

## **Compulsive Eaters Anonymous-HOW Concept & Tools Meeting**

Welcome to the \_\_\_\_\_ Meeting of Compulsive Eaters Anonymous-HOW. 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.

Is there anyone here for the first time or returning to CEA-HOW? Please give us your first name so we may welcome you or welcome you back.

This is a CEA-HOW Concept & Tools meeting. We will read select readings from the CEA-HOW Concept & Tools in the *Forever Abstinent* book. There is no abstinence requirement to read. This meeting ends at \_\_\_\_\_. We normally hold our business meeting on \_\_\_\_\_ immediately following the regular meeting for a maximum of 15 minutes.

To unmute in order to read or share, press the \* and 6 keys on your phone. When you are finished, remember to mute yourself by pressing the \* and 6 keys again.

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" from the "Big Book" pages 58 & 59? (Optional)  
The next four readings can be found in the *Forever Abstinent* book and on the CEA-HOW website.  
Will someone please read "The 12 Steps of CEA-HOW"?  
Will someone please read "The 12 Traditions"?  
Will someone please read "The CEA-HOW Concept"?  
Will someone with at least 30 days of back-to-back CEA-HOW abstinence please read "The Seven Tools of CEA-HOW"?

Now is the time for this week's volunteer to share 3-5 minutes of their experience, strength and hope as it applies to the selected Concept or Tool line of the week. The Concept/Tool line for this week is \_\_\_\_\_. *(Leader reads the Concept or Tool line for the week)*

Is our Timekeeper here today? *(If not, ask for a Volunteer Timekeeper.)*  
Thank you for your service.

### **TIME FOR THE LEAD SHARE**

*(After the lead share, please have the volunteer give his/her phone number).*

Now the meeting is open for discussion based on Concept/Tool line \_\_\_\_\_. (*Leader reads the sentence.*) Everyone is offered a chance to share provided they have at least 30 days of continuous CEA-HOW abstinence. Those members who have at least 7 days of continuous CEA-HOW abstinence may pitch if their pitching has been discussed with their sponsor.

We will have three-minute shares. At two minutes, our Timekeeper will give a one-minute warning. Sharers, please acknowledge the one-minute warning by the Timekeeper, and please begin to wrap up your share. Pitches should remain positive by offering experience, strength and hope.

We ask that no one give advice and please no crosstalk. Crosstalk during a meeting refers to expressing a compliment, commenting on someone's share, any form of disruption, advice giving, or speaking directly to another person rather than to the group. Sharing our own experience, strength and hope and avoiding crosstalk frees us from worry about negative or positive judgment. We further ask that those who share keep to the subject at hand, avoiding outside issues, such as: religious creeds, other 12-step programs (except in passing), or outside literature or philosophies. Remain positive by offering experience, strength, and hope as it relates to CEA-HOW.

### \_\_\_\_\_ **Seventh Tradition Break (about 10-15 minutes before the end of the meeting)** \_\_\_\_\_

Our **Seventh Tradition** tells us that every group ought to be fully self-supporting, declining outside contributions. The Seventh tradition is the only source of income to support Phone Bridge operations, sponsorship of retreats, sending Area 10 delegates to represent us at the annual business conference, and spreading the message that there is recovery from compulsive eating. Your contributions are a primary source to help World Service allow "CEA-HOW to continue to function." At phone meetings, we don't pass a literal basket or hat, but we do encourage you to please give generously.

Send your Seventh Tradition donations via check to:

CEA-HOW Bridge Meeting  
PO Box 983  
Duarte, CA 91010-9998

To make contributions using PAYPAL:

1. Go to [www.ceahow.org](http://www.ceahow.org).
2. Select "Meetings".
3. Click on "Phone Bridge Meetings".
4. Scroll down to "PAYPAL DONATIONS" and follow the prompts.

Does anyone have any CEA-HOW-related announcements, including any open service positions?

