

Suggested Meeting Format for Online Meetings of Eating Disorders Anonymous

Welcome to the [meeting day and time] online meeting of Eating Disorders Anonymous. My name is [your name]. [Optional: I am in recovery from [eating disorder type(s)]. I am your meeting leader for [today/tonight].

Would those who wish 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?

The protocol for the meeting is thus:
We like to type in short sentences, so that it is easier for others to follow along.
We also prefer no cross-talk or advice-giving during the shares, but welcome hugs and smiles.

If you would like to share, please signal the meeting leader by typing an asterisk (*). The meeting leader will recognize you in turn. When you are finished sharing, please type DONE. You can also send someone a private message by double clicking on the person's name.

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.

Please contact info@eatingdisordersanonymous.org if you are able to volunteer some of your time outside of this meeting to help carry the message.

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

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

EDA Reminder: Remember, recovery is not about food or weight. Please refrain from mentioning numbers and plans that might trigger others. Recovery is about using the Steps of the Program to live life fully: happy, joyous and free!

The topic for this meeting is [meeting topic/Step/Tradition.]. You may talk about today's topic or anything important for your personal recovery. Who would like to share first?

...

It is now time to close. What you heard here, what you see here, let it stay here.

Would those who wish please join me in a moment of silence followed by the third step prayer ...

God, I offer myself to Thee
To build with me & to do with me as Thou wilt.
Relieve me of the bondage of self, that I may better do Thy will.
Take away my difficulties, that victory over them may bear witness
to those I would help of Thy Power, Thy love & Thy way of life.
May I do Thy will always!

Thank you for joining today's meeting. Good-bye for now, and have a great week!