

General Service Board of Eating Disorders Anonymous Meeting

Sunday, July 9, 2023, 1:00 p.m. EST
Meeting ID: 6394799909; Password: 123456
Recording available for secretary's use.
Chat available

Attendees

Total number of attendees: 41

Officers in attendance:

- Chair, Lynn G.
- Vice Chair, Michael S.
- Treasurer, Sandy S.
- Secretary, Susan R

Call to Order

- Lynn G. called meeting to order
- Moment of silence for those who still suffer
- Serenity prayer or prayer of your choice
- MJ read Steps 7,8,9
- Victoria read Traditions 7, 8, 9
- Lynn G. presented the meeting agenda

Officer Reports

Chair Report, Lynn G.

Welcome to all of you today. And thanks for taking time out of your summer (if you are in the Northern Hemisphere) to be a part of our meeting today. In addition to the Officer and Committee Chair Reports, we will hear about the results from the Inclusivity Survey and we will have a discussion about how we want to proceed with the use of outside Literature. We continue to have robust activity in all areas and in particular, Workshop Development, and the editing of the 12 Traditions and other literature. Meeting attendance has doubled and tripled in some cases. We continue to have a solid infrastructure that supports this growth, thanks to the generosity of so many. I am honored to be a part of EDA in this phase of our development, 23 years in.

Vice Chair Report, Michael S

Thank you, Lynn, for opening the meeting and setting the tone. My primary focus is on the Sponsorship Initiative, which is designed to increase Sponsorship in EDA. Rachel S. compiled the analysis from the Sponsorship Survey, and a focus group will meet on July 30, 3:00 PM EST to look at the analysis and see how best to move forward. We are looking for a group of 8-10 people for the focus group. Ideally, we are open to people who have

been long-time sponsors, those new to sponsoring, those afraid to sponsor, and people who want to sponsor but have not started or completed the Steps. If you are interested, please text Michael, 720-539-0860.

Slack is up and running. A few committees use it as a smooth method of communication for committee members.

Will post a link to an Open Services Position document that lists the ongoing open service positions on the EDA website. It starts off with smaller-level commitments and then moves on. As a member of EDA, please don't hesitate to get involved and help our fellowship.

Treasurer's Report, Sandy S.

**General Service Board of EDA
Treasurer's Report
Q2 2023**

April 1st, 2023 Beginning Balance	\$69,108.05
June 30th, 2023 Ending Balance	\$72,844.74

Q2 2023 General Service Board of EDA Income and Expenses	Amount
Expense	(\$2,057.53)
Cost for EDA Big Book Group Purchase	(\$1,623.09)
Cost for General Service Board website DNS service	(\$33.34)
Cost for initial State of CA registration for GSB	(\$5.00)
Cost of AZ Corporaton Commission Annual Report	(\$10.00)
Cost of Excess Zoom Account (we are asking to have returned to us)	(\$149.90)
PayPal Fees	(\$236.20)
Income	\$5,794.22
7th Tradition Contribution from EDA Group	\$2,325.09
7th Tradition Contribution from EDA Inidividual Member	\$2,595.86
7th Tradition for EDA Step Study Workshop	\$69.59
Box of 24 EDA Big Books (includes S&H)	\$567.48
Income diverted to Paypal Fees	\$236.20
Grand Total (Net Change in Q2 2023)	\$3,736.69

Secretary's Report, Susan R.

A summary of the April 2, 2023, GSB Meeting Minutes was given. The Q1, April 2, 2023, GSB Meeting Minutes were approved. 31 in favor, 0 opposed, no abstaining.

Lynn announced that Susan R is stepping down from her role as the New Beginnings EDA Chat Room Moderator at the end of June. Susan talked about the job description. Anyone interested can contact info@eatingdisordersanonymous.com.

Committee Chair Reports

Inclusivity Committee, Celeste Z, Adam R, Cristina D

Objective(s): To help foster a global EDA community that considers and supports all aspects of identity and recovery

Seeking: Committee Members, Committee Chair, currently 8 active team members that work in-between the greater EDA community and the GSB. Always seeking new members. Contact inclusivity@eatingdisordersanonymous.org for more information.

Inclusivity Survey 2022 – Report on Data Analysis, Adam R showed a PowerPoint Video. The project was to survey the fellowship to learn whether or not members feel they are being adequately represented, and what EDA can do to make everyone feel welcome. 567 people were surveyed, and the analysis was presented by Adam in a video. Meeting participants enjoyed the thoroughness that was put into compiling and presenting the information. We are working on how best to post the video and share with the EDA fellowship. There were specific recommendations for the Literature Committee, Webmasters, and Membership Committee. Please check the website: eatingdisordersanonymous.org for the latest updates.