To hear a recording of the weekly announcements you can call [605-475-4849](tel:605-475-4849), access code [605134#](tel:605134#).

Is anyone celebrating a CEA-HOW birthday, anniversary or step-up?

You must have a CEA-HOW sponsor to receive the food plan. Sponsors in need of food plans and members needing literature can send an email to [phonebridgeliterature@gmail.com](mailto:phonebridgeliterature@gmail.com).

If you experience any difficulty accessing the conference line, please send an email to [phonebridgecoordinator@gmail.com](mailto:phonebridgecoordinator@gmail.com).

To receive a list of member numbers or to be added to the phone bridge outreach list, you can send an email to [phonebridgeoutreach@gmail.com](mailto:phonebridgeoutreach@gmail.com). When contacting our Outreach Coordinator, please include your name, phone number and time zone.

If you call a phone bridge meeting listed on the CEA-HOW website and find that the meeting doesn't have a leader or the meeting is not in progress as scheduled, please notify our Meeting Coordinator at [phonebridgemeetingcoordinator@gmail.com](mailto:phonebridgemeetingcoordinator@gmail.com).

Is there a volunteer who would like to do the lead share on next week's concept/tool line which is \_\_\_\_\_ (*Leader reads the Concept or Tool line for next week*)

Will all available sponsors please tell us who you are, your abstinent date, weight loss, phone number, and if you are available as a Food, Inventory, Step and/or Maintenance Sponsor.

If you are in need of a sponsor, if you become an available sponsor, or if you are no longer available to sponsor, please send an email to [phonebridgesponsorcoordinator@gmail.com](mailto:phonebridgesponsorcoordinator@gmail.com). When contacting our Sponsor Coordinator, please leave your name, phone number, time zone, and level of sponsor needed or the level that you can provide.

I wish to thank all members who read and 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 who shared are their own and not necessarily those of CEA-HOW 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 or returning members have questions, we encourage you to stay on the line to talk with someone after the meeting. May I have a volunteer to stay and talk with newcomers and returning members and to facilitate the exchange of phone numbers?

Will someone please read their choice of "A Vision for You" on page 164 in the "Big Book", "The Promises" on pages 83-84 in the "Big Book", the "Acceptance" paragraph on page 417 in the "Big Book" or the reading "Just for Today"? (Optional)

Thank you for the opportunity to lead.

We have agreed at this meeting to close with a full minute of silence in honor of the 11<sup>th</sup> Step. We encourage you to be present during this moment of quiet meditation for all those in and out of the rooms who still suffer. (*Leader asks the Timekeeper to start the timing.*)

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.

Concept Line #1	The Compulsive Eaters Anonymous-HOW Concept has been formed to offer the compulsive overeater who accepts the Twelve Steps and Twelve Traditions as a program of recovery, a disciplined and structured approach.
Concept Line #2	The CEA-HOW groups have been formed in the belief that our disease is absolute and therefore only absolute acceptance of the CEA-HOW program will offer any sustained abstinence to those of us whose compulsion has reached a critical level.
Concept Line #3	Therefore, the CEA-HOW plan of eating, steps, traditions, and tools of recovery are not suggested.
Concept Line #4	Rather, we accept them as requirements for our recovery.
Concept Line #5	Meetings are dedicated to the concept of remaining Honest, Open-minded, and Willing to listen – this is the H.O.W. of the program.
Concept Line #6	We pray that the collective group conscience and love that these ideals offer us will promote a strong sense of security that will enable us to experience a new unity and wholeness with all those around us and that the CEA-HOW ideal will help us to progress in our program of recovery on a daily basis.
Concept Line #7	To be certain, much of our strength is found in the structure of meetings and in the daily adherence to the program as it is written in our literature.
Concept Line #8	Each group also firmly understands that after our recovery has begun through abstinence and the taking of the first three steps, our further surrender to the additional steps of recovery offers us a promise of happiness, contentment, and achievement in all areas of our lives.
Concept Line #9	We insure our continued and sustained abstinence from compulsive eating by being forever aware that God is doing for us what we have never been able to do for ourselves.
Concept Line #10	May God, as each of us understands Him, open our minds and hearts to the love, which is manifest in this room. Amen.
Tool Line #1	The primary purpose of Compulsive Eaters Anonymous-HOW is "...to abstain from compulsive eating and to carry the message of recovery to those who still suffer."
Tool Line #2	The tools help us to recover on all three levels – physical, emotional, and spiritual.
Tool Line #3	The following tools are used to enhance our program of recovery through working the Twelve steps of CEA-HOW.
Tool Line #4	<b>1. CEA-HOW ABSTINENCE FOOD PLAN:</b> Three meals daily, weighed and measured, with nothing in between except sugar-free soda, no-calorie beverages, and sugar free gum.

