

Compulsive Eaters Anonymous - HOW
Happy, Joyous and Free Meeting Format (rev Aug.2023)

Welcome to the Happy, Joyous & Free Special Focus Speaker Meeting of Compulsive Eaters Anonymous-HOW. My name is _____, and I am a happy, joyous and free abstinent 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? Please give us your first name so that 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.

(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"?

Here are some guidelines to help the meeting run smoothly. To prevent background noise from disrupting the meeting, the conference line is mass muted. 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. We ask that you stay muted when you are not speaking.

This is a special focus speaker meeting. The "Big Book" of Alcoholic Anonymous states, (on page 133): "We are sure God wants us to be happy, joyous and free..." And toward that end, the focus of this meeting is living in maintained abstinence happily, joyously and freely! This meeting is open to all!

Each week we will have a Speaker who will share for 15 minutes on their knowledge and experience of the gifts of CEA-HOW and living happy, joyous and free in recovery in the now. We will then share on the topic of "Happy, Joyous and Free".

Is the Speaker on the line?

Is the Timekeeper on the line? *(ask the Speaker how he or she would like to be timed)*

Would you like a 5-minute and 1-minute warning?

(Introduce the Speaker)

(When the Speaker is done, thank him/her and offer him/her the opportunity to give his/her phone number. Then ask the Speaker for a topic for sharing.)

Now is the time for sharing. 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. Those with less than 7 days of abstinence are encouraged to stay after the meeting to share.

The “Big Book” states, (on pg. 419, 4th addition, from “*Acceptance was the Answer*”), “When I focus on what’s good today, I have a good day, and when I focus on what’s bad I have a bad day. If I focus on a problem, the problem increases; if I focus on the answer, the answer increases.”

We are now open for sharing; we will have 3-minute timed shares. *(To the Timekeeper)* Please indicate “1 minute”, when 2 minutes have passed, and then “time” when 3 minutes are up. Sharers, please acknowledge the Timekeeper by saying “thank you “or “I heard that” and please begin to wrap up your share.

This meeting invites people who speak to leave their phone number for outreach at the end of their share.

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.

(Re-state the topic and begin sharing)

_____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 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 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 the “PAYPAL DONATIONS” tab and follow the prompts.

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#).

Are there any birthdays, anniversaries or step-ups?

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 phonebridgeassistance@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 phonebridgemeetinginfo@gmail.com.

This meeting holds its Business Meeting on _____ .

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.

For those of you who are new to CEA-HOW, we ask for a volunteer to stay after the meeting to answer your questions and help you get a sponsor.

For any newcomers or returnees who joined in during the meeting, we have a volunteer who will stay after to answer any questions you may have. May I have a volunteer to stay and assist newcomers? Are there any newcomers here today?

I wish to thank our Speaker and all those who did service, shared, read, and came today. 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". 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" 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"? (Optional)

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.

In closing we include a quote from the “Big Book”, pg. 132, “We absolutely insist on enjoying life. We think cheerfulness and laughter make for usefulness. We have recovered and have been given the power to help others.”

Thank you for the opportunity to lead. My phone number for outreach is _____. Please adhere to the CEA-HOW traditions in the fellowship time with no mention of outside issues, politics, religions, or other fellowships except in passing.

After a moment of quiet meditation for all those in and out of the rooms who are still suffering, will all those who care 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.