

Hello Everyone!

We held a General Service Board of EDA meeting on Wednesday, June 21st. 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:

- Allyson T – Delray Beach, FL
- Annette H – Phoenix, AZ
- Christine D – Oakland, CA
- Jenni S – Austin, TX
- Jill R – Chicago, IL
- Liza M – Germantown, MD
- Lynn L – Minnesota
- Nuria S – Florence, SC
- Sarah L – Baltimore, MD
- Stacey F – Pensacola, FL
- Veronica N – Delray Beach, FL

Minutes:

- **GSB Housekeeping**
 - **Continue with Skype, or switch to Zoom?**
 - We discussed the options, however, there were unanswered questions. We did not put the topic to a vote.
 - In favor of switching to Zoom:
 - Several people on the call regularly use Zoom and like it
 - Up to 75 people can join instead of 25 (Skype's limit for free calls)
 - Zoom lets people join by calling a phone number or app. Conversely, Skype's free service does not permit calling a phone number. (And we've tried using Skype's business service—it was extraordinarily difficult for people without a Skype account to use.)
 - In opposition to switching to Zoom:
 - All but one of the people who use Zoom mentioned experiencing calls being dropped when longer than 40 or 50 minutes.
 - Dialing from other countries entails complexities; each country calls a different number, using the same pin.
 - Zoom isn't free (though the annual fee is modest.)

- Stacey volunteered to research specifics of Zoom’s limitations and advantages. We will discuss these at the next regular GSB meeting, and we will try Zoom on our pre-conference meeting.
 - **Continue with 3rd Wednesdays, or switch to 1st Wednesdays?**
 - We’ve moved the GSB meeting to 3rd Wednesdays to accommodate needs of one person, but now it appears we need to move to 1st Wednesdays because there is another conflict with the needs of another person.
 - We discussed pros and cons. There is no one solution that will meet everyone’s needs. 1st Wednesdays do not work for the person that suggested 3rd Wednesdays. A motion to change the date was made and seconded, but the total number of votes for and against was less than a third of representatives, and the motion did not pass. We expect to pick this topic up again.
- **Additional Professional Contact Coordinator**
 - Discussion was deferred until the end of the GSB meeting due to (my) clerical error.
 - We reviewed a petition from Sarah Longenecker, a candidate volunteering to serve as an additional Professional Contact Coordinator.
 - The vote to accept Sarah’s gracious offer to help us carry the message of EDA recovery to other professionals was approved unanimously.
- **EDA Step Workshop**
 - **Treatment professionals**
We discussed several proposals for carrying the message about EDA recovery to treatment professionals who can help get the word out to their clients. We considered and voted on four proposals independently:
 1. Offer one-day registrations for a fee (did not pass).
 2. Offer a meet-and-greet opportunity with EDA founders and presenters Friday morning before the workshop (passed).
 3. Allow eating disorders treatment professionals to drop by to observe us during the workshop (did not pass)
 4. Same as 2, but with breakfast, for a fee (did not pass)
 - **Proposed agenda:** We will (briefly) review the schedule, presenters and panelists for the EDA Step workshop. (Attached).
 - A change was made to the agenda, moving the initial housekeeping portion to immediately before the 1st break.
 - The housekeeping message will include a statement to the effect that we recognize that this intensive workshop will be challenging at many levels. We encourage everyone to take care of themselves and take breaks or to get up and stretch at the back of the room, as needed.
 - **Transportation:** Jill has graciously offered to help people arriving at the same airport find one another so they can arrange for joint transportation

