

Hello Everyone!

We held a General Service Board meeting on July 8, 2015.

Starting July 15, 2015, there is a new number for the General Service Board meeting. To join the GSB meeting **after July 15, 2015, dial 641-715-3296 and enter Access Code 624784#.**

Annette was not able to attend this month's meeting due to a memorial service. Nuria chaired the July GSB meeting and took minutes. Thank you, Nuria!

Attendees:

- Melissa – Sunday Phone Meeting
- Jennifer – Los Angeles, CA
- Rachel – Phoenix, AZ
- Sherian – Southern CA
- Mariah – San Francisco, CA
- Shelley – Phone Meetings (Checking GSB meeting out)
- Nuria – Palm Beach County, FL

Minutes

- Minutes from the June GSB meeting were reviewed. *Motion* made by Mariah to accept minutes. Seconded by Sherian. Unanimous approval.
- **EDA Big Book Discussion:**
 - **Doctor's Opinion:** Sherian shared that the Drs. Opinion has been sent for submission.
 - **Stories:** Sherian knows of 4 other stories that will be turned in soon. Mariah will have her short story completed over the next couple of days. Nuria knows that two people, Susan and Trish, have submitted their stories. These are on the website. There are 4 other stories coming in over the next 2 weeks.

Deadline for Stories Discussion: Rachel requested clarification as to the reason for story deadlines. Sherian clarified how the idea was to get all stories in sooner than later, as the EDA Big Book is being written to make sure that once the rest of the book is completed, we don't want to wait on getting more stories. If we don't put a deadline on it, it could take forever.

Organization of Stories Discussion: The Big Book of Alcoholics Anonymous breaks the stories into 3 categories; how should we organize the stories? By severity, by disorder classification? How? Rachel shared how if we categorize the stories according to eating disorder classification, it could actually put-off people and they might not read a story if they don't think they fall under a specific classification. Maybe separate them by age or severity? But then again, someone might compare instead of identify. Sherian brought up how we shouldn't organize it according to a specific diagnosis since it may be placing someone in a 'pigeon hole' and most of us are cross addicted. Melissa agreed on cross over eating disordered manifestations.

Melissa brought up organizing possibly by length? Maybe starting with the Founder's Story and then following it with the shorter stories and ending the section with the longer stories. Shelley shared that we should definitely not organize it by type of eating disorder or severity since many of us have experienced multiple manifestations and we have also experienced both extremes as it pertains to severity. Sherian mentioned that it may be even better to just randomly select the order without any specific organization.

Title vs. Name of the Person Discussion: It was brought up by Jennifer how the newer stories are posted with the individual's name yet the older stories were titled. Should they all be title or all by a person's name? Sherian brought up trying to keep the individuals anonymous and how some of us have very unique names so anonymity can be broken. The question came up whether or not we need to contact the individuals who wrote their stories to ask about name versus title but some of the stories were submitted many years ago. Does Annette know how to contact these individuals? Is it even necessary to contact these individuals to change the heading of their stories? Do we even need to use the older stories, was asked by Jennifer. Mariah says we should use them and maybe just change the title ourselves.

Motion made by Sherian to put off deadline for stories for a few weeks to make sure they are all submitted, and have had the opportunity to be distributed through the EDA literature email for review. Motion seconded by Mariah. Unanimous vote to approve motion.

Details in Story Discussion: Rachel noticed that specific weights, foods, and treatment center names were mentioned in the stories. Do we need to reword the stories that mention these details which goes against how it recommended to not disclose these details in meetings? Nuria brought up how there is a tradition that says that we are not affiliated with any outside organization, institution, etc. and how we have to make it clear that we are not connected with any specific treatment centers. Jennifer agreed with keeping specific treatment centers name out of the stories and how in AA meetings in LA it get really convoluted AA versus treatment centers some times. Mariah agreed and said that we should stick to the traditions as closely as possible to assure EDA stays around as long as AA has. Rachel shared how there is some value with specific identification, and how it can help. Shelley shared how we can be competitive as it pertains to weight, especially if we are new or struggling. Certain foods can actually be physically triggering for some new comers. She shared that it is important to stick to the guidelines of EDA and how we have to be careful for any legal responsibility if a treatment center is mentioned, as it may be a liability. Sherian shared how it is better to be safe than sorry so we should not mentioned treatment centers. Then it was also brought up about not disclosing the specific name of another eating disorder related 12 step program, because we must try not to 'bash' other eating disorder 12 step programs since many people do recover through other programs.

Action Item: Ask Annette for further feedback regarding titles, names, and story details.

Action Item: Next meeting we may need to vote on whether the following topics should be excluded from the stories:

- Treatment Center/Half way Houses Naming
- Specific weight/foods/diets
- Other Eating Disorder 12 Step Program Naming

Action Item: Everyone should have tried to read all stories again before the next GSR for further discussion and possibly vote on what should be permissible versus not as it pertains to the details and titles of the stories.

