

# The Penn-Pal

Compulsive Eaters Anonymous-HOW, Inc.  
Pennsylvania Intergroup Newsletter



Volume 9, Issue 3

Summer 2012

## WILLINGNESS, NOT WILLFULNESS

When I initially had committed to CEA-H.O.W. tools, steps and traditions (almost 5 years ago), I felt a peacefulness that I never had felt. It was not immediate, but I was wonderful. When I had stopped looking for peace and serenity, I became aware that they always were with me. I did not need to look for recovery. I had to live only this moment, working all the tools of program, slowly, but intentionally. I got out of the food, and on with life. It felt miraculous.

Life changes and routine changes are inevitable, but difficult for me to manage. As an addict, I need my routines. Structure of program and routines are safe for me. Vacations, travel, pregnancy, health changes, work routine changes, etc. all have been high-risk experiences for my recovery.



### And baby makes three

I have found my greatest challenge to be parenthood. Suddenly, not only are there "food" items in the house that I do not eat, but I am handling them to provide and serve them to my toddler. I lasted for about six months (until my daughter began eating solids), and then, I relapsed.

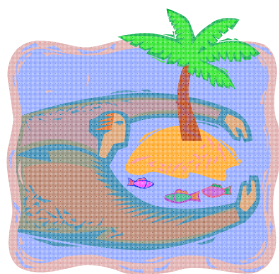
I can see how I had set myself up by limiting my involvement with program, making excuses and isolating from my

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## SUBMISSION NOT SURRENDER



My surrender to food came Thanksgiving of 2011, when I became horribly miserable after eating toxic foods. I just couldn't take it anymore. I thought that day that, maybe, I should try a food plan. I called my sponsor, and he suggested the same thing. I immediately knew that I should try the program. I felt the prompting from God to

do so. I had spent years toying with food and experimenting with food plans, most revolved around counting calories. I never had a clear plan of what to eat, so, nothing about me stabilized, including my weight or my emotional life.

I experienced a lot of anxiety and depression, and typically would gain 5 to 8 pounds in the winter, and then take it off in summer. I think this was because I would eat many more carbs in the winter, and then, become depressed. Then, I would

come alive every spring, and get to my regular weight. Every year, it became harder and harder to lose those few pounds, and last year, it took a really long time.

*The older you get, the harder it is.*

The insanity and confusion that I experienced constantly just became a way of life. I thought I would just have to live this way forever. I never knew that there was another possibility, until I tried CEA-H.O.W. Now, I no

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**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. 7:00 a.m.** -  
The Turning Point  
(Administrative Building)  
199 North Main Street  
Washington, PA 15301  
Kathy H. 724-531-1985
- (3) **Mon. 6:30 p.m.** -  
Avalon Ministry Center  
336 S. Home Avenue  
Avalon, PA 15202  
Sharon: 412-761-1100 (until 9:00 p.m.)
- (4) **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
- (5) **Mon. 7:30 p.m.**  
Ohio County Library  
52 16th Street, Board Room- Lower Level  
Wheeling, WV 26003  
Contact person: Sandy H. 740-633-0223
- (6) **Tues. 7:15 a.m.** -  
Trinity Episcopal Church  
550 S. Main St.  
Washington, PA 15301  
Jeanne: 724-228-2486
- (7) **Tues. 4:30 p.m.** -  
Dormont Presbyterian Church  
2865 Espy Ave.  
Pittsburgh, PA 15216  
Laura: 412-561-8176
- (8) **Weds. 10:30 a.m.**  
915 Spring Garden Avenue  
Pittsburgh, PA 15212  
Denise: 724-288-8801
- (9) **Weds. 6:30 p.m.**  
Ohio County Library  
52 16th Street, Board Room- Lower Level  
Wheeling, WV 26003  
Contact person: Sandy H. 740-633-0223
- (10) **Thurs. 7:00 a.m.** -  
Our Redeemer Lutheran Church  
105 Gateshead Drive  
McMurray, PA 15317  
Anthony: 724-249-5056
- (11) **Fri. 6:00 p.m.** -  
Our Redeemer Lutheran Church  
105 Gateshead Drive  
McMurray, PA 15317  
Contact: Denise 724-288-8801
- (12) **Sat. 8:30 a.m.** -  
Alliance Church  
2510 Old Washington Road  
Upper St. Clair, PA  
Jane: 412-951-9157
- (13) **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**

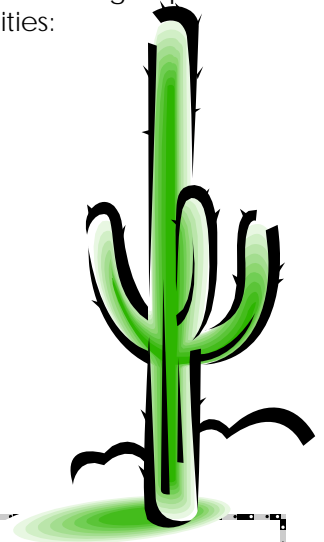
**October, 2012**

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

**“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, September 8, 2012, at the Alliance Church in Upper St. Clair following the weekly 8:30 a.m. meeting. There is no abstinence requirement to participate.



## SUBMISSION NOT SURRENDER

*(Continued from page 1)*

longer have insanity and confusion about food. My weight is the same, even in winter. And my emotional life is stable.

