

Hello Everyone!

We held General Service Board meeting this evening, Wednesday, January 13<sup>th</sup>. 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 2<sup>nd</sup> Wednesdays.

**Attendees:**

- Nuria – West Palm Beach, FL
- Nicole – Palm Coast, FL
- Rachel – Chicago, IL
- Annette – Phoenix AZ
- Julie – Jackson, Mississippi
- Stacy F – Pensacola, FL

**Minutes**

- **EDA Big Book updates:**
  - For a draft copy of the EDA Big Book ([Eating Disorders Anonymous](#)) please see: [www.4EDA.org/EDAbigbook.html](http://www.4EDA.org/EDAbigbook.html).
  - Good news: a highly credentialed resource is working on "A Doctor's Opinion," and we are following up with others.
  - More good news: We now have twenty-six stories available online (see EDA Big Book link above). Several additional stories are being edited currently.
  - *We still need your stories for inclusion in our first edition of Eating Disorders Anonymous. Our goal is forty-three stories. **Deadline for stories of recovery: February 10<sup>th</sup>!***
    - The Twelfth Step is all about carrying the message of recovery to those who still suffer. There is no better way to ensure you keep your recovery than to continue to share your truth with others who need to hear it.
    - If you have worked the Twelve Steps of EDA and are in recovery, we need your story! In five pages or less, please tell us what it was like when you were active in your ED, what happened that got you into recovery, and what it is like now that you are in recovery. If you can suggest a title for your story, that would be wonderful.
    - Your story will be anonymous, and you will have the right to approve the final edits.
    - Please send your story to [literature@eatingdisordersanonymous.org](mailto:literature@eatingdisordersanonymous.org) *no later than February 10, 2016 to be considered for inclusion in the initial publication of the EDA Big Book, Eating Disorders Anonymous.*
  - We voted to adopt and updated version of the 12 Steps and 12 Traditions (EDA Big Book Appendix A). We adopted an updated version but would like each group to consider two alternatives for Step One:
    - Option A (Original singular form): We admitted we were powerless over our eating disorder – that our lives had become unmanageable.

- Option B (Modified plural form): We admitted we were powerless over our eating disorders – that our lives had become unmanageable. Please discuss this proposed revision in your groups and let us know whether you prefer the (A) original singular version or (B) modified plural form during or before the next General Service Board meeting on February 10<sup>th</sup>.  
**Action Item:** Annette will post the updated Appendix A to the draft EDA Big Book on the web, update the 12 Steps and 12 Traditions brochure, and update the EDA Meeting Starter Kit.
  - We agreed we will organize our EDA stories into sections like those used in the text, Alcoholics Anonymous. We agreed to we would apply the below criteria to determine the category that best fits the stories received:
    - “Pioneers of EDA”: Members who founded groups that have spawned additional groups (we are still in our pioneering days)
    - “They Lost Nearly All”: Stories from members who do not meet above criteria, and who suffered devastating impacts to health, relationships and finances as a result of their eating disorders
    - “They Stopped in Time”: Stories from members who do not meet criteria for either above category
  - **Action Item:** Annette agreed to reorganize the stories per the above criteria within the next few days (they do not exactly match this organization currently), but we need your feedback! Do you think a story belongs in a different section? Please write to us at [literature@eatingdisordersanonymous.org](mailto:literature@eatingdisordersanonymous.org) and let us know.
- **Meetings!**
  - Did you know EDA offers not only face-to-face but phone, online, and now Skype meetings?
  - **\*New\* Skype meeting** – starting Sunday February 7<sup>th</sup> at 6PM GMT – join by contacting Skype:EDASkypeMeetings on Skype at least 10 minutes before the meeting, expressing your desire to recover from an eating disorder. If more than 25 people wish to join, we will find a more robust way to connect within a few weeks.
  - All phone and Skype meetings are listed at [www.4EDA.org/phonemeetings.html](http://www.4EDA.org/phonemeetings.html).
  - Online (chatroom) meetings are listed below. Check out [www.4EDA.org/online.html](http://www.4EDA.org/online.html) for information on how to join online meetings.
    - Sunday – 8:00 PM EDT – Step/Tradition Study meeting
    - Monday – 12:00 PM EDT – Newcomer meeting (steps 1,2,3)
    - Tuesday – 12:30 EDT – Step/Tradition Study meeting
    - Wednesday – 8:00 PM EDT – Newcomer meeting (steps 1,2,3)
    - Thursday – 8:00 PM EDT – Topic meeting (1st Thursday milestone celebration meeting, 3rd Thursday speaker meeting)
    - Friday – 1:00 PM EDT – Big Book Study
    - Saturday – 10:00 AM EDT – Big Book Study

