

Sunday EDA Phone Meeting Format

Adopted version 1.2 – February 2017¹

Facilitators: It is helpful to dial into the line early to greet newcomers before the meeting and to start the meeting on time. Group Conscience has decided on the following format choices for specific weeks of the month.

- *The first meeting of the month is a STEP OF THE MONTH FORMAT. (See below.)*
- *The last meeting of the month has a FIFTEEN MINUTE BUSINESS MEETING. (See below.)*
- *On all other weeks, use the TOPIC DISCUSSION or SPEAKER DISCUSSION FORMAT. (See below.)*

Welcome to the **Sunday Phone Meeting of Eating Disorders Anonymous**. My name is _____.

Will everyone who cares to 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,
courage to change the things I can,
and wisdom to know the difference.**

Is anyone here for the first, second, or third time? If so, would you please tell us your first name so we can welcome you?

The EDA Preamble states: 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 allied 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.

{If there are newcomers present, ask for a volunteer to read "More on Eating Disorders".}

May I have a volunteer to read "The 12 Steps of EDA"?

{If there are newcomers present, ask for a volunteer to read "The 12 Traditions 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, or body image.
Suggestions that help us build recovery include:

- Eat when hungry. Stop when moderately full. Consistent nutrition is essential for recovery. Recovery is about feelings, not food, but we can't reason or build trust when bingeing, purging 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.
- Be an adult. This takes training and practice.

¹Derived from the E.D.A. Suggested Meeting Format version 1.8, modified to adjust to existing phone meeting conventions and the details of meeting format choices already adopted by the Sunday EDA Phone Meeting Group Conscience. This format is not currently conference approved by Eating Disorders Anonymous, however it is the result of this group's Ad Hoc Group work from July 2015 through July 2016, followed by Group Conscience approval and two further edits and approvals.

- Ask others for input and make your own decisions.
- When anxious, get physical, get outside, pray. 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 or sponsorship buddy.
- Be proactive and plan your recovery.
- We build trust with ourselves by being authentic with others.
- Make a plan to use the phone.

We use a phone list for calling each other between meetings. Numbers are exchanged after this meeting.

Are there any EDA announcements?

Would anyone like a welcome hug?

Now is the time for **milestones**. A milestone of recovery is a self-defined marker on our journey in recovery. It is essential to recognize that even on our worst days we do things that are right and good and supportive of our recovery. An example of a milestone might be something as simple as showing up to the phone meeting today, eating something we previously restricted, realizing something about our image of ourselves, or finishing one of the Twelve Steps with a sponsor.

When sharing, please be mindful of the time so those who want to share have the opportunity. Does anyone have a milestone they'd care to celebrate with us?

{We share milestones until 35 minutes after the start of the meeting.}

The EDA Reminder states: Remember, recovery is not about food or weight. Please refrain from mentioning numbers and plans that might trigger others. Recovery is about using the Steps of the Program to live life fully – happy, joyous, and free.

In EDA we focus on the solution not the problem. We do not cross-talk at this meeting or offer unsolicited advice, so if you want feedback, we ask that you request it after the meeting.

*{If it is the **Last Meeting** of the month, please skip to **FIFTEEN MINUTE BUSINESS MEETING** below.}*

STEP OF THE MONTH FORMAT (For the First Meeting of the Month ONLY):

The step of the month is Step _____. *(The 12 Steps are in Chapters 4 through 6 of the EDA Big Book.)*

Would someone read that step from the EDA Big Book, followed by one or two paragraphs?

{After the first reading:} When sharing, please keep your shares to three minutes so that everyone gets a chance to share. Who would like to share on what's been read?

{After each reading:} Who would like to share on what's been read?

{Five minutes before the end of the meeting, skip to the CLOSING below.}

TOPIC DISCUSSION FORMAT (Can be used for all but the First Meeting of the month):

Does anyone have a topic of recovery to suggest?

{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 a solution. If no topic is proposed, introduce an EDA recovery topic.}

The topic is _____.

When sharing, please keep your shares to three minutes so that everyone gets a chance to share.

{Five minutes before the end of the meeting, skip to the CLOSING below.}

SPEAKER DISCUSSION FORMAT (Can be used for all but the First Meeting of the month):

{You can ask if anyone would like to be today's speaker, sharing their process of recovery.}

Thank you _____, for being willing to share your story with us. We usually allot 10–20 minutes for an EDA story. Please start whenever you are ready. Welcome!

{After their 10-20 minute share:} Thank you _____, for sharing your story with us. It is now time to express your appreciation for _____'s share or to discuss anything else challenging or supporting your recovery in EDA. When sharing, please keep your shares to three minutes so that everyone gets a chance to share. Who would like to share?

{Five minutes before the end of the meeting, skip to the CLOSING below.}

FIFTEEN MINUTE BUSINESS MEETING (For the Last Meeting of the Month):

{After milestones of recovery}

At this time, we have a 15 minute business meeting. We will extend the meeting by 15 minutes so that the normal meeting still totals one hour. Are our Group Secretary and Business Chairperson present?

{If the Group Secretary and the Business Chairperson are not present:}

Is someone willing to stand in as _____?

{Provided both roles are filled, turn the meeting over to the Business Chairperson, and begin timing fifteen minutes. After fifteen minutes, respectfully notify the Business Chairperson that the fifteen minutes has elapsed, letting them finish up the last item of business.}

{Continue to the TOPIC DISCUSSION FORMAT above.}

CLOSING:

According to our Seventh Tradition, we are "self-supporting through our own contributions." Please contribute as you can by visiting the Support page at eatingdisordersanonymous.org.

If you are able to volunteer some of your time outside of this meeting, you can contact EDA. The email address is info@eatingdisordersanonymous.org.

Would anyone care to read the 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 you work it – it really does!

{If no one is already scheduled to facilitate next week's meeting:} We need a meeting facilitator for next week. There is a script to follow, so it is simple to do, even for the first time. Who would be willing to facilitate next week's meeting?

{If someone volunteers, ensure they have access to the format for next week.}

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

{or other prayer adopted by group conscience}

**God grant us the serenity
to accept the things we cannot change,
courage to change the things we can,
and wisdom to know the difference.**

Keep coming back! It works when we work it!

MEETING AFTER THE MEETING

Now is the time to share information about our phone list and exchange phone numbers and for newcomers and visitors to ask questions. After that, those who wish to can continue to share.

{After contact information is exchanged and questions are addressed, the floor can be opened to sharing.}