

Why have a CEA-HOW Vegetable Workshop?

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July 24, 2010

- First and foremost, to carry the message of recovery to those who still suffer.
- To show how the food is only one part of our overall program, which includes the Twelve Steps, Twelve Traditions and Seven CEA-HOW tools (CEA-HOW Abstinent Food Plan, Literature and Writing, Anonymity, Telephone calls, Meetings, Service and Sponsorship).
- It's hopefully helpful to share how one CEA-HOW member handles preparing Abstinent vegetables on the CEA-HOW program on a day to day basis (this is not an easy task, and other CEA-HOW people legitimately want to know, practically, how to do this!)
- To encourage attendees to approach the Vegetable section in the supermarket in a new way, with a new perspective
- To emphasize that how each CEA-HOW member handles managing their own food is between them, their Sponsor and their own Higher Power.
- Because I believe our program literature does not prohibit mentioning any foods, and therefore, it's not inappropriate to have a Workshop on this topic, if it's handled sensitively:

Big Book page 45:

Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously, but where and how were we to find this Power?

Well, that's exactly what this book is about. It's main object is to enable you to find a Power greater than yourself which will solve your problem.

Big Book pages 84-85:

And we have ceased fighting anything or anyone—even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality—safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.

It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition

Big Book pages 100-102:

Assuming we are spiritually fit, we can do all sorts of things alcoholics are not supposed to do. People have said we must not go where liquor is served; we must not have it in our homes; we must shun friends who drink; we must avoid moving pictures which show drinking scenes; we must not go into bars; our friends must hide their bottles if we go to their houses; we mustn't think or be reminded about alcohol at all. Our experience shows that this is not necessarily so.

We meet these conditions every day. An alcoholic who cannot meet them, still has an alcoholic mind; there is something the matter with his spiritual status. His only chance for sobriety would be some place like the Greenland Ice Cap, and even there an Eskimo might turn up with a bottle of scotch and ruin everything! Ask any woman who has sent her husband to distant places on the theory he would escape the alcohol problem.

In our belief any scheme of combating alcoholism which proposed to shield the sick man from temptation is doomed to failure. If the alcoholic tries to shield himself he may succeed for a time, but he usually winds up with a bigger explosion than ever. We have tried these methods. These attempts to do the impossible have always failed.

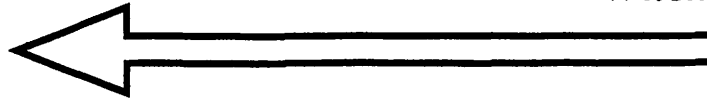
So our rule is not to avoid a place where there is drinking, if we have a legitimate reason for being there. That includes bars, nightclubs, dances, receptions, weddings, even plain ordinary whoopee parties. To a person who has had experience with an alcoholic, this may seem like tempting Providence, but it isn't.

You will note that we made an important qualification. Therefore, ask yourself on each occasion, "Have I any good social, business or personal reason for going to this place? Or am I expecting to steal a little vicarious pleasure from the atmosphere of such places?" If you answer these questions satisfactorily, you need have no apprehension. Go or stay away, whichever seems best. But be sure you are on solid spiritual ground before you start and that your motive in going is thoroughly good. Do not think of what you will get out of the occasion. Think of what you can bring to it. Bit if you are shaky, you had better work with another alcoholic instead!

And a special note re: God...per the Big Book page 46

Much to our relief, we discovered we did not have to consider another's concept of God. Our own conception, however inadequate, was sufficient to make the approach and to effect a contact with him...To us, the Realm of the Spirit is broad, roomy and all inclusive.

