, needing to “help” out so that whatever I was trying to help would end up the way I thought it should. But it is progress rather than perfection.

I recognize that I’ve spent many, many years and lots of money trying to “fix” or change myself. This too was all about self-abuse, which does not and has never worked. If you work Steps 5 and 6, the changes happen naturally. I don’t have to remove my character defects and defenses; I have a higher power that does it for me.

After all these years of denying the good stuff, I’d say it’s about time that I let go of the bad stuff and own who I am. Working the 12 Steps of the CEA-HOW program has enabled me to do just that, especially these two steps. Working these steps has helped me realize that my motive to change is the knowledge that I’ve come here to validate and own who I am, that my purpose is to be myself fully and freely. My physical attributes are the vehicle for transporting my soul on this journey to self-love, self-acceptance and self-expression. Carol

Greetings from CEA Rockland

Something wonderful happens every Monday night in Rockland County, NY. I am grateful to be a member of this very unique CEA-HOW group. Our group is probably one of the most diverse groups in terms of gender, age, ethnicity, religion and lifestyle.

We come together because of what we have in common. Our differences become invisible. We share a disease. We are all compulsive over-eaters who have experienced the destructive forces of a disease that we cannot battle alone. We depend on our higher power, our sponsors, each other and the steps and tools of our program to get healthy and live healthy. Sometimes we struggle and falter individually, but we are always here for each other to offer support and hope that abstinence will be achieved and maintained.

Our different lifestyles have provided fertile ground for the deep respect that we feel for other people. This respect reminds us to have respect for ourselves as well. By living with and practicing respect in this way we are able to achieve abstinence, the highest form of self respect.

This May, we are celebrating the fourth year of our existence.....Five of us came together and remained faithful to our needs and our goals.....Now our rooms often have more than twenty and we are overjoyed and full of hope and faith in a power greater than ourselves.....Judy

Turning everything over to HP is my source of abstinence and serenity. HP keeps me functioning and striving each and every day. HP, the steps and tools of the program strengthen me to face life's challenges without picking up. Anon.

Good Days, Great Days –Keeping Program in Your Daily Lives

If we're lucky, we get the message quickly and we get it in a way that allows us to work a program that would work throughout our days, not just in the recovery room. I need to walk the walk, setting an example in my life whenever possible, cause there will be days when the biggest success we may have is staying on our plan.

None of us will be lucky enough to become saints, so it's good to know that on a day when all is going well, and we are staying abstinent, we can be happy that we had a good day. But, when a challenge, the ball drops, life gets heated, we have confrontations, the world and God seem miles away and we stay abstinent; this is a great day!

The minute we walk out of a recovery room it is our choice to carry the positive message so freely given and make it a part of our day. Just for today, one day at a time. Paul

Ahuva's Israeli Eggplant

Ingredients:

- 1 large eggplant or 4 baby Italian Eggplants
- 4 eggs
- 4 oz oat bran
- 4 tsp. oil
- 2 cups tomato sauce

Rinse eggplant and pat dry. Slice horizontally in 1/4- 1/2 inch rounds. Lay eggplant on a plate and sprinkle with coarse salt both sides. Let sit until eggplant starts to "sweat". This takes some moisture and bitterness out. Press with paper towels to absorb the liquid. Mix eggs in a separate bowl. Use a fork to place rounds into the egg mixture. Pierce holes in eggplant to better saturate and then dredge into oat bran in another dish. Return to egg mixture. Heat oil in pan. When it is very hot place eggplant with batter into pan. Turn when browned. Heat tomato sauce in

separate pot and place browned eggplant into sauce. Layer eggplant and sauce. Cover and cook on very low heat until soft, about 45 minutes. Enjoy!

Makes 4 servings. 1/2 protein, 1 fat, 1 condiment, 1 grain, and vegetable (by weight). You can add remaining protein as cheese and sprinkle on top and put in microwave. Delish!

