

Hello Everyone!

We held a General Service Board of EDA meeting on Wednesday, March 7th. 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:

- Allyson – Delray Beach, FL
- Annette H – Phoenix, AZ
- Connie W – Fort Bragg, CA
- Kelsey – Palm Beach Gardens, FL
- Nuria S – Florence, SC
- Jamie K – San Diego, CA
- Julie M – Lancaster, PA
- Margaret – Denver, CO
- Rosie – Sydney, Australia
- Sam – Boston, MA
- Sarah – Reno, NV
- Cale O – Phoenix, AZ
- Sierra – Seattle, WA
- Kacey – Maryland
- Margo – Knoxville, TN
- Tee K – Chicago, IL
- Sue – Ashville, NC
- Sara Emma – St Paul MN

New and Noteworthy!

- **EDA Step Workshops 2018:** *Please pass the word to your groups!*
 - [Lancaster PA: EDA Step Workshop \(Steps 1-12\) - March 16-18, 2018](#) (Flyer attached—please circulate!)
 - [Delray Beach, FL: EDA Step Workshop \(Steps 1-12\) - May 18-20, 2018](#)
 - [Philadelphia PA: EDA Step Workshop \(Steps 1-12\) - June 15-17, 2018](#)
 - Can't make it to one of these workshops, but want to sponsor someone so they can attend? Go to the [Support EDA](#) link and click the PayPal button to donate to our EDA Step Workshop Scholarship fund.

Notes from our March 7th meeting:

- **We discussed and voted on [Sponsorship](#) tab on the EDA website, and New to 12 Steps and Sponsorship brochure (attached): please review with your groups!**
 - o *Sponsorship* tab **Passed** (unanimous)
 - o *New to 12 Steps and Sponsorship* brochure: **Passed** (unanimous)
 - o **Agreed:** we will form a subcommittee to address the first part of the brochure to make it clearer and more compelling.

- **Discussed April Election Process Review**
 - o Nominations for officer roles are due three weeks before the annual election. This year's election will be held on April 4th; **nominations are due March 14th**.
 - o This year, the roles up for election include the Vice Chair and Secretary, however, we are also looking for a Treasurer to fill in until next year's election.
 - o Nominees should send a brief paragraph explaining their qualifications and desire to serve to info@eatingdisordersanonymous.org.
 - o Information about nominees will be sent to EDA groups no later than March 18th. This gives groups just over two weeks to review the slate of nominees.
 - o Each GSB officer and representative role is a two-year term, however, groups may rotate representatives more frequently.
 - o Election will occur after each nominee has an opportunity to speak to the GSB members about their ideas for GSB service goals for the upcoming year.
 - o After election, all new officers, representatives, and advisors will be sworn to their respective offices and roles.

- **Nominations for Officer of the Board:**
 - o Annette H – Chair (continuing; role is up for election next year)
 - o Julie M – Vice Chair (offered to continue)
 - o Cale O – Secretary (new volunteer!)
 - o Treasurer (role is up for election next year, however, we need an interim volunteer for the current year). Great news: we do have a volunteer willing to pick up at the end of April for about a year.

- **Nominations for Advisors to the Board:**
 - o Gisele B – EDA Founder
 - o Jenni Schaefer – author (including letter of support in EDA's Big Book) and international speaker on eating disorders recovery

- **What committees and functional roles do we need in 2018-2019?**
 - Which committee chair and functional roles should be up for election next year vs 2020?
 - Professional Contact Coordinator
 - Membership and Meeting Services Coordinator
 - Email Response Coordinator
 - Literature Committee Coordinator
 - Website Coordinator
 - Others? Talk to your groups about their ideas. Anyone want to help? Explain how and send in your nomination (see above)!

- **Request to authorize an expenditure for the Lancaster EDA Step Workshop**
 - We authorized \$450 for the EDA Step Workshop in Lancaster PA

- **Request to authorize \$200 for ED Referral listing**
 - We authorized \$200 to continue listing EDA with ED Referral, however, renewal for next year will be contingent on metrics; we will only renew if ED Referral can show how many hits the EDA links received and the GSB agrees it is worth it

- **We have a draft “Fully Recovered” brochure out for review**
 - Please ask your groups for feedback.
 - Vote will be in May

- **Leadership issues discussion**
 - We discussed what should an EDA member do when a leader acts as if a group conscience was taken and a matter decided, but that didn’t actually happen?
 - What, if anything, should the General Service Board do when an issue like this is reported?
 - *We agreed to form a subcommittee to recommend escalation procedures to the GSB, and to recommend materials for groups to use when difficult circumstances arise to the GSB for review and approval:*
 - Material on how to conduct a group inventory, supported by an outside facilitator
 - Potentially, a “safety card” similar to what other 12-Step groups have, referencing EDA’s 12 Traditions and 12 Concepts
 - **Volunteers for the subcommittee:**
 - Margaret
 - Sierra
 - Tee

