

TUESDAY 1 PM (ET) EATING DISORDERS ANONYMOUS
LITERATURE MEETING - 712.432.0385, PIN 797101#

1. Good morning, welcome to the Tuesday meeting of EDA (Eating Disorders Anonymous). This is _____, and I will serve as chair today.
2. Will all who care to please join me in a moment of silence, then the Serenity Prayer?
God, grant me Serenity to accept things I cannot change, Courage to change things I can and Wisdom to know the difference.
3. Now we introduce ourselves. Please say your first name only and, if you like, your general location. If you are a newcomer, please let us know so we can welcome you.
We usually come on the line un-muted. *6 mutes and un-mutes your line. We ask those not reading or sharing to please be on *6 mute. Thank you.
4. PREAMBLE: Would anyone like to read the EDA Preamble? It's on the general format on the website or our format, found next to the meeting day and time. If no one offers, chair will read:
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 causes. Our Primary Purpose is to recover from our eating disorders and to carry this message of recovery to others with eating disorders. Please contact info@eatingdisordersanonymous.org if you are able to volunteer some of your time outside of this meeting.
5. [If newcomers are present, we read "More on Eating Disorders," the EDA Keeping It Simple version of the 12 Steps, and the standard 12 Traditions. If no newcomers, we read the EDA K-I-S 12 Steps, then the chair chooses which & how many Traditions we read {e.g. Tradition of the month & 12th Tradition} Ask for readers. The readings are attached to this format.]
6. In EDA, we FOCUS on the SOLUTION. 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 & discourages any form of rigidity around food. BALANCE is our goal.
7. In EDA, recovery means living life without obsessing on food, weight, body image or exercise. Suggestions that help build recovery include:
 - Eat when hungry; stop when moderately full. Consistent nutrition is essential for recovery. Recovery is about feelings – not food – but we cannot reason or build trust when bingeing, purging, restricting or starving.

- Get basic needs met first. If hungry, eat. If angry, find a safe outlet. If lonely, reach out. If tired, sleep. If ashamed, talk about it.
- Ask others for input but make your own decisions.
- When anxious or troubled, do something that focuses attention on your physical senses, get outside, pray, or meditate. Then deal with the problem head-on.
- Get open with others. Honesty restores integrity.
- Develop willingness to look at things differently. Recovery is not rigid. ☺
- Go to 12-Step meetings, read the literature and work The Steps with a sponsor.
- Be proactive and plan your recovery

8. We use a phone list to contact people between meetings. {Sarah} is our current phone list person. Ask if _____ is on the phone, or give her/his contact information, then say “We build trust with ourselves by being authentic with others. MAKE A PLAN to use the phone.”

9. REPORTS: Are there any EDA announcements? Chair says phone meeting days & times: Sunday 1 pm, Monday 7pm, Tuesday 10 am, Thursday 8 pm, Saturday 10:30 am & the late night meetings Fri & Sat, all on this number & pin.

Would anyone like a welcome hug, or ... let's pause a moment to picture ourselves together in this virtual room.

10. MILESTONES: Does anyone have a milestone they care to share? A milestone is a self-defined marker on our journey of recovery. Please share one milestone +/- or self-time for 2 minutes or less so others may also share their milestones. *{The “Milestone” section of the meeting usually finishes by 10:30 AM ET, unless we have lots of people on the line; then chair can allow it to continue to 10:35 AM ET}*

11. FORMAT: We focus on reading EDA literature followed by open sharing in this meeting. We are currently reading _____, page _____. Can we get some people to read? *[We may need to begin a new reading. This group allows the Chair to choose the reading or get suggestions from the group. If too many suggestions occur, the group has voted for Moderator Autonomy, meaning that ultimately the chair decides what we will read. It is usually about a page.]*

ALTERNATIVE: If no one has access to EDA literature, the Chair can choose a topic or ask for a speaker.