The CEA-HOW Shoppers Guide

(We're taking a shopping break from our restaurant reviews this month.)

Trader Joe's 14th & Third ave- Has a nice 2lb. bag of oatbran and has several flourless breads. They also carry prepared grains for travel and sugar free tomato products.

Westerly - 53rd & Eighth- Great source for Walden Farms sugar free calorie free dressings and spreads.

Fairway - 74th & Broadway, Red Hook, and West Harlem - has the least expensive corn thins. There's a wide variety of things to try in the organic department. They also have Westbrae beans in a box, great for travel!

Target - is very good for 8 pack Extra and Orbit 3 pack chewing gums lower priced than other stores. And a really low price on SFJello.

Jacks \$.99 - 31st bet Sixth and Seventh - has grains, vegis and now on the third floor, wild salmon, etc. for a very fair price.

Just remember; always check with your sponsor to see if you can have these products. When in doubt, leave it out.

We have a new PO Box. Please send your 7th Tradition to Ansonia Station, PO Box 231042, New York, NY 10023-0018

Newsletter Committee

Anita and Liz. We would like to thank all those who contributed to this publication: Carol, Paul, Judy, Ahuva and HP.

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SUBMISSIONS FOR SUMMER NEWSLETTER

Any ideas? Recipes? Meeting lists changes/additions? Questions? Feedback?
Email us at erdaliz2003@yahoo.com

A Vision for You

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to him and your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you -- until then.

AA Big Book, pg. 164

Meeting List**Sunday**

Big Book Meeting 4:30-5:30pm
Cabrini Hospital 227 E. 19th St (bet 2nd & 3rd)
Rm. 340, Grace Hall
Mon 7:00 PM - 556 2nd St. (Bell #2), bet 7th & 8th Ave, Park Slope, Brooklyn
999-999-9999 or 999-999-9999, Food for Thought
Big Book/Qualification 1x/mth 8:30-9:30pm
1601 41ST St., Brooklyn

Monday

Inwood Meditation 6:30-7:30pm
Call 999-999-9999 for info
Rockland County Meeting 7:30-8:30pm
Pomona Health Center, Bldg A-2nd Fl Cafeteria,
Pomona, NY, Call 999-999-9999 for info

Tuesday

Meeting 11:00 am
Library at 17th & 60th St., Brooklyn
As Bills Sees It Meeting 6:30-7:30pm
Cabrini Hospital 227 E. 19th St. 16th Floor, Café 4
Big Book Meeting 6:30 – 7:30pm
Blessed Sacrament Rectory 152 W. 71st St

Wednesday

Came to Believe 6:30-7:30pm
St Francis of Assisi 139 W. 31st St, 2nd Floor
Writing Meeting Wed 6:30 PM Cortelyou Road
Library, 1305 Cortelyou Road, Brooklyn, NY Beth S.
999-999-9999
Rotating 12&12/BB, Qualification 1x/month 8:30-9:30pm
Maimondes Mental Bldg 920-48th St (1blk from Fort Hamilton Park), Brooklyn
Lower East Side Meeting 8:30-9:30pm
573 Grand Ave, 999-999-9999 for info

Thursday

Big Book Meeting 5:20 PM
O'Toole Building, 203 W. 12th St., 6th Fl- Large Conference Rm, New York, NY

Friday

Steps & Traditions 6:30-7:30pm
St Francis of Assisi 139 W. 31st St, 2nd Floor

Saturday

Beginner's/Qualification 11:00am-12:30pm
St Francis of Assisi 139 W. 31st St, 1st Floor

Phone Bridge

Daily 7am, 10am, and 9pm EST
(712)-432-1680; Access code: 152077#
There are also meetings on Mon and Thurs at 12am, Sunday at 3pm until March 11th when time changes to 4pm and 7pm, and Mon at 10:30pm Spanish speaking mtg Tues at 11pm Cheryl 212.330.8278