

Phone Bridge Meeting Guidelines

Here are some guidelines to help the meeting run smoothly.

- To prevent background noise from disrupting the meeting, please mute your line whenever you are not speaking.
- To mute press the * 6 keys on your phone and you will hear a prompt saying you are now muted. When you want to speak, press the *6 keys again, and you will hear a prompt saying you are now un-muted. If there is an echo, static or other interference on the line please double check that you have your phone muted.
- Please resist the desire to cross-talk, which means 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.

The 7th Tradition

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 World Service allow "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 Meetings
PO Box 983
Duarte, CA 91010-9998

To make contributions using PAYPAL:

1. Go to the CEA-HOW website at www.ceahow.org
2. Go to "Phone Bridge Meetings"
3. Scroll down the page to the instructions for using PAYPAL and follow the prompts