

Hello Everyone!

We held a General Service Board meeting on August 13, 2014. What follows are brief minutes of the meeting.

**\*Attendees:**

- Kimberly – Los Angeles, CA
- Vanessa – Longwood, FL
- Annette – Phoenix, AZ
- Monica – Orange County, CA
- Hillary – New Jersey
- Sara – Scranton, PA
- Keely – Texas

**Notes:**

We reviewed and approved minutes from our July 9<sup>th</sup> meeting.

We discussed action items from prior meetings:

- Sara updated all EDA brochures to utilize the design concept approved at our July 9<sup>th</sup> meeting and will be submitting these to Webmaster Vanessa shortly.
- In addition, Sara has been working on a website design, incorporating the new logo, that she will submit to Vanessa and Annette soon. Vanessa and Annette are both really excited about the new design.
- Vanessa sent a list of website design requirements to Sara, refined the prototype U.S. meeting map and is working on a Canada meeting map. She expects the map version of the meetings list will be available by our September meeting. Meeting locations outside the U.S. and Canada will continue to be listed as they are today.
- Annette updated the “Start a Meeting” webpage and three publications (EDA Meeting Starter Kit, EDA Meeting Guide and “Welcome and Thank you”) on the website to include a reminder to keep personal anonymity at the level of press, radio, film and web, and a request to include “For more information, visit [www.4EDA.org](http://www.4EDA.org)” in flyers.

We are all volunteers on the General Service Board. It is wonderful that we have such talented and experienced people able to help us, but it is important to remember that our webmaster and others who serve EDA also have families and day jobs. Kudos, especially to Sara and Vanessa for their service!

We discussed a proposal submitted by an EDA member to add an expanded form of the 12 Traditions to EDA literature.

- A version of an expanded Twelve Traditions, modeled on one found in AA literature and running two pages, was considered.
- After some discussion, it was determined that the specific version submitted would not be able to be used until we have explicit permission from the AA Central Office in New York. The permission we have is only for material from the 1<sup>st</sup> 164 pages of the Big Book, Alcoholics Anonymous, 3<sup>rd</sup> edition, with attribution and caveats, and only **after**

review and approval of each specific use by the AA Central Office. We have gotten approval for the Promises, the 12 Steps and 12 Traditions but does not extend to the

- A proposal was fielded to draft our own, still short, but expanded version of the EDA Twelve Traditions. The motion passed with 4 “Yes” votes and two abstentions.
- **Action Item:** Kimberly offered to draft an expanded version of the EDA Twelve Traditions for consideration at our September meeting. Thank you, Kimberly!

We considered submissions for two books to be listed on the EDA Links page.

- Making Peace with Your Plate (confidential draft available to regular GSB members) by Robyn Cruze and Espra Andrus (this work has been endorsed by Jenni Schaefer)
  - Unfortunately, Annette did not read the email containing the confidential draft of this document until a few days before the General Service Board meeting. The draft was disseminated to GSB members with instructions not to forward.
  - Only one person had opportunity to review the material and found it helpful: this brings the total number of independent endorsements for the book to one shy of what is needed to list it on our Links page.
  - Others on the board agreed to review the draft this month. We will reconsider the submission in September. Those who have examined the material so far have found it consistent with the EDA message of recovery.
- The Seeds of Starvation, (excerpt and bookcover available to regular GSB members) by Anne Beattie
  - Those who reviewed the excerpt thought that at least some EDA members would find the material triggering.
  - We would like to encourage EDA members to share their stories of recovery, but the explicit discussion of numbers and behaviors in the excerpt submitted was deemed problematic. The GSB opted not to list the book on the links page.

**New Business:**

We discussed progress on the EDA Big Book.

- The GSB of EDA has been collecting stories (and listing them on the Stories tab of the EDA website, [www.4EDA.org/stories](http://www.4EDA.org/stories)) for some time now, but have not amassed enough to complete a Big Book for EDA.
- Our stories are never “perfect” and so long as we live and breathe, our stories continue to evolve. Please do not let these impediments hold you back from taking action and sharing your story.
- More than anything, our stories of recovery can inspire hope in those who still suffer.
  - Have you worked your steps (or are you close to finishing your first pass through)?
  - Have you been able to make amends for negative impacts your attitude and behaviors may have had on others?
  - Have you been able to avoid disordered behavior (for at least a few weeks at a stretch, with only occasional difficult days over the last several months)?
  - Do you regularly feel a quality of peace and happiness that is markedly different from when you are actively engaged in your eating disorder?
  - If so, we encourage you to share your story of recovery!
- Please contact [literature@eatingdisordersanonymous.org](mailto:literature@eatingdisordersanonymous.org) with your story (preferably five pages or less) as soon as possible. Please be sure to mention how you use the Steps.
- We ALL really need to hear what it was like, what happened and what it is like now. To all you perfectionists out there: Please know that we are all “works in progress” and that no one is ever perfect!

**Action Items:**

- Annette to add Kimberly to the [Literature@EatingDisordersAnonymous.org](mailto:Literature@EatingDisordersAnonymous.org) email distribution.
- Sara and Annette agreed to submit their stories to Kimberly for editing before our next meeting.

We adjourned the meeting at 6:50 PM MST. Our next meeting will be Wednesday, September 10, 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)