

## **Compulsive Eaters Anonymous - HOW Maintenance 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.

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 "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.

There is no abstinence requirement to read.

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 CEA-HOW Maintenance Meeting. Each week we will be offered a topic to share specific to maintenance. The meeting runs until \_\_\_\_\_.

On the 1<sup>st</sup> week of the month we will have a speaker who will share for 15 minutes on his/her maintenance process, from transitioning to sustaining, from enhancing to living the magic.

2<sup>nd</sup> week of the month – Transition to maintenance

Food plan – adhering to the food, weighing and measuring, adding and releasing maintenance foods, trigger foods and weekly weigh-ins

3<sup>rd</sup> week of the month – Sustain and enhance

How do we maintain what we have and continue to grow along spiritual lines? How do you stay green? Please take 5 minutes to write your maintenance and enhancement plan. We will then open for discussion.

4<sup>th</sup> week of the month – Living the magic, living in the moment, living life in a normal-sized body; body image, confidence, response from the outside world and 12-Step living.

5<sup>th</sup> week of the month – Maintenance Topic Discussion

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 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.

We will have 3-minute timed shares. Is our Timekeeper on the line? *(If not, ask for a volunteer.)*

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.

So, sit back, relax. This is a safe place. A place where we share openly and honestly about challenges and opportunities in the maintenance phase of our recovery without fear of judgment.

## **SPEAKER & SHARING BEGINS**

### **\_\_\_\_\_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](http://www.ceahow.org).
2. Select "Meetings".
3. Click on "Phone Bridge Meetings".
3. Scroll down to the "PAYPAL DONATIONS" tab and follow the prompts.

Are there any birthdays or step ups to celebrate?

Does anyone have any CEA-HOW-related announcements, including any open service positions? Is our IG rep on the line?

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

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).

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).

We are required to make four calls a day, one to our sponsor and three to other CEA-HOW members. 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.

Our Business Meeting is held every (other) month, on the \_\_\_\_\_ in the months of \_\_\_\_\_. The Business Meeting will begin at \_\_\_\_\_, following the welcoming of newcomers and returnees.

A sponsor is a CEA-HOW member who has 30 days of continuous CEA-HOW abstinence, has completed 30 days of questions and has taken the first 3 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 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.

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

***(Now we may continue sharing if time allows.)***

I wish to thank all members who read and shared today. Please remember our cherished 12<sup>th</sup> 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 answer questions, continue the exchange of phone numbers and share experience, strength and hope with one another.

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.

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.