

Hello Everyone!

We held General Service Board meeting this evening, Wednesday, March 9<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:**

- Jhena – Pittsfield, MA
- Nicole – Palm Coast, FL
- Christina – Buffalo, NY
- Tara – Delray Beach, FL
- Ellen – Delray Beach, FL
- Nuria – West Palm Beach, FL
- Margo – Knoxville, TN
- Suzy – Hendersonville, NC
- Annette – Phoenix AZ

**Minutes:**

- **EDA Big Book updates:**
  - For a draft copy of the EDA Big Book ([Eating Disorders Anonymous](http://www.4EDA.org/EDAbigbook.html)) please see: [www.4EDA.org/EDAbigbook.html](http://www.4EDA.org/EDAbigbook.html).
  - **Good news:** we received final stories for the EDA text, including one from EDA's founder, Gisele B! These have now been posted to the website above, and as of this evening, we have completed our 2<sup>nd</sup> round of edits on all the stories. Chapter edits are also in progress. We have posted updates to the Preface, Appendices A-D, and all chapters except 7 this week.
  - **Still more good news:**
    - We received a Doctors' Opinions section letter from licensed psychologist Dr. Sumer Aeed, whose guidance was critical in EDA's identification of balance and perspective as goals of recovery. Dr. Aeed holds a doctoral degree in Educational Psychology-Counseling Emphasis, a Master's Degree in Counseling Psychology and a BA in International Relations. Dr. Aeed has developed a number of prevention programs for youth, serves on several boards with a focus on healing and prevention work, and writes articles in the field of mental health for numerous magazines and websites. As the founder of *What's Your Story Experiences* – experiential workshops that support transformation and healing – Dr. Aeed guides individuals to explore the power of their own stories. Dr. Aeed helped us to embrace the idea that consciously taking care of our own basic needs was essential to

establishing relationships of trust. This idea is central to EDA's message of recovery, and we are very grateful for her contribution.

- We also received a letter of support from Roger C – author, editor, publisher, and administrator of the AA Agnostica website. Roger's letter invokes AA co-founder Bill Wilson, as well as Ward Ewing, past chair of AA's General Service Board and Phyllis Halliday, General Manager of the General Service Office of Alcoholics Anonymous, in support of the idea that Twelve Step groups ought to embrace everyone with a desire to recover. EDA acknowledges that secular people can and do work the Twelve Steps successfully.
- We are still waiting on one additional Doctor's Opinion, and on two more letters of support. These are due by March 18<sup>th</sup>.

- **Decisions!**

- Since the General Service Board last met in February, we investigated several different publishing options. Of these, two were be considered at our GSB meeting: CreateSpace – a self-publishing division of Amazon – and Gürze Books.
- Our requirements:
  - The General Service Board of EDA shall produce a book that is the highest quality we can reasonably afford, while keeping the book reasonably priced. Our main purpose is to help EDA groups carry the message of recovery to all who still suffer.
  - The General Service Board of EDA shall retain editorial control of the material.
  - The General Service Board of EDA shall continue to provide free access to a .pdf version of the text on the GSB's website
  - The General Service Board of EDA shall respect EDA's 6<sup>th</sup> Tradition: EDA's 6th Tradition states that "An EDA group ought never endorse, finance or lend the EDA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose." The GSB's charter includes a statement that we uphold the Traditions of EDA, including the idea that EDA is not allied with any sect, denomination, politics, organization or institution.
- **CreateSpace** is a fairly familiar entity to some on our literature team. We have been in contact with CreateSpace, and they can accommodate our requirements.
  - **Pros** of using CreateSpace as a service:
    - If we go with CreateSpace we can get a book in people's hands by June as we had originally planned.
    - CreateSpace will not have anything on the text that identifies it as the publisher
    - Cost will be lower, probably more like \$9.99 per copy.
    - The General Service Board would receive some percentage of the sales price of each copy sold. Specifically what the

percentage would be is not yet known. (We are not in this for the money, but would be happy to have funds to devote to supporting EDA groups with additional or better services.)

- **Cons** of using CreateSpace as a service:
  - Quality, though acceptable, will be lower than if we go with a caring and thoughtful publisher
  - The book would only be available through Amazon.
- **Gürze Books** is a respected name in publishing and in the field of eating disorders recovery. Lindsey Hall and Leigh Cohn, owners of Gürze Books, have read the first few chapters of the EDA text with the founder's story that now starts off our "Pioneers of EDA" section, and are eager to help us carry the message of recovery. Lindsey Hall courageously wrote Bulimia: A Guide to Recovery, one of the first books available on recovery. Through publishing texts that help carry the message of recovery, Lindsey and her husband Leigh have done as much as anyone to hold up a beacon of hope for the rest of us.
  - **Pros** of using Gürze Books as a service:
    - General Service Board is committed to ensuring that what we publish looks and feels like a work that has received the time and attention it deserves. The quality of the deliverable will be higher with the benefit of experience and care of publishers committed to support us in our aim of carrying the message of recovery.
    - Gürze Books has a distribution channel that would make books available in bookstores such as Barnes and Noble, as well as on Amazon/Kindle. We could potentially reach many more people than through Amazon alone.
    - Gürze Books has offered us twenty-five free copies (same as CreateSpace) and will either distribute or will pay for the delivery of a copy of our text to each of our EDA groups, here in the US and overseas (better than CreateSpace). The General Service Board would also receive 7.5% of the sales price of all copies sold. This could be less than what we would get from CreateSpace.
    - The copyright would be in the General Service Board of EDA's name, same as with CreateSpace.
  - **Cons** of using Gürze Books as a service:
    - Gürze is serious about honoring EDA's 6<sup>th</sup> Tradition, however, due to its association with Publishers Group West, Gürze cannot completely remove all traces of its participation in the project from the publication. We can use an EDA logo in place of the Gürze Books logo on the book jacket, and Gürze will forgo marketing and press releases about the book. The only reference to Gürze will be on the copyright page. Instead of saying the book is an imprint of Gürze Books, the copyright page will say, "As a service to

