

Hello Everyone!

We held a General Service Board of EDA meeting on Wednesday, May 2nd. 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:

- Allison – Delray Beach, FL
- Annette H – Phoenix, AZ
- Cale O – Phoenix, AZ
- Cat – New York, NY
- Connie W – Fort Bragg, CA
- Jamie K – San Diego, CA
- Julie M – Lancaster, PA
- Kelsey – Palm Beach Gardens, FL
- Laura R – Winter Park, FL
- Leah – Oklahoma
- Lee Ann – Mississippi
- Leslie L – New York, NY
- Margo – Knoxville, TN
- Nuria S – Florence, SC
- Rosie – Australia (*absent but casted vote*)
- Sam – Boston, MA
- Sarah – Reno, NV
- Seren B – Maine
- Sierra – Seattle

New and Noteworthy:

- [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](#)

May 2 Meeting Minutes:

I. VOTE: Fully Recovered Brochure

Our new Full Recovered brochure, developed by a subcommittee of the GSB with inclusions from over 80 EDA members, was sent out in February for a vote. Comments have been overwhelmingly positive! Shall the brochure be adopted as GSB-approved EDA literature and included on the EDA website (www.4EDA.org)?

- Jamie K brought a motion to release the brochure titled “Fully Recovered” and we make this a piece of widely available literature.
 - Sarah seconded the motion.

- Cale abstained from the vote, and brought up concerns from the Monday Night EDA meeting in Phoenix. While the group did not want to delay the brochure from being published, the Monday Night group requested a change to the line:

“Most people who described themselves as fully recovered have been involved with EDA for over a year, and the number of respondents in full recovery increased with length of time in EDA.”

 - The Monday Night Group in Phoenix requested the sentence be more clear about what it means to be “involved” in EDA, and suggested the line state that more people find recovery by “using the tools of EDA.”

- Sierra brought up a concern that the brochure may seem to address those who suffer only from Anorexia and Bulimia – not all types of eating disorders.

- Cat brought a Motion to make the following edits:

A longitudinal study done at 9 and 22 years follow-up (Eddy et al., 2017) echoed earlier studies that found ***approximately two thirds of people with eating disorders recovered***. This research contradicts beliefs about the permanence of eating disorders, showing that the majority of people fully recover.

 - Sierra Seconded the Motion

- The Motion **PASSED** 14 – 8

- The amended “Fully Recovered” brochure (attached) is now available for use online and in meetings.

II. Literature Subcommittee Updates

- Annette made a suggestion to create a new flyer that addresses the similarities and differences between EDA and other 12-Step Recovery fellowships. This flyer is intended to supplement our [Information for Professionals](#) brochure.

- Several have requested changes to and/or removal of EDA's "Emotional Eating" brochure. Content changes to this brochure were last made in something like 2003--15 years ago--long before the OSFED and BED diagnoses (for which we have much newer brochures) were adopted and described in the DSM IV.
 - Sierra and Margo shared updates and concerns on behalf of the Body Acceptance Subcommittee. Further updates on progress are to come.

III. Topics for Next Meeting: June 6, 2018

- Laura of Winter Park, FL suggested we start a brochure for family and friends of people who have an eating disorder ("When your loved one has an eating disorder").
- Discussion about addressing fears around sponsoring, specifically "EDs are deadly. I don't want to have cope with what it will feel like if someone dies."

Reminders and Continuing Items:

1. 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 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.
Secretary, General Service Board of EDA