

NOTES TO LEADER:

All notes in blue italics are to guide the leader through script, but **not meant to be read aloud.*

- *Please also identify anyone off camera before the meeting and see if they need help being seen.*

Welcome to the Book Study Meeting of Compulsive Eaters Anonymous-HOW. My name is _____, I am a compulsive eater and the leader for this 1 hour meeting.

Will you please unmute and join me in the **Serenity Prayer**.

"God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference. Amen."

Are there any other compulsive eaters here besides myself? Are there any newcomers or returnees? If you're new or returning we invite you to stay after the meeting to have questions answered and for fellowship. Welcome to all.

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 to carry the message of recovery to those who still suffer.

The Tech Assistant opens the meeting 15-minutes before the meeting starts, so please arrive early and stay through the whole meeting to keep the visual connection consistent. If you need assistance with your video or audio during the meeting, click on the "CHAT" icon to directly message the Tech Assistant __(name)___ privately with your question. Otherwise, you can minimize or close your chat box to refocus yourself on the meeting. We host the live video meetings to unite in recovery by allowing ourselves to be seen. CEA-HOW is a fellowship governed by our tradition of anonymity, so we ask that *only* people who identify as compulsive eaters are present in the room and on camera during the meeting. Here are some guidelines to help the meeting run smoothly -- please be alert, attentive and focused on the meeting in a seated position. Keep your video on if possible and mute your microphone when not speaking. When your video and microphone are on, keep all noise and distractions to a minimum including keeping your device steady for clear reception, avoiding multitasking and keeping all food off camera. Lastly, we ask that you avoid being in bed during the meeting if at all possible.

There is no abstinence requirement to read, except to read the Seven Tools of CEA-HOW. Please say your name before volunteering to read.

- Will someone please read "**Chapter Five—How It Works**" p.58 of the Big Book.

The following can be found on the website ceahow.org or in the *Forever Abstinent* book.

- Will someone please read "**The Twelve Steps of Recovery**"
- Will someone please read "**The Twelve Traditions**"
- Will someone please read "**The CEA-HOW Concept**"
- Will someone with 30 days of continuous CEA-HOW abstinence please read "**The Seven Tools of CEA-HOW**"

(Week 1 Member Introduction) We'd like to get to know and welcome each other, please introduce yourself by first name, location, sponsorship qualification (length of abstinence, weight change, level of sponsorship), and if you are available for sponsoring and/or outreach. Please refrain from posting your number in the chat box until after the 7th Tradition break. Again, my name is _____, I am in _____, ...etc.

(Week 2-5 Member Introduction) We'd like to get to know and welcome each other, please introduce yourself by first name and location. Please refrain from posting your number in the chat box until after the 7th Tradition break. Again, my name is _____, I am in _____, ...etc.

Will all available sponsors introduce yourselves and qualify as to the length of your abstinence, weight loss and whether you are a food, step, inventory and/or maintenance sponsor.

(*Leader verify-call out the unknown participant-all unidentified names or numbers, and Tech Asst will assist-send a private direct message.)

This is a CEA-HOW Book Study meeting. We begin by taking turns reading a paragraph or two from the book _____. We left off on page_____, paragraph_____.

Before shares begin, read housekeeping guidelines below.

There is no abstinence requirement to read. At any time after the reading, everyone is offered a chance to share, provided they have at least 30 days of continuous CEA-HOW abstinence. Those members who have at least 7 days of continuous CEA HOW abstinence may share if their sharing has been discussed with their sponsor.

We ask that no one give advice and please no cross-talk. Crosstalk during a meeting refers to expressing a compliment, commenting on someone's share, any form of disruption, advice giving, or speaking directly to another person rather than to the group. Sharing from our own experience, and avoiding crosstalk frees us from worry about negative or positive judgment. We further ask that those who share keep to the subject at hand, avoiding outside issues such as: religious creeds, other 12-step programs (except in passing), or outside literature or philosophies, and refrain from mentioning any specific foods.

May I have a volunteer to be our Timekeeper? Thank you for your service.

Lastly, before reading or sharing please state your name. May I have a volunteer to begin reading?

(Begin reading & sharing...) "Would anyone like to share what was read?"

****10 minutes before the end of the meeting****

7th Tradition & Announcements

Our **Seventh Tradition** tells us that every group ought to be fully self-supporting, declining outside contributions. The 7th Tradition is the only source of income to support Live Video meetings, sponsorship of retreats, sending Area 10 delegates to represent us at the annual business conference, and spreading the message that there is recovery from compulsive eating. At Live Video meetings, we don't pass a literal basket or hat, but we do ask you to give generously, as there is a monthly Video service fee.

To make a contribution utilizing PAYPAL the tech assistant will post the information in the chat, or it can be found on the intergroup website at www.ceahow-eie.org. Or to send a check, please email eie.ceahow@gmail.com for a mailing address.

Birthday & Step-Up

Do we have any CEA-HOW "birthdays" or "Step-Ups"?

Announcements

Are there any CEA HOW related announcements?

Assisting Newcomers

For those of you who are new to CEA-HOW we will have a volunteer to stay after the meeting to answer any questions and assist newcomers with getting a sponsor. You must have a sponsor to receive the food plan. May I have a volunteer to stay and assist newcomers or returnees?

Literature

There is CEA HOW Literature available to support you in your journey toward freedom from compulsive eating. The tech assistant has posted the website in the chat on where to obtain this.

Outreach

Now is the time to share your telephone number live during the meeting. Click on the Chat icon in the toolbar and enter your information. Also, if you would like to be added to or receive an Outreach Phone List for the English Electronic Intergroup please email: eie.outreach@gmail.com. This email has also been posted in the chat by the tech assistant.

Closing the Meeting

I wish to thank all members who read and shared during the meeting. Please remember our cherished 12th Tradition which states: "**Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.**"

Will someone please read their choice of "**Just for Today**," "**A Vision for You**", "**The Acceptance Paragraph**", or "**The Promises**"?

The requirements of CEA-HOW are what this particular group has found to be effective in working this program, and does not represent any other organization or meeting except this one. The opinions expressed by those who shared are their own and not necessarily those of CEA-HOW as a whole. Thank you for the opportunity to lead. After a moment of quiet meditation, remembering all those in and out of the rooms who are still suffering, will all those who care to, please unmute and join me in the **Serenity Prayer**.

"God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference. Amen."