

CEA-HOW BIG BOOK MEETING FORMAT

(Leader should be made aware that the meeting starts PROMPTLY AT _____ P.M. AND ENDS PROMPTLY AT _____ P.M.)

Welcome to the _____ (Morning, Evening, Afternoon) Big Book meeting. My name is _____, I am a compulsive eater and your leader for this meeting. Would all those who care to please join me in The Serenity Prayer?

At this time we will pass the sign-in sheet. Feel free to take names and numbers. Is there anyone here for the first time, please give us your first name only so that we may greet you?

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

Would someone please read "The Twelve Steps?"

Would someone please read "The 12 Traditions?"

Would someone please read "The HOW Concept?"

Will someone please read "The Seven Tools?"

The purpose of this meeting is to enhance our understanding of the Alcoholics Anonymous Big Book so that we may reach a better understanding of the 12 Step recovery process. The 12 Steps are a group of principles, spiritual in nature, which when practiced as a way of life can create a new direction and commitment for those caught in the disease of compulsive eating. The direct result of these ideas is the process of change leading to a happier and more purposeful life.

The leader for this meeting acts as a moderator to keep things running smoothly. Leaders are not experts in working the steps nor in understanding the disease of compulsive eating.

A page from the Alcoholics Anonymous Big Book will be read and discussed. Please, relate your sharing to the passage being studied. If you cannot relate to the page, please feel free to say, "I Pass," so that you may hear from those who have experience, strength and hope to share as it pertains to what was read.

Since this is a CEA-HOW meeting, we ask that you have Seven (7) days of continuous back-to-back abstinence to share. Please remember also that this is not a psychotherapy meeting. Please relate your sharing to your working of the 12 Steps of the program.

Our group conscience asks for the following:

A. Sharing must be limited to Three (3) Minutes.

B. There must be **NO CROSSTALK** while others are speaking. Cross talk also includes not speaking amongst ourselves. We offer our attention by listening in silence.

C. Please share in a **LOUD VOICE** so that those sitting away from you may hear and understand what is being said.

D. We will allow 5 minutes at the end of the meeting for the following:

- Any CEA-HOW Announcements
- Secretary, Treasurer and Intergroup Representatives reports.
- At 7:30 p.m. we will pass the basket since we are self-supporting through our own contributions. We will continue discussion as the basket is passed.

We will begin the reading by choosing someone to start and share if they wish to. The leader will then choose the next person and so on. If you are chosen and you do not wish to read, you always have the option to pass.

Please make sure that the sign-in sheet continues to circulate throughout the entire time for the meeting.

Thank you for asking me to be your leader.

Remember our cherished tradition of anonymity, "**WHAT YOU SEE HERE, WHAT YOU HEAR HERE, WHEN YOU LEAVE HERE, LET IT STAY HERE.**"

After a moment of quiet meditation, will those of you who wish to, please join me in The Serenity Prayer?