

# The Penn-Pal

Compulsive Eaters Anonymous-HOW, Inc.  
Pennsylvania Intergroup Newsletter

## SUMMER 2009

### Believing is Reasonable



Writing assignment No. 81: *Discuss and reflect on why reason alone cannot keep us abstinent. Talk*

*about reasonable things I have tried in my life that have not worked. (This question was referring to the chapter "We Agnostics")*

Either God is or God isn't.

For me I needed to take it a step further. I believe, but did I believe He would help me? There is no science to prove the existence of God. One cannot weigh and measure the presence of a

Higher Power, nor can one weigh and measure faith or grace. So some may say it is unreasonable to believe.

I have carried a weak faith around with me for decades. I have done things that at the time seemed reasonable - at this point I am particularly referring to a myriad of diets. They

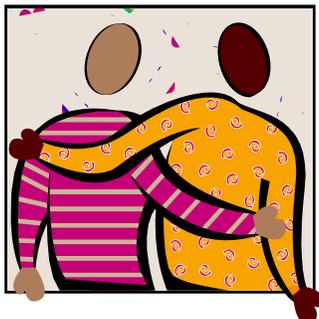
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### Welcomed with Open Arms



Tradition Three says we are compulsive eaters only if we say so. In the beginning, AA had a list of rules and declared that only a "pure alcoholic" may be part of AA. They were afraid that, without regulations, they may be in danger that someone would come into the rooms who was crazed

and violent.

They finally dropped this absurd idea and were delighted that many of the far gone alcoholics made astonishing recoveries and that AA's intolerance might have prevented their very success. The early AA's found that the answer was to keep it simple to paraphrase the 12 & 12's explanation of Tradition Three.

And thank heaven I only had to admit that I was a food addict to be welcomed with open

arms when I came into the meeting desperate for help. I would have done anything I was told. Nothing was in my hands anymore. I was finished with that old way of life and excited and inspired about the new life that would be coming my way.

The eagerness to become the "person my Higher Power has wanted me to be all my life," from the pamphlet entitled "The Meaning of Abstinence and Weight Loss," was making me a zealot. I

*(Continued on page 4)*



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

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



**Schedule of Meetings**

**CEA-HOW Business Page**

- (1) **Sun. 8:30 a.m.** - Bethel Park Library  
5100 W. Library Road  
Bethel Park, PA 15102  
Jane: 412-951-9157
- (2) **Sun. 6:00 p.m.** -  
Trinity Episcopal Church  
500 S. Main Street  
Washington, PA 15301  
Denise: 412-377-2334
- (3) **Mon. 6:30 p.m.** - Avalon Ministry Center  
336 S. Home Avenue  
Avalon, PA 15202  
Sharon: 412-761-1100
- (4) **Tues. 7:30 a.m.** - Wesley Spectrum Services  
26 S. Main St.  
Washington, PA  
Toni: 412-805-2334
- (5) **Tues. 6:30 p.m.** -  
Dormont Presbyterian Church  
2865 Espy Ave.  
Pittsburgh, PA 15216  
Laura: 412-561-8176
- (6) **Weds. 6:30 p.m.** - Vineyard Church  
The Uptown Theatre  
100 N. Main St.  
Washington, PA  
Kathy: 724-531-1985
- (7) **Thurs. 6:30 p.m.** -  
Cranberry Township  
Municipal Bldg.  
2525 Rochester Road  
Cranberry Township, PA  
Jane: 412-951-9157
- (8) **Fri. 6:00 p.m.** -  
Our Redeemer Lutheran Church  
105 Gateshead Drive  
McMurray, PA  
Denise: 412-377-2334
- (9) **Sat. 8:30 a.m.** - Alliance Church  
2510 Old Washington Road  
Upper St. Clair, PA  
Jane: 412-951-9157

# August, 2009

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

**“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  
2400 Oxford Drive  
P.O. Box 179  
Bethel Park, PA 15102-1856
- 30% CEA-HOW World Service Office  
5500 E. Atherton  
Suite 227-B  
Long Beach, CA 90815-4017
- 20% CEA-HOW REGION (AREA 4)  
Ansonia Station  
P.O. Box 1042  
New York, NY 10023



The next CEA-HOW Pennsylvania Intergroup meeting is 9:30 a.m., Saturday, September 26, 2009, at the Alliance Church in Upper St. Clair following the weekly 8:30 a.m. meeting.