- (cheaper!). Many thanks to Jill for this effort. Jill will coordinate as time is available. Really, this is above-and-beyond stuff!
- **Job roles:** We need help with set-up, tear-down, registration, audio/visual and more. *Please let us know you'd like to help (and when you are available) when you check in.*
 - Volunteers for check-in: Annette, Stacey, Nuria, Jill
 - Volunteers for audio/visual: Stacey, Jenni
 - Volunteers for tear-down: Annette
 - Contact JillMR@dls.net or StepWorkshop@eatingdisordersanonymous.org if you would like to help out.
 - **Video/audio-taping**
 - We'd like to make recordings of the EDA workshop (with a PowerPoint deck covering the relevant readings) available after the workshop is over.
 - We are envisioning something like 10 to 20 minute podcasts covering each of the relevant sections, where speakers are introduced by first name and last initial.
 - Stacey volunteered to do the recordings.
 - **Special, Preconference meeting**
 - *We will hold a special, pre-conference, meeting of the GSB on Wednesday June 28th, at 7PM Central Time.*
 - **We will use Zoom for the preconference meeting.**
 - The (Zoom) phone number for US is 1-408-638-0968
 - An alternative number is: 1-646-558-8656.
 - When calling from Canada, use: +1 647-558-0588.
 - The pin is 797 101 7971 #. When asked for participant number, put in the # again (same for all countries).
 - At the pre-conference meeting we will discuss signage, nametags, equipment, book signing table placement and book-signing times, registration packet contents, registration packet assembly and the order of events for Thursday night and Friday morning pre-conference activities.
 - We'll also discuss post-conference logistics. This meeting may take up to 1.5 hours.
 - **Outside Literature:**
 - Annette contacted AA World Services in New York in 2000 to ask permission to use the 1st 164 pages of the AA text, and again in 2001 for permission to use page 564 of the 3rd Edition. Annette reached out again and received the (attached) clarification about use of AA literature in EDA meetings. AA World Services requests that we not substitute words when reading their literature, other than the adapted version of the Twelve Steps and Twelve Traditions (short form)—and not the AA book by the same name. This request is consistent with AAWS's position statement sent to other Twelve-Step groups.

- The General Service Board of EDA accepts the position statement provided by AA World Services. Our EDA Meeting Starter Kit now includes the AAWS position statement. We are sending the AAWS position statement to all known representatives of existing EDA meetings.
- Per our 4th Tradition, each EDA group is autonomous except as affecting other groups or EDA as a whole. We encourage each EDA group to take a Group Conscience vote before including outside literature in meetings. To prevent impact to other groups and EDA as whole, please state, "This group has voted to include outside literature, [name of specific text]" at the start of each meeting where outside literature is used. The EDA website's literature page, EDA Meeting Guide, brochure on Starting an EDA meeting have been updated to include this statement or a variation thereof.
- Implications for the Literature Committee, the EDA Step Workbook and EDA Twelve and Twelve will be tabled until the August GSB meeting.
 - EDA literature cites AA literature appropriately where referenced. However, 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.
 - Although many EDA groups historically and currently reference AA literature, EDA has never declared AA any other abstinence-based fellowships' literature "conference approved." We can decide whether it is in EDA's best interest to do so, in light of the AAWS request, at an upcoming GSB meeting

On Deck for July/August Meetings:

- **EDA Step Workbook:**
 - Discussion (see minutes from May 2017 under the GSB tab on the EDA website www.4EDA.org) will be tabled until after the EDA Step Workshop.
 - It is very important that all opinions and ideas are heard and addressed. If you have concerns or ideas, please raise them: write to literature@eatingdisordersanonymous.org.
- **Videos discussing how to work the Steps:**
 - 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:
 - Can we post voice recordings online, and if so, who should review/approve? Here are some samples:
 - Intro to Working the EDA Steps: <https://youtu.be/ugvX8aqsl0Y>
 - EDA Step 1: <https://youtu.be/amJAFLSw6dk>

We adjourned the GSB meeting at approximately 6:05 PM MST.

After the GSB meeting concluded, the EDA Step Workshop event coordinator and a few others continued the discussion regarding a flyer for professionals,

inviting them to a meet-and-greet with EDA founders and presenters. Jill sent out a draft flyer. Stacey will consolidate ideas and work to get something back to Jill within two days.

The subcommittee voted to spend \$100 to set aside an additional small room for Friday and Saturday for yoga, socials, and the meet-and-greet. This use of funds seems reasonable and will be considered at the special pre-conference meeting to be held on June 28th. The acting treasurer will confirm whether the GSB has sufficient funds to cover the added expense prior to the June 28th meeting.

Our pre-conference meeting will be held on June 28th at 7PM Central on Zoom.

Our next full GSB meeting will be on Wednesday, July 19th, 2017 at 7PM Central. Based on our experiences with Zoom on June 28th, we will decide at the end of the meeting whether our July 19th meeting will be held on Zoom or Skype. We will send out the agenda with the Zoom/Skype details on or by July 9th.

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.