

Eating Disorders Anonymous Brief Meeting Format^{v1.7}

Welcome to the {Group Name} Meeting of Eating Disorders Anonymous. My name is _____.

Will everyone please join me in a moment of silence followed by the Serenity Prayer?

**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.**

Is anyone here for a first, second or third time? If so, would you please tell us your first name so we can welcome you?

Eating Disorders Anonymous is a fellowship of individuals who share their experience, strength and hope with each other that they may solve their common problems and help others to recover from their eating disorders. Our **Primary Purpose** is to recover from our eating disorders and to carry this message of recovery to others with eating disorders. Take what you can use and leave the rest.

Optional (suggested if there are new people): The **only** requirement for membership is a desire to recover from an eating disorder. There are no dues or fees for E.D.A. membership. We are self-supporting through our own contributions. E.D.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes.

For information about recovery, please read EDA literature. See me after the meeting, or get it free on the EDA web site, www.eatingdisordersanonymous.org.

Many of us find it helpful to keep in contact between meetings. Please feel free to ask other members for their numbers. Or, see me after the meeting for a copy of the phone list, or to add your number to the list.

Recovery means finding safe ways to face and deal with the issues in our lives. The 12 steps are one such process. May I have a volunteer read "The 12 Steps of E.D.A.?"

Living in recovery means recognizing life choices and making them responsibly. **Diets and weight management techniques do not solve our thinking problems.** EDA endorses sound nutrition and discourages any form of rigidity around food. Balance – not abstinence -- is our goal.

Are there any EDA announcements?

It is important to claim our successes. Does anyone have a milestone of recovery* they care to recognize?

If there are new people: Today we'll discuss a topic. After we've agreed on one, we'll go around the room. Please limit your comments so everyone gets a chance to share. Please do **not** provide unsolicited advice. If you **want** feedback, please ask for it after the meeting.

We all want to hear what is working. When it is your turn, please share your positive experiences, strength and hope.

Does anyone have a topic or issue to discuss?

[If someone brings up a problem, identify a recovery topic that relates to it and suggest that the group discuss the problem in terms of the solution.]

7th TRADITION: [*Pass the basket.*] According to our Seventh Tradition, we are "self-supporting through our own contributions." Please contribute as you can.

It is now time to close. Please preserve our anonymity: do not discuss personalities and problems (other than your own) with others once you leave this meeting.

Would anyone care to read the Promises? **Keep coming back – it works when we work it!**

* For examples, please see the document "Milestones of Recovery in EDA."