

Hello Everyone!

We held a General Service Board of EDA meeting on Wednesday, April 4th. 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 on the first Wednesday of every month. 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
- Cale O – Phoenix, AZ (*absent but casted votes*)
- Cat – New York, NY
- Connie W – Fort Bragg, CA
- Gisele B – Phoenix, AZ
- Jacki – Sacramento, CA
- Jamie K – San Diego, CA
- Julie M – Lancaster, PA
- Kacey B – Maryland
- Kara K – St. Paul, MN
- Kelsey – Palm Beach Gardens, FL
- Laura R – Winter Park, FL
- Leah – Oklahoma
- Leslie L – New York, NY
- Mandy – Montana
- Margo – Knoxville, TN
- Meagan – Dayton, OH
- Nuria S – Florence, SC (*absent but casted votes*)
- Sam – Boston, MA (*absent but casted votes*)
- Seren B – Maine
- Susan C – Delray Beach, FL

***New and Noteworthy!***

- [Delray Beach, FL: EDA Step Workshop \(Steps 1-12\) - May 18-20, 2018](#)
- [Carlsbad, CA: EDA Step Workshop \(Steps 4-7\) - June 3, 2018](#) (flyer coming soon!)
- [Philadelphia PA: EDA Step Workshop \(Steps 1-12\) - June 15-17, 2018](#)

**April 4 Meeting Minutes:**

**I. Introduction: First meeting of 2018-19 year**

Annette shared the following recap from the past year:

“First of all I want to thank all of you for your example and inspiration. It is an honor and a privilege to serve on behalf of our Fellowship, and I am humbled by the trust you have placed in us to represent you thus far. We have made significant changes since last year, including:

1. Two 12-Step, 3-day workshops – delivered successfully
2. One Steps 1-3 workshop completed and Steps 4-7 already booked
3. Two more full 12-Step workshops on the calendar for May and June!
4. Lots more meetings (not sure how many!)
5. Lots more people emailing about wanting a sponsor... so many it is becoming a serious concern — averaging about two people a day
6. Two official “Meet and Greet” events for professionals to get to know EDA members.
7. LOTS of free books delivered to new meetings, professionals, treatment center patients (probably 8 cases)
8. Completed a survey showing 28% of our membership considers themselves fully recovered—with the percentage increasing with time in EDA)
9. Fully Recovered brochure well underway
10. Adopted 12 Concepts of Service
11. Updated our bylaws to align with other 12 Step organizations, clarifying roles and procedures, and aligning with the 12 Concepts of Service
12. Created EDA Step Audios
13. Updated the Sponsorship Tab on the website
14. Updated the Sponsorship Brochure

**II. 2018-2019 Annual Elections**

Per our bylaws, General Service Board roles are two years long, however, we alternate years at which officer positions come up for election. This year, the roles of Vice Chair and Secretary are due for a vote, though the Vice Chair was just voted on in April 2017.

**For Officers of the General Service Board**, the following candidates and returning resources spoke to the Board about their experience and qualifications:

1. **Annette H:** Chair (*elected last in April 2017, not up for re-election until 2019*)

“I am humbled and grateful to have been involved in the growth of the Fellowship of EDA since March 2000. After securing limited permission to use material from the first 164 pages of the text Alcoholics Anonymous from AA’s General Service Office in New York, worked with EDA Founder Gisele B and other early EDA members to adapt the Twelve Steps and develop the first documents used by EDA groups. After organizing and incorporating the General Service Board of EDA in 2001, served as its first Chair until 2002, when I left to start a graduate program of study. Over the ensuing nine years, I served the GSB in various minor capacities until September 2011, when I was asked by the then-Chair and GSB to return. Since October 2011, I have served as Chair and Secretary-Treasurer, coordinating development of the current website, brochures, and most recently, the EDA Big Book. I helped organize the EDA Step Workshop in Chicago in July 2017, and serve as a step sponsor in EDA. I am absolutely delighted to be working with EDA members on our joint effort to share our experience, strength, and hope with others. It is an honor and a privilege to serve EDA and the General Service Board.”

2. **Julie M:** Vice Chair (*up for election in 2018, though just elected in 2017-- a side effect of new bylaws adoption*)

Elected Vice President of the General Service Board in April 2017, Julie has done an incredible amount of work for EDA over the past several years. Julie started an EDA group that meets twice a week, and sponsors EDA members herself. Julie worked with her EDA group to produce the EDA Step audios on the EDA website’s [audios](#) tab, participated in the EDA Step Workshop in Chicago in July 2017, then organized and delivered the EDA Step Workshop in Lancaster in March 2018. Julie responds to people writing to [Sponsors@eatingdisordersanonymous.org](mailto:Sponsors@eatingdisordersanonymous.org) and [Info@eatingdisordersanonymous.org](mailto:Info@eatingdisordersanonymous.org), coordinates sponsor-sponsee alignments, facilitates the Zoom Step Study for people needing sponsors, sends EDA Big Books to new groups, and follows up with EDA group contacts. In addition to her volunteer service with the General Service Board, Julie runs a yoga studio, blogs about recovery, works within her church community, and (together with her husband) is raising three young children. Julie brings wonderful energy, positivity, and enthusiasm to everything she does. To quote Julie, “I am fully committed to the EDA twelve steps and recovery. I am thrilled to work with you all!”

