COMPULSIVE EATERS ANONYMOUS - HOW

MAINTENANCE MEETING FORMAT

Welcome to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ meeting of Compulsive Eaters Anonymous- HOW. My name is \_\_\_\_\_\_\_\_\_\_\_; I am a compulsive eater and the leader for this meeting.

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 anyone returning to the CEA-HOW program? Please give us your first name only, so we may welcome you.

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 from Chapter 5 in the Big Book.

Will some please read the 12 Steps of Recovery

Will some please read the 12 Traditions?

Will someone please read the CEA-HOW Concept.

Will someone with 30 days of CEA-HOW abstinence please read the 7 Tools?

This is a CEA-HOW Maintenance Meeting. Members at all stages of recovery are welcome.

Those members who have at least 30 days of continuous CEA-HOW abstinence may pitch. Those members who have at least seven days of continuous CEA-HOW abstinence may pitch if their pitching has been discussed with their sponsor. Members on maintenance will share their recovery journey in maintenance. When all maintenance members who wish to have shared, any member with seven/30 days of abstinence may share.

**[Leader shares for 10-15 minutes, then suggests a maintenance topic for sharing.]**

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**[10 MINUTES BEFORE THE END OF THE MEETING THE LEADER SAYS:]**

It is now time to take the Seventh Tradition. Our Seventh Tradition tells us that we must be self-supporting through our own contributions. The money collected goes to support this meeting and its expenses as well as reaching out to other meetings, members, and levels of the CEA-H.O.W. organization to help spread the message that there is recovery from compulsive eating. As we pass the basket, please give generously.

May we have the Secretary’s report? Treasurer’s report? Intergroup Rep.’s report?

Will someone please read their choice of “A Vision for You”, “The Promises,” or other reading from Conference approved literature.

The requirements of the CEA-HOW Concept are what this particular gsoup has found to be effective in working this program. The opinions expressed here today by those who shared are their own and not necessarily those of Compulsive Eaters Anonymous-HOW as a whole.

Newcomers, don’t leave the meeting without getting a sponsor. Will all available sponsors please stand so that the newcomers will know who you are.

Thank you for allowing me to be your leader/facilitator for this meeting.

After a moment of quiet meditation, will those of you who wish to please join me in the [prayer of leader’s choice].