GUIDELINES: When sharing, please focus on your own issues or challenges. Please do not offer advice; if you want feedback, please ask for it after the meeting. Please limit your comments to 3-minute self-timed shares, then you may leave your contact information – or you may leave it at the close of the meeting. If everyone has had a chance to share and time remains, Chair may call for second shares. People can share on the reading, get current with their recovery or say what brought them to the meeting today.

EDA REMINDER: When sharing, please do not mention foods, numbers or plans that may trigger others. Recovery is about processing our feelings and living free!

12. 5 MINUTES BEFORE CLOSING: According to our 7th Tradition, we are self-supporting through our own contributions. Please give as you can & remember

that service is also giving. If you can contribute financially, you may give at face-to-face meetings or send contributions to EDA-GSB via our website or through the mail. EDA's address is EDA-GSB, P. O. Box 55876, Phoenix, AZ 85078-5876

Will someone please read the PROMISES? They are on the website or in the EDA Big Book, page 185. [NOTE: there's a part in the Promises that asks, "Are these extravagant promises? All members are invited to respond, "We think not." The reader then finishes them.]

13. CLOSING: Thank you for being here. Please stay if you can to leave contact information, greet newcomers and answer questions. Get involved – the meaning of life is to give life meaning. Please preserve our anonymity and discuss ONLY your own issues once you leave this meeting. Take what you can use, leave the rest, and keep coming back. It works if you work it!

14. SERVICE: Is there a member on the line willing to lead next week's meeting? {If no ones volunteers, simply continue with the format}

15. CLOSING PRAYER: By group conscience, any member may close with a prayer of their choosing from any 12-step fellowship, without identifying that fellowship. We allow generic prayers or affirmations that are not specific to any particular religious inclination, as approved by the group. Does someone have a closing prayer? If no one does, we close with the "WE" version of the Serenity Prayer:

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

The meeting is now closed and in fellowship. 1) Share contact information; 2) Respond to Newcomer questions; 3) any additional shares; 4) fellowship.

* * *

THE EDA STEP 9 PROMISES

If we are painstaking about this phase of our development, we will know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace (83). No matter how far we have fallen, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that our Higher Power is doing for us what we could not do for ourselves (84).

Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly but they will materialize if we work for them (84).

MORE ON EATING DISORDERS

In our individual pursuit of happiness and success, even pursuit of usefulness and selfless service, we who have an eating disorder have struggled with the business of living.

Our problems, though many and varied, have elements in common. We have mismanaged anger, avoided growing pains that might have set us free, indulged in unhealthy forms of dependence on those around us, and engaged in futile, damaging attempts to control our bodies and other people.

We suffered many forms of illness – physical, emotional, and spiritual – as a consequence of our attempts to control our problems and ourselves through ever - greater exertion of self-will. Most of us lost our self-respect, our hopes and dreams, and anything like meaningful purpose for our lives. Many have lost or compromised their health. Many have died.

We tried in vain to control our emotional natures with some or all of the following behaviors:

- Bingeing
- Purging
- Laxative abuse
- Over-exercising
- Self-denial
- Restricting
- Self-mutilation
- Misuse of insulin
- Rigidity of thought and habit
- Obsession with weight, food, and body image

We sought escape through many other forms of obsession. We often blamed those who love us most for our agony. We were depressed, anxious, chronically irritable and unhappy. We experienced complete defeat only to emerge – just hours or days later – with renewed resolve to cling to the same attitudes and actions that made us miserable in the first place. No matter what we tried, we somehow couldn't face reality, deal with it effectively, and walk free.

There is no magic about recovery. It is hard work. We were powerless to change until we came to believe we could recover. We then surrendered – usually in fits and starts – to the uncomfortable process of making deliberate changes in our response to life. This process of giving up our old reactive coping mechanisms and adopting new, deliberate, active skills and attitudes gradually restores our integrity, self-esteem and authority. This is not an overnight matter. There are sure to be setbacks, moments of deep unhappiness and fear, yet we found that when we work diligently and patiently, we are amazed by a quality of peace, happiness and usefulness never before imagined.