3. **Cale O:** Secretary (*up for election in 2018*)

Cale O is a dedicated and resourceful volunteer with EDA in Phoenix, Arizona. Comfortable with the AA Big Book, AA Twelve and Twelve, and

the EDA Big Book, Cale represented Phoenix at the EDA Meet-and-Greet with Tucson-area professionals in December 2017. He contributed to the *Fully Recovered* brochure as part of the GSB subcommittee, and has served as the GSB's volunteer secretary since February 2018.

**For Advisors to the General Service Board**, the two candidates below nominated to continue serving in their advisory roles.

**1. Gisele B**

The founder of EDA in Phoenix in February 2000, Gisele has been a source of inspiration and hope to all of EDA. Gisele shared her experience, strength, and hope in the EDA Big Book (Chapter 1), and was an honored panelist at the EDA Step Workshop in Chicago in July 2017. Gisele has spoken with EDA members around the world, and chairs an EDA group that meets Thursdays in the Phoenix area. Gisele currently serves on the literature committee of the General Service Board, and contributed to the *Fully Recovered* brochure, and has expressed her desire to continue to serve EDA now and in the future.

**2. Jenni Schaefer**

Renowned author, singer, songwriter, and internationally acclaimed speaker supporting recovery from eating disorders, Jenni wrote a letter of support for EDA in the EDA Big Book (pages xxxi-xxxvi), served as the keynote speaker at the EDA Step Workshop in Chicago 2017, and currently serves as the Professional Contact Coordinator for the General Service Board of EDA. Jenni contributed to the *Fully Recovered* brochure, and has expressed her desire to continue to serve the recovery community.

**VOTING RESULTS:** The following candidates were **unanimously approved:**

1. Annette H (Chair)
2. Julie M (Vice Chair)
3. Cale O (Secretary)
4. Gisele B (Advisor)
5. Jenni Schaefer (Advisor)

**III. Four Areas of Focus for 2018-2019**

Annette H shared the following:

This coming year, I would like to invite all of you—*all* EDA members, but especially you who have been elected to positions of trust as General Service Board representatives—who have been empowered by your groups to help EDA groups worldwide carry the message of hope and freedom to all those

who suffer with an eating disorder—to consider four areas of focus in the 2018-2019 year:

1. Supporting sponsors and sponsorship through:
  - a. Conducting more EDA Step Workshops – setting these up, running them, following up with attendees to help them work with others and prepare for sponsorship
  - b. Creating or repurposing a Zoom meeting to specifically record those who are willing to help others work through the Steps as follows (following along the same lines as our workshops), and creating an audio library for those who wish to help themselves through the Steps:
    - i. Step 1: 2 one-hour meetings
    - ii. Step 2: 2 one-hour meetings
    - iii. Step 3: 1 one-hour meeting
    - iv. Step 4: 3 one-hour meetings
    - v. Step 5: 1 one-hour meeting
    - vi. Steps 6 and 7: 1 one-hour meeting
    - vii. Step 8: 1 one-hour meeting
    - viii. Step 9: 1 one-hour meeting
    - ix. Step 10: 1 one-hour meeting
    - x. Step 11: 1 one-hour meeting
    - xi. Step 12: 1 one-hour meeting
  - c. Encouraging sponsees who have been through the Steps to sign up to sponsor someone remotely, as well as someone face-to-face (suggesting no more than two or three people at a time because balance matters).
  
2. New and updated literature:
  - a. Completing the *Fully Recovered* brochure
  - b. Adding a Body Acceptance brochure
  - c. Updating or eliminating the Emotional Eating existing brochure
  - d. Updating the EDA Meeting guide with body acceptance and escalation information
  
3. Supporting existing meetings through outreach
  - a. Asking how we can help
  - b. Ensuring meetings follow Traditions such as the Group Conscience and encouraging service position rotation
  - c. Encouraging sponsees who have been through the Steps to start face-to-face meetings
  - d. Supporting online meetings through participation
  - e. Supporting phone meetings through participation

4. Developing materials to directly engage professionals wherever we have local groups
  - a. Create one-page (perhaps 2-sided?) flyers that specifically address the professionals' concerns
  - b. Develop outreach content for meet-and-greet discussions
  - c. Help local groups leverage materials to reach out to professionals in their community.

