

Hello Everyone!

We held a General Service Board of EDA meeting on Wednesday, October 4th, 2017. 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 1st Wednesdays. We strongly encourage every EDA group to elect a General Service Representative (GSR) to represent and vote at GSB meetings.

Attendees:

- Annette H – Phoenix, AZ
- Connie W – Fort Bragg, CA
- Corrine W – Wichita, KS
- Cynthia B – Dayton, OH
- Debbie F – Christchurch, New Zealand
- Gisele B – Phoenix, AZ
- Julie M – Lancaster, PA
- Lanya – Maine
- Nuria S – Florence, SC
- Mandy F – Montana
- Seren B – Maine
- Sue – Massachusetts
- Susan C – Delray Beach, FL

Agenda:

- **Update to the GSB of EDA minutes from September 6, 2017:** A motion was made, seconded, and unanimously passed to amend the minutes from the September 6th meeting to reflect *unanimous* rejection of the proposal to adopt AA literature as EDA General Service Board conference approved literature. (Revised minutes are attached).
- **Update on the Bylaws subcommittee:**
 - As authorized by the September GSB meeting, a bylaws subcommittee has been set up to review the General Service Board of EDA's bylaws and those of other Twelve Step organizations, with the intention of proposing a revised set to first the literature team and then the GSB for review.
 - An email distribution list (bylaws@eatingdisordersanonymous.org) has been set up for the subcommittee:
 - **Members of the Bylaws Subcommittee** (listed alphabetically):
 - Annette H
 - Gisele B
 - Julie M
 - Nuria S
 - Michelle P
 - Paige S

- Michelle P provided a wealth of information about AA's service structure, including reference to several key documents including AA's 12 Concepts guiding service.
- Annette provided a link to NA's Service Guide.
- Nuria provided bylaws developed by EDA groups in Florida and South Carolina.
- Julie provided bylaws developed for incorporated entities in Pennsylvania.
- We will hold a bylaws subcommittee meeting on Wednesday October 11, 2017 at 8PM Central US to discuss what we've found and lay out next steps.
- The October GSB reviewed the 12 Concepts of AA, and authorized the bylaws subcommittee to draft an EDA version of the same. In preparation for this, the bylaws subcommittee is reviewing:
 - 12 Concepts of AA (short form):
https://www.aa.org/assets/en_US/smf-114_en.pdf
 - 12 Concepts of NA (long form):
https://www.na.org/admin/include/spaw2/uploads/pdf/litfiles/us_english/Booklet/Twelve%20Concepts.pdf
 - AA's 12 Traditions Checklist:
https://www.aa.org/assets/en_US/smf-131_en.pdf
 - AA's 12 Concepts Checklist: https://www.aa.org/assets/en_US/smf-91_en.pdf
- The October GSB discussed the idea—found in the AA Service Guide, NA Service Guide, and FL/SC EDA group bylaws—that missing two consecutive meetings of the relevant board without providing a delegate or notification with proxy is regarded as a vacancy of the position. The bylaws committee has been authorized to include similar language in its revision of the GSB bylaws.
- Expectations:
 - At the 10/11 meeting, the bylaws subcommittee will review a draft of the 12 Concepts of EDA on 10/11, and will discuss:
 - AA Service Guide
 - NA Service Guide
 - Example EDA group bylaws
 - Bylaws of other organizations
 and will determine next steps based on this review.
 - Ideally, the bylaws subcommittee will agree to draft a version of the GSB bylaws based on one or more of the documents, bearing in mind fundamental EDA concepts:
 - Keep it simple
 - Avoid unnecessary rigidity
 - Ultimate authority rests with the collective conscience of EDA groups, as expressed by their elected representatives

- **Great news:** if your group is willing to **order 24 or more books through the GSB: you can get a 60% discount.** Shipping on a box of 24 runs around \$22-25, depending on destination. This means each book will cost about \$7. Contact treasurer@eatingdisordersanonymous.org if you'd like to place an order.
- **Follow up on EDA Step Study recordings made by the Lancaster, PA group.**
 - The September GSB authorized setting up a web page for recordings of people sharing their stories of full recovery—what it was like, what happened, and what it is like now—and agreed that all submissions should be vetting by the literature team.
 - We would like to encourage everyone who has a story of full recovery to share to submit links to their audio-only recordings, suggested not to exceed 20 minutes in length, to literature@eatingdisordersanonymous.org.
 - We agreed every recording should have an introduction that explains that audio recordings are no substitute for EDA meetings or sponsorship. Julie volunteered to record the introduction, and this makes sense, but we might want to gather requirements first. We'll talk about this at the November EDA meeting. A draft script might include something like:
 - Welcome to EDA's audio recordings! We are glad you are here.
 - The only requirement for EDA membership is a desire to recover from an eating disorder. There are no dues or fees for EDA membership. You are one of us if you have a desire to recover: that's all there is to it.
 - EDA discourages every form of rigidity around food, weight, body image, and exercise. Balance—not abstinence—is our goal.
 - A few caveats:
 - Listening to a recording is **not a substitute** for attending EDA meetings or finding a sponsor. We encourage you to check out our meetings page pages, which include online, teleconference, and face-to-face EDA meetings.
 - What you are about to hear reflects individual experiences that may or may not tally with your own. Please take what you can use and leave the rest.
 - For more about EDA, please visit our website at www.4EDA.org.
 - Although quite a few attendees at the September 2017 GSB meeting commented favorably about the recordings, the literature team did not receive formal feedback. Julie agreed to forward what she has received to literature@eatingdisordersanonymous.org.
 - Links to the recordings:
 - Intro to working the Steps: <https://www.youtube.com/watch?v=ugvX8aqsl0Y&t=34s>
 - Step 1: <https://www.youtube.com/watch?v=amJAFLSw6dk&t=210s>
 - Step 2: <https://www.youtube.com/watch?v=m540vbyKedk>
 - Step 3: <https://www.youtube.com/watch?v=i0-uQcikYF0>

