

## **Compulsive Eaters Anonymous – H.O.W. Meditation Meeting**

Welcome to the Thursday 6:30 Meditation Meeting of Compulsive Eaters Anonymous H.O.W. My name is \_\_\_\_\_, and I am a compulsive eater and leader for this meeting. Will those 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.”

Are there any compulsive eaters here besides myself?

Is there anyone here for the first, second, or third time? Please give your first name so that we may welcome and get to know you.

Is there anyone here who has returned to the CEA-HOW fellowship? Please give your first name so that we can welcome you back and celebrate your return.

Will someone please read **The CEA-HOW Concept**?

Will someone please read **The Twelve Steps** of CEA-HOW?

Will someone please read **The Twelve Traditions** of CEA-HOW?

Will a sponsor please read **The Seven Tools** of CEA-HOW.

Are there any CEA HOW anniversaries or new sponsors?

We will now go around the room and have everyone introduce themselves. If you are a sponsor, please qualify with the length of your current back to back CEA-HOW abstinence, weight release, and level of sponsorship. To move through introductions smoothly, will everyone please unmute yourselves now.

The purpose of this meeting is to give us an opportunity to enhance our conscious contact with God as we understand God and to rededicate ourselves to abstinence and a spiritual way of life.

Will you join me in the Prayer of St. Francis of Assisi? (12 & 12 pg 99)

Leader describes the upcoming meditation and /or begins the recorded meditation. Suggested length is 15-20 minutes. If you choose not to listen to a guided meditation, please mute your computer and set your timer to return to the meeting.

The meditation ends by the leader saying the Serenity Prayer.

The meeting is now open for three-minute positive pitches. Those members who have at least thirty days of continuous CEA-HOW abstinence may pitch. Those members who have seven days of continuous CEA-HOW abstinence may pitch if their pitching has been discussed with their sponsor. This part of the meeting will end at 7:20 p.m.

**Revised 4-11-2022**

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Our **Seventh Tradition** tells us that every group ought to be self-supporting through our own contributions, 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 CEAHOW organization to help spread the message that there is recovery from compulsive eating. We ask that the newcomers refrain from contributing and purchase literature instead. As we pass the basket, please give generously.

May we have the Secretary's Report? Treasurer's Report? Intergroup Report? Are there any additional CEA-HOW announcements?

Will someone please read their choice of the *Promises, A Vision for You, or Acceptance*?

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 that shared are our own and not necessarily those of CEA HOW as a whole. Take what you like and leave the rest.

Newcomers, don't leave the meeting without getting a sponsor. Will all available sponsors please raise your hand so that the newcomers will know who you are?

Thank you for allowing me to be your leader for this meeting.

After a moment of silence, will \_\_\_\_\_ please lead us in the **7<sup>th</sup> Step Prayer**. Will everyone please mute yourself.

**7<sup>th</sup> Step Prayer:** My creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.