

**Saturday Morning Escondido
Compulsive Eaters Anonymous-HOW
(Zoom edition, January 30, 2021)**

ID: 303-093-5972

PW: 114712

Meeting starts promptly at 10:15 a.m. and closes at 11:15 a.m. Leader must have 30 days of continuous CEA-HOW abstinence and be actively sponsored. Leader is also responsible for calling and welcoming newcomers. Before the meeting begins, the leader should select people for the readings.

Leader: Welcome to the Saturday Morning Escondido meeting of Compulsive Eaters Anonymous-HOW. My name is _____ and I am a compulsive eater. Before we start, I would like to ask everyone to check their cell phones and silence them.

Let us begin with a moment of silence followed by the Serenity Prayer:

God, Grant Me...
The Serenity to Accept the things I cannot change;
The Courage to Change the thing I can;
And the Wisdom to Know the difference.

At this meeting, we observe a few Zoom etiquette guidelines:

- Please be mindful that other participants can see you and your background•
Keep your device steady.
- Keep all distractions -including food and drink -away from your screen.
- Raise your hand to share.
- The leader will call on you.
- When speaking, unmute to read or share and remember to mute again when you have finished speaking.

Is there anyone here for the first, second, or third time or who has returned to the CEA-HOW program, please tell us your first name so that we may welcome you. We encourage you to take phone numbers.

Will someone please read the HOW Concept?

Compulsive Eaters Anonymous-HOW is a fellowship 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 or 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 Chapter Five from the AA Big Book “How It Works”?
- Will someone please read the 12 Steps as adapted for CEA-HOW?
- Will someone please read the 12 Traditions as adapted for CEA-HOW?
- *(First Meeting of the Month)* – Will someone please read the Tradition of the Month in its Long Form from the back of AA’s 12 and 12?

As our 7th Tradition states, each group “...ought to be fully self-supporting...” The money collected goes to support this meeting and to help spread the word that there is recovery from compulsive eating. The treasurer’s information will be shared during the treasurer’s report. We ask that newcomers not contribute, but purchase literature instead.

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?

- Will a sponsor read the Tools of the Program?
- Will two people with 30 days of abstinence each share on one of the tools for two minutes?

Let’s go around the room and introduce ourselves. Sponsors please introduce yourself, and if you sponsor, please qualify with your back-to-back abstinence, weight loss, what type of sponsor you are and if you are available. (the Leader calls on people).

The Leader chooses one of the two formats – either a reading and discussion format based on conference-approved literature, or, if there is a newcomer present, a 15-minute speaker and sharing format.

15-Minute Speaker and Sharing:

The leader will qualify for 10-15 minutes. After 10 minutes, the timer will let the leader know there are about five minutes left to wrap up.

Leader: At this point, the meeting is open for timed 3-minute positive pitches. A pitch is an experience that has helped us grow and given us a new level of awareness. Those members who have at least 30 days of continuous CEA-HOW abstinence may pitch. Those members who have at least seven days of continuous CEA-HOW abstinence may pitch if their pitching has been discussed with their sponsor. We do not mention specific foods or food places. We also refrain from crosstalk, which we define as interrupting, giving advice, or making positive or negative comments on what someone else has shared. We share our own stories in the first person of "I," free from fear of judgement, opinion and interruption. Avoiding crosstalk helps to guarantee a feeling of safety, protect privacy and ensure anonymity for all of us. The topic is _____. Who would like to share their experience, strength and hope?

Reading and Discussion from As Bill Sees It:

Leader: The Leader chooses a topic from the index of As Bill Sees It and a starting place (first page or from the last page forward). Leader will read the first page and may share a timed three-minute pitch. Anyone else who wishes to may offer a timed three-minute pitch on that reading. Reading and sharing will continue around the zoom room until time to stop. Those members who have at least 30 days of continuous CEA-HOW abstinence may pitch. Those members who have at least seven days of continuous CEA-HOW abstinence may pitch if their pitching has been discussed with their sponsor. We do not mention specific foods or food places. We also refrain from crosstalk, which we define as interrupting, giving advice, or making positive or negative comments on what someone else has shared. We share our own stories in the first person of "I," free from fear of judgement, opinion and interruption. Avoiding crosstalk helps to guarantee a feeling of safety, protect privacy and ensure anonymity for all of us. The topic is _____.

Sharing concludes at 11:05 a.m.

Leader:

- May we have the Secretary's report?
- Is there an Intergroup Report?

I would like to thank those who give service at this meeting. I would like to thank those who shared today. Please remember our cherished tradition of anonymity – *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 (Big Book p. 164), The Promises (Big Book p. 82-83), The Acceptance Prayer (Big Book p. 417) or Just for Today?

(Last Saturday of the Month): A business meeting will follow this meeting, so please remain

online to participate after the prayer.

Before we close the meeting, will all available sponsors raise their hands so that people who want sponsors will know who they are?

Thank you for allowing me to be your leader for this meeting. Please mute and silently join me in the Third Step Prayer, Serenity Prayer or the Lord's Prayer:

Third Step Prayer:

God, I offer myself to Thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will.

Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life.

May I do Thy will always!

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