

Hello Everyone!

We held a General Service Board of EDA meeting this evening, Wednesday, April 13th.

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
- Sherian – Temecula Valley, CA
- Ellen – Delray Beach, FL
- Christina – Buffalo, NY
- Nicole – Palm Coast, FL
- Rachel – Chicago, IL
- Becky – Houston, TX
- Jhena – Pittsfield, MA
- Annette – Phoenix AZ

Minutes:

- **EDA Big Book Updates:**
 - **Good news:**
 - All letters of support, chapters and stories have been through at least three rounds of edits, and have been posted to the EDA website at www.4EDA.org/EDAbigbook.html.
 - A revision to the “We Agnostics” chapter includes a section specifically for believers – those who *do* have faith.
 - As approved at the General Service Board meeting last month, we have signed a contract with Gürze Books for the publication of the EDA text. The manuscript will be sent to Gürze at the end of the week.
 - Stories that are being considered for inclusion have been sent back to their authors for approval. In response, we have received overwhelming support from our authors, however, several bouncebacks were received and we are still waiting for approvals from twelve authors. **If you submitted your story of recovery, but did not get an email from the Chair of the General Service Board of EDA regarding its inclusion in the EDA Big Book, please write us at info@eatingdisordersanonymous.org as soon as possible.** We do have a list of the authors and can send you an MS Word copy of your story if you did not get an email from us.

- A logo for the EDA Big Book has been selected (below). It will be printed on the spine of the text.



- We will be updating the EDA website to reflect the logo and font sometime in the next month.
- **Book Cover Design Decisions:**
 - The GSB voted overwhelmingly in favor of using font option #3, Sabon mixed case, on “Eating Disorders Anonymous” (two lines), centered, sized to fit 0.25 inch side margins and a 1.25 inch top margin, on a 4.7” by 7” front cover.
 - The multivote totals were as follows:
 1. Franklin Gothic - score 52, 11 votes
 2. Ariel Black – score 29, 7 votes
 3. **Sabon – score 72, 17 votes**
 4. Selznick (caps w/larger initial caps) – score 37, 8 votes
 5. Selznick (mixed) – score 4, 1 vote
 6. Breamcatcher (mixed) – score 35, 8 votes
 7. Breamcatcher (all caps) – score 56, 13 votes
 - The GSB considered photos of the book jacket colors submitted on 4/13 by the publisher. The “rainforest” color #41288 (close to pantone color 316) received unanimous support.
 - The GSB considered using embossed lettering on the book cover instead of debossed lettering. Gürze Books made the point that an embossed font would be much easier to read. The GSB concurred, agreeing that legibility would be a good goal, but ultimately decided (with one dissenting vote) that debossed lettering should be used: the idea behind the Twelfth Tradition is *anonymity*. It is best that the book NOT stand out. We think people ought to be able to carry the book around with them without feeling especially obvious. People buying the book will know what it is.
 - As agreed at the last GSB meeting, the cover design will be blank except for the EDA logo on the spine, a bar code on the back cover, and “Eating Disorders Anonymous” – debossed – on the front cover.
 - **EDA Book Content Decisions:**
 - The EDA text has three doctors’ opinion letters:

- Dr. Ray Lemberg – a leading eating disorders researcher and author, and one of the first to work in any ED treatment facility -- provides support for the secular perspective on recovery;
- Dr. Sumer Aeed – a licensed psychologist who specializes in eating disorders recovery who was instrumental in the establishment of EDA, and someone who strongly validates the importance of our shared stories – provides support for the idea that we can all learn from each other, side by side.
- Dr. Lacrosha Hall – a medical doctor as well as a quadruple-credentialed addictions treatment professional – provides support for the religious perspective on recovery;
- Some people feel this is too many letters. We reviewed the purpose of these letters in speaking not only to people with eating disorders, but to people who treat people with eating disorders.
- We reflected on the idea that more could be better. One of our authors from Florida commented that they wished the AA text had included more opinions from doctors.
- The GSB voted unanimously to include all current Doctors' Opinion letters.
- The EDA text includes three letters of support, from:
 - Jenni Schaefer – author, researcher and leading voice for eating disorders recovery – helps convey the idea that the EDA approach is mainstream, noting that our ideas were instrumental in her own recovery;.
 - Robyn Cruze – author and representative of an alliance of treatment centers – provides additional and important insight on the importance of finding balance between extremes;
 - Roger C – editor of AA Agnostica – cites Bill Wilson and other voices of authority from AA's World Service Organization in support of the idea that Twelve Step groups can and should extend the message of recovery to those who are not able to work a specifically spiritual solution.
- Some people think we have too many letters of support. We discussed this idea, and agreed that the plurality of voices lending support is a strength, not a weakness. We then discussed the idea of balancing support for secular ideas with a letter from a religious authority.
- We recognize that someone writing from a Christian perspective may not be able to stand for those with other

faiths, yet we think it important to affirm that we enthusiastically endorse the way of faith. We accept that we need not represent all faiths in our preface section to make this point clear.

