

COMPULSIVE EATERS ANONYMOUS (CEA-HOW)
BIG BOOK STUDY MEETING FORMAT

Welcome to the _____ Big Book meeting of Compulsive Eaters Anonymous-HOW. 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."

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.

Will someone please read "Chapter Five – How it Works" on page 58 of the Big Book of Alcoholics Anonymous?

Will someone please read "The Twelve Steps?"

Would someone please read "The 12 Traditions?"

Will someone please read "The CEA-HOW Concept?"

Will someone please read "The Seven Tools?"

May we have the secretary's report? Treasurer's report? Intergroup representative's report?

We will now read from where we left off last week. Each person reads a page and then shares, until _____AM/PM.

Our seventh tradition tells us that every group ought to be fully self-supporting, declining outside contributions. The money collected goes to support this meeting and its 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. As we pass the basket, please give generously.

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", "A Vision for you", or "The Promises"?

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

Thank you for allowing me to be the leader for today.

After a moment of quiet meditation, will those of you who wish to, please join me in "The Lord's Prayer."