

# The Penn-Pal

Compulsive Eaters Anonymous-HOW, Inc.  
Pennsylvania Intergroup Newsletter



## WINTER 2012

## A New Year's Resolution for your CEA-H.O.W.

Many people who have problems with food and other substances, or behaviors, make resolutions around this time to make positive changes.

This might be a good time for your CEA-H.O.W. meetings to have a group conscience regarding ways they can spread the word that there is free recovery in our rooms. Consider

placing free announcements online with [Craigslist.com](http://Craigslist.com) and other local sites that allow it. Newspaper, TV and radio station Web sites, some-



times, allow the placing of free announcements.

The CEA-H.O.W. Pennsylvania Intergroup also can send via e-mail a recorded 30-second audio public service announcement to any radio station that would be willing to air our message. All we would need is the name of the station, con-

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Volume 9, Issue 1

Winter 2012

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## How Can I Keep an Open Mind?



"Open-mindedness" is a third of who we are in CEA-H.O.W. The H stands for "honesty," the O for "open-mindedness" and the W for "willingness."

The food addiction is cunning, baffling and powerful. It tries to convince me against my will that the illness is stronger than the daily cure of

CEA-H.O.W. abstinence. So often, when my guard is down, I am tempted to say "what's the use?" and throw away my abstinence. A closed mind can malfunction like that. But it is possible to keep an open mind and, therefore, continue to be receptive to the CEA-H.O.W. message.

Attending CEA-H.O.W. meetings and talking to members in person and on the phone is a great way to remain open-minded, because I can see and hear the recovery from compulsive eating.

Also, I can list everything else I had tried to lose weight. If anything else had worked, I would continue doing that, instead of this wonderful program.

And the most important thing to help me keep an open mind is my Higher Power, whom I call God. Praying for the willingness, simply to have an open mind, can do wonders. And, of course, praying to my Higher Power, always is free.

- submitted by a member of CEA-H.O.W.



**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) **Thurs. 7:00 a.m.** -  
Our Redeemer Lutheran Church  
105 Gateshead Drive  
McMurray, PA 15317  
Anthony: 724-249-5056
- (7) **Fri. 6:00 p.m.** -  
Our Redeemer Lutheran Church  
105 Gateshead Drive  
McMurray, PA 15317  
Contact: Denise 724-288-8801
- (8) **Sat. 8:30 a.m.** -  
Alliance Church  
2510 Old Washington Road  
Upper St. Clair, PA  
Jane: 412-951-9157
- (9) **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**

**February, 2012**

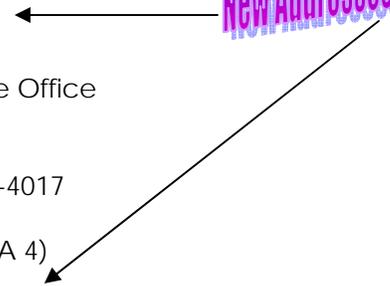
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 (6)	3 (7)	4 (8,9)
5 (1)	6 (2,3)	7 (4,5)	8	9 (6)	10 (7)	11 (8,9)
12 (1)	13 (2,3)	14 (4,5)	15	16 (6)	17 (7)	18 (8,9)
19 (1)	20 (2,3)	21 (4,5)	22	23 (6)	24 (7)	25 (8,9)
26 (1)	27 (2,3)	28 (4,5)	29			

**“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

**New Addresses**



**Do You have a Good Read on Your CEA-H.O.W. Meeting?**



Please consider talking with everyone who attends your CEA-H.O.W. meetings to determine what books, pamphlets or other reading material might be

needed. Jeanne continues to help the meetings be properly supplied. She plans to place a literature order soon. Please consider having a group conscience for each meeting to determine what is needed. Send your request to [info@ceahowpa.org](mailto:info@ceahowpa.org) and it will be forwarded to Jeanne, or simply speak with her when you make your outreach calls at 724-228-2486.

