

Hello Everyone!

We held a General Service Board of EDA meeting on Wednesday, Sept. 5. 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:

- Allyson T. – Delray Beach, FL
- Annette H. – Phoenix, AZ
- Brooke – Palo Alto, CA
- Cale O. – Phoenix, AZ
- Cat – New York, NY
- Cathy – Wisconsin
- Laura – Mexico
- Jennifer – Oakland, CA
- Leah – Oklahoma (Zoom Meeting)
- Leslie – New York, NY
- Luke – Marietta, GA
- Sam B. – Boston
- Sarah – Reno, NV
- Susan – Delray Beach, FL

ITEM I: EDA 12-Step Workshop

- An EDA Step Workshop, sixteen weeks (1 hour per week) will start September 6th, 2018 at 6:30 MST (9:30 EDT, 8:30 CDT, 7:30 MDT, 6:30 PDT)
- EDA's founders and panels of EDA sponsors will explain how they work EDA's Twelve Steps and we'll work through the Steps together
- Location: 8585 East Hartford Dr. #114, Scottsdale, 85255 and on Zoom:
- The (Zoom) phone number for **US (west): 1-408-638-0968**. The phone number for **US (east): 1-646-558-8656**.
 - The Meeting ID is **570242738 #**.
 - When asked for Participant Number, enter **570242738 #** again.
- If calling from Canada or another country, your dial-in number will be different, but the Meeting ID and Participant Number will be the same. Please see the Zoom site for the dial in number for your country at <https://zoom.us/zoomconference>.
- Alternatively, you can join a Zoom meeting join via the Zoom application. Connect to <https://zoom.us>, then download and run the installer

(Zoom_Launcher.exe.) This adds a blue-and-white Zoom icon to your taskbar. To join a Zoom meeting, click the Zoom icon, enter the Meeting ID and Participant Number, and click “Join.”

The floor was opened for questions about the EDA Step Workshop

- Sam from Boston asked whether the meetings would be recorded.
 - Chair replied that the meetings will be recorded and available upon request. The Literature Committee will vet each recording before sending to the GSB for approval before it’s published on the EDA website.

ITEM II: Subcommittee Reports

Body Positive/Healthy at Every Size Subcommittee

- This committee is looking at our “Emotional Eating” brochure, which has been available in the EDA meeting starter kit and on the EDA website. But it was written about 17 years ago by an emotional eater. The content is a little embarrassing and we have asked this committee to take a look at how we can revise it.
- Jennifer B requested to discuss the questionable material further toward the end of the meeting.

Escalations Subcommittee

- This committee has been charged with providing the GSB and other EDA groups with more clear direction regarding how to escalate issues to the GSB if/when the situations may impact other groups or EDA as a whole.
- There was no one on the call from this subcommittee available to provide an update.

Meeting and Membership Coordination

- Cat has committed to doing research on Chatzy, and alternative options such as Google Groups. Chatzy, an online chat forum, is the program we’ve used for years – but it tends to have advertisements that are not sensitive to people with eating disorders.
- There were no other updates available at this time.

Literature Subcommittee

- We are working on a brochure geared toward families: “When your loved one has an eating disorder.” Laura from Mexico said she has been researching content with her home group, and has been in touch with Mae from New York.

Twelve Steps and Twelve Traditions

- We are looking to publish our own version of AA’s “12 Steps & 12 Traditions,” which will focus on stories of personal experiences people have had working EDA’s 12 Steps.
- Jennifer B from Oakland said she has various people in her home group who are willing to help out with this effort. Cale O. from Phoenix has already committed to working on this effort as well. Anyone else interested in helping out with this can email: TraditionsLit@eatingdisordersanonymous.org

ITEM III: EDA Hotline

- At our last meeting, we discussed the possibilities of having a 24-7 phone hotline available for those who are suffering with eating disorders. We understand this will be difficult to staff, and are considering the possibilities of having a hotline open for a few hours a day.
- The point of this hotline would be to refer people to helpful resources, such as the EDA website, phone and online meetings as well as (where available) in-person meetings.
- Cat from New York suggested using Google Voice, which is something she and Leslie have used for their meeting. People can call the number to receive information about the meeting. The number always remains the same, and calls are forwarded to people’s personal phones (without revealing their personal phone numbers).
- We need volunteers to answer phones to make this accessible. We also need to be sure to caution callers that we are not a professional service. First and foremost, we need scripts and protocols before we consider moving forward with a hotline. We simply can’t anticipate everything.
- Sam from Boston volunteered to support the hotline with guidance on how to handle psychiatric emergencies.

Reminders and Continuing Items:

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.**