- Step 4 (part 1): <https://www.youtube.com/watch?v=h3Jc4z1RwQ>
 - Step 4 (part 2): <https://www.youtube.com/watch?v=bjx6qxcO8YE>
 - Step 5: <https://www.youtube.com/watch?v=EMKRYwZMBNU>
 - Step 6: <https://youtu.be/58jELVC7o3g>
 - Step 7: <https://www.youtube.com/watch?v=ifMia6YKLqw>
- **EDA Step Workbook:**
 - Many people have expressed a desire to retain the best of our existing Step Workbook.
 - We will be updating the workbook to reflect the content of the Step Workshop, aligning material with the EDA Big Book and including specific guidance from sponsors in EDA.
 - 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. (We reviewed one such concern at the October GSB meeting – see below).
 - Nuria S volunteered to head up the EDA Step Workbook development effort, however, after reviewing current priorities GSB priorities, we agreed that work on the EDA Step Workbook would be deferred until after the bylaws subcommittee's work is complete.
 - **EDA Daily Meditation book (365 days of the year)**
 - EDA does not currently have a 365-day book of meditations. The GSB enthusiastically endorsed the idea that EDA should have one, based on the EDA Steps, Traditions, and EDA Big Book.
 - The GSB voted unanimously to **both** :
 - Set up a mailbox, meditations@eatingdisordersanonymous.org, to receive emails from people wanting to submit meditations.
 - Set up a [Google Doc](#) that allows anyone to post their meditation directly. (Google Docs tracks the changes).
 - **To submit a meditation for consideration:**
 - Send it via email to meditations@eatingdisordersanonymous.org or
 - Click on [EDA Meditations](#) and add your meditation to the list. Please do not edit or delete anyone else's submissions. All entries will be reviewed and edited before being submitted for consideration by the literature team.
 - We would love everyone to submit one or more meditations for consideration! Connie W, Seren B, Nuria S, and Lanya all volunteered to review and edit meditations. Thank you very much!
 - **EDA Step Workshops: several groups are starting to get these going!** Find out when and where, and what you can do to get involved.
 - **Southern CA EDA Step Study:** January 21st 2018! (at a treatment facility in Carlsbad, CA) – an EventBrite site is being set up. Cost will be \$5 to

person giving their 5th Step cannot recognize and name their guilt, shame and despair as impediments to recovery, they can die. If whoever hears their 5th Step does not gently point out issues they see and hear, they are not truly acting in the best interests of the person giving their 5th Step. The 5th Step recipient is not simply there to pat the 5th Step deliverer's hand, and tell them it's all going to be ok! Please note that the person giving the 5th Step should be *asking* for feedback (as suggested on page 165 of the EDA Big Book). If a person isn't willing to receive feedback, they are not ready to do a 5th Step. The point of the 5th Step is evidence of willingness to admit one's errors. If someone cannot see that they are drowning in self-pity (victimhood) they can die. Of course, we hope the 5th Step recipient is warm and sympathetic, but they *are* supposed to do their best to be useful.

- At a personal level, one GSB member recounted, "I did not recover from my self-pity (which I had an enormous gulf of!) until a 5th Step recipient gently asked why she was starting to feel like my husband was a bad man... wasn't the inventory supposed to be mine? I had no idea I was seeing myself as "a victim" because I did not relate to that language at all. I wasn't anyone's victim. But had my sponsor NOT told me I wasn't looking at the situation clearly, I might never have seen that I was blaming my husband for the way I felt about something. I wasn't happy about that! But I am so grateful she did."
- "Taking someone's inventory" is an issue when the point is to assign blame, as in "I am upset with you and here's why. You owe me an amends!" That kind of thing--which is intolerable and definitely NOT part of any Twelve Step program--isn't what we are talking about here. Helping someone overcome their eating disorder *does* mean asking them about topics they may not want to face, and sometimes we have to do so quite often. People who are not willing to question their sponsees about attitudinal concerns (that is: resentment, fear, self-pity, guilt, shame, confusion, frustration, despair) or offer examples from their own lives that point out the unpleasant consequences of taking concerning attitudes (such as being cavalier about sexual affairs, blaming parents/society for an unwillingness to address emotional issues, or focusing on food and body image recovery instead on emotional/spiritual growth) may not be supporting their sponsee's full engagement in the difficult process of recovery.
- One GSR shared that in her more-than-three-decades' experience in AA, 5th Step feedback is the norm and to be expected from one's 5th Step recipient. This was seconded by another GSR with over three decades' continuous sobriety in AA.
- Others agreed: feedback is essential to the growth of objectivity about oneself.

On deck for our November meeting:

- Help getting new face-to-face meetings started
- Step Workshops!
 - How to register
 - How to help
- Fostering sponsorship

- Bylaws subcommittee updates
- Possibly voting on:
 - o Twelve Service Concepts of EDA (will be sent out in advance)
 - o Audio recordings recommendations from the literature subcommittee

Have you worked the Steps? Help solidify your own recovery by sharing your experience, strength, and hope with others: write to sponsors@eatingdisordersanonymous.org and volunteer to be a sponsor today, or just ask about what the process entails. People out there need you!

Thank you to all who attended and to all who serve EDA. Please pass this GSB agenda on to members of your groups.

Our next full GSB meeting will be on November 1st, 2017, at 7PM Central Time.

We will use Zoom for this meeting, we will have someone open the room ten minutes early. The (Zoom) phone number for US is 1-408-638-0968.

- o The Zoom Meeting ID is 570242738 #.
- o When asked for Participant Number, enter 570242738 #

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.