

Record

Welcome everyone to the Emotional Sobriety and Food Workshop Today is: xx/xx/xx. My name is _____ and I will be the leader for this meeting today. If you are new to our group, welcome! We are so glad that you are here!

Emotional sobriety is the byproduct of living in recovery from compulsive overeating.

It involves:

- physical abstinence;
- self-examination;
- prayer and meditation to develop our relationship with God, as we understand Him,
- practicing the principles of the program in all our affairs, one day at a time.

We are a group of women who meet on **Sunday morning from 5:30 – 6:30 AM EST.**

In this group, we read and discuss the AA Big Book and other program/ recovery literature, in order to deepen our knowledge and apply the spiritual principles embodied in each of the 12 Steps and 12 Traditions to our lives. Ultimately the resulting peace of mind and closer conscious contact with the G-d of our understanding will enable us to be of maximum service to G-d, other people and ourselves.

Let's open with a moment of silence, to invite God into our hearts, and to pray for the recovery of everyone in this group. After that, we will invite God into the room with the set-aside prayer.

OPTIONAL: guided meditation of choice. See below.

OPTIONAL: I have asked _____ to read today's daily meditation.

Now, please join me as we invite God into our meeting by reading the "Set Aside Prayer".

“Dear God, we invite you into this room, to guide and direct each of us as we seek Your Truth. Please set aside within each of us anything that would block us. Lay aside our prejudices about what we think we know about ourselves, our disease of COE, this meeting, the steps and our spiritual condition. Remove our fears that we may hear Your Truth through the members of this group. Give us the strength and courage to share Your Truth with each other in a real spirit of Love and Compassion for our fellow man”

We ask that we may have a truly open mind, so we might have a new experience with these things and come to know You better. Please help us see the Truth. Amen

This meeting is recorded. The playback recordings are listed on the blog. To get to our blog, type the following into your browser's address bar: <https://emotionalsobrietyandfood.com/>

The homework assignments, phone meeting recording reference numbers, and documents that are used in the meeting and other information or announcements are posted on the blog. Please sign up, if you haven't already, to receive our blog postings.

OPTIONAL: SEVENTH TRADITION

In accordance with the Seventh Tradition, our group is self-supporting. Your donation will help us meet our expenses and carry the message. Please send your 7th Tradition contributions through PayPal or Zelle to: _____. Please contact me directly if you have any questions.)

Review what was discussed last meeting.

State goals of today's meeting.

Recap meeting.

CLOSING:

Our time is almost up. Now is the time for any announcements and available sponsors.

SPONSORSHIP

Will any sponsors with time available please identify themselves by name, city and phone number and fellowship – two times very clearly.

Are there any announcements?

If you didn't have a chance to share or if you have any questions, some of us will remain after the meeting to answer them.

Close with Serenity Prayer.

Thank you all for participating today either by sharing or by listening and for the opportunity to lead our meeting today. If you found it helpful, please come back next week and bring a friend!

As we close this meeting, let's all take a few deep breaths and then close with the Serenity Prayer:

Serenity Prayer: God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.

Leader: Thy will not mine be done!

OPTIONAL GUIDED MEDITATION:

Choose a quiet place. Sit comfortably, with your back straight, but not rigid.

Align your head, neck and shoulders with each other. Place your feet on the floor and rest your hands gently on your lap.

Take this time to silently connect to God and feel His presence. If you like, visualize a connection to God like a stream of water.

Now, bring your attention to the room where you are sitting.

Hear the sounds. Feel your body. Notice your breathing.

Without trying to control your breathing, pay attention to the incoming and outgoing breath. Feel the movement of your breath, the actual sensations of breathing. Feel the air at the tip of your nose, over your lip, and the stretching of your abdomen as it rises and falls with each breath.

Keep focusing on your breathing and count from 1 – 5 forwards and backwards, silently repeating the number with each inhalation and exhalation. Count 1 – 2 – 3 – 4 – 5 – 4 – 3 – 2 – 1 as you breathe in and breathe out. If your mind wanders, observe your thoughts as if they are bubbles of air under water floating to the surface. Then, gently return your attention to the breath and counting from 1 – 5.

Pause.

Before we close this meditation take a few more breaths. Silently thank God for this opportunity to become closer to Him and to hear His guidance through the members of this group.

Return to once again noticing yourself in the room where you are sitting.

When you are ready, slowly open your eyes and return to the room.

After a XX-minute pause, we will invite God into our meeting by reading “The Set Aside Prayer”