

Hello Everyone!  
**Happy New Year!**

We held a General Service Board of EDA meeting on Wednesday, January 3<sup>rd</sup>. 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 1<sup>st</sup> Wednesdays. We strongly encourage every EDA group to elect a General Service Representative (GSR) to represent and vote at GSB meetings.

**Attendees:**

- Allison – Delray Beach, FL
- Annette H – Phoenix, AZ
- Mandy F – Montana
- Cat – New York, NY
- Connie W – Fort Bragg, CA
- Corrine W – Wichita, KS
- Gisele B – Phoenix, AZ
- LeAnn – Mississippi
- Jenni S – Austin, TX
- Julie M – Lancaster, PA
- Margaret – Colorado
- Nuria S – Florence, SC
- Sam – Boston, MA
- Sarah – Reno, NV
- Sue A – Massachusetts
- Susan C – Delray Beach, FL
- Seren B – Monday Zoom meeting

**New and noteworthy!**

- ***Up for a vote on February 7<sup>th</sup>: new General Service Board of EDA Bylaws!*** (The original GSB bylaws are posted on the EDA website [here](#)). Please have your EDA group vote to accept or reject the new bylaws, and please come represent at our February GSB call.
- **EDA Step Workshops 2018: Please pass the word to your groups!**
  - **Southern CA EDA Step Study:** January 21<sup>st</sup> 2018 – Carlsbad, CA. [Click here](#) to get details and/or register (Flyer attached)
  - **Lancaster PA EDA Step Workshop:** March 16-18, 2018: [Click here](#) to get details and/or register (Flyer attached)
  - **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)!

**Notes from our January 3<sup>rd</sup> meeting:**

- **We discussed the revised EDA Bylaws** (attached).
  - The changes aren't huge: EDA's basic ideas haven't changed since we wrote the EDA Bylaws back in June 2001!
  - A few things are new:
    - Terms of service for GSB-elected roles is now two years (and rotates annually).
    - Vacancies: we have a few ideas around these that align with the way other Twelve Step fellowships handle these.
    - **Important:** Please be sure to show up at GSB meetings, **or** nominate a proxy to represent you, **or** send your vote in on major items like literature or website changes.
    - Creation of "Advisors to the Board" role. Advisors must be nominated, swear to respect the basic principles of EDA, must be elected, but do not have any voting authority: only elected GSB representatives of EDA groups, the GSB-elected officers, and GSB-elected functional roles (such as webmaster) may vote. Advisors would include (potentially) people who have made a significant contribution in service to EDA such as EDA's founder, authors of the EDA Big Book introductions, and key resources whom we trust to provide counsel. It's mostly an honorary role, but Advisors may address the Board on topics they think are important.
  - Please have your group vote on the bylaws and be sure to send in or be present at the February 7<sup>th</sup> GSB meeting to vote.
  - Do you or members of your group have a questions about the proposed bylaws? Send 'em in to [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org). We'll address questions at our February meeting.
- **Fully Recovered** brochure
  - EDA has embraced the idea of full recovery since its inception, yet those of us coming from other Twelve Step groups sometimes struggle with this concept because most Twelve Step programs have a "once an addict, always an addict" approach.
  - We addressed this in the EDA Big Book, but it is obvious that we need to do a better job clarifying exactly what it means to be fully recovered – without "mental blank spots," vulnerability to triggers, or re-engaging with eating disordered thoughts and behavior—and how we support one another in the process of becoming fully recovered.
  - Abstinence from behaviors obviously *isn't* full recovery, and a focus on abstinence can lead to rigidity of thought and habit. That's why EDA doesn't set "abstinence" aside as something unto itself... even though abstinence from behaviors is **definitely** part of full recovery.

