

Writing Sessions

The EAI *connection* Committee offers Writing Sessions throughout the Eastern Intergroup area. The Writing Sessions provide an opportunity to experience the service of writing for FA's magazine – a service to other food addicts, as we learn to share our stories on paper, and a service to our own recovery, as we are prompted to describe on paper moments of our own progress.

We will partner with you to facilitate a 90-minute program in which all members with 90 days or more of abstinence can focus on the tool of writing. (As with regular FA meetings, members with less than 90 days are welcome to attend the Writing Sessions, but not share.) We explore what makes a good story for *connection* magazine through discussion and writing exercises, and create an opportunity for each of us to write (uninterrupted!) in a safe and supportive environment. The group writing dynamic and unique prompts of each Writing Session encourage new and distinctive results - different than those we get sitting in our homes, writing alone.

Generally, sessions are planned around already-scheduled FA meetings, often in the same location. Anywhere from five to forty fellows make a workable group. Writers and non-writers, members new to the fellowship and those with years of abstinence are all welcome. You need to provide a quiet space; we'll bring the rest.

If your meeting, region, or chapter would like to bring your fellowship together around a Writing Session, please contact us at eaiconnection@foodaddicts.org.