*When you want the food,
work backwards*



MY WAY:

The Basic Need	What's going on in your life that you need _____ ?	Why do you need that?	What do you want to food to give you?
<ul style="list-style-type: none"> • • • 	<ul style="list-style-type: none"> • • • 	<ul style="list-style-type: none"> • • 	<ul style="list-style-type: none"> • •

Typical answers:

- Social Need
- Security Need
- Sexual Need

Refer to Chapter 4 of the Twelve and Twelve, pages 42-43

Common answers:

- Stressed out because _____
- Afraid that _____ will/will not happen

Good questions to ask to uncover the issues here (be as specific as possible):

- What would happen if that did/did not happen?
- And what would happen if that happened? And what would happen then? (carry this out as far as you can)
- And how would that impact your life?
- And why is that important?
- What do you want to have happen? And if that came to pass, how would your life be different? And why is that important?
- OK, and what else is going on in addition to that?
- And what else? (carry each concern out as far as you can)

Common answers:

- relieve anxiety
- I want to "check out"
- Need comfort
- Need some fun

Common answers:

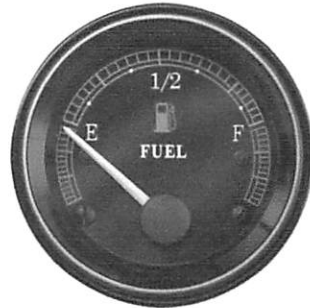
- Comfort
- Relief
- Fun

AN ALTERNATIVE WAY...ASKING GOD TO MEET THE NEED:

The Basic Need	The Solution	The Result	The Outcome
Tell God what you need	Ask him to meet the need <i>(suggestion: don't tell him what to do; let him decide)</i>	Wait and see what he does	I realize it's God I want, not the food

When I drive my car,
I cannot physically tell
when my automobile needs fuel.

The only guide I have
is the fuel gauge,
that tells me when I'm on Empty.



In the same way,
given my disease,
I often don't know when I am emotionally, spiritually or physically
running on Empty.

Often,
the only guide I have is a sudden craving for food.

However,
if I'm honest, open minded and willing to listen,
I can use that craving as a signal
that I have some need that is not being met.

And when I start to see that I have a need,
I am reminded
(because I forget all the time!)
that only God is able to meet my needs.

And so I stop and ask God to meet my needs,
and he always says to me with love,
"I've been here all along, just waiting for you to ask."

And then I can let go of the food,
And grab hold of God.

Roberta's Vegetable Preparation Notes
July 24, 2010

Parboiled Vegetables	Spinach	Other Misc. Greens	Eggplant	Lettuce
6-12 Brussels Sprouts 1-2 Rutabaga, diced 2-3 Broccoli Heads (uncut) 2-3 Yellow Squash, sliced into chunks	2 big bags of Spinach	Kale and/or Collards and/or Chard, etc.	1-2 Medium Eggplant, diced	Leafy green lettuce
One large pot, with ½ inch of water: <ul style="list-style-type: none"> - add Brussels Sprouts, and cook with the lid on over high heat for 3 minutes - add the diced Rutabaga, put the lid back on, and cook for another 3 minutes - add the Broccoli Heads, put the lid back on and cook for another 5 minutes - add the Yellow Squash, put the lid back on and cook for another 5 minutes - Drain, and let cool - Chop: <ul style="list-style-type: none"> o Remove stems from Brussels Sprouts, and cut into quarters o Cut Broccoli into bit sized chunks 	The same large pot (2 nd use): <ul style="list-style-type: none"> - Put both bags of Spinach into the large pot with ½ inch of water - Put the lid on, and cook over high head for 6 minutes - Stir once (at around 4 minutes) - Drain - When cool, squish out the water like a sponge - Chop into small pieces 	The same large pot (3 rd use): <ul style="list-style-type: none"> - Rinse the greens first - Put then into the pot with ½ inch of water - Put the lid on, and cook over high heat for 10 minutes - Drain and let cool - When cool, squish out the water like a sponge - Chop into small pieces 	One medium Teflon pot (no oil or water): <ul style="list-style-type: none"> - Put the Eggplant into the pot, put the lid on, and cook over medium heat for 20-25 minutes - Stir every 10 minutes or so - When done, remove from heat and cool 	<ul style="list-style-type: none"> - Wash the lettuce - Spin it dry - Chop it into small pieces
Large Tupperware #1	Small Tupperware #2		Medium Tupperware #3	Medium Tupperware #4
Also add to this Large Tupperware bowl the following raw vegetables: <ul style="list-style-type: none"> - 1 diced carrot - 3 diced celery stalks - 2 diced parsnips - 1 chopped English Cucumber - ½ diced red onion 				