

Hello Everyone!

Attendees:

- Stacey F – Pensacola, FL
- Annette H – Phoenix, AZ
- Connie W – Fort Bragg, CA
- Liz F – California
- Sue W – Delray Beach, FL
- Veronica N – Delray Beach, FL
- Allyson T – Delray Beach, FL
- Jhena F – Pittsfield, MA
- Nuria S – Florence, SC
- Jill R – Chicago, IL
- Erin H – Representing online meetings

Notes:

- We held a General Service Board of EDA meeting on Wednesday, January 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.

- **EDA Big Book updates:**
 - A few EDA Big Books have been returned to the publisher as undeliverable. If you ordered a Big Book and didn't get yours yet, please contact us at info@eatingdisordersanonymous.org and let us know.
 - Copies of the EDA Big Book can be ordered from Amazon, Barnes&Noble, iTunes, and may be available at your local brick-and-mortar bookstore:
 - [Amazon \(Paperback edition\)](#)
 - [Amazon \(Kindle edition\)](#)
 - [Barnes&Noble \(Paperback and Nook editions\)](#)
 - We would sure love to hear what you think of the book! Please send comments to info@eatingdisordersanonymous.org, or leave comments on the Amazon or Barnes&Noble pages. *Having reviews on these pages may help us get the word out about the book.* Remember, **EDA honors the Twelve Traditions**: please remain anonymous at the level of press, radio, film and web; please remember ours is a program of attraction, not promotion.

- **Discussion Points:**
 - **Brochure updates**
 - We need to update the brochure with the new EDA Logo.
 - In order to ensure brochure racks are effective, we will want to make sure the titles are at the top of the brochure, with the logo in the middle.
 - **Action Items:**
 - Jhena F volunteered to update the brochures.
 - Annette will send the MS Word version of the brochures to Jhena.
 - **EDA Big Book Step Study Workshop!**
 - At the last GSB meeting, people expressed great enthusiasm around the idea of an EDA Big Book Step Workshop—a weekend retreat walking attendees through the Twelve Steps of EDA using the EDA Big Book. Viola! It's going to happen! We have alignment around a date, a location and a format.
 - The event will be held on July 14 Friday through July 16 Sunday in Chicago.
 - The format will be an EDA Big Book Twelve Step Workshop. The basic plan includes loosely following Chapter 7 guidance for taking a sponsee through the Twelve Steps, with introductory discussions on differences between EDA and other Twelve Step programs, and on the EDA Concept of Balance. We'll work all the Steps together, following Chapter 7's outline. Then we'll wrap up with a session on Carrying the Step Workshop back to your group/region, and on sponsoring in EDA. Annette and Gisele will open and close the meeting, and Jenni S has agreed to provide a keynote speech.
 - We'll be sending a survey out shortly to see who can attend, and who might be able to help create help provide funds to create scholarships for others who need financial assistance. (We can add PayPal options to ear-mark funds for this purpose.)
 - **Decisions:**
 - After a multivote process, the GSB selected the following title for the workshop: EDA Big Book Step Study Workshop.
 - The GSB voted to devote \$4,000 to support the event, leaving \$1,500 in reserve for ongoing expenses.
 - Facilities include 20 hotels and one retreat in Chicago. The GSB voted to try and reserve a 130-seat venue at Techny Towers, a retreat, pending further information about cost. The retreat appears to be substantially less expensive than

the hotel-based alternatives, however, the added cost of transportation to and from the airport will likely neutralize any financial benefit. GSB members favored the retreat location because it is more likely to provide a quiet, private setting conducive to the purpose of our workshop.

- GSB funds will be used to cover the event location, A/V equipment and (to the extent possible) catering costs (if this is in lieu of the facility cost.) Catering costs could run around \$15,000, so the chance that there would be funds left over is small. All of the facilities available in Chicago disallow conference participants to bring their own food. Catering makes sense and the GSB voted to accept this. One advantage of the retreat location is that a chef will accept our (generalized, workshop-wide) direction in terms of menu choices.
- The GSB voted to earmark any excess funds (should there be any) for financial scholarships.
- Liz will update her (quite wonderful) draft survey after Jill finalizes information about rates at various facilities. The survey will ask respondents if they would be more likely to attend if they have the chance to apply for a financial scholarship on the basis of need, should funds be available. It will also provide information about how to donate funds to support financial scholarships.
- The GSB voted to cap attendance at 130 people due to the need to finalize cost details. We agreed to send registration invitations to EDA members first, using the GSB contacts list (approximately 350 people) to disseminate information. EDA members will have from February 1st to March 1st to register for the event. After March 1st, if there are still seats available, we can open the event up to others who would be interested in attending sessions where we formally work the Steps of EDA. Jill noted that she thinks we can fill 130 seats without difficulty: Chicago has several treatment centers and many treatment center alumni.
- **Action Items:**
 - Jill will continue to aggregate cost and availability information from the (many!) hotels and facilities she has contacted about this event. She expects to complete her spreadsheet of options by end of week.
 - Liz will update the survey with information from Jill's research.
 - Annette will post a link to the survey on the EDA website, and will update the Support EDA page to with an option to donate to the EDA Big Book Step Study Workshop scholarship fund. The General