**IV. Update from Literature Subcommittee Jamie K:**

- Happy to report the *Fully Recovered* brochure—a very collaborative effort—pretty much wrapped up in March
- Vote will be held in May
- Fully support the literature goals outlined by Annette for 2018-2019

**V. Swearing in of General Service Board members, offices, and advisors to the Board.**

All agreed: “As a General Service Board of Eating Disorders Anonymous (GSB) representative, officer, advisor to the board, or staff member, I hereby swear to uphold the [bylaws of the GSB](#) approved on February 7, 2018.”

**VI. Update from the Body Acceptance Subcommittee**

Margo H said the subcommittee is organizing a monthly phone meeting to assign roles of volunteers on the subcommittee and draft new “body positive” language. The group’s goal is to have material prepared for the GSB’s review by July 2018.

**VII. Update from Escalations Subcommittee**

There was no updated provided by the team, but please note the following:

- The General Service Board does not regulate; we enable.
- The GSB does provide guidance when issues come up that affect multiple groups, or EDA as a whole
- The GSB encourages groups to identify, in their meeting format, anything that differs specifically from the standard EDA format, such as using outside literature, or limiting group participation.

**VIII. Discussion: Additional Subcommittees Needed**

- Literature Subcommittee
  - Jamie K is the chair
- Body Positive: Addressing “Fatism” and “Sizism”
  - Margot (volunteered during March meeting)
  - Sierra (volunteered during March meeting)
  - Kacey (volunteered during March meeting)

- Escalation Subcommittee
  - Margaret (volunteered during March meeting)
  - Sierra (volunteered during March meeting)
  - Tee (volunteered during March meeting)
  
- Membership and Meeting Services Coordinator
  - Cat from New York volunteered, introduced herself, and was unanimously voted to the role of membership and meeting coordinator. Cat originally got involved in EDA in 2014, also found sobriety in AA, attended Step Workshop in Lancaster, started meeting in NY in November now has about 18 people regularly attending. She has also started another new meeting in New York five weeks ago and it now has 10 attendees.
  
- Email Response Coordinator and Sponsorship Coordinator
  - We requested, but did not have anyone volunteer to step up for this service role.
  
- Webmaster
  - We recognized and thanked Sherian S, who has served with distinction and excellence as webmaster, and fervently hope she continues!

**IX. Inappropriate Chatzy Ads**

- The GSB currently pays \$16.90/month for a *non-ad-free* user experience. That's \$202.80 per year. Each unique Zoom "line" costs \$149/year.
- Cat in NYC volunteered to research options for a GSB-sponsored online chatroom platform
- Requirements:
  - Must support multiple meetings on the same platform
  - Must enable multiple meetings per moderator
  - Must enable multiple moderators per meeting
  - Must support excluding spam and spammers
  - Must enable moderators to regulate participants (mute/unmute, remove, ban)
  - Must enable moderators and participants to private IM one another
  - Must enable moderator and participants to IM all online
  - Must enable chatroom to be closed when not opened by a moderator
  - Must include an administrator role to promote and demote moderators
  - It is important that the application keep a history of chatroom conversations. This has come in handy on multiple occasions where there have been disputes about who said what and in what context. Drama isn't conducive to focusing on recovery; having history reduces time spent contesting the facts to zero.



- Ideally, moderator-meeting relationships are explicit (not a global privilege)
- The GSB will list any EDA meeting, regardless of platform. However, we want one on which we can centralize where possible to help defray costs for new online and phone meetings.
- We agreed that looking into Zoom would be an option as an alternative to a chatroom. We have had good luck with Zoom. Each unique Zoom “line” (which can host many meetings, so long as they do not run concurrently) costs \$149/year, but as far as I can tell doesn’t include history of the chat conversations and isn’t a platform specifically attuned to the needs of a chatroom.
- There are other 12-Step chatroom platforms used by AA and other fellowships. Might be worth asking around specifically about that.

**X. Spiritual Toolkit App discussion**

- We unanimously agreed to pursue the idea of a Spiritual Toolkit App in conjunction with the Meditation Book.
- We want the 365 meditations to be compiled first, and we want to include the prayers in the EDA text.
- We did agree last fall (by unanimous vote) to reference EDA literature only in the EDA meditation book.

**XI. EDA Daily Meditation Book**

- 365 meditations for every day 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](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.



**XII. Identification in Zoom (phone) and online meetings**

- We considered whether phone and online meetings should permit those who do not identify themselves in Zoom and online (chat) meetings to “listen in.”
- The current online meetings do not seem to permit this – they remove people who not identify from the chat room to help ensure the safety of those who share.
- A suggestion is to have each group take a Group Conscience and determine whether to remove those who do not identify themselves: whoever has the Zoom host code for the group can remove those who do not identify if the Group Conscience so indicates.

**Reminders:**

- **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.** 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.  
*Secretary, General Service Board of EDA*