Below is the Raw Data Analysis of the Qualitative Data (free response data)

1. Question 1: Other suggestions to make EDA more inclusive

About 25% were not diversity related responses (questions about sponsorship, suggestions for the website that were not accessibility related)

Of the diversity related responses:

About 20% were themes like EDA is already inclusive and/or disapproval of the survey because they feel it is divisive or against the traditions

25%- just general expression of need for inclusivity, or specific suggestions that didn't fall into a particular category- some of these I've summarized in the Suggestions document

About 10% was expressing gratitude for the survey and inclusivity committee

14% requests for special composition meetings but most of these were requests for meetings for specific behaviors, body sizes, or religious beliefs. A few were for BIPOC, mens, LGBTQ meetings, meetings for those with “dual membership” in other 12 step programs

10% requests for more representation in the literature across the board (behaviors, body size, gender, sexual orientation, race)

7% need for accessibility and inclusivity for those outside the united states and people who don't speak English

7% need/suggestions for improving accessibility for those with disabilities (e.g., close captioning in Zoom meetings)

5% suggestions specifically for making EDA more inclusive for trans/nonbinary folks

Take home message: the majority of EDA members see a need for inclusivity efforts. Clear needs were expressed for more diverse representation in the literature and special composition meetings across all aspects of identity, including race, sexuality, gender, body size/type of behaviors used. Caveat about special composition meetings: majority of these were focused on body size or specific behaviors, which could raise some issues Need for inclusivity for these specific groups:

- o Disability
- o Those living outside the US
- o Trans/nonbinary folks

2. Question 2:

If you would like to share any other comments with regard to inclusivity in EDA or expand upon any of your previous responses, please do so below

28% statements not related to diversity

Of the diversity related responses: Top themes/take home message:

31% theme of need for improved inclusivity in EDA but no specific suggestions

27% general theme of sharing experiences related to identity/diversity general theme is a general sentiment that there are stereotypes about who has an eating disorder (e.g., upper middle class white women) and that many EDA members do not fit into that mold and therefore feel “othered”

13% requests for more special composition meetings

13% requests for more diverse representation in the literature

8% gratitude for survey

7% Eda is already inclusive enough

7% reiterating need for more non English speaking meetings

6% feelings of being unwelcome due to religious beliefs (both atheists and those who call their HP God, and 1 Catholic person)

Membership and Group Supportive Services, Melissa S.

My report (which includes the statement about how this issue about outside literature came up) is below.

Biggest issue this quarter — how to list meetings using outside literature:

Organizers of a new meeting asked to be listed as "AA friendly" because they planned to use AA and EDA literature. In the next monthly informal meeting of GSB officers, those present voted to allow this in their listing. Later, it was noticed that meetings using outside literature and/or mentioning other programs are handled inconsistently on our schedule. For example, the Women's Solutions Daily meeting, which uses ACOA literature, was not allowed to mention ACOA in their listing when their meeting started several years ago. The Membership Team asked the GSB officers to clarify EDA's position on how to list meetings that use outside literature, which led to a larger discussion of whether to allow outside literature at all. As far as the Membership Committee knows, these two meetings do follow EDA's current recommendation to "state 'This group has voted to include outside literature, [name of specific text]' at the start of each meeting where outside literature is used."

Background on the Membership Committee: The Membership team (currently Melissa S. & Elise H., with support from Brigitte on the Web Team) does the following:

- Verifies whether meetings are happening and communicates this to the Web Team.
- Offers resources to new meetings (e.g., points organizers to our How To Start A Meeting page and 12 Traditions).
- Answers email queries that fall between the scope of Email Response Team and the Web Team, for example, questions that require review of the 12 Traditions or asking longer-serving members of the GSB for historical input.
- Supports the Web Team in updating meeting contacts in WordPress and adding/deleting GSRs from the GSB Announcements email list.

Members interested in joining the Membership Committee are invited to email melissas@eatingdisordersanonymous.org.

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Melissa S.
EDA Membership Committee volunteer

Literature Report, Annette

We have added five people to our Literature Committee since April and now have sixteen members on our distribution list. Our core team consists of five people who have regularly contributed the last three months in addition to myself. I would like to recognize (alphabetically): Jayne R, Lisa M, Lynn G, Rachel S, and Regina E – huge thanks and gratitude to all of you for your patience, perseverance, dedication, and enthusiasm! It brings me great joy working with you all.

