

Compulsive Eaters Anonymous - HOW Promises Meeting Format (rev Aug.2023)

Requirements for being the leader of the meeting: 30 days of CEA-HOW abstinence and have been “stepped up” as a Food Sponsor. (Assign readings prior to the start of the meeting.)

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.

The following is important information unique to the telephone meeting. Consideration of the following will help the meeting function well.

1. Interference: 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.
2. The meeting format, readings and Bridge Line Guidelines are on the www.ceahow.org website. The phone meetings are unique because people attend from all over the world. Therefore, the CEA-HOW website is the source of all information pertaining to phone meetings. Copies of the meeting format and readings can be printed off this website.

The Promises Meeting has been established to give hope and encouragement to those who have not seen the Promises manifest in their lives. We invite the leader and the members to share how a promise, as detailed in the A.A. “Big Book”, has manifested in their life.

The CEA-HOW Promises Meeting is based on the concept that freedom from food addiction leads to maintenance and continued abstinence. We continue to follow the “7 Tools”, as written in our literature, and practice the “12 Steps” in our daily living.

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.

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"?

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.

All others stay on the line for fellowship time after the meeting to give and receive telephone numbers.

This next part of the meeting acknowledges CEA-HOW milestones, including moving to a new level of sponsorship or celebrating a CEA-HOW anniversary. Are there any new sponsors? Is anyone celebrating a CEA-HOW anniversary?

Now is the time that we give our name and the city we are calling from.

Will someone please read “The Promises” on pages 83-84 in the A.A. “Big Book”?

BEGIN SHARING

Now is the time the **leader** shares his or her experience, strength and hope as it applies to the promise of the week. The promise for this week is # _____. The leader’s share will be 3-5 minutes in length. (*Ask if the Timekeeper is here. If not, ask for a volunteer Timekeeper.*)

Now the meeting is open for discussion based on Promise #_____.

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.

The pitches are 3 minutes in length. Please remain positive by offering experience, strength and hope. The Timekeeper will give you a 1-minute warning after 2 minutes are up. Please begin to wrap up your share and leave your phone number if you like.

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.

_____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.
2. Select “Meetings”.
3. Click on “Phone Bridge Meetings”
4. Scroll down to the “PAYPAL DONATIONS” tab and follow the prompts.

May we have the Secretary’s report?

Does anyone have any CEA-HOW-related announcements?

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.

Return to Sharing if time permits.

I wish to thank all members who read and shared 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”.

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.

Thank you for the opportunity to lead. After the Serenity Prayer, please stay on the line if you want to give or get telephone numbers. Will someone please read “A Vision for You” from page 164 in the “Big Book”?

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, 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.