



## Suggested Virtual Meeting Guide

1) WELCOME TO TODAY'S EA MEETING ..... Emotions Anonymous via Video Conference .....

My name is.....and I am the moderator of this meeting (together with name if another.....) This meeting in virtual format lasts.....

### 1. OPENING

On behalf of EA I invite you to maintain an attitude that respects the spirituality of this meeting and to not carry out any other activity at the same time. I remind you that in this meeting the same rules apply as in face-to-face meetings: no cross-talking, no dialogue, speak one at a time and at the invitation of the moderator (or you could pass), do not comment on what others share, do not offer judgments or give suggestions.

ALSO in this meeting:

- We do not smoke, eat, or drink alcohol or engage in any activity related to other addictions.
- When you enter the meeting, please at least introduce yourself by voice; the moderator may choose to remove participants who do not introduce themselves for the safety of all attendees.
- If during the meeting you do not want to speak or share your picture, you can turn off both microphone and camera. It is recommended that you keep the camera on for greater communication among participants.
- If you are here with us for the first time, please tell us your first name so that we may welcome you.

(Wait 10 seconds and then continue)

*In order to avoid disturbances and interruptions, I invite you to turn on the "MUTE" function on your device when you are not speaking.*

2. THE LITERATURE WILL BE READ OUT LOUD either by the moderator or by group members.

3. WE PROCEED WITH MEMBERS' SHARINGS (The moderator begins)

#### 4. CLOSING OF THE MEETING

We wish to state that the opinions shared here were those of the persons who expressed them. We accept what we need and leave the rest. The things we heard were said in confidence and must be kept confidential. Let's keep them within the virtual walls of this room and within the confines of our minds.

I thank everyone who attended this meeting and I remind you that our Seventh Tradition reminds us that we are responsible within the fellowship of EA for funding EAI through our personal contributions. For this you can make a monthly or periodic bank transfer to EAI through their website or send a donation into the main office.

*I invite those who wish to pray with me the Prayer of Serenity. Following the Serenity prayer, an additional brief prayer will also be offered after a brief pause.*

*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.*

*Give me patience for the changes that take time,  
gratitude for all I have,  
tolerance for those who are different  
and the strength to stand up and try again, just for today.*



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We are grateful for our EA members in Italy for suggesting and writing this document.