

Hello Everyone!

We held a General Service Board of EDA meeting on Wednesday, May 17th. 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 3rd Wednesdays (though there has been a proposal to change this, so stay tuned!)

Attendees:

- Christine D – San Francisco, CA
- Connie W – Fort Bragg, CA
- Liz F – San Francisco, CA
- Morgan W – San Francisco, CA
- Michael C – San Francisco, CA
- Jamie K – CA
- Stacey F – Pensacola, FL
- Lynn L – Minnesota
- Allyson T – Delray Beach, FL
- Veronica N – Delray Beach, FL
- Diana L – Lubbock, TX
- Annette H – Phoenix, AZ
- Jill R – Chicago, IL
- Mandy F – Montana
- Nuria S – Florence, SC
- Annette H – Phoenix, AZ
- Julie M – Lancaster, PA

Meeting Minutes:

- Some had difficulty joining the GSB Skype call. We will consider whether to use Zoom rather than Skype at our next GSB meeting on June 21st.
- **EDA Step Workshop Updates**
 - o **We need your help spreading the word!**
 - Can you help contact therapists and treatment centers in your area?
 - Jamie K volunteered to contact after-care resources
 - Contact JillMR@dls.net or StepWorkshop@eatingdisordersanonymous.org if you would like to help out.
 - o Job roles for workshop: We need help with set-up, tear-down, registration, audio/visual and more.
 - If you are coming in on Thursday night, are you able to help?
 - If you are leaving after 3PM on Sunday, can you help with tear-down
 - Volunteers for check-in: Annette
 - Volunteers for audio/visual: Stacey

- Contact JillMR@dls.net or StepWorkshop@eatingdisordersanonymous.org if you would like to help out.
 - Attendees: we have people coming from all over.
 - One from UK
 - Three from Canada
 - Rest from all over the US
 - Jill was able to extend registration to July 1st, however, this doesn't guarantee seats will be available. We are ahead of schedule with registrations.
 - Jill requested the addition of an Events page to the EDA website. We are somewhat resource-constrained at the moment, but will definitely look at this after the Step Workshop.
 - In June we will be:
 - Finalizing the schedule
 - Finalizing who will be on the panels
 - Finalizing attendance
 - Confirming volunteers
- **Literature Coordinator updates:**
 - **Outside literature:**
 - An EDA group can use outside literature, provided they do so according to a Group Conscience vote about use of the material. Every member participating in a Group Conscience should vote according to what they think is in the best interest of carrying the message of recovery to the newcomer, remembering that each EDA group's primary purpose, stated in Tradition Five, is to "carry the message of recovery to others with eating disorders." However, each EDA group that uses outside literature should say so as part of its meeting format, including a statement to the effect that "This group has decided by Group Conscience vote to include outside material, (state the name of the material here), not approved by the General Service Board of EDA. As with all material in EDA meetings, please take what you can use, and leave the rest."
 - After some discussion, and several motions, the board passed a motion to put the above message on the EDA Literature page and in the EDA Meeting Starter Kit.
 - The motion passed with no dissenting votes.
 - *Action Item:* Annette will update the website and correct a spelling on the home page (thanks, Stacey!)
 - Our EDA Big Book refers to the AA Big Book throughout, and the intention is to continue the practice with the EDA Step Workbook updates. However, some groups are still using the AA Big Book instead of the EDA Big Book. Should the General Service Board recommend that such groups make explicit reference to the fact that they are using outside literature?