There has been a lot of work completed since our last General Service Board meeting in April.

- Progress on an updated (shorter, more concise) draft of the 12 Traditions (part of an eventual EDA 12x12) that was initially presented to the GSB in 2022:
 - We are in our second round of edits on Traditions 1 through 4 and first round of edits on Traditions 5 and 6.
 - We expect to get a new draft of all Twelve Traditions back out to the General Service Board in early September.
- A small group working on an Avoidant Restrictive Food Intake Disorder (ARFID) brochure. The brochure has been reviewed by a professional who works with clients who have ARFID, and I have seen the draft. We are expecting this new brochure to be out for review by the GSB in September.
- Two people are working on a self-compassion brochure. These folks hope to have a version out to the Literature committee in November.
- Two other people are working on a newer version of the EDA Meeting Guide, but work on this is temporarily suspended while we are editing the draft Traditions document.
- A small group is working on two brochures dedicated to helping Agnostics and Atheists find their way through the Steps. One of these brochures will be completed and back out to the GSB in September.
- A German language translation of the EDA Big Book meets weekly. The work is going slowly but steadily progressing.
- A Spanish Language translation of Appendix B of the EDA Big Book and the Fully Recovered brochure. I do not have an update from the Spanish Language translation group.

- A Georgian Language translation of the EDA Big Book is now underway.
- A focus group is forming to start work on an EDA meditation book (52 weeks)
We hope to have this underway soon.

Email Response Coordination, Maureen H.

The email response committee currently consists of myself (Maureen H), Amanda W and Chris G. Amanda and Chris are doing a phenomenal job of replying to emails and answering members' questions in a supportive way. We would like to find a few more volunteers to round out the group.

ERC volunteers need to have completed up to Step 5 with a sponsor and have done some previous service at the meeting level (lead a meeting, kept the email list, served as GSB rep, etc.

Webmaster Coordination Chair Report, Brigitte P

Seeing an uptick in website activity since the launch. Ed and Brigitte, on average, answer about 10/15 emails a day. Had a new member join the team, and are currently interviewing a couple of new members.

Sponsorship Coordination, Regina E.

Not many inquiries come in asking about sponsorship info—about 2 requests per month.

Provider Contact Committee Report, Lynn G.

We are continuing to do outreach via email to providers in the community. We also will be adding a Provider link to the website which will include a link to relevant brochures, provider testimonials and other information about EDA. Joanna from Georgia is on our committee and is a one woman show in her country where there isn't much awareness of 12 step recovery programs relative to what we have in other countries. Many thanks to her and to all of our committee members for their enthusiasm and hard work. The committee would like you to announce that individuals could consider getting the word out about EDA to their providers. Some members will be more comfortable doing this than others.

Break (4 minutes)

Discussion Topics

Using Outside Literature and Aligning with other Twelve Step Groups

Annette H.

Regarding the EDA groups using outside literature and aligning with other Twelve Step fellowships

People can and do recover from their eating disorders through diverse approaches. EDA does not have any exclusive claim to eating disorders recovery. EDA shares many core concepts with other Twelve Step programs of recovery: the Twelve Steps, sponsorship, anonymity, the only requirement for membership being a desire to recover, not having dues or fees – many of EDA's core ideas are the same as other Twelve-Step programs. Yet, the EDA approach to implementing many of these ideas is quite distinct.

EDA's founder, Gisele B, and other early members of EDA found full recovery through much trial and error. What worked for them evolved into the EDA program of recovery: a set of practices that are different from those of other programs.

The single purpose of all EDA groups is to carry the EDA message of recovery – not any other – even if, or perhaps especially if, some of the concepts are similar.