Tool Line #5	Food is written down, called in, and committed, so we can get on with our recovery and "out" of the food.
Tool Line #6	It is recommended that you obtain your physician's or health care professional's approval before beginning your abstinence using the CEA-HOW food plan.
Tool Line #7	Any recommendations your physician or health care professional makes will be accepted.
Tool Line #18	<b>2. LITERATURE &amp; WRITING:</b> We use Alcoholics Anonymous' "The Big Book" and "A.A.'s Twelve Steps and Twelve Traditions" as tools of examination and release.
Tool Line #9	Our writing assignments for the first 30 days are taken from them.
Tool Line #10	When we substitute the words <i>compulsive eater</i> for <i>alcoholic</i> and <i>food</i> for <i>alcohol</i> , we feel we identify absolutely.
Tool Line #11	We believe that negative thinking is a large part of our disease, so we are learning, one day at a time, to abstain from negative thinking.
Tool Line #12	<b>3. ANONYMITY:</b> Who you see here, what you hear here; when you leave here, let it stay here.
Tool Line #13	When we meet another member in the outside world, we do not mention that they are members of CEA-HOW.
Tool Line #14	<b>4. TELEPHONE CALLS:</b> We are required to make four calls a day-one to our sponsor and three to other CEA-HOW members.
Tool Line #15	The phone is like a lifeline; we need the contact; it can be like a mini-meeting.
Tool Line #16	<b>5. MEETINGS:</b> We must attend three meetings a week.
Tool Line #17	Those members who have at least 30 days of continuous CEA-HOW abstinence may pitch.
Tool Line #18	Those members who have at least seven days of continuous CEA-HOW abstinence may pitch if their pitching has been discussed with their sponsor.
Tool Line #19	<b>6. SERVICE:</b> Service is abstinence-the greatest service to ourselves.
Tool Line #20	Service is coming to meetings on time; being a leader or speaker; volunteering to be a service person such as a program chairperson, coffee person, treasurer, secretary, literature person, intergroup representative, etc.
Tool Line #21	Service is CEA-HOW.
Tool Line #22	Service is putting away chairs when necessary, picking up after the meeting, being quiet when a member is sharing.

Tool Line #23	Service is one way to get involved in the program.
Tool Line #24	Service is needed at all levels and at every meeting.
Tool Line #25	Service is giving of ourselves to help CEA-HOW continue to function.
Tool Line #26	Let's all get involved to help CEA-HOW, because we all know that: <i>Service is freedom from bondage of self.</i>
Tool Line #27	<b>7. SPONSORSHIP:</b> A sponsor is a compulsive eater who--thank God-- has 30 days of back-to-back CEA-HOW abstinence.
Tool Line #28	A sponsor will help you work through the 12 Steps.
Tool Line #29	Everyone in CEA-HOW is sponsored according to the same guidelines.
Tool Line #30	Sponsors <b>MUST</b> have 30 days of abstinence, have completed 30 days of questions, and have taken the first three steps.