- Discussion centered on a few key points:
 - While AA World Services (AAWS) allows other Twelve Step organizations to use the first 164 pages of the text, *Alcoholics Anonymous*, AAWS advises other Twelve Step fellowships to use the literature as written, not substituting words, ensure that the original application of the text to the problem of alcoholism is not diluted.
 - Action Item: Annette to contact AA's GSO directly with a request for clarification about the use of AA literature by other Twelve Step fellowships. (Done, though response from GSO may take up to ten days and response from AAWS could take longer.)
 - Michael C also stated that some Twelve Step fellowships have declared all AA literature "conference approved" and at least one other fellowship has declared all Twelve Step fellowships' literature to be "conference approved." EDA has not declared AA any other abstinence-based fellowships' literature "conference approved" and has cited use of AA literature where referenced. There are many aspects of EDA that are distinct from AA: embracing the idea full recovery, endorsing balance rather than abstinence from anything are but two of these.
- **EDA Step Workbook:**
 - In January 2017, the GSB voted to align the EDA Step Workbook with the EDA Big Book. We agreed that the Step Workbook 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, and includes recommendations that the GSB no longer endorses, such as to find a Step Buddy with whom to work the Steps of EDA. Because some sponsors and groups use the EDA Step Workbook, the GSB agreed to leave it on the EDA website until after the workshop in Chicago, where we will be covering the approach described in Chapter 7 of the EDA Big Book, *Working with Others*. We hope the information presented at the workshop will provide sponsors with a strong foundation in EDA's best practices.
 - We plan to take the next year, after the workshop, putting together the replacement volume based on Chapter 7 of the EDA Big Book. One of the EDA literature chairs would like the GSB to consider two proposals:
 - Keep what we can from the original workbook, clean up typos and incomplete citations and add the 12 Traditions with examples.

- Keep the book in line with the AA Big Book (not the EDA Big Book) or at least give options that are in line with the AA text.
 - A question was raised about why those who preferred the AA Big Book rejected the EDA Big Book, and the answer was that it was written by just a few people and as such was not representative of EDA as a whole. Given that attempts were made to reach every EDA group in the effort to create and edit the text, many on the call expressed dismay and even disbelief that this could be a concern in and of itself. We agreed that we want EDA literature to be inclusive and unified, but with over fifty contributors and hundreds of reviewers, the majority seemed to agree that the EDA text is representative of EDA as a whole. That said, it has always been the GSB's intention to provide clarifications and address concerns in the EDA Step Workbook.
 - Lynn noted that people who do not have sponsors truly need the existing Step Workbook to remain on the website to provide guidance until a replacement is in place.
 - *A motion was made, and passed, to leave the EDA Step Workbook in place until a replacement is available.*
 - Several motions about alignment of materials were made, however, there was consensus that the GSB was not ready to vote. We are tabling this discussion and the rest of the agenda to our June meeting.
 - Literature co-chair Jamie noted that respect for both the EDA text and its AA foundations is important and valid. Annette remarked that it is very important that the EDA Step Workbook reflect the distinct experiences and viewpoints from many in EDA: it is not intended to be a "one size fits all" how-to manual but a work that provides clarity, validates differences, and holds a torch for those searching for full recovery.
 - We ended the meeting with a reflection from Liz (paraphrased here), that our lack of unity now would provide a foundation that leads to a stronger unity in the future. Brilliant, Liz!
- After the formal end of the meeting, several members remained to discuss concerns with the EDA Big Book. Some of the discussion points included:
 - Concern: Outlining a "resolutions" column as part of Step 4 seems out of step with the AA text. Response:
 - The AA text, albeit in the sex inventory, asks us to answer questions about "Where were we at fault, and what should we have done instead? We got this all down on paper and looked at it." AA, page 69. "We asked God to mold our ideals and help us to live up to them." Page 69. "In meditation, we ask God what do to about each specific matter. The answer will come, if we want it." Answers = resolutions.

- Annette learned to do a Resolutions column *in AA* (after many years of not doing it that way because it isn't all that obvious!) But it's there, and she used this approach for many years.
- Concern: Outlining a "resolutions" column as part of Step 4 seems too much like therapy and not enough like a spiritual solution.
Response:
 - Appendix D in the EDA Big Book does not suggest "turning it over to God" as a solution because *that alone is not the solution*. As the AA text makes clear, "...there is a better way—we think so. For we are now on a different basis; the basis of trusting and relying upon God." Page 68. "We ask Him to remove our fear and direct our attention to what he would have us be." Page 68. We rely on God/Higher Power/higher purpose to direct us, but the *actions* must be ours. "Faith without works is dead." Page 76.
 - Step 4 sets us up to *take action*. As the title of the next chapter suggests, the Steps are about getting "Into Action."
 - Again, the AA text asks, "Where were we at fault, and what should we have done instead? We got this all down on paper and looked at it." Page 69. "We asked God to mold our ideals and help us to live up to them." Page 69. "In meditation, we ask God what to do about each specific matter. The answer will come, if we want it." "What to do"= actions, answers: *resolutions*.
- Concern: Writing out resolutions in Step 4 means we don't need the rest of the Steps: we'd be done. Response:
 - Knowing what an answer could or should be, and being able to *act* on it, are very different things!
 - We need the rest of the Steps to develop the perspective and power—through steady reliance on God/Higher Power/higher purpose—to live up to our ideals: to put them *into action*.
- We will be continuing these discussions within the literature team. It is very important that dissenting opinions are heard and addressed. If you have concerns, please raise them: write to literature@eatingdisordersanonymous.org.

