

Hello Everyone!

We held a General Service Board meeting on March 11, 2015. What follows are brief minutes of the meeting.

**Attendees:**

- Sherian – Southern CA
- Nuria – Del Ray Beach, FL
- Annette – Phoenix, AZ
- Trish – Del Ray Beach, FL
- Paige – Pinehurst, NC

**Notes:**

- We reviewed and approved minutes from our last meeting.
- **We discussed action items from last month's meeting:**
  - New website – completed and in production!
  - Separate tab for phone meetings – not yet implemented
  - Top-line menu version of the website – not yet implemented
  - Replace old red buttons on website with something like the new button:
    - We discussed and approved a proposal to hire FireWerkZ at \$65/hour to create buttons that will work with our existing site. FireWerkZ estimated that the effort would probably only take a few hours. The Board approved up to 3 hours' work on the button images.
  - Mobile friendliness updates:
    - We discussed a proposal from FireWerkz to use a stock (already mobile-friendly, pre-built) website template that we could customize with our content rather than try to make our site more mobile-friendly.
      - Pros: The site would look (and act) less "dated." Mobile-friendliness (to current levels) is built in. The cost is not prohibitive – there is usually a low up-front fee and then something like \$5.99 a month.
      - Cons: The effort to convert the site content to a new site would take more time than the current web support team has available at the moment. If we hire a contractor to perform the conversion to a new template, that would cost us something (we did not receive an estimate for that effort). Deciding which website template might work for us will consume time. We would need to select some viable options to present to the Board. Support for future technologies is not automatic: what is "friendly" now may not be "friendly" in a year or two, and we are not buying a service that would maintain customized templates. The current site is easy to maintain and our current web support team is committed to support it.
    - We discussed and approved a proposal to spend up to \$200 to engage a contractor to make the existing site more mobile-friendly.
  - Annette contacted Gisele B, the founder of EDA, about providing her story of recovery but received no response.

- **We discussed brochure updates and consolidation of flyers into brochures**
  - Sherian has taken the trouble to “revamp” our literature and has done a great job!
  - There is a LOT of duplication in the materials on the EDA website and in our Meeting Starter Kit materials – over 30 brochures and flyers, many of which contain duplicate information.
  - Sherian completed work to reduce duplication, and consolidated several flyers into brochures, all of which now have a streamlined, consistent look and a really readable format.
  - Sixteen updated brochures and materials were sent out with the meeting agenda on Sunday 3/8, with a request for help reviewing the materials. People with Yahoo email addresses found the agenda and materials in their junk mail – please check if you have Yahoo! We did receive feedback on several brochures but continue to need help.
  - All attending the meeting agreed the new format and consolidation effort will really make our materials more accessible and easier to use. Bravo, Sherian!!
  - **Action Items:** Annette committed to review the brochures starting with E through G, and Nuria committed to review the brochures starting with M through S, and to send the reviews back to [literature@eatingdisordersanonymous.org](mailto:literature@eatingdisordersanonymous.org). Paige also agreed to review the brochures and provide feedback as time allowed.
  - Sherian asked about the box around the title page of “EDA at a Glance.” We agreed this brochure should look like the rest – remove the box.
  - We discussed the empty panel on the “FAQs about EDA” brochure. Sherian agreed to add a link to the Literature tab on the EDA website, ([www.4EDA.org/publications.html](http://www.4EDA.org/publications.html)), to refer the 12 Steps of EDA, and to list some of the bullet points from “Suggestions for Recovery” or “Tools of Recovery.”
  - We discussed the “Suggestions for Recovery” brochure. No one wants to read a laundry list of bullets, but on the other hand these suggestions came from a variety of sources, and not everyone thinks the same way. We agreed that “Suggestions for Recovery” should have a message at the bottom of each page, “Take what you can use and leave the rest.” It might also be helpful to have an introductory statement that notes that the suggestions were provided by EDA members in recovery.
- We discussed development of the EDA Big Book
  - Last month, GSB members were encouraged to pick up a copy of the ABA Big Book so we could review in time for today’s meeting.
    - The Del Ray Beach group regularly orders copies of the ABA Big Book, and uses it to supplement EDA meetings, but members are eager for their own book.
    - Annette ordered a copy of the ABA Big Book and received it in time to get through about the first 100 pages.
    - Sherian has excerpts but agreed to pick up a copy.
  - We discussed the fundamental similarities and differences between EDA and ABA.
    - Similarities:
      - Same disease, same insanity, same stories
      - Same surrender to the hope and discipline of the Twelve Steps
      - Same foundation in AA

- Differences:
  - EDA has no equivalent of a “Step Zero.” ABA has a “Step Zero,” which is to accept that “the feeling of being in control” is the drug.
  - ABA requires “sobriety first” which includes full surrender of food choices, body weight and exercise. EDA’s Step Three includes turning our will and our lives over to the care of God as we understand God. We think that covers it.
  - EDA endorses balance and sound nutrition. ABA endorses meal support, at least initially. These positions are different, though not necessarily in opposition. In EDA, if we are honest with ourselves and others, we find we know from the very start what behaviors are insane. Some of us do require meal support; if we are honest with ourselves, we will know it. When we practice ways of being in the world that permit us to let go of old behaviors that put us and others at risk, we find that we willingly surrender to balance and are restored to sanity. EDA endorses the discipline of the Steps, not specific disciplines around food. Rigidity, we remember, is a hallmark of an eating disorder.
  - We all experience fear, self-pity, resentment, and pain on a fairly regular basis. These are the very feelings that drove us to disordered thinking and behavior in the first place, so how do we stay “in balance?” EDA members find we are at risk of falling into old behaviors when we allow ourselves to wallow in specific thoughts and feelings. We learn to recognize these as they come up, and we practice ways of turning things around by applying the basic concepts laid out in the Twelve Steps. The thoughts and feelings we have are no accident, and cannot just be dismissed lest we find ourselves in some other form of acting out. It takes time and patience to fully recover from an eating disorder. We apply the principles of the Program on a daily basis to insure against future difficulties. It works.
  - Dr’s Opinion: EDA’s “Big Book” should have a Dr’s Opinion written by a director of a medical facility that treats eating disorders. We have already gotten a positive response to a request but want to submit the first few chapters with our follow-up.
  - Founders Section: Both AA’s and ABA’s founders had/have what they describe as a spiritual foundation for their recovery. EDA’s remaining founding member frankly does not have what can be described as a “spiritual” foundation for anything, yet she has recovery. How is this possible? **Action Item:** Annette agreed to submit her story for review prior to the next GSB meeting.
  - There is a Solution: EDA’s “Big Book” should have a concise and succinct version of “There is a Solution.” AA’s version of “There is a Solution” provides a brief review of many approaches that provided no relief, thus underscoring the true hopelessness of our condition, then outlines – in the course of just three pages – the principles of the AA program: the solution. ABA defines a solution (the ABA program, which includes elements that EDA’s program does not) over the course of several sections. **Action Item:** Nuria will pull together ideas for EDAs version of “There is a Solution.”

There is no deadline, but we will discuss the topic at our April meeting.

- We adjourned the meeting at 7:15 PM MST.
- Our next meeting will be Wednesday, April 8<sup>th</sup>, 2015.

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)

*Note: This email address is checked only monthly. Please send comments and inquiries to [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org).*