

# Hello Everyone!

We held a General Service Board of EDA meeting on Wednesday, Oct. 3. 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
- Beth – Reno, NV
- Cale O. – Phoenix, AZ
- Cat – New York
- Julie M. – Lancaster, PA
- Laura – Pennsylvania
- Laura – Mexico
- Leah – Oklahoma (Zoom Meeting)
- Mona – Mexico
- Susan – Delray Beach, FL

## **ITEM I: COMMITTEE REPORTS**

### **Body Positive**

- 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.
- No one was available on the call to provide an update for this committee.

### **Escalations**

- 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.
- If you have somebody in a leadership role within an EDA group that is abusing power, or if you have an instance where a group conscious is not being taken, there should be a process for someone to bring this to the attention to the person who is facilitating the meetings – but also the potentially the General Service

Board. Oftentimes people will write to [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org), which goes to the GSB, and someone will follow up. We typically ask that a group conscious be held – and that is what the process is. Our primary purpose is to carry the message of recovery to newcomers and, when we do that, everything else seems to fall into place.

- If a group is willing to accept the “Group Conscious Approach,” where the group takes a poll of the people who regularly attend the meeting to find out if they’re in agreement with the topic at hand – even if it’s different than what EDA typically does – we would suggest that group put something in the front of its introductory materials, saying something like: “This group has voted by Group Conscious to do X, Y, Z, which may potentially be different than things you may have experienced in other EDA groups. We ask you to take what you can use and leave the rest, and look for common ground as we all do.”
- The above is the General Service Board’s approach. We are working to incorporate this into our Twelve Steps and Twelve Traditions, and possibly a brochure.

### Meetings/Membership

- We discussed other online platforms – other than Chatzy, which is the platform EDA currently uses – to host online meetings. Other options include:
  - Ad-free Chatzy
  - Google Groups
  - Custom-Build Solution
    - Price: \$1,000
- There was no feedback from the attendees on the call
- We will stick with using Chatzy, as we have for years

### Literature

- Professional Literature
  - Please Review the Attached
  - We will vote on this literature during our November meeting. If approved, we will publish it on the EDA website
- “To Families and Loved Ones”
  - Laura from Mexico provided an update
  - She and other members of her home group are interviewing family members of those suffering from eating disorders to include in the first draft of a brochure
  - Julie volunteered to help with this effort
- Twelve Steps and Twelve Traditions
  - Cale from Phoenix provided an update. He and Jennifer B from Oakland are working with their respective home groups to compile personal

experiences from members of home groups as they pertain to the various Twelve Traditions of EDA

- Please feel free to reach out to [TraditionsLit@eatingdisordersanonymous.org](mailto:TraditionsLit@eatingdisordersanonymous.org) if you are interested in contributing to this effort

**ITEM II: EDA Hotline**

- Attendees discussed the viability of an EDA hotline, and whether we have the capacity to staff one
- Laura from Pennsylvania shared her experience working on a “warm line.” That included volunteers checking phone messages one day a week.
- Chair shared experience with the last time, years ago, EDA had a hot line. She said people would call at all hours of the day – oftentimes in states of crisis.
- Beth from Reno said she used to volunteer with a local community hotline. It was covered 24/7, but required a large group of volunteers. It was a big endeavor, she said, and asked if perhaps we would be duplicating services.
- Cat in New York suggested a hotline might just serve as a FAQ resource about how to find meetings. But that’s all available on our website. She also noted that we are not qualified to serve in crisis situations.
- Leah from Oklahoma said someone in a meeting shared that she called a hotline where people shared their experience, strength and hope. It was a pre-recorded line that covered a wide range of recovery-related topics.
- Cale from Phoenix said he wondered what value our hotline would bring compared to what is already available. There are a lot of resources out there, such as the NEDA hotline, and it doesn’t make sense to duplicate services – especially given the amount of resources it will take to staff a hotline.
- This topic was **TABLED**.

**ITEM III: Email Communications**

- We are looking into ways to better communicate with our members.
- Cat suggested we look into creating Google Groups, which may allow people to click “Unsubscribe” if they no longer want to receive GSB emails
- We will explore this further

## **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](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.** 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.**