

Compulsive Eaters Anonymous (CEA)-HOW of San Diego County NEW YEAR'S MORNING MEETING FORMAT

Meeting starts promptly at 8:30 a.m. and closes at 9:45 a.m. (Leader must have 30 days of continuous CEA-HOW abstinence and is responsible for calling newcomers.)

Welcome to the New Year's Day meeting of Compulsive Eaters Anonymous-HOW. **Please take this opportunity to turn off or mute your cell phones and pagers.** My name is _____ and I am a compulsive eater. Will you 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 newcomers today – or those within their first 30 days of abstinence? Please introduce yourselves so we can get to know you. [Welcome!] Let's go around the room and introduce ourselves. If you sponsor, please qualify with the length of your current back-to-back abstinence and weight loss and state in what areas you sponsor.

The purpose of this meeting is to give us an opportunity to celebrate this day with joy in the gifts of the Program, and to rededicate ourselves to abstinence and a spiritual way of life.

Will someone 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. This group 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 a member read *Chapter Five* from the AA Big Book?
- Will a member read the *12 Steps of Recovery*?
- Will a member read the *12 Traditions*?

Our Seventh Tradition tells us that we must be self-supporting through our own contributions. As we pass the basket, please give generously.

This 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 member read the Tools of the Program? [NOTE: Please let the reader know that we will not introduce ourselves again since we've already done that at the start of the meeting.]

- Will a member read the "Thought for the Day" from January 1 in *Twenty-Four Hours a Day*?
- Will a member read the "Meditation for the Day" from January 1 in *Twenty-Four Hours a Day*?
- Will a member ready the "Prayer for the Day" from January 1 in *Twenty-Four Hours a Day*?

Let's open our meeting now for **timed**, 3-minute positive pitches. Members with at least 30 days of continuous CEA-HOW abstinence may pitch. Members with at least 7 days of continuous CEA-HOW abstinence may pitch *with their sponsor's approval*. We do not mention specific foods and we avoid crosstalk. Crosstalk is commenting on another's pitch. **Our topic on this first morning of the New Year is "one day at a time."** Do you live each 24-hour period focused on the solution? How do you use the concept of "one day at a time" in your life?

LEADER: Please stop the sharing 15 minutes before end of the meeting.

I want to thank everyone who shared their experience, strength, and hope today. Please remember our cherished tradition of anonymity — what you see here, what you hear here, when you leave here, let it stay here.

We're going to close our meeting this morning with a brief meditation. Meditation is an ancient art that entails quieting the mind and not thinking, and the channel through which we receive guidance from God. Meditation helps to calm us emotionally and to relax us physically. It helps us release energy we normally expend in keeping our emotions in high gear and our bodies taut.

**LEADER: Have someone read the "Meditation" reading.
After 5-7 minutes, come out of the meditation
by asking the group to join you in the Serenity Prayer.**

Will a member read the *Promises*?

May we have the Secretary's report?

Will the available sponsors raise their hands? Please be available to meet with newcomers after the meeting.

Thank you for allowing me to be the leader for this meeting. After a moment of silence for those who are still out there and suffering, please join me in the Third Step Prayer.

Third Step Prayer: *God, I offer myself to Thee — to build with 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! Amen*

(Leader either reads or gives to someone to read.)

MEDITATION

Sit comfortably in your chair with both feet on the floor, back straight and hands folded loosely in your lap. Then gently and easily close your eyes, breathe deeply and center down into the quiet stillness. Float. Do not Strain. Relax completely as you fall away into the depths. *(Pause... a few seconds)*

After centering, call gently and effortlessly to mind the words 'LET GO, LET GOD,' saying "Let go" . . . on the exhale, "Let God" . . . on the inhale. Do not think; do not try; do not make an effort. Let the focal words slide easily and effortlessly into your consciousness; then quietly slide beyond it into the wordless depths. Don't clutch or concentrate on the words. Flow into their presence and around them and into the quiet stillness. *(Pause...)*

Once into the depths, you will notice that you will often float back up to more superficial levels of consciousness. When this happens, after a time up there, gently take another dive into the deep. In the depths you will be released from stresses, grudges, fears and uprightness. You may have thoughts of all kinds. Don't try to stop, corral or control them. Just watch them float by. In the depths of your tranquility you may have a heightened awareness of all going on around you without any of it disturbing the deep fluid peace in which you float. Since you are in touch with the silent and Living Source, something like a membrane may break and you will feel a surge of new energy flow from the depths until it permeates your whole being. You will be able to accept God's will, whatever that may be.

JANUARY 1 (from A.A.'s Twenty-Four Hours a Day)

[CEA-HOW] Thought for the Day

When I came into [CEA-HOW], was I a desperate person? Did I have a soul-sickness? Was I so sick of myself and my way of living that I couldn't stand looking at myself in a mirror? Was I ready for [CEA-HOW]? Was I ready to try anything that would help me to get [abstinent] and to get over my soul-sickness? *Should I ever forget the condition I was in?*

JANUARY 1 (from A.A.'s Twenty-Four Hours a Day)

Meditation for the Day

In the new year, I will live one day at a time. I will make each day one of preparation for better things ahead. I will not dwell on the past or the future, only on the present. I will bury every fear of the future, all thoughts of unkindness and bitterness, all my dislikes, my resentments, my sense of failure, my disappointments in others and in myself, my gloom and my despondency. I will leave all these things buried and go forward, in this new year, into a new life.

JANUARY 1 (from A.A.'s Twenty-Four Hours a Day)

Prayer for the Day

I pray that God will guide me one day at a time in the new year.
I pray that for each day, God will supply the wisdom and the
strength that I need.