- **“Fatism”**: what is it, and what should you do when it shows up in your EDA meeting?
 - What distinguishes body acceptance from fatism? Examples:
 - Body acceptance: “I am a fat-bodied person. It is not a value judgement, nor is it a relative perspective; it is an objective fact. I am not stupid, lazy, or debilitated. I am a normal human being with loves, joys, talents, a decent sense of humor, and verve.”
 - Body acceptance sounds like the right stuff!
 - Yet, if the speaker stopped at the end of the first sentence, “I am a fat-bodied person,” a newcomer might be forgiven for thinking the statement sounds like an eating disordered “voice.” That could feel pretty hopeless to a newcomer. Now imagine a phone or online meeting where people cannot see each other. This could be a little concerning.
 - Fatism: “Before starting into recovery, I was terrified I might end up being xxx lbs!”
 - The speaker, in effect, is saying they are (or were) terrified of being like a person who might be sitting right beside them!
 - And worse, they used a specific number to represent the threshold of terror. Not so welcoming, is it?
 - Shall we encourage meeting chairs to comment, or ask clarifying questions, when someone says something that could be interpreted as body acceptance, or fatism?
 - Does the General Service Board have suggestions for what a meeting chair should do when someone explicitly attaches a negative value to being fat?
 - Does the General Service Board want to create a brochure on this?
 - And/or shall we add a paragraph on this to the EDA Meeting Guide?
 - *We agreed to create a subcommittee to address these topics and review existing EDA brochures / literature to ensure consistency and appropriate messaging with respect to this idea specifically.*
 - Subcommittee members
 - Margot
 - Sierra (and members of her group)
 - Kacey
 - Sam may have group members interested in serving on a subcommittee
 - **If interested in serving on this or other subcommittees, please write to info@eatingdisordersanonymous.org**
- **Inappropriate Chatzy ads** – what are our options? (Deferred to April Meeting)

- **Proposal: Spiritual Toolkit app for EDA! (Deferred to April Meeting)**
 - Does the GSB want to engage resources to build a Spiritual Toolkit app for EDA (like some members use for AA?)
 - Lot of EDA members use a spiritual toolkit app for AA. One of our GSB members mentioned, “it’s been super helpful staying connected with my sponsor and actively doing a 10th step.” She noticed in the app store there is a similar app by the same creator for Al Anon and was wondering if it would be worth reaching out to the designer of the app and see if he’d be interested in created one for EDA. She said only a few tweaks would be required - verbiage for the prayers, and some aspects of the inventory.
 - We can get the creators’ email if we are interested—it might be good to use the same creator since there is already a base of people using the AA and Al-Anon apps.

- **Emotional Eating brochure – issues!** Health at every size: (incorporated into the Fatism/Fatphobia subcommittee mandate)

- **New group (Sara Emma) question:** if the location is offering no charge. **(Deferred to April Meeting)**

- **7th Tradition:** What are the parameters to begin donating excess funds?
 - Take a group conscience to determine how best to use the funds.
 - Recommendation: After prudent reserve (might be 3 times monthly expenses which should include rent (if any), literature (keep EDA Big Books and brochures on hand), and signage (letting people know where the meetings are), use 60% of the remaining funds for local (district) initiatives such as Step Workshops, use 30% at the regional level to host regional conferences, and 10% at the national/GSB level to support website hosting and EDA-wide initiatives.
 - See attached EDA 7th Tradition Contribution Form
 - If there is no regional or district board, consider donating funds to distribute EDA literature to local treatment centers, hospitals, and other institutions – or hosting an EDA meet-and-greet with area professionals who treat clients with eating disorders.

- **Phone meetings for Western US:**
 - Anyone want to start a phone meeting convenient for people in the western US? A GSR reported a need.
 - This might be your or your group’s opportunity to create something and see if people come.
 - Please talk this over with your group; phone (Zoom) meetings have been a huge boon to recovery for many.

- **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.
- **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 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.** If you use the PayPal link on the [GSB website EDA Big Book tab](#) (this only applies to EDA groups!), the cost is \$210 *including shipping*. **This means each book costs \$8.75, delivered.**

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

All best,

—Cale O.

Volunteer Secretary, General Service Board of EDA

Please send comments and inquiries to info@eatingdisordersanonymous.org.