

Compulsive Eaters Anonymous - HOW Daily Reflections Meeting Format

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.

Are there any compulsive eaters here beside myself? Please identify yourself by first name only.

Is there anyone here for the first time? Please give us your first name so that we may get to know 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. 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"?

This is a *Daily Reflections* meeting. There is no abstinence requirement to read. At any time after the reading, 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. Do we have a Timekeeper here today? We will have 3-minute timed shares. The Timekeeper will give you a 1-minute warning when 2 minutes are up. Please begin to wrap up your share and leave your phone number if you like.

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.

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.

BEGIN READING & SHARING

Would anyone like to read from the *Daily Reflections* book the reflection for today?

The meeting is now open for shares on this reading.

_____ **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 "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.
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 or anniversary?

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.

If you experience any difficulty accessing the conference line, please send an email to 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. 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.

For those of you here who are new or returning to CEA-HOW we have volunteers who will stay after the meeting to answer your questions and to help you get a sponsor. You must have a sponsor to receive the food plan. May I have a volunteer to stay and assist newcomers?

Are there any newcomers or returning members here today?

We invite all those who wish to, to stay on the line after the meeting is over, to share experience strength and hope.

A sponsor is a CEA-HOW member who has 30 days of continuous CEAHOW abstinence, has completed 30 days of questions and has taken the first three steps. A sponsor will help you work through the 12 Steps. 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. 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. Thank you for the opportunity to lead. 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.

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)

After a moment of quiet meditation, will those of you who wish to, 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.