On Deck for our June Meeting:

- **EDA Step Workshop event details finalization!**
 - Volunteers are needed for event set-up, sign-in, audio-visual support, and tear-down
 - Attendance
 - Schedule
 - Transportation

- **Videos of people discussing how to work the Steps:**
 - o One of our Board members has started voice recordings (with a sponsee) about working the first few Steps, using Chapter 7 as a guide. It would be very helpful to make these more generally accessible to people looking for help with working the Steps: we are short of sponsors! There are several questions:
 - o Can we post these voice recordings online, and if so, who should review/approve? Here are some samples:
 - Intro to Working the EDA Steps: <https://youtu.be/ugvX8aqsloY>
 - EDA Step 1: <https://youtu.be/amJAFLSw6dk>
 - o Along the same lines, we are hoping to record the EDA Step Workshop and the same concerns apply: do we include audio only? Audio with PowerPoint only?
- We will continue a discussion regarding use of AA literature in EDA meetings. With luck we will have a statement from AA's GSO.
- We will consider whether to use Zoom rather than Skype at our next GSB meeting on June 21st.
- We will consider a motion to move the GSB meeting to 1st Wednesdays.
- **Mindfulness/Meditations Coordinator updates**
 - o **EDA Daily Meditations**
 - We have a proposal to start the EDA Daily Meditations from the EDA Big Book by taking a paragraph or so and then commenting on it.
 - Could we as a group contribute writings for this? Or any EDA members contribute some Daily Meditations just like the AA Daily Reflections book has from its members? You can see that at aa.org; click on Daily Reflections for a general idea of how they did it. We would use the EDA book and have members comment on a paragraph and submit it for review.
 - o **Challenge to the idea of having a Mindfulness/Meditations Coordinator**
 - One of our EDA members finds the idea of having a Mindfulness/Meditations Coordinator out of step with the EDA Twelve Traditions. What does the GSB have to say about this?
- **Do we “cooperate with medical authorities?”**
 - o With respect to a concern raised about food allergies specifically, the GSB said:
 - We cooperate with medical authorities. We don't want to engage anyone in debate.
 - No one has the right to judge anyone else's recovery.
 - It is EDA's position that a food allergy has no causal relationship to an eating disorder.

- An EDA member wrote in to say: “I feel EDA having an opinion about medical authorities is an outside issue and fundamentally changes the program. As a 12 Step Program I believe EDA has one singular purpose to spread the message of recovery though the 12 steps. Taking sides and having opinions on outside matters interferes with our primary purpose.” The EDA member went on to say her treatment team had prescribed a medication typically used with people who have her diagnosis, even though she’d told them she had an issue with addiction to that type medication, and maintains that she is in recovery now only because she did *not* cooperate with her treatment team. Does the GSB have a response to this point?
- **Link to Amazon / other retailers**
 - Someone suggested we should post a link to the Amazon and Barnes & Noble sites for purchasing EDA Big Books. AAWS now has an online storefront so people can order directly without having to go to an outside entity such as Amazon. Is this possible for us? Can we set up an online storefront? And do we want to?
- **Sponsoring**
 - How to request to be a sponsor: write to sponsors@eatingdisordersanonymous.org.
 - How to request a sponsee: write to sponsors@eatingdisordersanonymous.org.
- **Reminder:** there are online chat, phone, Skype (and now Zoom!) meetings every day. Check out <http://www.4eda.org/phonemeetings.html> and <http://4eda.org/online.html> for details.

We adjourned the meeting at approximately 7:30 PM MST.
Our next meeting will be Wednesday, June 21st, 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 H
Chair, General Service Board of EDA

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