Some of the most critical components of the EDA program of recovery that are not emphasized in the same way as in other Twelve Step fellowships include:

- Taking care of our basic needs—we are the only ones who can!
- Celebrating milestones, not numbers (noticing what we are doing right)—changes our negative self-talk into acceptance and compassion through acknowledging the many positive efforts we make each day.
- Focusing on balance (not abstinence)
- Recognizing that recovery is about feelings, not food, weight, exercise, or body image. Feelings guide us to find incremental solutions to root cause issues that drive eating disordered thoughts and behaviors.
- Understanding that recovery is not rigid
- Responding to resurgences of old thoughts and behaviors not with fear or rigidity but with compassion, gentleness, curiosity, patience, and a sense of humor
- Learning that full recovery is possible, and accepting that recovery is a side effect of addressing root cause issues directly
- Adhering to EDA principles reflected in the EDA Motto: HEALTH (honesty, equality (respect), accountability, love, trust, and humility)
- Using EDA literature

We can go into greater detail about why these distinctions are so important at a later time, but the point is that we want the EDA message to be as clear and consistent as possible at EDA meetings. There are many valid approaches that address root cause issues that underlie eating disorders. In EDA meetings, we focus on EDA's approach, which leverages all the above concepts and uses the Twelve Steps as the means to gain and sustain the "bigger picture" perspective that helps us stay focused and committed. Each EDA member may share whatever they have found helpful in their own recovery outside of EDA meetings, however, at EDA meetings we owe it to all EDA members to focus on our common solution.

Problems arise whenever EDA members recommend outside institutions, businesses, literature, or organizations at EDA meetings. Some EDA meetings have promoted using outside literature and going to other Twelve Step fellowships, giving the impression these actions are endorsed by EDA. They are not.

The issue of non-affiliation with outside Twelve Step fellowships can be confusing because all Twelve Step programs share some basic concepts and because of EDA's early history. During the time before there was an EDA "Big Book", many EDA groups used outside literature, especially AA texts. Once the EDA Big Book was published, there were concerns. Was AA literature to be "grandfathered in" as part of EDA's foundation? While the AA program was foundational to the development of EDA, there are significant and important distinctions between these programs. Any literature, including AA's, that emphasizes abstinence is in direct conflict with EDA's recognition that recovery is a byproduct of persistently applying the Twelve Steps of EDA to find and sustain perspective and balance. Use of abstinence-focused literature in EDA meetings affects EDA as a whole: it is antithetical to EDA's message. EDA's GSB voted unanimously not to "grandfather in" AA literature: AA literature is not EDA literature. It is fine, of course, to quote passages from outside literature that are explicitly referenced in EDA texts at EDA meetings, but Tradition Six means EDA does not endorse anything outside of EDA.

EDA's initial members recognized that rigidity, anxiety, and fear of eating disordered thoughts and behaviors was counterproductive. Many non-EDA Twelve Step fellowships take the stance that engaging in behaviors is a "slip" or relapse requiring a return to Step One. This can be especially shameful for people with eating disorders since it often takes many months or years of diligent effort to develop the coping skills and practices necessary for full recovery. In EDA, we know we will have eating disordered thoughts and behaviors until we no longer need them. Fear of ourselves, our thinking, our bodies, and our eating disorders does not help us establish the relationships of trust that we need as a basis for recovery. Our experience has been that the way out of an eating disorder is to fully embrace it—not with fear, but with gentleness, courage, curiosity, and a sense of humor. We know that trust—whether with ourselves, our bodies, other people, God, Higher Power, or higher purpose—emerges only with practice over time. As we strive to accept ourselves and our thoughts, we gradually discover attitudes and actions that bring lasting relief. Our goal is to establish a new foundation—one that provides enough perspective on our lives that we can walk free—unafraid of ourselves.

Many other Twelve Step groups count numbers as a measure of recovery. One hears of weighing and measuring in some fellowships and years of abstinence/sobriety/clean time in others. In EDA we don't find it helpful to count numbers of any sort: we don't weigh or measure anything, including days or years of freedom, because as noted above, a return to old behaviors is very common in early recovery. Any focus on this fact tends to generate shame which is counterproductive to the attitude of acceptance and compassion needed for recovery. In EDA we look at a return to old behaviors as a learning opportunity. As we resolve our underlying thinking problems which cause anxiety and rigidity, and become more positive and proactive, our recovery grows stronger and more flexible. In our experience, numbers have nothing to do with this process.

Gisele B, EDA's founder, addressed the topics of "balance versus abstinence", focusing on numbers, and "fitting in" with other programs at the June 6, 2018 meeting of EDA's GSB.

"I wanted to address this separately because this is such an important issue. An EDA member recently raised a concern about EDA's statement that 'balance—not abstinence—is our goal.' My recovery is inside, not based on external measurements. The work of recovery is work we do on ourselves. Letting go of eating disordered behaviors is a byproduct of that work. I don't see any way of getting full recovery in EDA without working on my real issues. Ask people who have full recovery, 'When did you get full recovery?' and the answer is almost always, 'I am not exactly sure.' ...

