

Hello Everyone!

We held General Service Board meeting this evening, Wednesday, February 10th. 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:

- Nuria – West Palm Beach, FL
- Jhena – Pittsfield, MA
- Rachel – Chicago, IL
- Sherian – Temecula Valley, CA
- Becky – Houston, TX
- Annette – Phoenix AZ
- Nicole – Palm Coast, FL
- Stacey 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.
 - **Good news:**
 - We are on track to complete edits on the EDA Big Book by the end of March. We plan to send the text to a publisher in early April. As of today, we have received 32 stories of recovery for inclusion in the EDA text. The deadline for submitting stories for inclusion in our EDA Big Book stories of recovery has now passed. If you have worked the Twelve Steps in EDA, please consider sharing your experience, strength and hope with others through becoming an EDA Sponsor. Contact Sponsors@eatingdisordersanonymous.org to learn more.
 - We received a wonderful letter of support from Dr. Lacrosha Hall, M.D., FAPA. Dr. Hall is Board Certified in Child, Adolescent, Adult and Forensic Psychiatry and Addiction Medicine, and currently works at the Provincial Adult Tertiary Specialized Eating Disorder Program in British Columbia. We are very grateful for the support. Dr. Hall's letter is now posted to the EDA website under the heading "A Doctor's Opinion."
 - We hope to receive letters of support from two other highly respected resources shortly, and have just been contacted by a third resource. The deadline for letters of support from outside resources is March 1st

- **Not such great news:** Much of our EDA literature does not open properly on Safari/Apple and Chrome/Apple. We are working to resolve the issue. If you have an ipad or iphone, we recommend using the Puffin browser to read EDA literature online.
- **Decisions:** We voted, and determined a course of action, on the following:
 - **Shall we try harder to balance references to “God” with references to “Higher Power/higher purpose” in the EDA Big Book? Yes.** Most GSB attendees thought the EDA text does a good job of balancing the concepts, however, after much discussion, our volunteer editors are directed to ensure that each page that references “God” should also contain – somewhere within it – a clarification that we mean a God of our own (individual) understanding. If the word “God” appears once or fifty times on the page, there needs to be one such clarification per page in which the reference appears. We do not want to burden the reader with needless repetition nor do we want ideas about “God” taken out of context.
 - **Background:** We heard concerns from several reviewers (three out of four with strong Twelve Step backgrounds) regarding use of the word “God” in the EDA Big Book. The AA Big Book references to “God” are interleaved with references to “Higher Power.” Reviewers were concerned that EDA’s preferential use of the word “God” connotes a strong religious emphasis, which is inaccurate. Recognizing that EDA’s primary purpose is to carry the message of recovery to those who still suffer, several people recently suggested we should address this concern. Back in the year 2000, early members of EDA debated whether to alter the language of the Steps: we wanted to address this very topic. We considered using Higher Power and “power greater than ourselves” in each of the Twelve Steps in place of the word “God.” We decided we would remain as true to the original form of the Steps as possible while replacing references to “Him” with “God.” At this point, we are committed to staying the course set in the year of our formation. As described in the AA Big Book, our recovery is contingent on the maintenance of a *fit spiritual condition* (page 84). For EDA members, this entails reliance on something greater than ourselves to put our lives into perspective: God for some, a Higher Power for others, and a higher purpose for the rest.
 - **Should references to “higher purpose” be capitalized? No.** Atheists among us strongly object to capitalizing “higher purpose” since so doing appears to deify the concept, which is inappropriate in the context of EDA’s desire to extend the hand of recovery to atheists who suffer from eating disorders.
 - **Should we add material to the EDA Big Book rather than explicitly recommending readings from AA literature, as we currently do in the instructions on how to take a sponsee through the Twelve Steps? Yes.** Every sponsor in EDA is welcome to recommend reading AA

literature, and our text should make it clear that sponsors in EDA have long done so, substituting “acting out” for “drinking” and “eating disordered” for “alcoholic.” In the interest of making recovery as accessible as possible to geographically isolated EDA members, however, we shall endeavor to cover material well enough in our own literature that references to outside sources is unnecessary.