We wish this for you, whether you find recovery in or out of these rooms. We hope you will find something here that you can use and that you may find opportunity to share your experience with still others, for such work brings calm & freedom from despair when all other measures fail. We wholeheartedly welcome you to join us as we trudge the Road of Happy Destiny together.

We believe people can and do recover fully from an eating disorder.

EDA “KEEPING IT SIMPLE” TWELVE STEPS

1. We admitted we were powerless over our eating disorders—that our lives had become unmanageable.

We finally had to admit that what we were doing wasn't working.

2. Came to believe that a Power greater than ourselves could restore us to sanity.

We started to believe that we could get better & that there was a Fundamental Healing Power upon which we could rely for recovery.

3. Made a decision to turn our will and our lives over to the care of God as we understood God.

We decided to trust that, as we let go of rigidity, we would not fall. As we took (and continue to take) careful risks, our trust grew—in God, in ourselves, and in others.

4. Made a searching and fearless moral inventory of ourselves.

We looked at why we had gotten stuck, so we would be less likely to get stuck again. We looked at our fears and why we were afraid, our lies & why we had told them, our shame and guilt & why we had them.

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

We shared our shortcomings. We held ourselves accountable to others for our past thoughts and actions, and discussed what we ought to have thought and done instead. This established our authority as responsible people; we began to feel like we belonged to the human race.

6. Were entirely ready to have God remove all these defects of character.

We began to accept ourselves as we really were & to take responsibility for our actions. We realized we couldn't "fix" ourselves. We had to be patient and focus on our efforts instead of results. We realized that the results were not ours to control.

7. Humbly asked God to remove our shortcomings.

We asked God to help us accept our imperfect efforts. We made a conscious effort to take care of our own basic needs, so we could be of better service to God and those around us. We began to notice what we were doing right. As we did so, the "right" things began to increase.

8. Made a list of all persons we had harmed and became willing to make amends to them all.

We made a list of people whom we had injured or who we thought had injured us, accepted our part, and made an effort to forgive them for their part.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

After counsel with a sponsor or an EDA (or other Twelve Step group) member who has worked the Twelve Steps, we went to the people we had injured and admitted our fault and regret. Our statements were simple, sincere and without blame. We set right the wrongs as best we could and expected nothing in return. Accountability set us free.

10. Continued to take personal inventory & when we were wrong promptly admitted it.

We continued to listen to our conscience. When troubled, we get honest, make amends, and change our thinking or behavior. We continue to notice what we do right, and we are grateful when engaged in right thinking and positive action.

11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

We earnestly and consciously seek to understand, and to do, whatever will best serve our God or higher purpose every day. When we take care of our basic needs and place ourselves in service to our Higher Power or higher purpose, we gain the peace and perspective needed for recovery.

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others with eating disorders, and to practice these principles in all our affairs.

If we have been patient and persistent in working these steps, we have experienced a transformation that enables us to live at peace with ourselves and the world around us. We consciously bring our new way of thinking into all we do, for it is a pattern for living that works in all contexts. We happily share our experience, strength, and hope with those who suffer with eating disorders as we once did, glad that even our worst experiences can now serve some good purpose. Carrying the message of recovery reinforces gratitude, solidifies new habits of thought and action, and fills us with purpose and joy.

** "God" in EDA literature can mean the Deity, a deity, a spiritual entity of one's own understanding (a Higher Power), or a non-spiritual conception (a higher purpose). Reliance on any of these conceptions confers a perspective that transcends our immediate physical, social & emotional circumstances and allows us to "keep calm and carry on" with what really matters.*

*** The term "spiritual awakening" can refer to an event –a "vital spiritual experience" – or to a gradual change. Those of us who are atheists in Twelve Step recovery experience a transformation that enables us to place service before selfishness.*

EDA KEEPING IT SIMPLE TWELVE TRADITIONS

1. Our common welfare should come first; personal recovery depends upon EDA unity.

Eating Disorders Anonymous is a "we" program. United we stand; divided we fall. EDA groups are effective in carrying the message of recovery to Individual EDA members because we are united in our commitment to our common purpose, consistent in our use of the Twelve Step program of recovery, and allied in adhering to our common Traditions. Without the support of EDA, many would not have found recovery at all, and many more would have died. We want the hand of fellowship and support to be there when anyone needs it.

