

Hello Everyone!

Attendees:

- Stacey F – Pensacola, FL
- Annette H – Phoenix, AZ
- Connie – Fort Bragg, CA

Notes:

- We held a General Service Board of EDA meeting on Wednesday, November 9th. 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.
- **EDA Big Book updates:**
 - Pre-ordered EDA Big Books will be shipping on or by November 21st, 2016.
 - Author copies will be shipping a bit later due to personalized handling.
 - A blurb about the text is now up on Amazon and at Gürze Books: <http://www.gurzebooks.com/books/eda.html>.
- **Discussion Points:**
 - A GSB member proposed that we hold a weekend Big Book Study conference somewhere in the US, sometime in the next six months, to celebrate the introduction of the book.
 - The GSB cannot subsidize airfare or accommodations but would be delighted to provide other support.
 - Stacey suggested that University of West Florida as a possible venue sometime between July 4th and August 15th. She thinks that because EDA is a recognized campus “club” we ought to be able to secure a meeting location if we act soon.
 - We reviewed and approved the proof for a plaque for Gürze Books. The publishers devoted their whole lives to help carry a message of hope to people with a desire to recover from an eating disorder, and came out of retirement to help us launch the EDA text. They’ve worked incredibly long and hard to get the EDA Big Book looking professional and – very respectfully – quite like the AA text from which we draw inspiration.
 - Last month we discussed how to respond to inquiries and articles about the EDA text. We will continue the discussion over the next months.
 - We are not sure there will be any coverage whatever, but we should prepare for it if there is. An organization with which EDA is listed as a resource recently sent out a flyer mentioning book reviews that we will be discussing at our January meeting.

- EDA as a whole—its members, groups, and General Service Board—are bound to uphold the Twelve Traditions.
- Per Tradition 11: Our public relations policy is based on attraction, not promotion: we maintain personal anonymity at the level of press, radio, film and web. EDA members and people vested with the authority to represent EDA members (such as the General Service Board) may not actively promote the EDA program. In deference to EDA Traditions, Gürze Books agreed not to explicitly market the book, though information about the book is now available. The GSB is very grateful for the sensitivity with which Gürze Books is handling this.
- Per Tradition 8: EDA should remain forever nonprofessional, though our service centers may employ special workers. This means that people who self-identify as EDA members should not make a profession out of promoting the EDA program. As a point of clarification, the people who kindly wrote doctors' opinions and the first two letters of support were writing within their professional capacity as authorities on eating disorders treatment and prevention, not as EDA members.
- Per Tradition 7: Every EDA group should be fully self-supporting, declining outside contributions. When the GSB decided back in February that it wanted to provide one free book to each existing and new EDA group, Gürze Books very generously agreed to provide one free copy to the EDA groups and treatment centers identified by the GSB as of October 1, 2016. In addition, Gürze Books agreed to pay half the shipping costs for these books. While our publishers' kindness and generosity is rooted same principles of love and service as ours in EDA, we need to be mindful of the injunction to decline outside contributions. The GSB is happy to pick up the book and shipping cost of providing one free copy to each new EDA group. Pre-order prices on the EDA website have been updated accordingly. After October 26th, the pre-order capability goes away and we will need to order through Amazon or Barnes&Noble like everyone else, except for orders of 25 or more, which can be ordered through Gürze Books at a very generous discount.
- Per Tradition 6: 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. Despite the injunction against alliance with institutions, EDA groups may certainly meet in facilities such as hospitals, treatment centers, and jails. We remember that Tradition 5 precedes the others in order and, I assume, in importance. The message of recovery is urgently needed in institutional settings. The key point is that EDA ought not operate any facilities (commercial or non-profit); there ought never be an EDA brand.

- Per Tradition 5: Each EDA group has but one primary purpose—to carry its message of recovery to others with eating disorders. EDA members should strive to steer clear of controversy. EDA as a whole has no opinion on outside issues including the others opinions of our program. Hopefully, others outside EDA will be delighted, but other people’s opinions need not be our concern.
 - The General Service Board considered whether it should review material printed about EDA by outside entities, but did not come to a firm consensus. Some thought review could be seen as implying consent. Some proposed that the GSB – like EDA members – should remain silent no matter what. This topic will be revisited at a future GSB 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 EST – Step/Tradition Study meeting
 - Monday – 12:00 PM EST – Newcomer meeting (focused on steps 1,2,3)
 - Tuesday – 12:30 EST – Step/Tradition Study meeting
 - Wednesday – 8:00 PM EST – Newcomer meeting (focused on steps 1,2,3)
 - Thursday – 8:00 PM EST – Topic meeting (1st Thursday milestone celebration meeting, 3rd Thursday speaker meeting)
 - Friday – 1:00 PM EST – Big Book Study
 - Saturday – 10:00 AM EST – Topic Meeting
 - New Beginnings Moderator meeting (for moderators): 1st Tuesday of the month at 5:30 PM EST
 - **Living the Steps Group:** [Click here to join at the time of the meeting](#)
 - Monday – 7:00 PM EST – Step Study meeting
 - **There is an EDA Skype meeting (conference call, no video)! We meet every Sunday at 7PM GMT (that’s 2PM EST, 1PM CST, noon MST, 11AM PST):** [*Click here for Sunday EDA Skype meeting*](https://join.skype.com/M3xrMEMv2iCt) (<https://join.skype.com/M3xrMEMv2iCt>) at the time the meeting starts. You do not need a Skype account (you can join as a guest) but you may need to download a Skype app to join. Once in, click “join call.” **Important Note:** *Please do not call out from the Skype meeting – we’ll initiate the call once the meeting time arrives.*

We adjourned the meeting at 7:00 PM MST.

Our next meeting will be Wednesday, December 14th, 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!

Wishing you peace and joy in recovery,
Annette (aka Michelle)

Note: This email address is checked only monthly. Please send comments and inquiries to info@eatingdisordersanonymous.org.