

**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 Concept & Tools 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 Meeting Host 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. Also, note that the naming of participants on the electronic intergroup meetings (per group conscience) is restricted to "first name" or "first name and last initial" only. Any other information than this will be removed by the Meeting Host. If you need assistance with your video or audio during the meeting, click on the "CHAT" icon to directly message the Meeting Host (say their 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; if possible please refrain from laying in bed during the meeting. *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, avoid multitasking and keep all food off camera.

There is no abstinence requirement to read, except to read the Seven Tools of CEA-HOW.

- 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](http://ceahow.org) or in the *Forever Abstinent* book. Please say your name before volunteering to read.

- 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**"

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. (*\*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 Concept & Tools meeting. We will read select readings from the CEA-HOW Concept & Tools in

the Forever Abstinent book.

Now is the time for this week's volunteer to share 3-5 minutes of their experience, strength, and hope as it applies to the selected Concept or Tool line of the week. The Concept/Tool line for this week is \_\_\_\_\_. (*Leader reads the Concept or Tool line for the week*)

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

### **TIME FOR THE LEAD SHARE**

***Before shares begin, read housekeeping guidelines below.***

Now the meeting is open for sharing based on Concept/Tool line \_\_\_\_\_. (*Leader reads the sentence.*) 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 pitch if their pitching has been discussed with their sponsor. Lastly, before sharing please state your name.

We will have three-minute shares. At two minutes, our Timekeeper will give a one-minute warning. Sharers, please acknowledge the one-minute warning by the Timekeeper, and please begin to wrap up your share. Pitches should remain positive by offering experience, strength and hope.

We ask that no one give advice and please no crosstalk. 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 our own experience, strength and hope 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. Remain positive by offering experience, strength, and hope as it relates to CEA-HOW.

### **BEGIN SHARING...**

***\*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](http://www.ceahow-eie.org).

### **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?

### **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](mailto: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."*