

Saturday 9:30/a PT12:30p ET Phone Meeting EDA Script

Welcome to the Saturday phone meeting of Eating Disorders Anonymous.

My name is _____ and I am your secretary today

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, the Courage to change the things I can, and the Wisdom to know the difference.”

Out of respect for everyone present, please mute your phones now either by pressing *6 or your phone's mute feature.

Now we will go around and introduce ourselves by first name only. Please qualify as recovering from or recovered from an eating disorder, as a newcomer, or as a visitor, or let us know why you are here. Also let us know if you are an available sponsor or if you are here for the first, second, or third time.

[after introductions ...] Welcome all!

EDA Preamble:

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.

The only requirement for membership is a desire to recover from an eating disorder. There are no dues or fees for EDA membership. We are self-supporting through our own contributions. EDA is not affiliated with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any cause.

Our Primary Purpose is to recover from our eating disorders and to carry this message of recovery to others with eating disorders. The EDA website has more information on how to volunteer some of your time outside of this meeting.

The material we read in EDA meetings can be found on EDA's website, under the literature tab, listed as "EDA Meeting Readings."

[if there are newcomers] Would someone please read "More on Eating Disorders" from the EDA Meeting Readings on EDA's literature tab?

Would someone please read the Tradition of the month? [the # of the Tradition is the number of the current month]

Would someone please read the Twelve Steps of EDA?

In EDA, we try to focus on the solution, not the problem. Solutions have to do with 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.

In EDA, recovery means living life without obsessing on food, weight, body image, or exercise. Could someone read the “Suggestions that help us build recovery”?

We exchange numbers after the meeting to contact people between meetings. At the end of the meeting, we will ask if anyone would like another fellow’s phone number and then do an exchange after we close the meeting. Please ask any of us for numbers and take down numbers. We build trust with ourselves by being authentic with others. Make a plan to use the phone.

Are there any EDA announcements?

Remember, recovery is not about food or weight. Please refrain from mentioning numbers or plans that might trigger newcomers as we speak. Recovery is about using the Twelve Steps of the program to live life fully—happy, joyous, and free.

Milestones of Recovery are positive signs of progress through program, such as, “I found relief from my obsession with food today.” Does anyone have a “Milestone of Recovery” they care to recognize? Please try to keep your milestones brief. There will be time to share more later and after the meeting.

[stop milestones by 10:00/1:00]

In accord with our 7th Tradition, we are self-supporting through our own contributions. Contributions cover donations to intergroup, GSB and website and materials. Contributions can be made on the EDA meeting website. Please contribute as you can. If you are new, there is no need to contribute, this meeting is on us.

This meeting is a rotating format with a topic meeting on the 1st Saturday, step study on the 2nd, slogan meeting 3rd, a story on the 4th and tradition study on the 5th.

Topic Meeting (1st Sat)

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. After the first round, I’ll ask if anyone has a burning desire to speak or we can start a new round. 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. Secretary has final decision and can pick from Discussion Topic Ideas list]

Step Study (2nd Sat)

Today’s meeting is a step study and discussion meeting. The “EDA Big Book”, Eating Disorders Anonymous, outlines the Twelve Step Program of recovery. A PDF version of the EDA Big Book is found on the EDA website and a paperback and Kindle version are available from Amazon. It is suggested that you bring your own copy or download a version on your device. We will read the step corresponding with the month. A volunteer will read 2 – 4 paragraphs and then pass to another person, who will read 2 - 4

paragraphs and then pass until the step is complete. Then, the meeting will be open to sharing on the step.

Today we begin on page _____, the paragraph beginning _____. Is there a volunteer who would like to begin reading?

[after reading] When sharing, please remember that the goal of recovery from an eating disorder is balance, not abstinence. Please limit your comments so everyone gets a chance to share. Please do not engage in crosstalk, which is providing unsolicited advice or speaking directly to another person. If you have a question or want feedback, please ask for it after the meeting. The meeting is now open for sharing.

Slogan Meeting (3rd Sat)

Today we'll discuss a slogan. 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. After the first round, I'll ask if anyone has a burning desire to speak or we can start a new round. Does anyone have a topic or issue to discuss?

[If no one brings up a slogan, refer to existing list of slogans and choose a number at random. Share on the slogan associated with that number.]

Story Meeting (4th Sat)

Today we'll read a story from the EDA Big Book. Please read 2 - 4 paragraphs and then say "pass" when finished for the next person to read. After we've read the story, we'll go around the room and share.

We left off on page _____ story called _____. Who would like to begin?

The meeting is now open for sharing. When sharing, please remember that the goal of recovery from an eating disorder is balance, not abstinence. Please limit your comments so everyone gets a chance to share. Please do not engage in crosstalk, which is providing unsolicited advice or speaking directly to another person. If you have a question or want feedback, please ask for it after the meeting. The meeting is now open for sharing. Who would like to begin?

Step Study (5th Sat)

Today's meeting is a tradition study and discussion meeting. The "EDA Big Book", Eating Disorders Anonymous, outlines the Twelve Step Program of recovery. A PDF version of the EDA Big Book is found on the EDA website and a paperback and Kindle version are available from Amazon. It is suggested that you bring your own copy or download a version on your device. We will read the tradition corresponding with the month. A volunteer will read 2 – 4 paragraphs and then pass to another person, who will read 2 -- 4 paragraphs and then pass until the step is complete. Then, the meeting will be open to sharing on the step.

Today we begin on page _____, the paragraph beginning _____. Is there a volunteer who would like to begin reading?

When sharing, please remember that the goal of recovery from an eating disorder is balance, not abstinence. Please limit your comments so everyone gets a chance to share. Please do not engage in

crosstalk, which is providing unsolicited advice or speaking directly to another person. If you have a question or want feedback, please ask for it after the meeting.

[At 10:20/1:20] Now is the time we ask newcomers to share what brought you here tonight or anything else that you would like. Of course only share if you're comfortable.

[after newcomers if time remains] Any other burning desires to share before we close?

[End at 10:25/1:25]

We exchange numbers after the meeting. If you would like someone's number, please say your name and their name, and stay on the line after we close for the exchange. Does anyone want a number today?

It is now time to close. Would anyone care to read The 9th Step Promises?

Thank you for being here. Please make time to greet newcomers after the meeting, and get involved: the meaning of life is to give life meaning. Please preserve our anonymity: do not discuss personalities or problems (other than your own) with others once you leave this meeting. Take what you can use and leave the rest, and keep coming back – it works when we work it!

Can we please have a volunteer to lead the next meeting?

We hold a business meeting after the meeting the 2nd Saturday of each month. Are there any topics to add to the agenda?

Will those of you who wish, please join me in saying the "we" version of the Serenity Prayer?

"God, grant us the Serenity to accept the things we cannot change, the Courage to change the things we can, and the Wisdom to know the difference."

We will now do the number exchange. *[Read name of person requesting and requested. Repeat back number after its been shared.]*

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