**The next CEA-HOW Pennsylvania Intergroup meeting is 9:30 a.m., Saturday, March 3, 2012, at the Alliance Church in Upper St. Clair following the weekly 8:30 a.m. meeting. There is no abstinence requirement to participate.**

## A New Year's Resolution for your CEA-H.O.W. Meeting?

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tact person and e-mail address. We also have a CEA-H.O.W. tear sheet anyone can have for the asking. The title is "Are You A Food Addict?" and

at the bottom, there are tear sheets with the CEA-H.O.W. contact phone number. (Remember to ask permission before posting it on a bulletin board or anywhere else!)

There are an infinite number of ways to let others know about CEA-H.O.W. Brainstorming after a meeting will, no doubt, help uncover many more ways to tell

the public about the program - just in time for New Year's resolutions.

- submitted by a member of CEA-H.O.W.

## "Easy Does It" can be Easy



I can be so hard on myself. I guess that was how I was reared, and when I grew up and left my parents' control, I simply took over doing the job they had done. Making a mistake or facing adversity can seem insurmountable, especially when I blame myself for the failure. How can anyone in this program, or not, take it easy as the Alcoholic Anonymous program suggests?

It helps immeasurably to remind myself that I am not alone, whenever disappointment crosses my path. I am a member of CEA-H.O.W., which means, my fellow sufferers are just a phone call or meeting away. And even

without them, I never am alone, because in this program, we always have our high power by our side. (If only I always could remember that!)

Letting go and letting God has made a difference. It does not always help me to take it easy, but "easy does it" is easier when I turn my problem over to God. It also helps when I remind myself that this, too, shall pass. As I write this, our household is dealing with unemployment, having to pay for very high-priced health insurance, moving to another state, and a less than ideal relationship with one of the children.

Life isn't always easy, but I can apply "Easy Does It" more often when I work my program.

- submitted by a member of CEA-H.O.W.

**Meditation for  
the Month**

*"The more we become willing to depend upon a Higher Power, the more independent we actually are."*

— Pg. 36,  
Alcoholics Anonymous  
*Twelve Steps and Twelve Traditions*

## Shining a Light on the Subject of Abstinence

*(Continued from page 4)*

charge and I'm not going to question his decisions in my life. So far, it's all been great. I want for nothing and am filled with gratitude. I know what my H.P. has in store for me is for my benefit even when it doesn't seem as though it is. Today I trust my H.P. to give me the next right thought and the next right action.

Our program just gives and gives and all we have to do is accept. It's mind-boggling how it all works.

- submitted by a member of CEA-H.O.W.

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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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## How to Keep from Taking that First Compulsive Bite Today



For today, I have weighed and measured my food, after committing to my sponsor what I was going to eat - and then, turning it over to God.

I also made my outreach calls, connecting with three people in program. The conversations usually don't take much time, but if I

stay focused on talking about the CEA-H.O.W. program, usually, I can get something out of it. And because of that, be less likely to turn to food.

Doing anything for the CEA-H.O.W. program is doing service. So, no matter how seemingly insignificant the task, like helping to pass out the readings at a meeting, or just putting away a chair at the end of the meeting, I am doing my part. I must not lose sight that doing service is to help me, much more so than anyone else who

might be helped. So, doing service always works, because I am the one always who benefits.

Reading and writing something for the day also aids my recovery. Having a CEA-H.O.W. sponsor who can suggest what program literature to read, and what topic to write about can make a huge difference. Staying connected to CEA-H.O.W., and taking action, helps me stay abstinent for today.

- submitted by a member of CEA-H.O.W.

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## Shining a Light on the Subject of Abstinence



One of my questions this week asked, "what does the Big Book mean when referring to our Higher Power as the "Father of Light." I don't know

what the Big Book means, but the reading says, to paraphrase, this program is simple, but not easy and the price that has to be paid is destruction of self-centeredness.

All I know is I was brought out of a deep chasm of darkness when I was given the gift of abstinence into a sense of hope and optimism. I hadn't started working the program, but I knew something precious was in store for

me. I was excited, not eating compulsively, but full of plans for what was coming. Turns out I became abstinent a short time later, about 10 days, and that was the gift that was waiting for me.

My main problem seems to be self-centered fear ... what's going to happen to *ME*? It doesn't matter anymore what's going to happen to me because my H.P. is in

*(Continued on page 3)*