

# The Penn-Pal

Compulsive Eaters Anonymous-HOW, Inc  
Pennsylvania Intergroup Newsletter



# SPRING 2012

Volume 9, Issue 2

Spring 2012

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## Life is Full of Missed Connections

Whoever thought a food temptation could help me better understand myself. My husband has been out-of-town to a conference, and he came home Saturday. Throughout our married life, he has done a lot of traveling for his job. My job was to run the show at home, keep the home fires burning, so-to-speak. His coming home always meant making his favorite dinner, clean sheets on the bed, fresh towels in

the bathroom, his favorite snacks and desserts available and generally making home a sanctuary to the weary traveler. It's something I like to do.

I don't miss him when he's away, because I've learned to live independently so, when he comes home, it's a toss-up



between happy to see you and now you're interfering with my life!! Sorry to say, but true. I would never verbalize this, because how much of a cold-hearted monster would say that!

However, I swooned over the aroma of wheat toast in the toaster which he made this morning. I prayed to stay abstinent, wrote about it, and

## Only an Honest Admission Can Save Me



It took a long time to reach the point of admitting my powerlessness. I had to recognize that, once more, my will was useless. I completely had to surrender my will to God, before I was willing to go to any lengths to

stop the bottomless obsession to eat. I surrendered my will, my pride, and my ego to God to follow this program as written. My level of surrender continues to deepen as I become increasingly aware of the depths of darkness to which this disease has taken me.

It is through surrender, I became teachable; willingly listening to God and the

people he puts in my life. Life goes much smoother when I get out of the way.

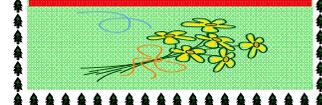
I've experienced trying many things outside of myself to feel better. I knew, in the depth of my soul, I wasn't right and couldn't fix myself. Thank God for bringing me to recovering.

-- from a CEA-H.O.W. member



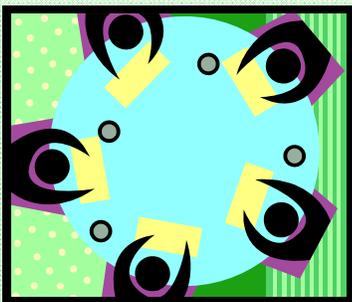
**SUBMIT ARTICLES  
FOR THE  
PENN-PAL TO:**

[info@ceahowpa.org](mailto:info@ceahowpa.org)



**Schedule of Meetings**

- (1) **Sun. 8:30 a.m.** -  
Bethel Park Library  
5100 W. Library Road  
Bethel Park, PA 15102  
Jane: 412-951-9157
- (2) **Mon. 6:30 p.m.** -  
Avalon Ministry Center  
336 S. Home Avenue  
Avalon, PA 15202  
Sharon: 412-761-1100 (until 9:00 p.m.)
- (3) **Mon. 7:30 p.m.**  
St. Andrews Episcopal Church  
208 W. Foster Avenue  
(corner of Frasier and Foster)  
State College, PA 16801  
Contact person: Sally: 814-934-7681
- (4) **Tues. 7:15 a.m.** -  
Trinity Episcopal Church  
550 S. Main St.  
Washington, PA 15301  
Jeanne: 724-228-2486
- (5) **Tues. 4:30 p.m.** -  
Dormont Presbyterian Church  
2865 Espy Ave.  
Pittsburgh, PA 15216  
Laura: 412-561-8176
- (6) **Weds. 10:30 a.m.**  
915 Spring Garden Avenue  
Pittsburgh, PA 15212  
Denise: 724-288-8801
- (7) **Thurs. 7:00 a.m.** -  
Our Redeemer Lutheran Church  
105 Gateshead Drive  
McMurray, PA 15317  
Anthony: 724-249-5056
- (8) **Fri. 6:00 p.m.** -  
Our Redeemer Lutheran Church  
105 Gateshead Drive  
McMurray, PA 15317  
Contact: Denise 724-288-8801
- (9) **Sat. 8:30 a.m.** -  
Alliance Church  
2510 Old Washington Road  
Upper St. Clair, PA  
Jane: 412-951-9157
- (10) **Sat. 9:00 a.m.** -  
Christ Church Parish House  
122 North Maple Avenue, Rear  
Greensburg, PA 15601  
Contact: Nancy 724-961-7706