- We took a vote and unanimously agreed to empower a subcommittee to create a brochure, “**Fully Recovered**” that will be sent to the literature committee for review. When the literature committee is satisfied, the brochure will come to the GSB for a vote one month after it is sent out.
- Volunteers for the subcommittee included:
  - Sam (Massachusetts)
  - Seren (Maine)
  - Nuria (South Carolina)
  - Annette (Arizona)
  - Gisele (Arizona)
  - Corrine (Kansas)

**Action Item:** Annette will create a distribution list for the subcommittee. If you want to be on it, write to [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org).

- We agreed the brochure should include:
  - Recognition that before we were in full recovery, we doubted there even was such a thing!
  - Affirmation that full recovery is emphatically not an overnight matter, and that, like happiness, it is a *byproduct* of doing the right things, usually for such a long time it becomes, well, natural.
  - A concise restatement of EDA’s descriptions of full recovery:
    - EDA Big Book, page xii  
As a result of working these Steps, we experience a transformation that enables us to gain—and maintain—a healthy perspective. This enables us to break free, and stay free, from eating-disordered thoughts and behaviors.
    - EDA Big Book, pages xvi-xvii:  
As we resolve our underlying thinking problems and become more positive and proactive, our recovery grows stronger and more flexible. By practicing the habits of thought and behavior we learn through working the Twelve Steps, we find we can rely on them to bring us durable peace and freedom: we need never return to our old patterns. We still have normal life challenges, of course, and we experience emotions just as deeply as before—though there are differences. In full recovery, many of our most powerful emotions are positive: love, joy, delight, satisfaction, and a sense of wholeness and happiness. When we experience distressing emotions, we no longer seek escape; we know what to do and generally do it automatically. When troubled, we take stock, seek to understand where our thinking has gone awry, make amends where needed, and immediately turn our attention to how we can use our experience to serve some good purpose. Full recovery is resilient. We are able to do all sorts of things that used to “trigger” obsessive thinking and eating-disordered behavior. We can go anywhere and

do anything that normal people do, without re-engaging our eating disorders: we are restored to sanity.

- EDA Big Book, Page 127:
- "... full recovery from an eating disorder requires a complete emotional displacement and rearrangement, a transformation as profound as any known to human experience.
- EDA Big Book Page 185 (EDA's 9<sup>th</sup> Step Promises):  
If we are painstaking about this phase of our development, we will know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down we have fallen, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will see that our service to God, our Higher Power, or the greater good has done for us what seemed humanly impossible. Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them. (a footnote refers to *Alcoholics Anonymous*, 4<sup>th</sup> edition, pages 83-84)
- EDA Big Book Pages 191-192:  
Once we have begun incorporating Step Ten into our daily life, we gradually begin to realize we have ceased fighting anything or anyone—even our eating disorders. We are seldom interested in behaviors that had formerly seemed inescapable. We no longer want to waste our time so selfishly! If tempted, we generally recoil as if from a hot flame. With time and practice at this Step, we react sanely and normally to life's provocations, and this is usually effortless. A new attitude toward food and body image materializes without any focused thought or effort on our part. It just comes! That is an amazing thing for most of us. In full recovery, we are not fighting ourselves, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality—safe and protected. We have not even "sworn off." Instead, the problem no longer exists for us. That is our experience so long as we consistently rely on God, our Higher Power, or higher purpose to direct our vision, thoughts, and actions—and continue to take our personal inventory