Surrenders usually come in stages; more

like a series of surrenders that lead to the final surrender. It's not just one surrender. I think that submission is yielding, but surrender is giving up. Submission also may involve resentment, if it doesn't come from the heart.

For me, surrender comes from the heart; I want a change and am drawn to the right thing. Submission is more like avoiding something, while surrender is about giving up, and then being led to something better, be-

cause I have let go of old ideas. And now, there is room for God to work in me.

*From a CEA-H.O.W. member*

## WILLINGNESS, NOT WILLFULNESS

*(Continued from page 1)*

fellows. I believe that I had decided I was going to relapse and just needed enough time away from program for my addiction to "grow in strength" before I could lift those old "food" items to my mouth.

At first, non-program eating was uncomfortable and difficult, but my addiction assured me that I could control it. After one year out of program and a 60-pound weight gain, I, once again, am humbled by the destructive power of my addiction. First, I had experienced a loss of serenity, then a decrease in my contact with my Higher Power, and, finally, physical decline.

### A homecoming

Adjusting to being a stay-at-home parent to a toddler, from an independent, career-focused person has been the most wonderful - and frightening thing that I have faced in my life. My addiction had welcomed me back when I became fearful and wanted to hide. So, I hid.

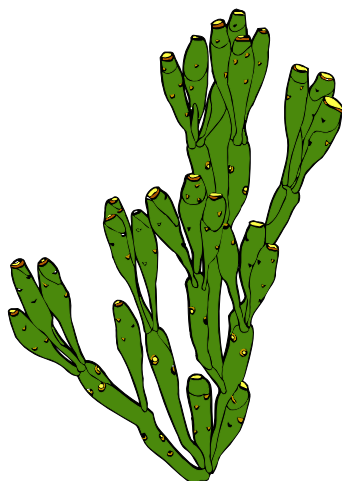
As I thankfully emerge to survey the damage of my willfulness, I am grateful to my fellows in CEA-H.O.W. for welcoming me back home, and for helping me see what I had been avoiding.

It's OK to be afraid.

I'm learning to accept some of my more harmful character flaws, one being perfectionism: with a side of all-or-nothing thinking. The tools of program, the promises, and MEETINGS, MEETINGS, MEETINGS... are my best supports. I am so blessed to know relapse, and recommitment.

Here I am, 22 days abstinent and baby-stepping ... every day is a gift. Some moments are easier than others, but my challenges remind me that I am an addict. Apparently, I need a lot of reminders

*From a CEA-H.O.W. member*



## Meditation for the Month



*"Meetings are dedicated to the concept of remaining Honest, Open-minded, and Willing to listen - this is the HOW of the program."*

*— from the C.E.A.-H.O.W. Concept*

## DO YOU KNOW THE SERENITY PRAYER?

From the AA General Service Office, an excerpt from:

*"ORIGIN OF THE SERENITY PRAYER: A HISTORICAL PAPER"*

*God grant me the Serenity to accept the things - I cannot change; Courage to change the things I can; and Wisdom to know the difference. Living one day at a time; Enjoying one moment at a time; Accepting hardship as the pathway to peace; Taking, as He did, this sinful world as it is, not as I would have it; Trusting that He will make all things right if I surrender to His will; That I may be reasonably happy in this life, and supremely happy with Him forever in the next. Amen.*

- REINHOLD NIEBUHR

For the entire article, see [http://www.aa.org/en\\_pdfs/smf-129\\_en.pdf](http://www.aa.org/en_pdfs/smf-129_en.pdf)

Please note "Thy will, not mine, be done" at end of Step Three is NOT in the Serenity Prayer.

## The Penn-Pal

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

304 Forest Edge Ct.  
Wexford, PA 15090

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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.*



## H.O.W.EVER



Without program, I have little or no discipline. I eat whatever I want, when I want; I always crave more. I search to fill an empty space within my gut. I never am satisfied.

I get up, because I have to go to work, begrudgingly. I do household chores when the place is a mess.

I don't pray, meditate or read anything uplifting. Instead, I watch TV, sleep or lounge around. My relationships are only when I want them. I avoid responsibilities and I isolate.

*H.O.W.ever*, when I am following the CEA-H.O.W. program (especially tapping into God's power, love, and way of life), I am disciplined. I journal, read, pray, and meditate. I make outreach calls, attend meetings, communicate freely with others.

Discipline means following a food plan, writing it down, and calling it into a sponsor. I have an action plan. I clean up and declutter. I am energetic. I do things with a smile. Others interest me.

Working program, I feel loved, valued, and important - no matter what.

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

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## AROMA OF BOILING RESENTMENTS

I never thought I could be grateful for food thoughts. They're infrequent, but when they come, I know something is amiss. Today, I know a resentment is resurfacing, but it has the look and aroma of one particular food. Because of my program, I don't have to react to these overwhelming sensations and take part by eating, but I can realize a resentment is boiling, and I ask God to remove it from me.

Immediately, the food thought is gone. Over the years, what used to be a sucking vortex that made me eat, today is a warning



that something is going on. I'm grateful for the food thoughts, because they have led to better self-understanding, as long as I don't act on the thoughts.

My emotional and spiritual life must be out-of-whack, because these food thoughts are letting me know that all is not well. To-

day, I have to give up wanting things my way and remain open to God's plan for me, not mine.

In the past, I didn't take the time to examine why food thoughts were on my mind, I acted immediately and ate, which led to more eating, and chaos - and never solving the reason for the compulsive thought.

*From a CEA-H.O.W. member*