

**Compulsive Eaters Anonymous-HOW**

***LIVING SOBER Meeting Format***

**1<sup>st</sup> Friday/Tradition of the Month**

**(267) 807-9601 Access Code 552 679 223# Leader code \*9179 #**

**(Leaders get readers for the first five readings before the meeting.)**

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Welcome to the Friday, 7am ET *Living Sober* Meeting of Compulsive Eaters Anonymous-HOW. My name is \_\_\_\_\_, and I am a compulsive eater and the leader for this meeting.

Please join me in the Serenity Prayer.

“God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.”

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.

(Volunteers read)

“How It Works” from the ***Big Book***, Chapter 5, pages 58 & 59.

The next 4 readings can be found in the ***Forever Abstinent*** Book.

Reader #2 “The 12 Steps of CEA-HOW” on pg. 37;

Reader #3 “The 12 Traditions of CEA-HOW” on pg. 38;

Reader #4 “The CEA-HOW Concept” on the inside cover.

Reader #5, with at least 30 days of back-to-back CEA-HOW abstinence, reads “The Seven Tools” on pg. 39.

My name is \_\_\_\_ and I am a compulsive eater and your leader for this meeting. My number is \_\_\_\_\_.

Are there any newcomers or returning members here today? Please introduce yourself by giving your first name so we may get to know you and please stay for the fellowship after the meeting.

We will start off reading a paragraph or two from the book *Living Sober*. After the reading, all those who wish to share will be 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. Please state your name and number twice after your share.

We will have 3-minute time shares. Our timekeeper will give you a 2-minute warning and notify you when the 3 minutes are up. Please acknowledge the timekeeper when you hear the warning. Is our timekeeper here today? (if not ask for a volunteer).

Here are some guidelines to help the meeting run smoothly

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.

Please open your *Living Sober* book to page \_\_\_\_\_. Who would like to start the reading?

(at approximately 7:45 ET)

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Our 7<sup>th</sup> Tradition tells us that every group ought to be fully self-supporting, declining outside contributions. The 7<sup>th</sup> 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 7<sup>th</sup> 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](http://www.ceahow.org).
2. Go to "Phone Bridge Meetings".
3. Scroll down the page to the instructions for using PayPal and follow the prompts.

Will all available sponsors please tell us who you are, your abstinent date, weight change, phone number, time zone, and if you are available for Food, Inventory, Step, Traditions and/or Maintenance-sponsorship.

If you need a sponsor, become an available sponsor, or are no longer a sponsor, please send an email to [phonebridgesponsorcoordinator@gmail.com](mailto:phonebridgesponsorcoordinator@gmail.com).

You must have a sponsor to receive the food plan. Sponsors in need of food plans and members needing literature may send an email to [phonebridgeliterature@gmail.com](mailto:phonebridgeliterature@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](mailto:phonebridgeoutreach@gmail.com). When contacting our outreach coordinator, please state that you are a member of CEA-HOW.

If you experience any difficulty accessing the conference line, please send an email to [phonebridgeassistance@gmail.com](mailto:phonebridgeassistance@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 [phonebridgemeetinginfo@gmail.com](mailto:phonebridgemeetinginfo@gmail.com).

Are there any milestones to celebrate at this meeting? Any step ups/anniversaries/birthdays?

May we have the highlights of the weekly announcements by our Intergroup Rep?-To hear a recording of the weekly announcements you can call 605-475-4849, access code 605134##. Are there any other CEA-HOW-related announcements, including any open service positions?

I wish to thank all those who did service, shared, read and came today. Please remember our cherished tradition of anonymity. Who you see here, what you hear here, when you leave here, let it stay here.

Fellowship time follows this meeting. May we have a volunteer to stay and assist newcomers and returnees with any questions? All members are invited to stay as well.

*OPTIONAL:*

Will someone please read their choice of "A Vision for You," on page 164 in the Big Book or "The Promises," on pages 83-84 in the Big Book?

The requirements of the CEA-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 CEA-HOW as a whole.

Thank you for allowing me to be your leader for this meeting. (Give your name, phone number and time zone.)

After a moment of quiet meditation, will all those who care to please join me in the Serenity Prayer.