- EDA Big Book page 228:  
In full recovery, most of us discover a new joy and tender appreciation at every level of connection with our partners.
  - EDA Big Book page 258:  
As we learned what we needed to do to stay in balance, many of us began to experience full recovery—free of eating disordered thoughts as well as behaviors, no matter the situation or provocation.
    - Quotes from EDA members about their own personal definition of full recovery, i.e.:
      - EDA Big Book page 492:  
“...the more of life I experienced in recovery, the more resilient I became. Before long, years had passed without any reminders of my old ways of coping: full recovery.”
- **“Fully Recovered” – we’re doing a survey of what this means to us.**
- Medical research isn’t too clear about what it means to be fully recovered from an eating disorder, with some studies counting freedom eating disordered behaviors for “x” number of months or years as being “fully recovered.” We in EDA disagree: peace and freedom aren’t the same as avoiding old behavior, but we agreed that trying to create just one definition is akin to creating a box—drawing lines—that define whether one is or isn’t in “full recovery” when focusing on that as an end-state is silly: it’s a by-product!
  - Instead, we think it is important for each of us to define what we individually hope for and long to have. We voted (unanimously!) to create a survey that contains five questions:
    - Do you consider yourself to be fully recovered from an eating disorder?
    - What does “fully recovered” mean to you?
    - Do you agree with EDA’s characterization of full recovery as the state of being resilient, flexible, free from eating-disordered thoughts and behaviors, and restored to sanity? (Described in the EDA Big Book on pages xii, xvi-xvii, 127, 185, 191-192, 228, and 258)
    - What thoughts and practices helped or are helping you build a strong and resilient recovery?
    - What specific thoughts and practices help you sustain your recovery?
  - We will use survey responses to support our “Fully Recovered” brochure and our upcoming revision of the EDA Step Workbook. **We want all EDA literature to represent and give voice to our diversity as well as our unity.**
  - Here is a [link to the survey](#). The survey will stay open until February 4<sup>th</sup>, 2018 – one month from now. Please encourage your group members to fill it out: We want to hear from you!

- We discussed whether it is acceptable to record EDA meetings for those who cannot attend
  - o We affirmed what the GSB has said in the past:
    - Per Tradition 12, anonymity is the spiritual foundation of all our Traditions. Anonymity and confidentiality are important to newcomer and old-timer alike.
    - Voice recordings and voice prints can be used to identify specific people. Newcomers may feel especially sensitive and vulnerable about issues of anonymity and confidentiality. Per Tradition 5, each EDA group's primary purpose is to carry the message of recovery (which helps all of us!) but we need be particularly careful to create an environment of safety for the newcomer.
    - Therefore, EDA meetings generally should **not** be recorded, except under special circumstances, and then only with notice to all participants:
      - At the beginning of the meeting
      - At the point when sharing starts
      - When anyone joins the meeting
    - An exception: EDA meetings may be held for the *specific purpose* of creating recordings to share experience, strength, and hope with others who are not present.
- **We will be creating a Sponsorship tab on the EDA website**
  - o We agreed that the level of interest in sponsorship wonderful.
  - o We want a single point of reference for consistency.
  - o We have a [brochure on sponsorship](#), but we need more:
    - A Frequently Asked Questions section
    - Information about EDA Step meetings held specifically for people who need (but don't have) a sponsor
    - A way to sign up to get a sponsor
    - A way to sign up to be a sponsor
  - o Action Items:
    - Annette will draft a new tab
    - Nuria will review and provide content
    - The tab will go to the Literature subcommittee. Upon Literature subcommittee approval, the tab will be sent out for review by the GSB and will be voted on the following month.
- **EDA Daily Meditation book (365 days of the year)!**
  - **To submit a meditation for consideration:**
    - o Please include a quotation from the EDA Big Book or other EDA literature at the top of your meditation.
    - o Following each quote, include your personal reflection on the quotation.
    - o Please remember to be concise – the quote plus reflection should fit onto one small page (think of *Daily Reflections* or *Inner Harvest*).
    - o Send your submission via email to [meditations@eatingdisordersanonymous.org](mailto: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.
- **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
  - Write to [sponsors@eatingdisordersanonymous.org](mailto:sponsors@eatingdisordersanonymous.org) if you are able to sponsor someone online or by phone.
- **Great news:** if your group is willing to **order 24 or more books through the GSB: you can get a 50% discount.** Shipping on a box of 24 runs around \$22-25, depending on destination. This means each book will cost about \$8. Contact [treasurer@eatingdisordersanonymous.org](mailto:treasurer@eatingdisordersanonymous.org) if you'd like to place an order.

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

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](mailto:info@eatingdisordersanonymous.org).*