



**EDA Big Book
Step
Workshop
Week 15 of 16
December 20, 2018**

EDA Step Workshop Week 15

Introductions

- ▶ Founders/sponsors in the room
- ▶ Sponsors on the phone



EDA Step Workshop Week 15

Step 11

Agenda

- Discuss how Step 10 leads into Step 11
- Talk about EDA Big Book content: page 192 through 198
- Reflect on our personal experiences with this Step
- Panel of sponsors address questions sponsees often ask
- Commit to take Step 11 together
- ▶ **Review assignments for next week**



Step Eleven



▶ Reflections

EDA Big Book Pp 192-198

- ▶ Step Eleven challenges all of us—religious, spiritual, agnostic, and atheist—to push past our limitations and get into action (p.192, ¶ 1)
- ▶ It prepares us to face the day with renewed commitment and resolve to do our best, as we strive to be of cheerful service (p.192, ¶ 1)
- ▶ We find that a daily discipline is well worth the effort (p.192, ¶ 1)
- ▶ Each day, when thinking about the twenty-four hours ahead, we consider our goals from the 10th Step inventory (p.192, ¶ 1)
- ▶ We think about how our activities can positively affect those around us and what we can do that matters in the long run (pp.192-193, ¶ 1)

[Review worksheet page 34](#)



Step Eleven



▶ Sought through prayer and meditation...

EDA Big Book Pp 192-198

- ▶ Step Eleven reminds us that we derive the power of perspective from focusing on something, or some One, greater than ourselves (p.193, ¶ 3)
- ▶ Some of us simply care for ourselves so we can be free to turn our attention to causes that matter to us. Some of us understand God as the power of love. Some of us find joy and peace through recognizing and dedicating our lives to God as we understand Him from the Bible, Torah, or Qur'an (p.193, ¶ 3)
- ▶ Others of us leverage Eastern meditation practices, building on every effort to love, honor, and respect ourselves, because we believe that God lives within us—as us. Perceiving of ourselves as beings of love, we find meaning and joy in bringing that sacred gift to everyone we meet, and into everything we do. (p.193, ¶ 3)

As we practice Step Eleven, we find that love—our passion for what is good and right, or our love of God—is the driving force in life, and in recovery (p. 196, ¶ 1)

Our willingness to put the power of our love into serving something greater than ourselves makes life worth living (p. 196, ¶ 1)

[Review worksheet page 34](#)



Take Step Eleven



▶ EDA Big Book Pp 192-198

- ▶ Regardless of our position on matters of faith, all of us have come to understand that we are here to serve others (p.194, ¶ 1)
- ▶ We think it helpful to consider what service really means. A good example is the prayer from St. Francis of Assisi (also known as the 11th Step Prayer) (p.194, ¶ 1)
- ▶ *In five minutes or less, write out the main ideas expressed in the 11th Step prayer and alternative statement, in your own words, as briefly and clearly as possible*

Complete worksheet page 35



Step Eleven – Conscious connection

Panelists address Q&A

- I am still feeling empty, like the AA "hole in the donut." I wonder what is to happen to me with all this selfless service. I don't think I am ready to take this step. Now what?
- A spiritual practice sounds great but when I try it myself I feel like I am doing it wrong and just get frustrated. What did you do to get more comfortable with it?
- Prayer and meditation have never been something I much admire or aspire to doing. I came to EDA because I thought it wasn't going to push the God topic, but here we are at a another Step that is explicit about a seeking a conscious contact with something I don't believe in or trust. How is this ever going to work for me and others like me?
- I started a meditative practice in another program and could really see how it helped, but somehow it doesn't seem to work with food issues for me. I'm still despairing of this ever working. Did you ever feel like this, and what did you do to get past it
- I want to share a practice that works for me with people in my home group, but some have objected because my practice is specific to my religion. What do I say to people who are offended when all I am trying to do is share my experience, strength, and hope?



Take Step Eleven

▶ EDA Big Book Pp 194-195

Will those of you who wish please join us in saying the 11th Step Prayer?



Assignments for next week:

- Step 12 Prep: Read EDA Big Book Chapter 7, Working with Others, pages 199-237
- Read Workshop Worksheets pages 36-37





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Thank you all for being here!



Thank you.