**CEA-HOW Business Page**

**May, 2012**

SUN	MON	TUE	WED	THU	FRI	SAT
		1 (4,5)	2	3 (6)	4 (7)	5 (8,9)
6 (1)	7 (2,3)	8 (4,5)	9	10 (6)	11 (7)	12 (8,9)
13 (1)	14 (2,3)	15 (4,5)	16	17 (6)	18 (7)	19 (8,9)
20 (1)	21 (2,3)	22 (4,5)	23	24 (6)	25 (7)	26 (8,9)
27 (1)	28 <sup>Memorial Day</sup> (2,3)	29 (4,5)	30	31 (6)		

**“We are self supporting through our own contributions ...”**

Suggested breakdown for any meeting that decides - in its group conscience - to send donations to other CEA-HOW entities:

- 50% CEA-HOW Pennsylvania Intergroup  
304 Forest Edge Ct.  
Wexford, PA 15090
- 30% CEA-HOW World Service Office  
5500 E. Atherton  
Suite 227-B  
Long Beach, CA 90815-4017
- 20% CEA-HOW REGION (AREA 4)  
915 Spring Garden Ave.  
Pittsburgh, PA 15212

The next CEA-HOW Pennsylvania Intergroup meeting is 9:30 a.m., Saturday, June 2, 2012, at the Alliance Church in Upper St. Clair following the weekly 8:30 a.m. meeting. There is no abstinence requirement to participate.

## Life is Full of Missed Connections

*(Continued from page 1)*

then, finally talked to another in CEA-HOW. In the conversation, I realized none of this "interfering" was about him, but it was about me, and I don't know how to connect without the presence of food.

That's a real revelation.

I'm not sure I'm going to learn "how" to connect without the presence and aromas of food, but today, I'm going to work on it. This will not be an easy task. There have been so many years of doing things

this way and it worked, at least it seemed to, except I was overweight by more than one hundred pounds.

I hope the day will come when I can connect with a loved one without the involvement of food. Maybe I'll start by telling them

what I've just written today and see where that goes. I'll keep the newsletter posted!

-- from a CEA-H.O.W. member

### WHAT THE INVENTORY REVEALED



In working the 4th Step inventory for the fifth time, a question came up that made me feel that wonderful feeling of childhood and those times when everything was great.

Number #65 asked WHAT WAS THE BEST EXPERIENCE YOU HAD? This question is directed to adolescence. I was 12-years-old. We moved to a new neighborhood and, in an effort to help me meet new kids, my mother and dad sent me to summer camp which was sponsored by our new church. At the time, Camp Fatima seemed far from home.

To my surprise, I loved every minute of camp and being away from my family. I learned to swim, put on plays, and create a "house of horrors" for a project night. I went on a 5-mile-hike, and slept in a tent overnight. Our cabin won first place for cleanliness.

I loved the structure. We arose early to the sound of

a bugle, went outside, prayed and pledged allegiance to the flag, and went to Mass. Then, our day began, filled with activities and tremendous positive feedback. I begged my parents to let me stay another week, but that wasn't an option. I planned to return as a counselor when I turned 16, however, that plan didn't materialize. Mother and Dad were shocked and saddened that I didn't miss home. I did extremely well in that structured setting.

What a gift they gave me by sending me to camp. I found out about the thrill of being productive and working as a team was right for me. That experience also is a reflection of how my parents had reared me by giving me roots and wings.

