October 1, 2023 GSB Meeting Agenda

Committee Chair Reports - 30 minutes

Call to Order
*Moment of silence for those who struggle
*Serenity Prayer
*Reading of Steps 10-12.
*Reading of Traditions 10-12.

Officer Reports
*Chair: Lynn G.
*Vice Chair: Michael S.
*Treasurer: Sandy S.
*Secretary: Susan R.

Committee Chair Reports
*Membership and Group Supportive Services Report: Melissa S.
- Inclusivity Sub-committee Report: Elise H.
*Literature Report: Annette H.
*Email Response Coordinator’s Report: Maureen H.
*Webmaster Report: Ed R./Brigitte P.
*Sponsorship Coordinator’s Report: Regina E.
*Professional Contact Coordinators Report: Lynn G.

Break: 5 minutes.

Old and New Business

New Business

Motion to approve meeting minutes from our Q3 meeting. Suggested time allotment 5 minutes.

Motions:

*Shall the General Service Board continue to support EDA groups that use outside literature?

*Shall the General Service Board continue to support EDA groups that affiliate with other 12 step groups?
Use of Outside Literature:

1. (Current position) EDA groups can use outside literature in EDA meetings.
   - Any two people who share the desire to recover from an eating disorder may call themselves EDA members and can form an EDA group provided that as a group they have no other purpose than to recover from their eating disorders and carry the message of recovery to others with eating disorders. The General Service Board of EDA (GSB) exists to serve EDA groups in carrying the EDA message of full recovery. The GSB does not govern. It provides supportive services, recommends best practices, and helps EDA groups adhere to Traditions. Currently, the GSB lists EDA meetings that use outside literature on the GSB website, and only advises such groups to include the following statement at the start of each meeting, “This group has decided by group conscience process to use outside literature, [name of document]. Please take what you can use and leave the rest.”
   - The current practice suggests that use of outside literature has negligible impact to EDA as a whole and suggests that use of outside literature does not dilute or muddle the EDA message regarding what is required for recovery from an eating disorder. We think this is not the case, which is why this topic is being brought to the GSB for a vote.

2. (Proposed position) EDA groups should use only EDA literature in EDA meetings.
   - Even though EDA shares core components with other Twelve Step fellowships and many EDA members belong to other fellowships, EDA groups should not use outside literature in EDA meetings because it defocuses attention from what we in our collective experience agree matters most for people seeking recovery from an eating disorder that are not explicit in other programs: taking care of our own basic needs to develop self-trust, focusing on balance (not abstinence), recognizing milestones not numbers, using our feelings to guide us to next right steps rather than using behaviors to soothe us, taking small, incremental steps toward resolution of life problems to address root cause issues, and noticing what we are doing right (transforming negative self-talk to positive thinking and action).
   - Considering the number of people who have been confused about what is and is not EDA’s process of recovery after they have attended groups that use outside literature, we agree that the GSB should advise all EDA groups to use only EDA literature as this keeps the
focus on the critical components of EDA's process for recovery.

1. **(Current Position) EDA groups may identify as "[Other Twelve Step group] friendly".**
   - EDA members who belong to other fellowships may find support at "Other Twelve Step group friendly" EDA meetings that they otherwise might not get from “regular” EDA meetings.
   - The current practice suggests that groups can maintain focus on EDA's process of recovery despite the association with other Twelve Step programs that have a different focus and a different process for recovery.

2. **(Proposed position) EDA groups should not affiliate with outside entities, even other Twelve Step programs.**
   - While recognizing that any individual EDA member may have affiliations outside EDA, we agree that EDA group affiliation with outside entities is at cross purposes to EDA's singleness of purpose, and a direct contradiction with Tradition Six.
   - We agree that the EDA process for recovering from an eating disorder is distinct from that of other Twelve Step programs and deserves exclusive attention at all EDA meetings. Brief mentions of other Twelve Step programs as part of people’s stories is not endorsement of those programs by EDA, but EDA groups should not list themselves as "[Other Twelve Step Program] Friendly" because doing so is counter to EDA maintaining its singleness of purpose, carrying the message of what works for eating disorders recovery.

**Discussion of what a change in position could look like:**

1) Change all listings to be more compliant with EDA’s Traditions (don’t specifically identify meetings that use outside literature Or are friendly to outside entities in meeting listings) AND continue to list all EDA meetings that use a group conscience Process to maintain their meeting process and format.

2) “Grandfather In” meetings that currently use outside literature or Are listed as being “friendly” to outside entities, continuing to list These as they are, but decline to list new meetings that specifically Choose to use outside literature or affiliate with outside entities.

3) Agree that EDA groups that do not follow EDA’s Traditions (which Suggest focusing exclusively on EDA’s unique approach to Recovery and not affiliating with outside entities) are choosing not
to be recognized as EDA groups. Give such groups a grace period (Perhaps 6 months) to address any significant gaps to the Traditions or be delisted from the General Service Boards’s EDA meeting listing.

Suggested time allotment 50 minutes.

VOTE

Motion: Shall the General Service Board approve the posting of the second draft of the Traditions on the website for membership feedback? Suggested time allotment 5 minutes.

VOTE

Motion: Shall the General Service Board approve the posting of a daily quote from EDA literature on the Announcements page of the website? Suggested time allotment 5 minutes. VOTE

Motion: Shall the General Service Board approve the new Suggested Meeting Format? Suggested time allotment 10 minutes.

VOTE

Old Business

Discussion of changing the word “God” to Higher Power in the EDA Steps. Emily G.

Closing: Serenity Prayer

Next Meeting: Sunday, January 9th 2024