- The vote on whether to include all letters we have currently was unanimously in support. The vote on whether to include a letter, currently being written by a pastor with fifteen years' sobriety in AA, was also unanimously in support. The introduction to the letter from the pastor will include the idea that our meetings embrace people from all faiths, and that we encourage people to work with their own faith, whatever it may be.
 - References to the EDA Workbook were removed from Chapter 7, Working with Others. We have expanded Chapter 7 to include some of the material from the workbook, and we will be bringing the workbook into better alignment with the EDA text over the course of the next year.
 - There are changes to some footnotes that will need to be made to bring other literature on our website into better alignment with the EDA text. Our next order of business will be to update the brochures and EDA Meeting Starter Kit, so they are in agreement.
- **Up for consideration at our May meeting:**
 - We are attaching draft revisions to the “More on Eating Disorders,” “Emotional Eating,” and “Binge Eating” brochures. Changes have been made to ensure our text is more inclusive, replacing references to “they” with “we.”
 - We will vote on these changes at our May meeting.
- **Financial Update**
 - EDA Account Balance (PayPal): \$2,246.50
 - EDA Account Balance (Checking Account): \$5119.36

General Service Board of EDA 2016 YTD		
Income and Expenses	Count	Sum of Net
2016	21	\$999.92
Income	16	\$1,207.62
Advance Royalty Received	1	\$750.00
CA	1	\$750.00
Advance Royalty Payment	1	\$750.00
Reversal	1	\$23.00
TX	1	\$23.00
Reversal of reimbursement check (not cashed)	1	\$23.00
7th Tradition Donation Received	14	\$434.62
Anonymous	8	\$71.96
Individual Contribution from EDA Member(s)	8	\$71.96
CO	1	\$10.01
Lakewood	1	\$10.01

General Service Board of EDA 2016 YTD		
Income and Expenses	Count	Sum of Net
CT	1	\$4.59
Fairfield	1	\$4.59
FL	1	\$150.00
Longwood	1	\$150.00
IL	1	\$0.68
Cary	1	\$0.68
Ireland	1	\$158.56
Dublin	1	\$158.56
PA	1	\$38.82
Doylestown	1	\$38.82
Expense	5	-\$207.70
Payment Sent	5	-\$207.70
AZ	1	-\$82.00
P.O. Box Rental	1	-\$82.00
CA	1	-\$75.00
ED Referral Listing	1	-\$75.00
Internet	3	-\$50.70
Chatzy Fees	3	-\$50.70
Grand Total	21	\$999.92

- **Help for new and existing EDA meetings:**
 - We discussed how to handle a situation where a meeting attendee is very inappropriate, repeatedly focusing on numbers, especially low body weight, and makes comments about other people’s sizes. The meeting leader has spoken with the individual on several occasions, and took the attendee aside to explain expectations more clearly, yet the behavior persists. What is a meeting leader to do? When should a meeting leader ask such a person to leave and how should this be handled?
 - **The key idea here is to keep meetings safe for newcomers.** First of all, people in recovery will not be “triggered” by the ill behavior of people not yet in recovery. We think to ourselves, “There, but for the grace of my recovery, go I,” and then we do our absolute best to make the situation safe for those not yet in recovery.
 - Newcomers *will not feel safe*, and *may never come back* to a meeting where people are discussing low body weight, or worse, drawing attention to other people’s relative or absolute size.
 - The meeting leader may want to consider enjoining the support of the entire group to ensure EDA meetings are safe. We recommend that meeting leaders talk with all meeting attendees about the need to interrupt when someone starts talking about numbers or begins to comment about others inappropriately. It is ok to interrupt, gently, and remind the offender that our purpose is to carry the message of recovery – solutions to our thinking problems – and to keep the meetings safe by refraining from discussions of numbers and food, as well as from unsolicited comments and feedback.

- If any attendee does not follow the guidelines after a few reminders, they should be asked to leave until they think are willing and able to be more considerate of other attendees.

We adjourned the meeting at 6:59 PM MST.

Our next meeting will be Wednesday, May 11, 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.