2. For our group purpose there is but one ultimate authority –a loving God*, as God may be expressed in our group conscience. Our leaders are but trusted servants; they do not govern.

When making decisions that affect an EDA group or EDA as a whole, EDA's servant leaders use a democratic process called a group conscience. In a group conscience, each participant consults his or her own conscience & votes as he or she thinks will best serve EDA's primary purpose: to carry the message of recovery to those who still suffer.

3. The only requirement for EDA membership is a desire to recover from an eating disorder.

To deny EDA membership to anyone could be to pronounce their death sentence. Hence, the only prerequisite for EDA membership is the individual's desire for recovery. We never turn anyone away who is trying to recover from an eating disorder.

4. Each group should be autonomous except in matters affecting other groups or EDA as a whole.

Each EDA group manages its own affairs, but every group is part of the EDA fellowship. Each group must be careful to not cause harm to EDA as a whole. Thus, special consideration must be taken in matters beyond the scope of the immediate group. We work together, while remaining separate.

5. Each group has but one primary purpose –to carry its message of recovery to others with eating disorders.

We freely give away what others have given to us. People who are struggling with an eating disorder need hope of recovery if they are to make any progress at all. EDA members strengthen and build recovery by sharing their experience, strength and hope with others who still suffer. Each EDA group serves as a channel for the message of recovery, helping newcomers and “old-timers” alike.

6. An EDA group ought never endorse, finance or lend the EDA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.

To involve our fellowship in issues outside the direct scope of our primary purpose is to distract us from carrying the EDA message to those who still suffer. Our singleness of purpose ensures that we hold no affiliation to an external organization or activity.

7. Every EDA group ought to be fully self-supporting, declining outside contributions.

EDA subsists solely on voluntary donations from its members. Financial contributions from outside our fellowship would distract from our primary purpose and undermine group autonomy. Each EDA group is responsible for its own expenses, while carrying a prudent reserve.

8. EDA should remain forever nonprofessional, but our service centers may employ special workers.

We do not give or receive payment for Twelve Step work. While we support EDA members in their individual pursuit of professional help, we are not a professional organization. EDA employs workers when necessary to maintain the essential functions that support our fellowship.

9. EDA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

The EDA fellowship is grounded in guidance based on experience. We avoid giving directions or ultimatums, lest we risk defiance and competition between members and groups. Since our experience proves that service work is essential for recovery, we extend opportunities for our members to be of service within the EDA fellowship.

10. EDA has no opinion on outside issues; hence the EDA name ought never be drawn into public controversy.

EDA does not take sides in any debate. A foundation of neutrality & acceptance allows us to remain focused entirely on our primary purpose.

11. Our public relations policy is based on attraction rather than promotion; we need to maintain personal anonymity at the level of press, radio, film & web.

Our fellowship gains membership by demonstrating EDA principles in our daily lives, and by sharing our message of recovery within our groups. We focus on the EDA program, rather than on individual members. Each member serves as an active guardian of our fellowship.

12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Our fellowship is grounded on a foundation of tolerance and love. Personal distinction does not interest us. We gather with the single goal of carrying the EDA message of recovery, irrespective of our personal opinions. True humility is achieved through the principle of anonymous service. We place priority on principles not personalities.

* EDA's 12 Steps and 12 Traditions are reprinted and adapted from the first 164 pages of the "Big Book", Alcoholics Anonymous, with permission from Alcoholics Anonymous World Services, Inc.

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