- All the face-to-face meetings we know about are listed at [www.4EDA.org/meetings.html](http://www.4EDA.org/meetings.html).
- **Sponsorship!**
  - Sponsorship is a fundamental and vital component of Step Twelve: it is carrying the message of recovery in the most immediate, direct and meaningful way possible.
  - If you have applied the Twelve Steps on your eating disorder and have found peace and freedom with yourself, with food, with your body, and with others, your recovery will flourish and your happiness will grow as you help others grapple with their impediments. You will find yourself “walking the talk” with increasing conviction and surety as you help others work through issues you may not have recognized until you tried to help someone else.
  - If you have worked the Twelve Steps and are able enjoy a happy and balanced life most of the time, do the right thing: reach out to help someone else. There is a huge need for EDA sponsors. Contact [Sponsors@eatingdisordersanonymous.org](mailto:Sponsors@eatingdisordersanonymous.org) if you are able to help.
  - **Action Item:** Stacey agreed to send her edits for the EDA Meeting Guide to Annette as soon as possible. The current EDA Meeting Guide content on sponsorship no longer reflects the lived experience of EDA members and groups. Annette will update the website and the EDA Meeting Starter Kit materials per Stacey’s edits. An updated version that addresses the sponsorship items specifically is now available on the web and in the EDA Meeting Starter Kit.
- **Speaker meeting recordings!**
  - The General Service Board used to make tapes of speakers available but stopped after there were quality issues with the cassettes.
  - We are now in a different paradigm, where recordings can be made readily available online.
  - Stacey in Pensacola has offered to record people who are willing to share their experience, strength and hope with others. Have you worked the Twelve Steps of EDA? Are you now willing to share your story of recovery, so that others might hear the message? Please contact [literature@eatingdisordersanonymous.org](mailto:literature@eatingdisordersanonymous.org).
  - Please note:
    - We are not planning to mask voices, but the rest of your personal identifying information will remain confidential.
    - You will be asked to sign a release form before recording your story.
- **Help for new and existing EDA meetings!**
  - We answered questions for moderators of new meetings.
  - *How do people “identify” as an EDA member in meetings?*

- People can chose to “identify” in a number of ways, whatever works for them at the moment. Valid examples:
  - Hi, I’m Emily and I am a recovered bulimic
  - Hello, I’m Sam and I am a recovering anorexic
  - Hi, I’m Sue, an orthorexic
  - Hi, I’m Don and I have a desire to recover from an eating disorder
  - Hello, my name is Mary and I am a recovered eating disordered
  - Hi, I am Lisa, in recovery from bulimia.
- People attending open meetings need not identify at all.
- People attending closed meetings are expected to identify as an EDA member. At minimum each person at a closed meeting should affirm their desire to recover from an eating disorder.
- It was suggested that meeting moderators consider identifying themselves as a person in recovery/recovered from their eating disorder, lest newcomers get the impression that the meeting is being run by people still active in their disordered thinking and behavior.
- *If I start a meeting and I am the only person there who has been through the Twelve Steps, do I have to sponsor everyone?*
  - Sponsoring people takes time and attention. It is not recommended that new sponsors take on more than one or two sponsees at a time.
  - Meeting attendees looking for sponsors can attend online and phone/Skype meetings to seek sponsors, and can reach out to other groups as well.
  - Once a person works the Twelve Steps, they should turn to sponsoring as a way of reinforcing and strengthening the new habits of thought and behavior so necessary for a full recovery.
- *I am starting an on-campus meeting, but the institution is making things really difficult. Is there any guidance for me?*
  - **Challenges** (generally true for on-campus meetings):
    - Meeting must be a “Club” open only to students
    - “Club” generally must have three to five student (non-anonymous) members
    - “Club” must have an advisor/sponsor from within the institution
    - Student population base is transient and often disappears during holidays
    - Student academic schedules change every quarter
    - The meeting location can be a challenge: counseling offices can be stigmatized, and student unions actively recruit large events that can preempt club meetings.
  - **Opportunities**

- Generally, there is huge need for eating disorder recovery on every college campus
- The population has high likelihood of demonstrating openness and willingness to help one another
- The counseling office is usually very supportive
- There are excellent opportunities for mentoring, and for working to expand understanding among staff and students
- Activities newsletters/ student newspapers can run meeting announcements and will often do so for free
- Once a positive relationship has been established with the counseling office, it is easy to tap into the broader network of therapists who work with college students to find people who need to hear the message.

We adjourned the meeting at 8:35 PM MST.

Our next meeting will be Wednesday, February 10<sup>th</sup>, 2016.

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,

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).*