Service Board of EDA is a non-profit 501(C)(3) corporation. Your contributions may be tax deductible.

The GSB's tax id number is 86-1033263

- Annette will send out information about the survey to some 350 past and present EDA meeting contacts/GSB representatives, requesting that they please complete the survey within 7 business days.
 - The GSB will create a registration form that will be sent out to EDA members by February 1st, giving EDA members until March 1st to pull together a non-refundable down payment of approximately one-quarter to one-third of the per-person event cost (excluding airfare). It looks like the per-person cost would be approximately \$450-600 for lodging, food and transportation to/from the airport (excluding airfare). We will send out more information as it becomes available.
 - The GSB will take up the question of how to allocate EDA Big Book Step Study Workshop scholarship funds next month.
- **Information about the (old) EDA Step Workbook**
 - We would love to have a text that helps EDA members who may not have access to a sponsor work the Steps, however, that document should be consistent with the EDA Big Book. Also, it should contain the voices of *EDA sponsors* talking about their own (and their sponsees') difficulties and how they overcame them, Step by Step. The current workbook does not meet these criteria. Nuria completed a survey of the old EDA Step Workbook and found a number of areas of concern, where the workbook directs or guides readers in ways that are not in alignment with the information presented in the EDA Big Book. Consistency is important, and the old workbook suggests approaches we agree have not been especially beneficial. We are eager to share what really works: that's what's in the EDA Big Book.
 - The GSB considered a proposal to remove the old workbook from the EDA website, but we tried this last year and there was a great hue and cry: some EDA sponsors rely on the old workbook and some EDA groups do, too. Therefore the GSB considered, and approved, an alternative: *we will leave the existing material on the website but will post caveats on the page, explaining that we will remove the old workbook after the EDA Big Book Step Study Workshop in July. This should give everyone time to prepare to transition to the EDA Big Book.* We hope the information presented at the workshop will provide sponsors with a strong foundation in EDA's best practices from which to help their sponsees.
 - There is still a place for a Step Workbook and/or an EDA Twelve and Twelve. However, we should wait to put this multi-voiced

document together once sponsors have had a solid year of applying the process described in the EDA Big Book.

- **We urgently need people willing to sponsor others via phone and/or email:**
 - Since the release of the EDA Big Book, the demand for sponsors has been increasing!
 - Nothing will help you strengthen and solidify your own recovery more than carrying the message to others!
 - Most people need help and support as they follow the difficult path to full recovery. It's messy process! Have you been through the Twelve Steps of EDA? We need your help!
 - Sign up to sponsor others to by emailing Sponsors@eatingdisordersanonymous.org and letting them know if you are able to sponsor by phone or email.
 - Want to sponsor but feeling a little unsure of what to do? Chapter 7 in EDA's Big Book provides specific guidance on how to take a person through the Steps.

- **Working with Correctional Institutions Committee:**
 - Last month, we approved the formation of a Correctional Institutions Committee.
 - Several people have expressed interest, but more may be needed. Interested? Drop a line to info@eatingdisordersanonymous.org and let Jennifer know you'd like to help.

- **Online, Skype and Phone meetings:**
 - Did you know we have at least one online meeting a day?
 - Check out our listings at www.4EDA.org/online.html!
 - We have Skype and Phone meetings almost daily too! Check out www.4EDA.org/phonemeetings.html.

- **Getting the word out about EDA's Big Book:**
 - While honoring EDA's Twelve Traditions, we DO want people to know about the EDA text. Carrying the message of recovery is the primary purpose of every group, and our message is encapsulated in the Big Book.
 - Full recovery requires a sometimes lengthy process of back and forth as we build trust with ourselves, with others, and with our God/Higher Power/higher purpose – it takes a while to learn what we need to think and do to be safe and healthy. Our Big Book describes this process and how to guide sponsees through it.

We adjourned the meeting at 9:03 PM MST.
Our next meeting will be Wednesday, February 08, 2017.

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.