

Compulsive Eaters Anonymous - HOW Generic/Marathon Meeting Format

Welcome to the _____ [insert Month & Day] **Marathon Meeting** of Compulsive Eaters Anonymous-HOW. We are here to celebrate freedom from all forms of food addiction...Quantity eating, Bulimia and Anorexia.

My name is _____ [insert your Name/State]; I am a compulsive eater and leader for this meeting. Will all who wish to, please join me in the Serenity Prayer...

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...thy will not mine be done.

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

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. Our primary purpose is to abstain from compulsive eating and to carry the message of recovery to those who still suffer.

This mtg. will be...[circle your selection, from the below list of mtg. choices]:

- *As Bill Sees It* mtg.
- “Big Book” mtg.
- “12 & 12” mtg.
- *AA Comes of Age* mtg.
- *Came to Believe* mtg.
- *Daily Reflections* mtg.
- Relapse Prevention mtg. (**Leader: RP Topic suggestions on pgs. 4 & 5**)
- “Promises” mtg. (pgs. 83-84 of the “Big Book”)
- Topic/Discussion mtg...**I will be asking for 3-4 topic suggestions, after the Business portion of this mtg.**
- Pitch/Speaker mtg.

Note to Leader: How It Works is an optional reading that we will by-pass for the Marathon mtgs.

Will someone please volunteer to read:

- “**The 12 Steps of Recovery**” [on Page 37, of the *Forever Abstinent* book]. There is no abstinence requirement to read.
- May I have a volunteer to read “**The 12 Traditions**”? [on Page 38, of the *Forever Abstinent* book]. There is no abstinent requirement to read.
- Will someone please volunteer to read “**The CEA-HOW Concept**”? [which is inside the front cover of the *Forever Abstinent* book] There is no abstinent requirement to read.
- Will someone with **30 days of continuous CEA-HOW abstinence** volunteer to read “**The Seven Tools**”? [which can be found on Pages 39-40 of the *Forever Abstinent* book].

Our **7th Tradition** is the only source of income to support Phone Bridge operations. For all CEA-HOW related information, and instructions on how to donate to our 7th Tradition, we encourage you to visit our website at: www.ceahow.org.

To hear a recording of the weekly announcements, please call 605-475-4849, and enter Access Number 605134###.

Do we have any CEA-HOW birthdays or anniversaries to celebrate today?

If you need a sponsor, if you become an available sponsor, or if you are no longer available, please send an email to phonebridgesponsorcoordinator@gmail.com.

Will all available sponsors please introduce yourself, provide your phone number, time zone, and if you are available as a food, inventory, step and/or maintenance sponsor.

Due to the continuous hourly Marathon mtgs. being held today, this mtg. will not have an "After Mtg." for newcomers or returnees to ask questions and request phone numbers. Please feel free to contact me with any questions or information not covered during this meeting. I'm also available for outreach calls...my name is _____ and my phone/cell # is _____ [include time zone].

Would someone please volunteer to be our Timekeeper?

The following are some guidelines to help the meeting run smoothly:

To prevent background noise from disrupting the meeting, please mute your line whenever you are not speaking. To mute, press the *6 key on your phone pad and you will hear a prompt saying you are now muted. When you want to speak, press the *6 key again, and you will hear a prompt saying you are now unmuted. If there is an echo, static or other interference on the line please double check that you have your phone muted.

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.

Now is the time for sharing. Those members who have at least 30 days of continuous CEA-HOW abstinence may pitch. Those members who have at least 7 days of continuous abstinence may pitch if their pitching has been discussed with their sponsor. We will have 3 minute timed shares...

_____ [**Insert name** is our **Timekeeper**]. Our Timekeeper will give a 1 minute warning and then say time, when your 3 minutes are up. If you want, you can include your name and number for outreach calls during your 3- minute share.

Again, this will be a _____ meeting...there is no abstinence requirement to read from the related literature.

If a Topic mtg., ask for 3-4 Topic suggestions...there is no abstinence requirement to suggest a Topic. [Note to Leader: if there are no Topic suggestions, be prepared to suggest a few Topics].

- 1.
- 2.
- 3.

Close at approx.8-10 min. to the hour.

I wish to thank all who did service...by sharing, reading, and coming 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...[this is an **OPTIONAL READING**, if the mtg. is running late or no one volunteers to read]

- “A Vision for You,” on page 164 in the “Big Book” or
- “The Promises” on pages 83-84 in the “Big Book” or the
- “Acceptance” paragraph on pg. 417 in the “Big Book” or the reading
- “Just for Today”...available on the CEA-HOW website

Thank you for allowing me to be your leader: **My name is** _____, and my # is: _____
(include Time Zone).

Please join me in closing, with the Serenity Prayer...

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...thy will not mine be done.

Topic Suggestions for “Relapse Prevention” Marathon Mtg.

Leader chooses one topic to discuss. If there is time, leader chooses a second topic...

Symptoms and Solutions

1. Increased Stress: Loss of abstinence not being as important as once was, letting a relationship become more important than our program, all the little stresses or stuff that we just ignore, or not working a program the way we used to.
2. Thinking: Old ways of thinking slip in, we ignore them and don't talk about them with anyone in the program.
3. Feelings: A change in the way we perceive ourselves; everything is great, when it really isn't; we are depressed and do nothing about it.
4. Behavior: We start to act differently, like, covering up what's really going on inside. “I look good on the outside, because that's the behavior I want others to see, but I know something is wrong.”
5. Denial: Our thoughts go something like this – “I feel different, everything about me is different, my thoughts, my behavior, feelings - but these pass quickly and, besides, I don't want to think about this.” This will get progressively worse over time.

--- **OR** ---

Recommitment to Steps 1, 2 and 3

1. Are you ready to have your HP run the show? How have you shown evidence of this willingness?
2. How do you intend to seek HP?
3. Discuss what actions you will take to prevent yourself from taking control again?
 - a. In the area of food
 - b. With your family
 - c. In manipulation of friends
 - d. In dealing with character defects

--- **OR** ---

My Relapse 911 Plan

Make a list of 10 things you can do instead of using your compulsive eating as a coping device. Keep your list in a place where you can find it when you need it!

(Ask for members to give what they listed and open it for discussion.)

--- **OR** ---

R.P. Topics continued on Page 5

Topic Suggestions for “Relapse Prevention” Marathon Mtg. (cont.)

Leader chooses one or two of the following topics to discuss...

Relapse Prone Thinking:

I deny my fear

I convince myself I’ll never break my abstinence

I become overconfident about my recovery

I decide that “not eating compulsively” is all I need

I become critical of how others work their programs

I behave compulsively: I overwork or underwork; I over-talk or withdraw: I oversleep or under-sleep

I start isolating

I view my problems as insolvable

I make unrealistic or haphazard plans

I live in the “there and then”

I avoid having fun

I overanalyze myself

I become irritated by friends and family

I am easily angered

I begin blaming people, places, things, and conditions for my problems

I begin doubting my disease

I experience periods of deep depression

I hoard money, sex or power

I develop an “I don’t care” attitude

I openly reject help

I rationalize that eating can’t make my life any worse than it is now

I feel sorry for myself

I have fantasies of eating like normal people

I begin to lie consciously