

# The Penn-Pal

Compulsive Eaters Anonymous-HOW, Inc.  
Pennsylvania Intergroup Newsletter

# WINTER 2010

## Faith Alone Isn't Enough

In the first two steps, the work was simple. Steps One & Two are profound but simple. I didn't have to DO anything actively to follow through on those steps. Step Three is the first one that requires action. I now must employ Step Three when facing difficulty or a baffling situation. No more am I allowed to say

I'm doing this on my own. There is a dependence that is necessary to keep the machine moving in sync.



I am done playing God in my life.

I also think myself a spiritually deep person. Upon closer reflection, the quote "Faith alone can avail us nothing," has proven true time and time again. I SAY I'm a spiritual person, but have only

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Winter 2010

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## A Question of Balance



The 12 & 12 says, "his life actually DEPENDS upon obedience to spiritual principles – if he deviates too far, the penalty is sure and swift and he sickens and dies." It also says, to para-

phrase, that at the beginning we just go along with this, but then we find out it's a way of life we REALLY want to live. Amen to that, because I wouldn't trade my old life of compulsive overeating for this program any day. I love my abstinence, my food and even the outreach calls, everything about the program, because it has given me a way of life that is manageable as a food addict.

The physical is pretty well taken care of and so is the emotional pretty well taken care of.

Today my spiritual life is pretty well taken care of. My biggest job is keeping them all in balance, not too much of one or the other.

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



**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) **Fri. 6:00 p.m.** -  
Our Redeemer Lutheran Church  
105 Gateshead Drive  
McMurray, PA  
Denise: 412-377-2334
- (8) **Fri. 6:30 p.m.** - Perry Highway  
Evangelical Lutheran Church  
11403 Perry Highway  
Wexford, PA 15090  
Contact: Jane 412.951.9157  
or Susie 412.614.177
- (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 Episcopal Church  
Christian Education Building  
122 North Maple Street  
Greensburg, PA 15601  
Contact: Anthony 724-249-5056

# February, 2010

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

**“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, March 6, 2010, at the Alliance Church in Upper St. Clair following the weekly 8:30 a.m. meeting.

### Faith Alone Isn't Enough *(Continued from page 1)*

recently been humbled to my knees to God.

For years, I've felt above what others thought and found myself sinking deeper into my own vicious spirals of doubt, indecision and mismanaged self-sufficiency. It's amazing what one sentence will make you realize. I am passive by nature and no wonder I have merely been treading water! I need to be receptive, responsive and ACTIVE in

my faith. Then, I will allow the answers to come to me instead of me questioning things all the time and searching endlessly for answers.

I also realize that I do not possess the tools on my own to work this program. Relying on others is as much a part of the journey. Learning to trust and invest in something other than myself is something really new. I spent so much of my life looking out for me

and, those closest to me, that I've become almost paranoid and antisocial.

I admit I'm a great actress, but once the curtain is closed, I am the one who suffers from my deceit.

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

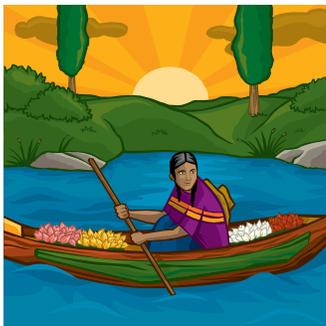
**Meditation for the Month**



*"Patience and diligence, like faith, remove mountains."*

— William Penn

### How to Navigate Life



The more I am into acceptance, the better my life becomes. This does not mean I'm a mindless and passive pawn on some big checkerboard of life. I am an active participant, and I need to do my part in order to con-

tinue making progress. "Pray to God, but keep rowing to shore," a Russian proverb, is one of my favorite quotes. And today, I can strive to be in acceptance over where the winds of the day are taking me.

God steers the course, one day at a time.

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

### Dividends and Mysteries

*(A member's writing assignment from page 76 of "As Bill Sees It".)*

If the sole dividend of our fellowship was abstinence I don't know if I would have kept coming back all this time. No spiritual involvement = "d-i-e-t" to me.

Where did I get the courage and strength — to weigh and measure food, to not eat sugar and flour, to stop eating compulsively, to work program, one day at a time? One day, my eating was out of control, and the next day, the obsession was lifted and I was abstinent. Where would I gain

the willingness to grow if I had not hit bottom and been raised up by God's grace through this program? God is the key to our whole program. It is a mystery how this program works in all its simplicity.

For me, the primary joy and seduction of this program is God drawing me nearer to Him through the pain of my recovery, and the triumph created from that pain transformed.

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

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2400 Oxford Drive  
PO Box 179  
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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.*



## The Morning Prayer



God, today is a new day for me and with You, I can handle anything. I ask for Your protection today from anyone or anything that might interfere with my

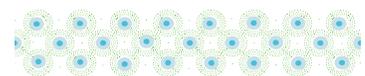
abstinence. I am asking now for Your protection if, sometime during the day, my desire to compulsively eat becomes stronger than my desire to abstain.

I know I am powerless over food, and my life can become unmanageable again. I do believe that You will relieve my compulsion and restore me to sanity. Please help me to know Your will

for me today and give me the willingness to carry it out. I turn my will and life over to You. Please guide me through another day of abstinence. God, I need You.

HELP ME TO RELY ON YOU,  
DEAR GOD, INSTEAD OF  
FOOD.

-- from CEA-H.O.W.



## One Minute at a Time



"One day at a time" to be abstinent sounds very doable, however, when I came out of relapse, even *that* seemed much too long.

I had tried for days to just make it though one day - just one day - without overeating. Each day brought a new failure. So, I finally tried breaking down 24 hours into bit-sized segments. In the morning, I prayed and asked God, again, for the willingness to work the program. That worked for a few hours. Then, I asked again during the day, and again at night. I finally made it through just one day.

Simple, yes. Easy, no. The same system has worked for my making phone calls. Instead of looking at making three calls a day, I tried to make one phone call. And then, one more. And one more. Cut the task down to its smallest parts and try. It works!

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