I'm not different today, and the structure of the CEA-H.O.W. program has brought me back into a life of productivity and tremendous happiness.

Submitted by a CEA-H.O.W. member

### Meditation for the Month



*"I must keep my magic magnifying mind on my acceptance and off my expectations, for my serenity is directly proportional to my level of acceptance."*

— Pg. 452, *Alcoholics Anonymous, Third Edition*

### Do I Really Need a New

I made a terrible mess of myself - and relationships. My coping skills were non-existent.

This program has given me the structure I need to live my life outside substances. With this, I've learned to walk through my feelings, be a responsible citizen of the world, and be a more loving parent, daughter, friend and employee. I know God has me in his hands at all times.



Faith gives me the tenacity to hold on and walk through fears and difficult life experiences. Being able to trust God's direction, and touch all aspects of my life, eases the fears as well.

-- from a CEA-H.O.W. member

## The Penn-Pal

HOW, Inc. Compulsive Eaters Anonymous-HOW, Inc.  
Pennsylvania Intergroup Newsletter

304 Forest Edge Ct.  
Wexford, PA 15090

For more information: 412-225-1664  
Email: [info@ceahowpa.org](mailto:info@ceahowpa.org)  
Website: [www.ceahowpa.org](http://www.ceahowpa.org)

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WORLD SERVICE WEB SITE:  
[WWW.CEAHOW.ORG](http://WWW.CEAHOW.ORG)

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## Our Preamble

Compulsive Eaters Anonymous-HOW is a fellowship of individuals who, through shared experience, strength, and hope are recovering from compulsive eating and food addiction. 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.

*This section and CEA-HOW logo from World Service Office literature.*



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## Did I Hold Back Because I was Afraid to Reach Out?

I guess so. I tend to be reticent about that; and would much rather others reach out to me. I definitely have held back from others, waiting for them to come to me. A big part of that is, I don't want to be intrusive. I'm submissive in this respect and afraid of rejection.

Even when I do reach out, if another person is too eager to get close, I back off. I know this was one of the ways the weight seemed to serve me. It was much easier to keep a distance from others when I was fat. I didn't have to make a commitment to friendship by being available at all times.

My friends were all "using" buddies: food, cigarettes, cocktails, and shopping. I never realized these were tactics to keep others at a distance. I guess the risk of getting to really know me would push them away. I felt that I was using "impression management:" letting others know me through manipulation of exactly what I wanted them to know.

I resisted many good friendships, because that kind of closeness and availability to a friend felt a little like strangling. I can't stand too much "alone time," or too much together-

ness. It's a fine balance I'm working to achieve.

The program teaches me to accept people who come into my life, because there probably is a lesson to be learned from them. Today, I'm much more open, and a big part of that is working the inventory step.



There have been so many people who loved me, wholeheartedly, which I saw as manipulation. Pity. I'm happy the promises tell me I will not regret the past, nor wish to shut the door on it.

Someone asked me how important is it to be right? I can admit when someone is right without any trouble when their argument is backed with facts and examples. Other than that, I simply act "as if" to prevent discussion that might lead to an argument. I deplore that when it involves bullying, sarcasm

and a loud voice. The loud voice especially, will send me to somewhere else. It's completely unacceptable and hurts my ears, making me feel as though I am being pelted with rocks.

If I'm discussing one of my convictions, it takes much convincing to admit that someone else might be right. And only then, will I debate when my facts and references can be backed up. There have been too many times when I spoke out, only to be knocked back down, because I couldn't support my argument. That's embarrassing.

It's taken many years to realize it isn't important to be right, because the fight has gone out of me. It's like the food, where it just doesn't work anymore, so "let's get rid of it." My quest is for serenity at all costs. Useless opinions and banters don't hook me the way they used to. I've discovered everybody has something to say. My job is to filter what to keep and what to pitch. So far, that "pitch trash can" of mine is in need of being emptied.

-- from a CEA-H.O.W. member