**Compulsive Eaters Anonymous – HOW**

**Richardson Monday Night**

**Speaker Meeting Format**

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.

Are there any compulsive eaters here besides myself?

Is there anyone here for the first time or anyone who is returning? Please introduce yourself by first name only, so that we may welcome you or welcome you back.

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 “How It Works” from the “Big Book” pages 58 & 59?

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.

Our **Seventh Tradition** tells us that every group ought to be fully self-supporting, declining outside contributions.  Your contributions are a primary source to help “CEA-HOW to continue to function."  At this meeting, we don't pass a literal basket, but we do encourage you to please give generously. You can send contributions to Tricia via at tricia623@verizon.net . There is also a green button at the bottom of the Dallas CEAHOW website with a direct link to send your donation to Tricia via PayPal. DallasCEAHOW.com.

Tonight is a Speaker Meeting.  The Speaker will share his or her experience, strength and hope for 20 minutes. Our speaker tonight is \_\_\_\_\_\_ from \_\_\_\_\_\_. *I will be keeping the time so you don’t have to. When you you like to be notified of time? 10 min? 15 min?*

**The Speaker shares.**

*(When the Speaker is finished, ask him or her to leave a phone number if he or she wishes, and to offer a topic 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 abstinence may pitch if their pitching has been discussed with their sponsor.

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.

We are now open for 3-minute positive pitches.Would someone like to volunteer to start us off? .

Does anyone have any CEA-HOW-related announcements, including any open service positions?

We are a virtual chip meeting. Are there any birthdays today? Do we have any step-ups?

For those of you who are new to CEA-HOW we have volunteers who will stay after the meeting to answer your questions and help you get a sponsor. You must have a sponsor to receive the food plan.

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 tradition of anonymity: Who you see here, what you hear here, when you leave here, let it stay here.

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.

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” or the reading “Just for Today”? (Optional)

After a moment of quiet meditation, remembering all those in and out of the rooms who are still suffering, will all those who care to, please join together 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.