

Hello Everyone!

We held a General Service Board of EDA meeting on Wednesday, November 1st, 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
- Allison – Delray Beach, FL
- Cat – New York, NY
- Connie W – Fort Bragg, CA
- Corrine W – Wichita, KS
- Ella – Sydney, Australia
- Jacquie – Hamilton, Ontario, Canada
- Jamie K – San Diego, CA
- Julie M – Lancaster, PA
- Rosie – Sydney, Australia
- Song – MN
- Seren B – Maine
- Susan C – Delray Beach, FL
- Tee K – Chicago, IL

Agenda:

- **12 Concepts of Service in EDA:**
 - 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.
 - The Bylaws Subcommittee proposed a draft of the 12 Concepts of EDA to the Literature Subcommittee, which passed the draft to be presented to the GSB. The draft is attached.
 - We opened up the floor for questions, however, there were none at the November 1st meeting.
 - **Please review the attached with your group and come prepared to vote on the 12 Concepts of Service in EDA at the December GSB meeting.**
 - The Bylaws Subcommittee is preparing a draft of the GSB Bylaws for review by the Literature Subcommittee that includes 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
- **Audio recordings:**
 After review and endorsement by the Literature committee, and favorable comment from GSB representatives, the **GSB approved the below audio recordings from the Lancaster, PA group to be published to an EDA audio webpage, www.4EDA.org/audios.html**. The webpage includes the following introduction:

In the below audio recordings, individual EDA members and groups share their experience, strength and hope, explaining how they work the Steps to build and sustain full recovery.

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 pages, including face-to-face, online, and phone/teleconference 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.
- Intro to these recordings: <https://youtu.be/uB6vvRr51HA>
 - Intro to working the Steps: <https://www.youtube.com/watch?v=uqvX8agsloY&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=bxj6qxcO8YE>
 - Step 5: <https://www.youtube.com/watch?v=EMKRYwZMBNU>
 - Step 6: <https://youtu.be/58jELVC7o3g>
 - Step 7: <https://www.youtube.com/watch?v=ifMia6YKLqw>
 - Step 8: <https://www.youtube.com/watch?v=2AQNjWKTvuM>
 - Step 9: https://www.youtube.com/watch?v=kFDZ847Et_A
 - Step 10: https://youtu.be/vvtnog_In1w
- **What really helps in getting new face-to-face meetings started?**
 - It can be tough to get things started! Sometimes groups have the opposite problem—growing so fast that there aren't enough sponsors. What to do?
 - Some of the discussion points included:

- **Word of mouth works best**, better than flyers, better than newspapers, even better than therapists!
 - It helps to bring the message directly to the people who need to hear it
 - Announcements at other 12 step meetings (but even better one-on-one)
 - Hospitals and treatment centers
 - That principle of attraction, not promotion, applies to carrying the message to treatment professionals as well as those who have a desire to recover. That's one of the reasons we are holding meet-and-greet events: when one person talks to another, or when a group talks to program director, it makes a difference.
 - Some ideas to help groups that are growing too fast or having sponsor availability shortfalls:
 - Work the Steps together as a group, using the EDA Big Book and Workshop worksheets (you can find both on the EDA Literature tab at www.4EDA.org/publications.html)
 - Have people join online and phone meetings—people in full recovery and people who sponsor join these and are happy to share their experience, strength, and hope.
 - Write to info@eatingdisordersanonymous.org if you have specific questions.
 - Remembering that our goal is balance, not abstinence, it ***is*** possible to leverage experience in other Twelve Step fellowships to help others who have less experience in EDA: we hold up the torch of our own experience so others can more easily find their bearings. Remember: no one among us is in a position of authority over anyone else in EDA. We encourage those who sponsor others in EDA to have worked Steps in EDA before sponsoring, however, there are no EDA-wide hard-and-fast rules. Individual groups, however, may establish guidelines for service positions. Many groups expect sponsors to have worked the Steps in the fellowship of EDA, and to have been attending meetings for some time.
 - Treatment Facilities
 - Some of our strongest groups started in treatment facilities.
 - Talk to staff and ask if it is ok to hold an invitational meeting for clients. You may be asked to sign in and out. A staff member will probably join the meeting for the first few times it meets.
- **EDA Daily Meditation book (365 days of the year)!**
 - **To submit a meditation for consideration:**
 - Please include a quotation from the EDA Big Book or other EDA literature at the top of your meditation.

- Following each quote, include your personal reflection on the quotation.
- Please remember to be concise – the quote plus reflection should fit onto one small page (think of *Daily Reflections* or *Inner Harvest*).
- Send your submission via email to meditations@eatingdisordersanonymous.org or click on [EDA Meditations](#) and add your meditation to the bottom of the existing Google Doc.
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.
- ***The GSB considered the question of whether to accept outside meditations and sayings for the EDA 365 Daily Meditations book.***
 - After substantial discussion—which was unanimous in favor of sticking with quotes from EDA literature—we took a vote. **All who voted were in favor of keeping with EDA literature as the source for our 365 Daily Mediations book, excluding literature/sayings/prayers from other Twelve Step groups.**
 - Key points included:
 - EDA members should strive to create original meditations; we should not need to rely on outside literature – this is our chance to create our own.
 - There is quite a large body of EDA literature already
 - Other Twelve Step groups do not cite outside literature/sayings/copyrighted material.
 - If there is something we really like, we can think about it and write it from our own heart and mind, with our own voices. One such saying has been submitted; it would be good for us to consider something that we in EDA can say that celebrates unity, fellowship, and hope.
 - We agreed that the EDA Meditations Google Doc should be formatted to a size and font typical of meditation books, and that each contribution should be edited to fit on one page. The existing Google Doc has now been formatted to an A5 format, which is a little larger than a normal meditation book. We’ve also added a note about needing to fit on one (smallish) page to the meditations Google doc.
- **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 – Carlsbad, CA.* [Click here](#) to get details and/or register!
 - **Southeast Regional EDA Step Workshop:** *Moving to May 2018!* (Lakeview Church, Delray Beach, FL).

- **Northeast Regional EDA Step Workshop:** June 15-17, 2018 at Pendle Hill (close to Philadelphia)! The GSB authorized a \$500 non-refundable deposit for the facility.

- **EDA Meet-N-Greet for Tucson area Professionals:** EDA members from Phoenix and Tucson will talk with local professionals (and anyone interested) about EDA groups and recovery.
 - **Date:** December 15th, 2017
 - **Time:** 9:00-10:30
 - **Location:** Mountain View Retirement Village, 7900 N La Cañada Dr, Tucson, AZ 85704

- **EDA Sponsorship: we are in urgent need of EDA sponsors.** What can we do to foster and support sponsors? Answers:
 - Conduct an EDA Step Workshop in your area and
 - Encourage sponsees to start sponsoring

- **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.

- **EDA Step Workbook:**
 - Deferred until after the bylaws subcommittee's work is complete.

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 December 6th, 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.

- The Zoom Meeting ID is 570242738 #.
- 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.