### Believing is Reasonable *(Continued from page 1)*

were all unsuccessful. Exercise programs were of most value; I actually stayed with them. Exercise helped somewhat with the emotional piece of the puzzle. Where diet only addressed the physical piece, exercise addressed the physical and emotional parts of the "why" I overate.

However, with exercise I do not believe the emotional piece was completely covered and nowhere in all these vain attempts was the spiritual

part of me addressed. So you see, even exercise did not work. I still ate to numb myself and I still ate compulsively.

I was going to have to quit my job and train like an NFL lineman to burn those calories. All in all, exercise was not completely reasonable.

In the end there was one more exercise to complete; I had to stop and get on my knees. There was more to the puzzle; I had to stop and

reflect. What did God want for me? I had to get out of the food.

I was helpless; I finally admitted that. Now I finally was getting it. It was reasonable to seek God's help.

- A CEA-H.O.W. member



### Meditation for the Month



*"Hope is the thing with feathers—  
That perches in the soul—  
And sings the tune without the words—  
And never stops—at all—"*

— Emily Dickinson

I never thought about God's assistance!

I was not able to humble myself until this disease beat me into submission. Then I realized how desperately I needed God and how grateful I was for His divine intervention.

- A CEA-H.O.W. member



### 4 G's in Her Easter Basket

**Glitch:** Obviously, it was sleeping through the alarm after our storms.

**Good:** About doing Easter activities with B. and watched "Ben-Hur" with L.

**Goal:** Finishing dishcloth for C. and setting my weekly goals.

**Gratitude:** Easter with all its meanings; protection from storms; S. and the kids are coming ... today; abstinence and a program to get me through another holiday; B. Easter egg hunting.

**Writing:** "Compulsive" Means MY will - trying to do it all (and have it all according to my will) is what got me in the mess I was in when I got into program. One of my favorite quotes is that "Surrender is being willing to recover someone else's way." I need to keep that in mind whenever I start to get my back up - and then let go and let God.

- A CEA-H.O.W. member



### Humility Brings Hope

(A member's writing assignment from page 325 of "As Bill Sees It".)

I no longer congratulate myself on the success I have in my recovery because I know it is only through God's grace that I am abstinent.

Even after many years in another 12 step program I would not fully surrender my will and life to God in regards to my compulsive overeating. And before the 12 steps I *did* congratulate myself when I dieted successfully because I thought it was due to my willpower.

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2400 Oxford Drive  
PO Box 179  
Bethel Park, PA 15102-1856

For more information: 412-225-1664  
Email: info@ceahowpa.org  
Website: www.ceahowpa.org

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WORLD SERVICE WEB SITE:  
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.*



## Count on It



The reading is about "Just for Today" and at the end it says, "it's amazing to learn that our need for approval is so great that when we try anonymously to do someone a good turn, we're hard-pressed not to tell anyone else of our achievement." Then it says "TRY IT!"

This one made me smile. I have actually done the one that says, just for today, I will do somebody a good turn and not get found out - if anyone knows of it, it will not count. And I could probably count those times on one hand.

It's amazing how it works. It leaves me with a sense of goodness, for want of a better word, and makes me want to do it more often.

In the height of my disease I was devoid of discernment for anyone else or myself. This program and Al-Anon have taught me to discern and given me the

desire to keep the good deeds to myself and that way it's between me and my Higher Power. And that combo is a winner every time.

I try not to let my feelings show that I may be hurt but it seems that I'm an easy read so I'm working on hypersensitivity to real or imagined slights.

Today I don't react without first thinking.

- A CEA-H.O.W. member



## Welcomed with Open Arms (Continued from page 1)

wanted it so bad I could taste it! Fitting words for a food addict, but true. It was a feeling in my belly that was on fire and which had no intellectual place in my head. I came to find out it was called willingness.

Imagine how it would have been had I gone to a meeting for food addicts and it had been de-

cidated that I was too fat, too negative, too out-of-control, and on and on, that I wouldn't have been accepted.

All I did was call myself a food addict, and that was because I couldn't stop eating, and I was accepted immediately. My sponsor didn't hesitate for a second when I asked her to sponsor me

and I began on the road that was to become more precious to me than anything I've ever experienced.

A CEA-H.O.W. member

