

Hello Everyone!

We held a General Service Board meeting on April 09, 2014. What follows are brief minutes of the meeting.

Attendees:

- Annette H, Phoenix AZ
- Rachel, Phoenix, AZ
- Shirley, Medway, MA
- Vanessa S, Longwood, FL
- Trish, Del Ray Beach, FL
- Julie E, Longwood, FL
- Estelle, H, Baltimore, MD
- Regina, Rockland, NY

Notes

- We reviewed and approved minutes from our March 12th meeting.
- We discussed action items from prior meetings
 - Meetings page maintenance support takes about four hours a month
 - Rachel will ask people at her meetings about helping maintain meeting information on the website and will ask them to write info@eatingdisordersanonymous.org if interested.
 - Estelle has already talked to two people and will have them call Vanessa to discuss specifics
 - Annette sent Rachel the word document versions of the 12 steps
 - A submission for Our Stories has been rejected as inappropriate
- We discussed content for a new brochure directed at those who do not have a background in any 12-Step Program and worked at refining the below statements. These will be discussed again at our May 14th meeting.
 - Recovery means Keeping it Simple
 - Recovery means being open to new ideas
 - You don't have to feel "spiritual" to recover
 - You will probably hear that "an eating disorder is a spiritual malady that demands a spiritual solution." Do not be alarmed: Atheists can and do recover in EDA.
 - For all of us, the "spiritual awakening" promised to those who reach Step Twelve entails the realization that compassion, honesty and accountability in all our relationships has set us free, and that actively working to serve the highest ideals and purposes we are able to embrace has made us happy and useful. For some of us, this is genuine recovery. For others, a spiritual awakening may entail a deeper exploration of their faith. Your experience is up to you.
 - Those of us who have sincerely worked the program of EDA from positions of faith and positions of no faith can attest: if you work the program, it will work for you.
 - If you do not have a belief system that involves a God, or if your conception of God is not working for you, you will need to find a power greater than yourself to recover. You will need to identify or define something to serve as your source of strength and inspiration that is more dependable, trustworthy and powerful than a

real, single human being can be. Remember that your reliance on people is interdependent, while your reliance on your Higher Power is not: your recovery hinges on the degree to which you can rely absolutely on the steady and dependable force that is your conception of a Higher Power. EDA members have successfully defined their Higher Power in many different ways. Some have used the power of people in recovery as their Higher Power: as a whole, people in recovery are sane, reasonable, caring and nurturing. Some people have used the life force of nature, managing to endure and flourish under tons of ice and in intensely hot thermal vents in the bottom of the sea, while imbuing living creatures with the capacity to feel love and empathy. Others use the concept of **G**ood, **O**rdery **D**irection to guide and support them in their recovery. The choice of what you use as your Higher Power is entirely up to you.

- How long do we have to feel powerless? Once you have admitted you are powerless, your life can stop being about having an eating disorder and can start being about what you can do that is meaningful to you and useful to others. Here is one way to think about it. If your car gets seriously stuck in sand or snow, it is not without power, and you are not without power, but your power and your car's power are demonstrably insufficient to break free of the trap. If you are really and truly stuck, no matter how much power you have, you are going to need help (people or resources or both) to get out of whatever jam you are in. Recovery is just like that. You have to admit you are stuck before you can reach out and make much use of the resources at your disposal. After that, your journey is not about being stuck but about having new experiences and helping others along the way.
- EDA recognizes that there are many paths to recovery. EDA encourages everyone to "take what you can use and leave the rest" from our program as well as others

We adjourned the meeting at 7:10 PM MST. Our next meeting will be May 14, 2014.

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)