- **There Is A Solution:** Nuria shared how some feedback was provided saying that the rough draft was confusing and that it need to be clearer and tighter as it pertains to the content. Mariah and Sherian felt that it was great and not confusing. Rachel and Melissa have not had the opportunity to read it as they had not received the rough draft so we will need to email it to them (emails obtained). Rachel asked whether or not we are allowed to use quotes. Nuria shared some background about how we had voted on trying not to repeat verbatim the Big Book, to make an original version that connects the AA Big Book chapter to our eating disorders and that I wasn't 100% certain how many, if any, quotes we could use from the Big Book. But then again, how do we choose which quotes are more important than other quotes? Isn't it better to just provided supplemental reading to the Big Book without repeating what it says?

Action Item: Next meeting discuss quotes or no quotes from the Big Book?

Action Item: Resend There Is a Solution, making sure recipients realize that this is a ROUGH DRAFT.

- **More About Eating Disorders, Additional Chapters:** Sherian and Nuria discussed how this chapter, and the remaining others, should probably be addressed at a later time once former chapters have been finalized since one chapter should build upon the next. Jennifer wanted to make sure that the EDA Big Book outlines going through the 12 steps as the Big Book of Alcoholics Anonymous outlines the 12 steps in the first 164 pages.

Melissa forwarded feedback from the Sunday Night Phone Meeting regarding the development of the EDA Big Book and GSB Meetings.

They believe that the chapters To Wives and The Family Afterwards should be combined into one chapter to keep it more gender neutral since spouses are family as well. They also believe that to Employers is not necessary. (I am not 100% certain this is accurately recorded-please let us know if this is misrepresented.) They

are very excited about a revision of the chapter We Agnostic since they really don't believe that the Big Book We Agnostics is adequately explained. Melissa shared how the GSB minutes that are sent out are always read and they are so appreciative from the GSB Conference call. They are also very appreciative that the meeting minutes are posted on the website for everyone to review when this accessibility to this type of information is not as easily accessible in other 12 step programs. There are also many volunteers on these calls that would be more than happy to edit any created literature in the future. Nuria shared with Melissa that when she receives literature from us, she can absolutely forward it to them for editing/review.

- **2015 YTD Financials/Treasurer's Report** Reviewed quickly but no questions were presented since this was Nuria's first time reviewing this so if anyone had questions, they would have been placed on hold until the next call when Annette would be able to answer them.

| YTD Summary as of 07/04/2015 | Amount in \$ | # Transactions | Notes |
|--|-------------------|----------------|---|
| Income | | | |
| 7th Tradition (P.O. Box) Groups | \$391.00 | 3 | 3 distinct groups |
| 7th Tradition (P.O. Box) Individuals | \$30.01 | 3 | 1 distinct individual |
| 7 th Tradition (PayPal) Groups | \$331.13 | 5 | 5 distinct donor groups |
| 7 th Tradition (PayPal) Individuals | \$53.23 | 5 | 4 distinct individuals |
| Total Income, 07/04/2015 YTD | \$805.37 | | |
| Expenses | | | |
| Publications Mailing Cost | | | |
| Xeroxing Meeting Starter Kits | | | |
| EDA P.O. Box (partial year) | \$30.64 | 1 | |
| ED Referral (www.edreferral.com) | \$75.00 | 1 | Annual fee for listing |
| Chatzy Chat Room Service (6 mo) | \$101.40 | 6 | Monthly cost is \$16.90 for unlimited users |
| Website buttons | \$65.00 | 1 | www.firewerkz.com created new website buttons to match EDA logo and increase speed of page loads |
| Website Hosting | \$0.00 | 0 | Donated (Annette) through 2016 |
| Total Expenses 07/04/2015 YTD | \$272.04 | | |
| Bank Balance 07/04/2015 | \$4,393.38 | | |
| PayPal Balance 07/04/2015 | \$1,316.07 | | |

Nuria shared how the Palm Beach County in Florida Groups have a pending motion for their next month's business meeting to discuss how much, or what percentage, they will start contributing from their 7th tradition on a quarterly basis just as many AA groups contribute a portion of their 7th tradition to the AA GSB. Unfortunately, they have not been able to contribute until recently due to many people attending that are in treatment centers or half ways houses, their 7th tradition has been pretty scarce. The meeting in West Palm that started a year and a half ago, barely brings in any 7th tradition and the

clubhouse it is being held out is doing them a favor by accepting whatever the 7th tradition brings in to cover rent even though it is only a portion of what they typically charge.

Motion made by Rachel to close. Seconded by Jennifer. Unanimous vote to close at 10:04 pm Eastern time.

Best regards,
Annette (aka Michelle)

Note: This email address is checked only monthly. Please send comments and inquiries to info@eatingdisordersanonymous.org.