

# San Diego County Compulsive Eaters Anonymous (CEA)-HOW THANKSGIVING MEETING FORMAT

Meeting starts promptly at 8:30 a.m. and closes at 9:45 a.m. (Leader must have be an active CEA-HOW sponsor and is responsible for calling newcomers.)

Welcome to the Thanksgiving morning 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 a full and thankful heart, 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 sponsor read the Tools of the Program?



Will a member read page 37 from *As Bill Sees It*?

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 Thanksgiving Day is gratitude.** What's on your gratitude list? How does your "attitude of gratitude" enrich your life?

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

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?

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

**S**it 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)*

**A**fter 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...)*

**O**nce 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.