

COMPULSIVE EATERS ANONYMOUS (CEA)-HOW MEETING FORMAT

Welcome... to the (Time/Day/Place) meeting of Compulsive Eaters Anonymous-HOW (CEA-HOW) Concept. My name is _____, and I am a compulsive eater and the leader for this meeting. Will all those who wish to please join me in a moment of silence, followed by 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.”

Are there any compulsive eaters here beside myself? Is there anyone here for the first time? Please share your first name only, so that we may get to know 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.

- Will someone please read “The CEA-HOW Concept”
- Will someone please read “Chapter Five - How It Works”
- Will someone please read “The 12 Steps of Recovery”
- Will someone please read “The Seven Tools”
- Will someone please read “The 12 Traditions”

At this point in the meeting, we ask the group to join us as we celebrate another example of the miracles that abound in CEA-HOW. This portion of the meeting is known as “stepping up”. The sponsor is asked to introduce a newcomer who has taken the first three steps of the program and is now ready to become a CEA-How sponsor. Are there any new sponsors?

NOTE TO LEADER: If there is going to be a new sponsor “step up”, read the following paragraph. If there aren't any step-ups, skip the blue paragraph below and move to the chip ceremony.

We present the newcomer with a frail plant, symbolizing our growth in the program. We came here needy and Compulsive Eaters Anonymous nurtured us the way the newcomer, now a sponsor, must nurture the plant to help it grow and stay healthy.

(Chip Ceremony): Our meeting is a chip meeting. We offer a desire chip to anyone who wants to try our way of life for 24 hours. Does anyone want a desire chip? Are there any birthdays today? 30 days (red)? 60 days (gold)? 90 days (green)? 6 months (blue)? 9 months (purple)? Years?

(7th Tradition): Our 7th tradition tells us that every group ought to be fully self-supporting declining outside 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-HOW organization to help spread the message that there is recovery from compulsive eating. We ask newcomers to refrain from giving and purchase literature instead. The group conscience recommends a \$2 donation to meet rising costs and expenses.

Do we have any reports? Secretary? Treasurer? Any CEAHOW related announcements?

NOTE TO LEADER: This is the time our leader shares on a topic for 3 – 5 minutes or introduces the speaker for the speaker meeting.

****Leader introduces topic** After topic is introduced by the leader, please read:**

Sharing known as a “pitch” is an experience that has helped us grow or given us a new level of awareness. The floor is now open the Three Minute Positive Pitches. In our sharing, we discourage feedback, crosstalk and advice giving. In our sharing we do not quote from outside literature. We ask that specific foods not be mentioned.

Now, those members who have at least 30 days of continuous CEA-HOW abstinence may pitch. Those members who have at least 7 days of continuous CEA-HOW abstinence may pitch if their pitching has been discussed with their sponsor.

(AFTER MEMBERS SHARE):

I wish to thank all those who shared today. If you did not get to share, we hope you will use another tool, such as talking with someone after the meeting or using the phone list.

Please remember our cherished tradition of anonymity. Who you see here; what you hear here; when you leave here; let it stay here (HEAR HERE). The opinions of those who spoke today are their own and not necessarily those of Compulsive Eaters Anonymous-HOW as a whole. Thank you for allowing me to be of service.

Will someone please read their choice of “Just For Today”, “A Vision For You”, or “The Promises”.

Newcomers please do not leave the meeting without getting a sponsor. Will all available sponsors please raise their hands so that the newcomers will know who you are? It is recommended that you not sponsor or be sponsored by a member of the opposite sex. This is only a suggestion.

After a moment’s meditation, will those who wish to, please join me in the closing prayer (Leader’s choice: Lord’s Prayer, Serenity Prayer, or 3rd Step Prayer).