COMPULSIVE EATERS ANONYMOUS - H.O.W.

WRITING MEETING FORMAT

(Leader should be made aware that the meeting STARTS PROMPTLY AT \_\_\_\_\_\_ and ENDS PROMPTLY AT \_\_\_\_.)

Welcome to the Writing meeting of Compulsive Eaters Anonymous – HOW. My name is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, I am a compulsive eater and your leader for this meeting. Would all those who care to please join me in The Serenity Prayer?

Are there any compulsive eaters here beside myself?

Is there anyone here for the first time? Please stand and give your first name only, so that we may get to know you.

Is there anyone here who has returned to the HOW program and is in their first seven days of abstinence? Please stand and give us your first name only, so we can welcome you back and celebrate your return.

Compulsive Eaters Anonymous-H.O.W. 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 of fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. CEA-H.O.W. 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.

Would someone please read Chap. 5 from the book *Alcoholics Anonymous? (optional)*

Would someone please read "The Twelve Steps of recovery?"

Would someone please read "The 12 Traditions?"

Would someone please read "The HOW Concept?"

Would someone please read “The 7 Tools?”

This is a writing and sharing meeting. Please feel free to help yourself to paper, if needed. The leader will read **[selected Conference approved reading]**. We then write for **[# - e.g., 6, 10]** minutes on our response to the reading. The timer will let you know when you have one minute left.

This is the time the leader shares for 10 minutes on how I have applied this reading to my own recovery.

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?

A pitch is an experience that has helped us grow or given us a new level of awareness. The floor is now open for **three minute** positive pitches. Those members who have at least 30 days of continuous CEA-H.O.W. abstinence may pitch. Those members who have at least seven days of continuous CEA-H.O.W. abstinence may pitch if their pitching has been discussed with their sponsor. Please try to keep your pitch relevant to the reading we have just read.

I wish to thank those who shared 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 “A Vision for You”, “The Promises,” or other reading from Conference approved literature.

The requirements of the HOW Concept are what this particular Group 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 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].