

Hello Everyone!

THANK YOU to everyone who has volunteered to help proofread our EDA Big Book – you guys and gals just rock!!

We held a General Service Board of EDA meeting on Wednesday, September 14<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:**

- Nuria – Florence, SC
- Jhena – Pittsfield, MA
- Nicole – Palm Coast, FL
- Allison – Del Ray, FL
- Stacey – Pensacola, FL
- Annette – Phoenix, AZ

**New and noteworthy:**

- Amazingly, Leigh and Lindsey Cohn, publishers of Gürze Books, agreed to ship one free copy of the EDA “Big Book” *not only to each EDA group but also to each treatment center in the US*. I cannot believe our good fortune in getting to work with such caring, kind, dedicated, and generous people.
- The GSB agreed, unanimously, to pay half the shipping costs. We agreed that our main purpose is to carry the message of recovery; using GSB funds to deliver the message is exactly what we should be doing!
- To get one free copy of the EDA Big Book sent to your EDA group, please send a **recipient name and address** to [literature@eatingdisordersanonymous.org](mailto:literature@eatingdisordersanonymous.org).
- We need help finding recipients at the eating disorders treatment centers. We have the addresses but we do not have names for most of them. *If you can help find the names of treatment center directors, please contact [literature@eatingdisordersanonymous.org](mailto:literature@eatingdisordersanonymous.org) and we will assign you fifteen treatment centers to contact.*
- Don't forget – we have an EDA Skype meeting (conference call, no video) on **Sundays** at 6PM GMT (that's **2PM EDT, 1PM CDT, noon MDT, 11AM MST/PDT**):

**\*Click here\*** at the time the meeting starts; you can join as a guest, and you do **not** need to install an app to join. (If we have more than 25 people, you may need to wait for another meeting.)

**Notes:**

- **EDA Big Book updates:**
  - The EDA Big Book galley proof has been sent out for proofreading!
  - Proofreading edits (grammar and formatting edits only, please) are due back by 5PM MST (Arizona time) on September 19<sup>th</sup>, 2016.
  - The uncorrected proof is now available in .pdf format on our website at [www.4EDA.org/EDAbigbook.html](http://www.4EDA.org/EDAbigbook.html). Please do not quote from the book yet as the things can still change!
  - A blurb about the text is now up on Amazon and at Gürze Books: <http://www.gurzebooks.com/books/eda.html>.
  
- **We need your help!!**
  - ***Each EDA group will receive one free copy of our text, Eating Disorders Anonymous.*** We need your help compiling a list of names and shipping addresses. ***Please send shipping addresses to [literature@eatingdisordersanonymous.org](mailto:literature@eatingdisordersanonymous.org).***
  - ***We also plan to send one free copy of our text to each Eating Disorders treatment center.*** We need your help compiling a list of treatment center names with directors' names and mailing addresses. If you can help, please contact [literature@eatingdisordersanonymous.org](mailto:literature@eatingdisordersanonymous.org).
  
- **We agreed to replace the GSB conference line with a Skype meeting so international groups can send a representative.** Information about the Skype meeting is now on the EDA website under the GSB tab.
  
- **An EDA member registered a concern about being silenced on an EDA online meeting.**
  - After significant discussion, that included an agreement that silencing/censoring people should be done only with extreme care, the General Service Board affirmed that:
    - Being silenced at a meeting does not mean a person is not an EDA member. The only requirement for EDA membership is a desire to recover from an eating disorder.
    - Each EDA group – whether face-to-face, online, phone or Skype – is autonomous except as affects other groups or EDA as a whole.
    - The moderator or chair of any meeting is obligated to respond to situations as he or she thinks best addresses the needs of the group and in accordance with Group Conscience decisions.

- In the current situation, several members of the online group reviewed the logs and determined that the moderator had acted appropriately and in accord with Group Conscience decisions.
- The EDA website's online meetings tab currently includes a courtesy protocol as follows:
  - OUR COURTESY PROTOCOL for ONLINE MEETINGS
    1. Please limit your comments so everyone gets a chance to share. Please do not provide unsolicited advice.
    2. Please be aware of no crosstalking.
    3. If you want feedback, please ask for it after the meeting.
    4. We do not discuss numbers such as weight or specific detail information about foods OR behaviors so no one may be triggered.
    5. If you would like to share, please typing an \* (asterisk); you will be called on to proceed with your sharing.
    6. After you are finished, please type "DONE."
    7. Please remember that courtesy goes a long way.
    8. Remember that what you see here, whom you see here, let it stay here. Take what you need and leave the rest. And keep coming back!
- Below this "courtesy protocol" was a section that the complainant (and the GSB) had missed:
  - Please focus on recovery in this meeting room. It is important that participants feel safe.
  - We respectfully request that all participants avoid offensive language, triggering language and any form of solicitation.
  - Failure to do so may result in your being silenced or banned from the room.
- **Action Item:** At the request of the GSB, Nuria agreed to supply statements to be used on the website, as well as suggested statements for moderators to use when people have conducted themselves in ways that are concerning.
  - **Verbiage to be used on the website:**
    - "Per group conscience, we ask individuals to refrain from using profanity while sharing during the online meeting. Per group conscience if profanity continues to be used, after being forewarned, the individual will be silenced and will not be able to continue sharing during the current meeting."

Verbiage suggested for the moderator to use via private IM when someone is cursing, attacking, or harming others:

- "Per group conscience, we are asking you to refrain from using profanity (or refrain from using harmful language) while sharing during the online meeting. Per group conscience if you continue to use profanity (or share in a harmful manner) I am required to silence you for the duration of the current meeting. The situation is not permanent. We hope you are able to connect with someone after the meeting."

Verbiage suggested for the moderator to use to the rest of the online meeting when someone is cursing, attacking, or harming others:

- "Per group conscience, when someone uses profanity or harmful language, I am required to silence them if they do not refrain after being warned. The silence will be lifted at the close of the meeting. We would like to encourage EDA members to reach out to the person in question after the meeting."

- **Online and Skype meetings: Did you know we have at least one online meeting a day?**
  - **New Beginnings Group: Living Recovery with the Program** [Click here to join at the time of the meeting](#)
    - Sunday – 8:00 PM EDT – Step/Tradition Study meeting
    - Monday – 12:00 PM EDT – Newcomer meeting (focused on steps 1,2,3)
    - Tuesday – 12:30 EDT – Step/Tradition Study meeting
    - Wednesday – 8:00 PM EDT – Newcomer meeting (focused on 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
    - New Beginings Moderator meeting (for moderators): 1st Tuesday of the month at 5:30 PM EDT
  - **\*new\* Living the Steps Group:** [Click here to join at the time of the meeting](#)
    - Monday – 7:00 PM EDT – Step Study meeting

- **\*new\* Wednesday Beginners Meeting** (in the EDA Room of <https://recoverychat.com>)
  - Wednesday – 8:00 PM PST (11:00 PM EDT) Please note: the EDA Room in recoverychat.com is created just before the meeting each week. You won't see it at other times.
- **There is an EDA Skype meeting (conference call, no video)!** We meet every Sunday at 6PM GMT (that's 2PM EDT, 1PM CDT, noon MDT, 11AM MST/PDT): **\*Click here\*** at the time the meeting starts; you can join as a guest, and you do not need to install an app to join. (If we have more than 25 people, you may need to wait for another meeting.)

We adjourned the meeting at approximately 7:00 PM MST.

Our next meeting will be Wednesday, October 12<sup>th</sup>, 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).*