Action Item: Nuria will send Annette the relevant sections of the AA 12x12 she uses when taking her sponsees through Steps 6 and 7, and Annette will add the concepts covered in the highlighted sections to the EDA text that address how to take a sponsee through the Steps.

- **Shall the EDA text be altered to ensure consistent use of “We” (plural subject) with “eating disorder” (singular object) or “eating disorders” (plural object)? *Consistent, and plural-plural.*** Debate on this topic went on for half an hour and required re-voting three times on several approaches to consistency. In the end, the voting was five to two in favor of changing to the grammatically correct plural-plural form. We think the grammatical inconsistency could be off-putting to the newcomer, that plural-plural consistency implies unity. Concerns about a person having only one DSM diagnosis at a time, and concerns about the depersonalization that could occur by presenting a more abstract statement did not win out.
- **Shall Step One of the Twelve Steps of EDA be altered to read: “We admitted we were powerless over our eating disorders – that our lives had become unmanageable.” Yes.** After carefully weighing the impact on the newcomer, we agreed we should be consistent here as well.
- **Shall we capitalize all references to the Twelve Steps?** We agree that the Steps are proper nouns with names, i.e. Twelve Steps, Step One, Step Two. *We will capitalize proper nouns.*
- **Shall we capitalize references to the fourth Step as Fourth Step?** We determined that whenever an adjectival version of the proper noun’s name is referenced, we will use the *numeral version with adjectival forms, i.e. 4th Step, 5th Step, 10th Step.* The exception is when the adjectival form is used at the start of a sentence. In that case we will start the sentence with a capital, i.e. “Fourth Step work can be daunting but the result is a foundation for working the rest of the Steps.”
- **Shall we replace references to “hopeless case” with “chronic case?”** Although people often do feel hopeless, we do not think anyone is a hopeless case. Where there is breath, here is hope. We agreed that labeling people as “cases” is not the best approach. *We will rework the section that currently labels people so that it refers instead to people with moderate symptoms, eating disordered behavior that meets clinical criteria, and people who feel hopeless.*
- When planning costs for the publication of the EDA Big Book, shall we include shipping costs for sending one copy of the book to each EDA group where a contact for the group provides a physical ship-to address?

We did not address this question due to oversight and will discuss at next month's meeting.

- **What criteria shall we establish for selecting a self-publishing or publishing company for the EDA Big Book?** We agreed:
 - We want to maximize value, obtaining the greatest quantity of good-looking, reasonable-quality books at a reasonable cost.
 - We want to select a self-publisher with a reputation for producing quality product.
 - We want EDA groups and EDA members to be able to order copies of the book directly from the publisher at minimal cost.
 - We want the publisher to have a track record of success.
 - We want the page numbers of each printing to remain exactly the same, regardless of the size format of book.
- **What type (paperback/hardbound) and size of publication do we want?** Our first edition could be a paperback sized at 5 by 8 inches. (The AA text of roughly this size is under 13 oz)
 - It should be possible to have multiple sizes of text: someone can take the time to reformat for each size option to ensure consistency regardless of book dimensions
 - It would be nice if we could do imprint lettering on the book jacket, but this may not be cost efficient: perhaps shadow printing would be a viable alternative.
 - We reiterated that we do want page numbers to be consistent across editions, and regardless of size.
- **Meetings: we adored before discussing the following**
 - Did you know EDA offers not only face-to-face but phone, online, and now Skype meetings?
 - ***New* Skype meeting** – started Sunday February 7th at 6PM GMT (that is 6PM Greenwich Mean Time in England, 1 PM on the UA east coast, 10 AM on the US west coast) – [Click here](#) at the time the meeting starts to join the meeting. If more than 25 members join, you may have to wait until the next call. This past Sunday we had people from three states in the US along with people from England, Denmark and Switzerland on the call.
 - All phone and Skype meetings are listed at www.4EDA.org/phonemeetings.html.
 - Online (chatroom) meetings are listed below. Check out 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.

We adjourned the meeting at 8:43 PM MST.

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