

April 2020

Dear EAI Fellowship,

The EAI board recently connected and we wanted to let you know we are in this with you! So much has changed since we last met a few weeks ago. After being told we cannot meet at our in- person FA meetings we watched this fellowship mobilize into action, creating FA gatherings via phone and video conferencing. It's amazing what has been accomplished!

Many members are gathering and sharing amongst themselves, some are using their own modified formats, some will use the one WSI just created, some are using none at all. Some gatherings have members sharing with or without 90 days, some members are just reading the FA format on their own and making extra calls, some are listening to podcasts and MP3's, some are doing it all!

The message is, work all your other tools and, whatever you do to break your isolation under the guidance of a sponsor is ok! Some methods just work better for certain people. Find what works for you. Take this as an opportunity to practice patience, tolerance, understanding and gratitude. Feel free to contact any of us at EAI for assistance with finding gatherings or setting one up. We are here to help your meetings.

At the end of the day, as creative or as closely facsimiled to an FA meeting these gatherings become, per our bylaws none of them are FA meetings. "Gatherings" are FA members doing the best they can to stay connected. So let's respect each other. It is understood that fellows from all over the world are truly appreciating them. We will have much to debate when we meet as a world conference again! Save your criticisms and opinions until then, please. There's no place for judgement or unkindness here. We need to remain helpful to one another and unified in helping sick and suffering food addicts. One of our earliest members would always say "This program is God given", God knows that an original piece of our heritage, in-person meetings, is missing right now, but God has provided ways for us to get what we need!

As AA and the Big Book teaches so well in our recovery program, take positive action in some way. Find a way to be useful/helpful to another person. For example:

- Prayer- during this time, where you find yourself anxious, afraid, confused and/or lonely with extra time on your hands, slow down, draw closer to your higher power more often, be still, and pray. There are so many people to pray for right now.
- Check on any newcomers in your meetings or people you know out on the frontier. Direct them to any FA gatherings if they are interested.
- Make sure the web contact for your meeting is equipped with a sponsor list. Click [here](#) for the EAI Attendee Phone List, which includes those available to sponsor.

We hope you will join us when Eastern Area Intergroup meets remotely again on April 5th at 9 am. We have changed our platform to Zoom so we will have the capability to see everyone who joins! Be sure to connect with one of the committees prior at 8 am to hear about service you can be involved in. Read the EAI report on your own or at one your FA gatherings. Be sure to check it for information on joining a committee and signing into the EAI body meeting now on [Zoom](#).

Look forward to seeing you soon!

Be safe,  
In Service,  
The EAI Board