

Hello Everyone!

We held General Service Board meeting this evening, November 11th. The General Service Board of Eating Disorders Anonymous is an organization set up to help EDA groups carry the message of recovery to those who still suffer. We meet every month on 2nd Wednesdays.

Attendees:

- Katy – Charlotte, NC
- Nuria – Palm Beach County, FL
- Annette H – Phoenix, AZ

Minutes:

We took a moment of silence to reflect on our appreciation for those who have served or are serving in our Armed Forces.

Every EDA group should have a General Service Board representative who dials in to our GSB conference call. We need your help!

We discussed progress on the EDA text, [Eating Disorders Anonymous](#).

- A draft of the first edition of our text, [Eating Disorders Anonymous](#), is provided at the below links.
- There will be several rounds of edits required before we go to press. We need your feedback! This is your opportunity to help us get it right: please send edits, comments and concerns to literature@eatingdisordersanonymous.org before November 30th. Our goal is to update the below links with a revised version by January 2016, with the intention of completing the next round of edits before the end of March 2016.
 - [Preface](#) to the 1st Edition
 - Doctor's Opinion – We have reached out to two professionals who work with eating disordered clients. If you would like to contribute to this section, we would hugely appreciate hearing from you: please write to literature@eatingdisorderanonymous.org.
 - [Chapter 1 - A Founder's Story](#)
 - [Chapter 2 - There Is A Solution](#)
 - [Chapter 3 - More About Eating Disorders](#)
 - [Chapter 4 - We Agnostics of EDA](#)
 - [Chapter 5 - How It Works \(Steps 1 - 4\)](#): People are welcome to use the original AA format for Step 4, or a version that inventories eight categories.
 - [Chapter 6 - Into Action \(Steps 5 - 11\)](#): We will be updating Step Nine with more examples, and Steps Ten and Eleven with details that were omitted due to time constraints.
 - [Chapter 7 - Working With Others \(Step 12\)](#): We will be updating Step Twelve with examples and making it more cohesive with the rest of the chapters.
 - [Our Stories](#): Please submit your stories!
 - Appendices

- [Appendix A - The 12 Steps and 12 Traditions of EDA](#)
- [Appendix B - A Founder's Perspective On Balance](#)
- [Appendix C - A Founder Works the Steps](#)
- [Appendix D - Example Step Four Inventory](#)

- **Sponsorship!**
 - Historically, EDA has had issues with sponsorship. Some of the issues included:
 - Not enough sponsors to go around (this remains a problem!)
 - Attempts to match people with online sponsors they had never met resulted in some strained situations
 - The focus on balance rather than abstinence made sponsorship confusing to some people: how would a person know when they were ready to sponsor?
 - Some sponsors tried to get their sponsees to follow food plans or were controlling in other ways
 - One “sponsor” attempted to address the needs of hundreds of sponsees
 - Many did not like the “one up/one down” relationship at all: it felt wrong to people who did not have other Twelve Step experiences.
 - As a result, EDA endorsed having Step Buddies. Having a Step Buddy can work out beautifully for people who have worked the Steps in another Twelve Step program, but it does not work out so well for newcomers. We have come to the conclusion that in most cases, sponsorship works better. There is, however, a huge need for sponsors.
 - We are very lucky to have Cherie B coordinating sponsors. If you have worked the Steps in EDA and are able to stop yourself from engaging in eating disordered behavior, please write to sponsors@eatingdisordersanonymous.org. We urgently need your help!
 - If you sponsor people, and they have made it through the Twelve Steps, make sure your sponsees understand that working Step Twelve means actively carrying the message: they should be looking for people to sponsor.

- **Help for new and existing EDA meetings!**
 - This month we discussed the topics of crosstalk, and keeping people coming back to meetings.
 - **Crosstalk** is when people do not wait their turn to speak, and/or offer unsolicited advice after someone has shared. Crosstalk can be a difficult subject for small groups to address. It is critical to stop crosstalk because:
 - **It is unfair:** people who like to talk or feel the need to offer unsolicited advice tend to dominate the discussion. Others end up not getting their fair share of time.
 - **It makes the meeting unsafe:** almost no one wants to receive unsolicited advice, but if it is permitted for one person (for instance a newcomer), then the precedent has been set for everyone. If the

group tolerates crosstalk at all, everyone is a potential target. People who do not feel safe often do not come back.

- **Suggestions for dealing with crosstalk:**
 - Meeting chairpersons should consider talking with the chief troublemaker(s) outside the meeting to ensure they understand what crosstalk is, and why it needs to stop. Most people who crosstalk have very little idea they are causing trouble, and if approached with ideas about how to make the meeting better and safer, they are usually eager to help.
 - Meeting chairpersons should ensure that the meeting format (the sheet that is used as a guide for running the meeting) explains what crosstalk is. When the next meeting is held, the chairperson should stop at that section, and provide a concrete example or two, making sure not to single out the source of trouble. The idea is to get the group to help police bad behavior, rather than putting the chairperson in the position of having to call out issues as they occur. Everyone wants meetings that are safe from unsolicited advice and people who talk out of turn, and everyone should be prepared to help.
- **Suggestions for how to keep people coming back to meetings:**
 - **Keep a recovery focus.**
 - Being in recovery is awesome and inspiring. Invite speakers to share their stories of recovery with your group. If there are no speakers in your area, read stories of recovery from the EDA website aloud in your meetings. You can find stories of recovery in www.4EDA.org/stories.html, [A Founder's Story](#), [Appendix B - A Founder's Perspective On Balance](#) or [Appendix C - A Founder Works the Steps](#) from the EDA text.
 - Encourage people to work the Steps, and then to sponsor others: it is vital to recovery to carry the message!
 - Have the group find a nearby treatment center and talk with the director about starting an EDA meeting there. It is impossible to convey how much deep satisfaction, gratitude and joy there is in carrying the message of recovery to those who still suffer.
- **New Business:**
 - **Action Item:** Annette will start reporting 7th Tradition Contributions **by group** on a quarterly basis. We really need a volunteer treasurer (preferably a CPA) to help with this. Is anyone willing and able to help? If so, please contact info@eatingdisordersanonymous.org.
 - Literature updates:
 - Some of the steps in the Step Workbook need to be updated to align more closely with the EDA text, [Eating Disorders Anonymous](#). We will take this on once the EDA text is in print.

- The brochure “Information for Professionals” does not fully align with the preface to the EDA text. We need to edit the brochure to ensure consistency with EDA’s position as stated in the preface.

We adjourned the meeting at 8:00 PM MST.

Our next meeting will be Wednesday, December 9th, 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.