

**CEA-HOW San Diego**  
**Wednesday**  
**Big Book Meeting Format**

*Secretary:*

*Assign volunteers to read prior to the start of the meeting. The CEA HOW Concept, Steps and Traditions can be read by anyone. The Tools are to be read by someone with 30 days of abstinence.*

Welcome to the San Diego Wednesday evening meeting of Compulsive Eaters Anonymous-H.O.W. My name is \_\_\_\_\_, and I am a compulsive eater and the leader for this meeting. Will you 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 on the line besides myself?

Is there anyone here for the first time? Please tell us your first name so that we may get to know you.

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

Compulsive Eaters Anonymous-HOW is a Group 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. CEA-HOW 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 carry the message of recovery to those who still suffer.

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Will \_\_\_\_\_ (or “someone”) please read the CEA-HOW Concept?  
Will \_\_\_\_\_ (or “someone”) please read the 12 Steps of CEA-HOW?  
Will \_\_\_\_\_ (or “someone”) please read the 12 Traditions?  
Will \_\_\_\_\_ (or “someone”) with 30 days of abstinence 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?

This is a Literature meeting. Currently we are reading \_\_\_\_\_.  
*(CEA-HOW approved literature)*

It is the group conscience of this meeting that we read Alcoholics Anonymous literature as written. When reading AA text, we request members **do not** change words such as “*alcohol and alcoholic*” to “*food, food addict or compulsive eater*”.

Each member will read a paragraph or two at a time and focus their pitch on the paragraphs we have read. A pitch is an experience that has helped us grow or given us a new level of awareness. Everyone is welcome read or to pass if they wish.

Those members who have at least 30 days of continuous CEA-HOW abstinence may pitch. Those members who have at least seven days of continuous CEA-HOW abstinence may pitch if their pitching has been discussed with their sponsor.

Please avoid cross talk which we define as making either positive or negative comments on what someone else has shared.

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We will introduce ourselves when we take turns reading for the first time. Give your first name and if you would like outreach calls, please give your phone number. If you sponsor, qualify as to the length of your abstinence, weight-loss, and kind of sponsor that you are (Food, Inventory, Step or Maintenance) and whether you are available. This is a chance for those needing sponsors to record the numbers of those available.

Please read only one paragraph so all have a chance to read and/or share. We will read in the approximate order that members came on the line today.

**Secretary:**

- *gives the group the order of names for taking turns to read and keeps track of the order as needed. Remind members to qualify when they take their first turn to read. Example: "Sue, it is your turn to read and qualify if you wish."*
- ***At ten minutes before the hour, end this portion of the meeting to begin announcements and the 7<sup>th</sup> Tradition.***

Our Seventh Tradition tells us that each group ought to be fully self-supporting, declining outside contributions. This meeting has no significant expenses. According to CEA-HOW guidelines, we collect a 7<sup>th</sup> tradition to help support San Diego Intergroup, Area 1 and World Service. The money collected goes to Intergroup expenses as well as reaching out to other meetings, members, and levels of the CEA-HOW 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.

1. Our meeting Treasurer is:\_\_\_\_\_ They will give us contact information for the 7<sup>th</sup> Tradition and the Treasurer's report.
2. I am the Secretary for this meeting and have (or don't have) the following report.  
(if anything to announce.)
3. May we have our Intergroup Rep's report?

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4. We have a business meeting on the first Wednesday of each month immediately after the meeting. Please let the Secretary know ahead of time if you have items for the agenda.

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

Will someone please read their choice of:

- **“Just for Today** (CEA-HOW website)
- **“A Vision for You”** (Big Book page 164)
- **“The Promises”** (Big Book pages 83-84)

The requirements of the CEA-HOW Concept are what this group has found to be effective in working this program. The opinions expressed here today by those who shared are our own and not necessarily those of Compulsive Easters Anonymous-HOW as a whole.

Members are welcome to converse with each other on Zoom after the meeting is over.

Thank you for allowing me to be of service.

After a moment of quiet meditation, please unmute if you wish, and join me in the **Third Step Prayer**:

God, I offer myself to Thee,  
To build with me 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!