

Hello Everyone!

We held a General Service Board of EDA meeting this evening, Wednesday, June 8<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
- Stacey – Pensacola, FL
- Becky – Houston, TX
- Rachel – Santa Rosa, CA
- Annette – Phoenix AZ

**Notes:**

- **EDA Big Book updates:**
  - The EDA Big Book (draft available online at [www.4EDA.org/EDAbigbook.html](http://www.4EDA.org/EDAbigbook.html)) is currently being edited by our publishers, Gurze Books.
  - We received approval on final edits from all three medical professionals and two of the four authors of additional letters of support.
  - **Action Item:** Annette will follow up with Ellen regarding approval from Pastor John.
  - So far, the editors have gotten through the Preface, Doctors' Opinions, Additional Letters of Support, and Chapters 2-4. Chapter 5 is well underway. Gisele and I are working together to get more of her wry sense of humor into her story.
  - **Action Item:** Annette to make sure preface mentions all forms of eating disorders.
  - We are still on track for a late October / early November release to Amazon and to brick-and-mortar retailers!
- **Discussion Points:**
  - **Suggested chapter title changes:**
    - Our editors suggested, "Letters of Support from Medical Professionals," as a chapter title replacing "Doctors' Opinions" which sounds a bit stiff and old-fashioned, conveying rather forcefully the idea that we ought to accept their authority.
    - If we accepted the title revision, the next section would be titled, "Additional Letters of Support."

- The GSB considered alternatives:
  - Letters of Support from Medical Professionals
  - Doctors' Opinions
  - Doctors' Viewpoints
  - Doctors' Perspectives
  - Doctors' Conclusions
  - Medical Professionals' Viewpoints
- We debated the merits of each alternative for twenty minutes. There was concern that “medical” is not an appropriate term to apply to psychologists, and that the following section also includes letters from professionals. We voted four to one to revert to the original title, “Doctors’ Opinions.”
- The GSB voted unanimously to accept a revision to Chapter 4’s title: We Agnostics, Atheists, and Believers”
- **Story introductions:**
  - We considered whether to include blurbs that introduce each story of recovery, such as one finds in the AA text.
  - After ten minutes discussion, focusing on the difficulty presented by highlighting that which separates us instead of focusing on the common goals – balance, perspective and recovery – and common process – the Twelve Steps – we agreed to write introductory statements. The reasons for this:
    - Ease of reference
    - Ease of recognition of ourselves
  - We agreed that story introductions would not reference specific eating disorders such as anorexia and bulimia.
  - The decision to include story blurbs was unanimous with the chair abstaining.
  - **Action Item:** Jhena and Rachel agreed to coordinate to work on story introductions.
- **Section headings:**
  - Some chapters, especially chapters 2 and 5, are super long.
  - We are thinking of adding section headings to make it easier to find things if you don’t know the page numbers.
  - The GSB will get to see these before the July meeting – we will vote on it then.
  - An alternative to section headings is to add “...” between logically distinct sections.

- **“Could you be one of us?” Brochure**
  - Our “Could you be one of us?” brochure lists quite a few forms of eating disorder, but we skipped many as well – over-exercise, orthorexia, misuse of insulin. We agreed unanimously to address this gap.
  - **Action Item:** Jhena to propose changes to correct the miss.
  
- **Other news:**
  - Stacey F. set up our Skype for Business account, and we are already running with the new, expanded capability. Yay, Stacey!! There are issues, however:
    - Skype for Business does not seem to allow a meeting moderator to call everyone at once. People need to take the action to call in.
    - Skype for business does not work from mobile device unless the person with the device has the Skype for Business app AND a Skype for Business account. Obviously, this is not a great situation. We will continue to look for solutions. In the meantime, you can join the Skype meeting as a guest from a PC or Mac.
  - We will not start on updates to the Twelve Step Workbook until after October. We discussed the need for a 12x12, but we will wait on that until after the Twelve Step Workbook is done.
  
- **Help for new and existing EDA meetings!**
  - **Question:** Can we use unedited version of the Big Book in our EDA meetings? **Answer:** Absolutely!
  - **Question:** What do I do when someone is using text messaging during the meeting? **Answer:** Texting or using a cell phone for any reason other than accessing EDA meeting documents online is rude and disrespectful of other meeting participants. We have had people read books, count money, all manner of things – the meeting chair should remind people who have difficulty focusing that the purpose of our meetings is to recover from our eating disorders and to help others find recovery. Other concerns should be left alone until after the meeting. The GSB voted unanimously to add a message to the EDA Suggested Meeting Format for in-person meetings:
  - **Action Item:** Annette to update the suggested meeting format and send out to all GSB members.

We adjourned the meeting at 7:10 PM MST.  
 Our next meeting will be Wednesday, July 13, 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).*