

Hello Everyone!

We held a General Service Board of EDA meeting this evening, Wednesday, May 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:

- Sherian – Temecula Valley, CA
- Ellen – Delray Beach, FL
- Michelle P – Medway, MA
- Stacey – Pensacola, FL
- Christina – Buffalo, NY
- Nicole – Palm Coast, FL
- Rachel – Chicago, IL
- Jhena – Pittsfield, MA
- Annette – Phoenix AZ

Meeting Minutes

- **EDA Big Book updates:**
 - The EDA Big Book (draft available online at www.4EDA.org/EDAbigbook.html) is currently being edited by our publishers, Gurze Books. We received a wonderful letter from Pastor John O that is now included in our Letters of Support section.
 - We are on track for a late October / early November release to Amazon and to brick-and-mortar retailers!
 - The degree of alignment between EDA's ideas about recovery and those of Gurze Books' Lindsey Cohn (author of *Eat Without Fear* and *Bulimia: A Guide to Recovery*) is quite exciting. So far, our Gurze Books' copy editor has found a few redundancies, a few places where the rhythm of the sentences can be improved, and a few instances where alternate word choices could improve readability, however, in all cases, Gurze's intention is to leave the language and meaning as it is.
 - As our editors finalize sections of the book, we will post updates to the EDA website. Page numbering will eventually be amended so it flows from one section to another instead of starting over with each new Chapter and Story, however, the numbering will not be finalized until the book is published due to format/size changes. Our final text will be the same size as the paperback edition of *Alcoholics Anonymous*.

- We got great feedback from GSB members whose groups are reading from the new EDA Big Book online: they really like it. Kudos to everyone who contributed!

- **Decisions:**

- At the request of the publishers, the GSB addressed the question of whether EDA wants consistency throughout the EDA text with respect to references to the Twelve Steps. The GSB decided by unanimous vote that we do want consistency throughout the EDA text, including stories, with respect to references to the Twelve Steps.
- The GSB decided, by unanimous vote to accept the proposed revisions to the “More on Eating Disorders,” “Emotional Eating,” and “Binge Eating” brochures, provided the dates of publication are updated to May 2016. The revisions changed “they” and “them” to “we” and “us.” In addition, “misuse of insulin” was added to the list of ways in which we attempted to manage emotions prior to recovery.
- The GSB decided, by unanimous vote to appropriate \$37 per month to support up to 250 invitees on our Skype meeting platform. With the added capability, every Skype meeting may have up to 250 invitees.

- **New Business**

- We discussed additional updates to EDA literature. The Step Workbook still contains references to “Step Buddies,” and other aspects need to be brought into alignment with the EDA Big Book. One of the great things about the Step Workbook is that it includes quotes from EDA members who have worked the Steps, but there are few such included after Step Six. We have an opportunity to address this gap, however, we need someone to coordinate the effort. Stacey and Jhena agreed to help out when the Step Workbook effort kicks off. The earliest we can get started will probably be August 2016. If you are interested in adding your comments, please contact literature@eatingdisordersanonymous.org.
- Stacey suggested adding a “*Meeting Materials*” document containing:
 - *More on Eating Disorders*
 - *The Twelve Steps with two paragraphs from Chapter Five*
 - *Twelve Traditions*
 - *Ninth Step Promises.*

We agreed this was a good idea, and that each reading should be on a separate page so meeting leaders can distribute the readings to different people before the meeting.

- **Action items:**

- Annette agreed to complete the following before the next GSB meeting:
 - Update the website with the three approved brochure revisions

- Create a “*Meeting Materials – More on Eating Disorders, Steps, Traditions, and Promises*” document and post to the website
 - Update the literature where there are footers clarifying Step Twelve, so the footers are consistent with the EDA Big Book.
 - Update the EDA Meeting Starter Kit with the revised materials
- **Help for new and existing EDA meetings!**
 - We discussed experiences getting on-campus meetings started.
 - We suggest evening meetings—students’ day schedules change too frequently to allow day meetings to persist beyond a semester at a time
 - We suggest posting a notice in the student newspaper (along with other club listings)
 - We discussed posting flyers in the Student Union, especially in food court areas
 - It is perfectly fine to list an on-campus meeting on the EDA website, provided that the listing mentions “[CollegeName] Students Only due to campus security policy.”
 - We discussed the advantages of starting meetings in treatment centers for eating disorders and alcoholism/addictions. Some of our most durable and powerful meetings started inside of treatment centers.
 - It is very helpful if you are working with a therapist who can send out information about an EDA meeting to their colleagues. We think therapists should be happy to discover that EDA is a Twelve Step group that holds the development of perspective and balance as the hallmark of recovery, rather than privileging abstinence, which often promotes rigidity of thought and habit.
 - We discussed the topic of attraction rather than promotion. Tradition Eight advises us that EDA must remain forever nonprofessional. Several therapists attending tonight’s GSB meeting reviewed some key points:
 - Per Tradition Eight, therapists among us should not use EDA meetings as a way to find clients, nor should they offer their services as paid meeting facilitators.
 - While ideas about what is acceptable to share within the confines of a therapeutic relationship are not universally held, therapists should be especially careful about divulging personal information to other EDA members who may become clients.
 - We discussed the idea of attraction rather than promotion. Tradition Eleven affirms that we must maintain personal anonymity at the level of press, radio, film and web. Sharing information about EDA and EDA meetings is part of carrying the message of recovery: it is perfectly fine to post information in newsletters, newspapers and flyers that describe EDA and convey information about when and where EDA groups hold meetings. The main idea is that when we share information we do not hold ourselves out as some type miracle-working organization: we are to share information modestly and anonymously. Humility carries our message much more effectively than pride and arrogance.

We adjourned the meeting at 7:10 PM MST.
Our next meeting will be Wednesday, June 8, 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.