

CEA-HOW San Diego

Saturday 8:30 AM **Traditions** Format

Leader Instructions

Meeting ID 303 093 5972 Passcode 114712

Host Code: Obtain from Zoom account owner if owner will not be at the meeting.

The Traditions are read on the first Saturday of each month. The Leader must be a CEA-HOW sponsor with 30 days of abstinence.

8:25 am – Leader signs on and requests volunteers for:

1. Reading CEA-HOW Concept, Big Book -Chapter 5, Steps, Traditions and Tools
For end of meeting-- Promises or Acceptance paragraph.
2. Timer

8:30 am – Meeting begins promptly

9:20 am --Sharing ends

9:30 am-- Meeting ends

Readings (except The Tools) may be read by anyone. The Seven Tools are to be read by a CEA-HOW sponsor with 30 days of abstinence.

Keep a list of newcomers and CEA-HOW anniversaries/celebrations to be recognized at meeting end. (see page 4)

The Leader reads all text below in bold print as written. Changes in text and meeting format require a group conscience vote.

Welcome to the San Diego Saturday 8:30 A.M Traditions Meeting of Compulsive Eaters Anonymous-HOW. My name is _____ and I am a compulsive eater and the Leader for this meeting.

During this Zoom meeting, please take this opportunity to:

--Silence cell phones and eliminate any background noise in your area.

--Maintain our 12th Tradition of Anonymity. Confirm others around you cannot see or hear the meeting and other CEA HOW participants.

--Please, no photos or recordings of the meeting.

--We ask that you conduct yourself as if you were at an in-person meeting.

To avoid distractions, use the Zoom mute button when you are not speaking and stop your video when moving about in any way.

Please join me in a moment of quiet meditation followed by 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.

If anyone is here for the first, second, or third time, please tell us your first name so that we may welcome you.

If anyone has returned to our program, please tell us your first name so that we may welcome you back and celebrate your return.

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 nor accepting outside donations. This group is not affiliated with any public or private organization, political movement, ideology or religious doctrine. We take no position on outside issues.

Will _____ please read the CEA-HOW concept?

Will _____ please read the Twelve Steps of Recovery?

Will _____ please read Twelve Traditions of Recovery?

Will _____, who is a sponsor, please read the Seven Tools of CEA-HOW and share briefly on one of the Tools.

This next part of the meeting acknowledges CEA-HOW milestones, including moving to a new level of sponsorship and/or celebrating a CEA-HOW anniversary.

Are there any new sponsors?

Is anyone celebrating a CEA-HOW anniversary?

I will call on each of you to qualify. When I do, please unmute and give us your first name. If you sponsor, state in which areas you sponsor; qualify with the length of your current back-to-back CEA-HOW abstinence and weight release and indicate your availability to sponsor.

On the first Saturday of each month, we read and share a chapter on a Tradition from The Twelve Steps and Twelve Traditions of Alcoholics Anonymous. The Tradition chapters may also be found on www.aa.org.

The Tradition for this month is _____. (Tradition 1 for January, Tradition 2 for February, etc.)

Will a member please read this month's Tradition from the Long Form of the Twelve Traditions which begin on page 189?

Now we will each read a paragraph or two from this month's Tradition. Please focus your share on today's Tradition.

Those who qualify may share based on 30 days of back-to-back CEA-HOW abstinence or 7 days of abstinence with your sponsor's approval. All are invited to read from the text. Feel free to pass if you do not qualify or wish to share. Our Meeting Timer, _____ will notify you if your share is longer than 3 minutes.

In accordance with Traditions 10 and 12, we focus on our common solution by:

- sharing our own stories in the first person of "I"
- avoiding cross talk which includes giving advice, interrupting, or commenting on another person's share.
- not mentioning specific foods and food places
- refraining from discussion of outside issues or literature other than that of CEA HOW

The Meeting Leader will provide a reminder if a member forgets these guidelines.

9:20 am --Sharing ends

As our Seventh Tradition tells us, we must be self-supporting through our own contributions. The money we collect goes to support this meeting and to help spread the message that there is recovery from compulsive eating.

We ask newcomers not to contribute and buy literature instead. Please send your Seventh Tradition donations directly to our Meeting Treasurer, _____. (Treasurer gives their contact information)

Our meeting announcements:

- 1. Please give agenda items to the Secretary prior to the business meeting.**
- 2. If we have agenda items to discuss, we will have a business meeting after our closing prayer.**
- 3. Include announcements regarding any open service positions: Secretary, Treasurer, Intergroup Representative, Speaker Seeker.**
- 4. Our Intergroup Representative is _____. Are there any San Diego Intergroup and/or World Service announcements?**
- 5. If not done by IG Rep, announce the next IG meeting date and time. Ensure that the meeting will be represented.**

I would like to thank everyone who attended and did service for today's meeting. (No specific names)

Welcome to: (Identify newcomers by name)

Congratulations to (Announce celebrations from this meeting)

In accordance with our cherished tradition of anonymity, let there be no gossip or criticism of one another. Who you see here, what you hear here, when you leave here, let it stay here.

Will a volunteer read one of the following from the Big Book of Alcoholics Anonymous?

The Promises on pages 83-84

or

The Acceptance paragraph on page 417

Newcomers: please don't leave the meeting without getting a sponsor. Will the available sponsors raise their hand?

Please unmute to join in our closing prayer. Will a volunteer lead us in one of the following?

- Serenity Prayer**
- Third Step Prayer**
- Seventh Step Prayer**

9:30 am—Meeting End