

Service in EDA

Service is part of the culture of 12-Step groups for a good reason!

Service is a foundation of recovery in all 12-Step groups. As we recover, and work to maintain recovery, we continue to build and develop more perspective, peace and power to address our own life challenges as a result of the efforts we make to help those who still suffer as we once did.

Service means helping to carry the message of recovery. There is a great deal we can do to advance this shared goal.

Some Ways to Help

- Help greet newcomers, and make a point of helping everyone feel welcome and valued.
- Share your experience, strength, and hope at meetings.
- Contact a local therapist and provide literature and information about your meeting time and location.
- Contact a local hospital or recovery institution to see if they are interested in having clients attend a meeting.
- Put a notice in a local newspaper about your group. Newspapers will often list 12-Step meetings for free.
- Pick up a leadership position in your group. Each group should have a leader who guides the meeting every week.

Each group should have a treasurer, a General Service Board Representative, and a Literature Coordinator who brings a sample of literature made available for free to visitors and new members. Service is part of the EDA Steps and Traditions.

Tradition One

"Our common welfare should come first; personal recovery depends upon EDA unity." The old adage, "united we stand, divided we fall," certainly applies to EDA.

While recovery from an eating disorder does not come automatically with EDA membership, and recovery is achievable without EDA, members agree that their recovery would not have been as steady, strong, or fun without the support of a group. If we work for the benefit of others who struggle with eating disorders, this takes us out of ourselves and connects us to real purpose. People suffer and die from eating disorders. Having a sincere, clear purpose and acting from that purpose builds and maintains a perspective that allows us to embrace life's challenges with dignity, grace, and a sense of humor.

Tradition Five

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

Carrying the message of recovery IS service. Sharing our experience, strength, and hope with each other is empowering and protective of health and recovery. The benefits are especially noticeable if we are, in fact, happy and grateful. The real message of recovery is not just that it is possible, but that it can be amazingly wonderful and fun.

Tradition Twelve

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

Anonymous service, when good deeds are done without expectation of recognition or reward, is a huge boon to recovery. If you have never tried it, you will be amazed by how wonderful it feels.

Step Twelve

"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 the first eleven Steps, we will have experienced a transformation that enables us to live at peace with ourselves and the world around us. In Step Twelve, 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 a good purpose.

Carrying the message of recovery reinforces gratitude, solidifies new habits of thought and action, and fills us with purpose and joy.

Sponsorship is a fundamental and vital component of Step Twelve: it is carrying the message of recovery in the most immediate, direct and meaningful way possible. If you have worked the Steps and are able to sponsor others, please contact sponsors@eatingdisordersanonymous.org.

Service: Part of the Solution



EDA always needs people to help with email responses and website maintenance. Please contact:

info@eatingdisordersanonymous.org

if you are able to volunteer your time to help with email or website services.

Thank you for considering how you can help carry the message of recovery. EDA needs you!

For more information please visit our website at:

www.4EDA.org

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