

Eating Disorders Group

Welcome!

This recovery support group's purpose is to conquer the painful effect of eating disorders. To that end we support each other as family. We seek to apply the 8 Recovery Principles to our lives and to our relationships.

We welcome you! We cannot fix your problems, and we will not seek to run your life for you. We will accept you and love you. This is a safe place.

When we attended our first meeting, many of us were having a variety of feelings. We were relieved to find a place where people might understand our pain and despair. We were angry that we had to get help and could not manage alone this part of our lives. We felt lonely and were ashamed of the way our lives had become. We had secrets that we were reluctant to share.

Our group is not a therapy group or a study group. It is a Christ-centered support group. We do not give advice. We share our experience, strength, and hope with each other.

Here we learn a new way of living. At our own pace, we learn how to experience intimacy and sharing with others in a healthy way. We learn to trust, to ask for our needs to be met, to say no when no is appropriate, to express our feelings, and to hang around when all we want to do is run. Here no one shames us for what we have done or still are doing. Here we have a safe harbor within which to heal, and for that we are grateful. The only requirement for membership in our group is a desire to change our unhealthy eating behaviors.

Those of us who have experienced life change through the program offer this challenge to you. This program works as we complete the work with the help and supervision of a sponsor or accountability partner. If you do not have a sponsor or accountability partner, we encourage you to enlist one, complete the written work in the Celebrate Recovery workbooks, and share your work with your sponsor or accountability partner.

We are happy you are here. We encourage you to take one day at a time and keep coming back.....it works!