

CEA-HOW San Diego Saturday 8:30 AM **Speaker** 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. Speaker 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:

--Conduct yourself as if you were at an in-person meeting

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

--Maintain our 12th Tradition of Anonymity. Confirm those around you cannot see or hear other CEA HOW participants. Photos or recordings of the meeting are not permitted.

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 Chapter Five from the Big Book of Alcoholics

Anonymous?

Will _____ please read the Twelve Steps of Recovery?

Will _____ please read Twelve Traditions of Recovery?

Will _____ please be our timer for the meeting?

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?

As I call on you, please unmute and introduce yourself. 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.

Today's Speaker will share for 15 minutes about what it was like, what happened, and what it is like now. Our Speaker will coordinate their timing with the Meeting Timer and give a topic for sharing at the end of their pitch.

(Call on Speaker Seeker to introduce today's speaker)

Speaker shares for 15 minutes.

(After Speaker finishes, ask for a sharing topic if they have not given one.)

Now the meeting is open for three-minute positive pitches. A pitch is an experience that has helped us grow and given us a new level of awareness. Members with at least thirty days of continuous CEA HOW abstinence may pitch. Members with at least seven days of continuous CEA HOW abstinence may pitch with their sponsor's approval.

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 pitch.
- 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.

Our Speaker has given _____ as today's topic.

Who would like to share their experience, strength, and hope?

9:20 --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 to buy literature instead. Please send your Seventh Tradition donations directly to our Meeting Treasurer, _____ (Treasurer gives their contact information.)

Our meeting announcements:

- 1. Our business meeting is on the first Saturday of the month. Please give agenda items to the Meeting Secretary prior to the business meeting.**
- 2. Include announcements regarding any open service positions: Secretary, Treasurer, Intergroup Representative, Speaker Seeker.**
- 3. Our Intergroup Representative is _____. Are there any San Diego Intergroup and/or World Service announcements?**
- 4. 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 our Speaker, _____ and everyone who attended today and did service for our meeting. (No specific names other than the Speaker's)

Welcome to: _____. Identify newcomers by name. Ask if they would like to share their number for outreach calls.

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.

_____ has volunteered to read one of the following from the Big Book of Alcoholics Anonymous:

The Promises -pages 83-84

or

The Acceptance paragraph-page 417

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

Please unmute to join me in our closing prayer. (Leader chooses one)

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

9:30 am Meeting End