

EDA H&I "Speaker Meeting" Suggested Format

Good (morning/afternoon/evening) everyone, this is the _____ H&I group of Eating Disorders Anonymous. **H&I, or Hospitals and Institutions**, is a group of **EDA** members who carry the message of **EDA** to those suffering with eating disorders in hospitals, treatment centers and other institutions.

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, the courage to change the things I can, and the wisdom to know the difference.

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 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 causes.

Our **primary purpose** is to recover from our eating disorders and to carry this message of recovery to others with eating disorders.

I have asked _____ to read to read *the Twelve Steps from the EDA Big Book*.

We will now go around and introduce ourselves starting to my left

The format of this meeting is an alternating "Step 1, 2, and 3 Speaker Meeting" or a "Guest Speaker Meeting." Tonight will be the _____.

(Steps 1, 2, 3 speaker meeting) I will share my experience, strength, and hope on the first three Steps.

(Guest speaker meeting) Introduce the speaker.

Open meeting after speaker is done sharing

In EDA, we focus on balance, not abstinence. Focusing on what we are doing right helps us recover. We encourage everyone to claim as many milestones—actions that support recovery—as they can.

We are now going to open the meeting up for sharing. Feel free to ask questions, share on what was said, or about whatever may be going on. Please make sure everyone has a chance to share.

Prior to closing the meeting

It is now time to close. I brought pamphlets and a list of meetings in the area. I attend the _____ meeting. Contact information and the EDA website can be found in the Newcomer Booklet.

Thank you all very much for being here. Anonymity is part of the spiritual foundation of our program. What you see here, what you hear here, when you leave here, let it stay here.

*We will now close with the **WE** version of the serenity prayer.*