

Hello Everyone!

We held a General Service Board meeting on August 19, 2015. The General Service Board of Eating Disorders Anonymous is an organization set up to help EDA groups carry the message of recovery to those in need.

**Attendees:**

- Sarah – Central CA
- Nuria – Palm Beach County, FL
- Becky P – Houston, TX
- Annette H – Phoenix, AZ

**Minutes:**

- We reviewed and approved minutes (posted on the website) from our July General Service Board meeting.
- We addressed most of the July action items in the course of today's meeting.
- The EDA "Big Book," Eating Disorders Anonymous, will be published in iterations:
  - **First**, we will publish stories from EDA members on the [www.4EDA.org/stories.html](http://www.4EDA.org/stories.html) web page, after additional edits as noted below.
  - **Second**, we will publish the following sections on a web page (not yet built). These sections will be DRAFTS of what will eventually go to press.
    - **Preface:** Draft attached.
    - **A Doctor's Opinion:** two doctors have been contacted with requests so far)
    - **A Founder's Story:** draft available, edits in progress
    - **There Is A Solution:** draft available, edits in progress. **Action Item:** Nuria to follow up with the current editor after this coming weekend.
    - **More About Eating Disorders** (initial draft form is available as a brochure at <http://www.4EDA.org/publications/EDA More on Eating Disorders.pdf>, however, descriptions are needed to clarify the spectrum of eating disorder severities from just slightly-worse-than-normal eating behaviors to starkly insane, life-threatening behaviors that continue regardless of necessity or desire to stop. We affirm that our approach works for those who find it impossible stop through other means.
    - **We Agnostics:** draft in progress. Bill Wilson and the early members of AA modified the tenets of the Oxford Group to create a program of recovery that would appeal to those unable to proceed through acceptance of the dogma of a specific religion. In the EDA version of *We Agnostics*, EDA will extend this vision of inclusion to ensure that people who are honestly unable to find within themselves anything resembling spirituality are not prevented from understanding and working a program of recovery in EDA. This will strike many as an invalid approach: EDA is, at its core, a profoundly spiritual program. Yet, against all odds, and throughout the history of AA and EDA, agnostics and atheists have found recovery by adapting and modifying the Steps to work for them. This chapter acknowledges that many people do not have what has been described as "an innate concept" of God or spirituality, and that love, humility, and service to others are not inherently spiritual ideas. For people like the author, for whom all conceptions of God were forced and

- inauthentic, the Steps are remarkably effective in delivering perspective, peace and recovery.
- **How It Works** will explain how to work Steps 1-4 using the traditional, spiritual approach
  - **Into Action** will explain how to work Steps 5-11 using the traditional, spiritual approach
  - **Working With Others** will explain Step 12
- **Third**, we will conduct one to three rounds of edits on the above
  - **Fourth**, once the General Service Board agrees we are ready to go to press, money from the GSB funds will be used to publish the 1<sup>st</sup> edition of our text.
- **Stories:**
    - Great news: we have gotten some really wonderful stories so far, and the revised stories received recently have been absolutely amazing!
    - We have posted the newest stories from Melissa (RF) and N on the EDA website at [www.4EDA.org/stories.html](http://www.4EDA.org/stories.html), however, these stories are listed with names, not titles. Per below decisions, this will shortly change.
    - Not so great news: we are still in the editing process with our latest stories (those from Mariah, Heidi, Gina, Pam, Rachel M, and Rachel F#2) These have not yet been posted.
    - Decisions of the General Service Board with respect to stories:
      - **Deadline for stories:** we will suspend the deadline until we are close to going to press with our 1<sup>st</sup> edition. Like the AA text, it is very likely EDA will have revisions to the EDA text over time. Additional stories will always be welcomed for possible inclusion in later editions.
      - **EDA stories will be organized**, and we agree that the organization is very important, but details of how to organize the stories will be the subject of future meetings. In the meantime, **Action Item:** Annette will
        - Add Sarah and Becky to the literature distribution list
        - Break the existing compilation of stories into individual stories
        - Change out the Stories page to a Google Docs page. Once the stories are hyperlinked from a Google Docs page, we can easily reorganize them to see how we like different approaches.
        - Add a note to “please suggest a title for your story” to the Stories web page.
        - (Possibly) add the literature distribution list to the Google Docs editors so we have less confusion about who is doing edits on which documents and when. If we do this, however, we will need to figure out an approach to keeping the draft (being edited) versions of the stories separate from those released to the website for public review.
      - **Stories included in the EDA text and on the website must be from EDA members:** people with a desire to recover from, or desire to maintain recovery from, an eating disorder *and* who self-identify as EDA members. Not everyone who desires to recover from an eating disorder identifies as an EDA member. Stories from those who recover without EDA are surely valuable and valid, but do not have a place in the EDA text per se. There may be one exception. In conjunction with *A Doctor’s Opinion* – which we expect will be written by a medical professional who does not have personal experience recovering from an eating disorder – there can be a section for doctors and therapists who **do** have personal

experience with recovery from an eating disorder, even if not through EDA, provided they work with EDA members and reflect on how their own personal experience tallies with recovery in EDA. **Action Item:** Annette to follow up with Sherian about talking with Gina. Her excellent story fits the latter category.

- Not all stories in the AA Big Book make explicit reference to the 12 Steps. The EDA Big Book will follow the same pattern. While reference to the Steps is highly encouraged and preferred, it is not required. Reference to the EDA fellowship or program, however, is required for inclusion in the EDA text.
  - EDA stories will be listed with titles, not names. Authors of stories that only have names at present will be contacted, where possible, with one or two suggestions for titles that they can approve or amend.
  - Story authors will have final edit approval on their stories before their stories go to press.
  - We will eliminate explicit reference to numbers (i.e. weight, calories, distances) except for ages and years of recovery from EDA stories. References to years (2003, 2009) will be recast as an offset from the start of the story where possible, or replaced with reference to “after several years” or something similar, where an offset is not possible.
  - We will eliminate explicit reference to other 12 Step groups (other than AA) from EDA stories: we don’t want to engage in name-bashing.
  - Except in a preface to A Doctor’s Opinion, which will mention credentials and associations, we will eliminate explicit reference to treatment centers from EDA stories: EDA is not affiliated with any outside enterprise
  - We will eliminate explicit reference to specific eating disordered behaviors, drugs, and alcohol from EDA stories. References to restricting, bingeing and purging are fine. For now we will support reference to the following subcategories of purging: exercise, laxatives and vomiting. References to drugs should be labeled “drugs” and references to alcohol should be labeled “alcohol.”
  - We will **retain** references to consequences of our actions in EDA stories, such as health issues, which include malnourishment, obesity, and emaciation.
- After the regular GSB Meeting, we planned to keep the line open for willing GSRs and GSB members to talk with new meeting facilitators, and to talk more generally about how to better serve EDA groups, however, no one joined.
  - We adjourned the meeting at 7:15 PM MST.

Our next meeting will be Wednesday, September 9<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).*