

Hello Everyone!
Happy New Year!!

We held a General Service Board meeting on January 8, 2014. What follows are brief minutes of the meeting.

Attendees: 1/8

- Annette H, Phoenix AZ
- Trish, Del Ray Beach FL
- Melissa, Atlanta GA
- Regina, Rockland County NY
- Estelle H, Baltimore MD

Minutes

- We discussed and approved minutes from our 12/11/2013 meeting
- We reviewed action items
 - Links page has been updated with language making it clear that links and books are not endorsed by EDA as a whole
 - Meetings page has been updated current through January 1st. Changes submitted after that will be posted this weekend.
- We discussed nominations for recommended books
 - Anorexics and Bulimics Anonymous (ABA Big Book) –
 - The ABA Big Book was endorsed by one person on the call who reported that
 - She found Joan's story very compelling/relatable
 - Everything other than Step Zero is consistent with Twelve Step recovery
 - The text breaks down each step for the reader
 - The personal stories are really hopeful
 - Others on the call had not read the book
 - No proxy votes or votes by email came in
 - Someone at the last GSB meeting had also endorsed the ABA Big Book, so we have a total of two votes for the book. If we have a third vote for the book we can consider listing it. If we do list the book, we may want to list it with caveats (Not EDA literature, Step Zero not consistent with EDA). We will discuss the ABA Big Book at our February Meeting
- We discussed EDA literature updates: we want to remove negative and blaming/shaming language where it may exist. Our discussion this month is a selection from More on Eating Disorders that was brought up last month.
 - **Original form:** We have mismanaged anger, avoided growing pains that might have set us free, indulged in unhealthy forms of dependence on those around us, and engaged in futile, damaging attempts to control our bodies and other people. (This version is supported by at least one group, where the a group conscience of 15-18 people voted in favor of the original form.)
 - **Alternative 1:** Because of our understandably frantic attempts to protect ourselves from the inevitable hardships of living, we engaged in behaviors which

didn't serve us, mismanaging anger, indulging in over-dependence on those around us in ways that kept us from growing our inner resources, and resorting to often self-damaging attempts to control our bodies, our emotions, and sometimes other people. (This form was eliminated and will not be discussed at the February meeting.)

- **Alternative 2:** We dealt with our anger and discomfort in ways that didn't serve us, and therefore missed opportunities for growth. We were overly dependent on those around us, expecting them to manage situations for us that we could have handled ourselves. We tried to control our bodies, our emotions, and sometimes other people, intensifying our suffering and that of others. (This form got one vote from someone other than the author. Some felt that "mismanaged anger" is already pretty euphemistic. People agreed that this version and the original form are pretty close in intent but that this alternative is less brusque/harsh. One person preferred the statement to be short and to the point and stated that it was exactly what she needed when she came into the program.)
- The chair and the person proposing the alternatives abstained. Another person also abstained, commenting that recovery teaches us to be less hypersensitive, and to take what we can use and leave the rest.
- We will provide another opportunity for groups to consider the two options (Original Form and Alternative 2), and will bring this back one more time in February. GSB Representatives: If your group has not yet done so, please have your groups consider this topic at their next group conscience/business meeting.
- At our next meeting we will start work on a new brochure or document unless we have corrections to literature to discuss.
- Our next meeting will be February 12, 2014

We adjourned the meeting at 7:46 PM MST.

Please send these minutes to members of your group if your group maintains an email contact list!

Thank you to all who attended and to all who serve EDA!
Best regards,
Annette (aka Michelle)