GSB of EDA, published by Gürze Books." Leigh pointed out that in very real terms, their association with us is really no different from that of CreateSpace and Amazon. We should note that AA, OA, NA and other 12-Step groups also make their texts available on Amazon.

- Timing: we had hoped to get copies of the book out in late June 2016. If we use Gürze Books, there are many more steps to the process, and books would first be available at the end of October.
- Cost: the cost of a Gurze Books' publication is likely to be somewhat higher than a CreateSpace text, perhaps \$14.75 instead of perhaps \$9.99. (These figures are guesses based on comparable texts ordered in the last three weeks.)
- **Decision:** The board voted unanimously to accept the proposal from Gürze as outlined above, contingent on a guarantee that the above-listed conditions can be met, and that the per unit cost will be minimized. We would like to offer the book at \$9.99 per copy, a figure comparable to the cost of the AA *Alcoholics Anonymous* paperback edition. The board will not accept a per-unit cost that is in excess of the cost of a comparable AA text. We discussed and accepted an upper limit on the per-unit cost.

### More Decisions!

- We discussed whether to replace references to "ED" and "Eating Disorder" (capitalized) with "eating disorder" (not capitalized). We agreed:
  - "ED" will be replaced with "eating disorder" in the non-story chapter. "ED" may be replaced with "eating disorder" or "Ed" in the stories, depending on whether the author thought of their eating disorder as a person or not. We agreed it should be clear from context and that authors will have the final say.
  - "Eating Disorder" will be replaced with "eating disorder" in the stories unless it is clear that the author intended to refer to their eating disorder as their deity. We will take this on a case by case basis and story authors will have the final word.
- We discussed whether to standardize which form of OK (ok, okay, O.K.) we will use in the text. We agreed to standardize throughout the non-story portion of the text, and will leave well enough alone in the stories.
- **EDReferral:** the General Service Board has listed EDA with a resource, [www.EDReferral.com](http://www.EDReferral.com), for many years. Since search engines have become more powerful and we will have a book coming out sometime this year, so we considered whether we needed to continue paying for this listing. Our non-profit rate is \$75/year. We determined to ask for

information from EDReferral. If we are getting at least 10 hits on the page that lists EDA per year, we agreed to renew the listing.

- **We discussed how much time to allow story authors to review/revise the edited copy of their work.** We considered 48 hours, 1 week and 2 weeks. We decided 1 week would be sufficient for a person to review their own story, make any edits and return it. Forty-eight hours would be standard for business documents, but we know EDA members are often busy professionals and moms/dads. After cleaning up the edited copies, we will send final, unmarked copies back to story authors for their review and approval with a note letting them know that a lack of reply after one week will constitute acceptance, but that they can request an extension if they need it.
- **Meetings!**
  - EDA now offers not only face-to-face but phone, online and Skype meetings
  - 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).
- **Help for new and existing EDA meetings!**
  - We discussed new meetings in Massachusetts and Palm Coast.
    - Getting the word out can be challenging, but the EDA meeting starter kit has good pointers about how to things going.
    - Leave flyers at therapists offices, hospitals, jails, treatment centers and 12 step meeting halls
    - Newspapers often run notices about 12 step meetings for free. Nicole reported this sometimes this works even if the print is microscopic.
  - Treatment centers often make good venues for EDA meetings because:
    - Great opportunity to carry the message to people who may be ready to accept it
    - Dependable attendance

- People who find recovery in treatment may keep coming back to the EDA meetings, and can be a beacon of hope for those still in treatment
  - If you are getting a meeting started and have questions, don't hesitate to contact our email correspondents at [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org)!
- **Service Opportunity!**
  - EDA urgently needs people to respond to incoming email. Can you help? This is a wonderful service opportunity, and a way to help carry the message of recovery to those who most need - and are reaching out for - our help.
  - Requirements:
    - Be a member of EDA, and have worked the Steps (or are working on them)
    - Be able to answer 1 to 5 emails per day for up to two weeks at a stretch. If we have only a few respondents, you may be asked to step up every month. If we have more respondents, you might be called upon to help every other month.
  - How to get started:
    - Contact [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org) and let them know of your interest in helping.
    - Supply a few details:
      - Name
      - Phone number including country and area code
      - The best time to contact by phone (include time zone)
      - Email address
      - Reason for interest (please provide a sentence or two)
      - Qualifications (please provide a sentence or two)
    - We will add you to the email distribution list so you can see how email responses are typically addressed. After a few days, we will ask you if you are ready to start responding.
    - You will be asked to copy the distribution list on your responses so others can review as a quality assurance check.

We adjourned the meeting at 8:15 PM MST.

Our next meeting will be Wednesday, April 13th, 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,

Annette (aka Michelle)

*Note: This email address is checked only monthly. Please send comments and inquiries to [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org).*