I realized getting balance in every area of my life was what worked. I still have a long way to go—lots of room for growth—but I know I am in full recovery because of where my focus is: on what is really important. The reason I identify in meetings as fully recovered is to give the newcomer hope, and for my own accountability.

This can be a hard gig, just living life, but anyone can gain their life back, and it is worth it. Because EDA does not focus on numbers and length of time, my focus goes to dealing with my issues so I can live at peace with myself. Abstinence was never the model for EDA and I want to make that clear: EDA is not an abstinence-based program; it is a full recovery program. The process of recovery is messy. It's never just about stopping a behavior. It's about fundamental transformation. EDA is different from other Twelve Step programs and I pray the foundation and principles do not ever get compromised or watered down, so we can "fit in" or feel more comfortable with other programs.

The foundation of a program is very important to keep intact. 'Balance—not abstinence—is our goal' has such a deep meaning. I don't think we knew at first how important this was going to be, or how well it would work—but it is important because it does work."

We who serve EDA on the General Service Board are now being asked to consider two proposals, one having to do with EDA groups using outside literature in EDA meetings, and another having to do with EDA groups affiliating with other Twelve Step fellowships. Only a few meetings do either of these, but the topic is important because of what we

think is most beneficial to EDA as a whole, remembering that the role of the General Service Board is to support – not govern – EDA groups in carrying the message of full recovery.

Here are the proposals we will be voting on in October, framed in contrast to current practices:

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. 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.”
 - This suggests we currently think 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.

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.

Aligning with Other Twelve Step Programs

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.
 - This suggests we think EDA 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" to maintain EDA's singleness of purpose.

Traditions Overview: Michael S

AAs 12 traditions have helped AA grow from three members in Akron, Ohio, to an estimated 2 million members in 180 countries. EDA's traditions, like AA's, guide healthy functioning within groups, between groups, and in EDA as a whole.

The traditions most relevant to our discussion regarding outside literature at EDA meetings are numbers Four, Five, and Six. In creating this overview, I've attempted to remain fair and unbiased, not favoring any particular opinion.

Traditions Four, Five, and Six as They Relate to Today's Discussion.

First, though, I am reminded regarding tradition one: personal recovery depends upon EDA unity. While we will not all agree on this topic, we should all remember that we are all on the same team, united in common purpose to recover from our eating disorders and to keep a healthy and maximally helpful fellowship.

Tradition Four:

"EDA groups thrive in an atmosphere of tolerance and love. An excess of rules just feels rigid—the antithesis of trust and recovery." (EDA 12 and 12, Trad. Four)

EDA groups are almost completely autonomous. However, groups are not autonomous in two instances:

- Situations affecting EDA as a whole
- Situations affecting other groups

In either of the above situations, the affected parties should be included in any group conscience surrounding the issue... "A group conscience cannot be fully informed without impact present or represented." (EDA 12 and 12, Trad Four)

Conclusions:

If our group conscience believes that inclusion of outside literature does not affect other groups or EDA as a whole, then our discussion today is null and void; no further discussion is needed.

If our group conscience believes that inclusion of outside literature does affect other groups or EDA as a whole, then the decisions should be made by the group conscience of all those affected, based on other traditions.

Tradition Five: Our primary purpose.

Historically, outside literature was permitted because of the lack of EDA specific literature. In order to fulfill our primary purpose (tradition 5: recovering from our eating disorders and helping others do the same) it was temporarily necessary to violate tradition 6 by affiliating with other groups by the regular inclusion of their literature in EDA meetings.

Now that there is an abundance of EDA literature, the group conscience should consider whether a violation of tradition six is still justified.

By those attending the meetings in question, inclusion of outside literature is, no doubt, considered helpful to their eating disorder recovery, and this pursuant to tradition 5.

However, as a violation of tradition six, inclusion of outside literature may ultimately be detrimental to the fellowship

Tradition Six: EDA ought never affiliate with any outside enterprise

ACoA and other groups are, without doubt, outside enterprises. They are more in alignment than abstinence based fellowships, such as, say OA, but they are still outside enterprises.

Consistent, ongoing inclusion of outside literature is a violation of the sixth tradition.

It's true that the traditions are not binding. Like the steps, they are but strong guidelines. Even so, they are tried and true, and any deviation should be approached with extreme caution.

Gisele, Founder of EDA

Gisele spoke about the use of outside literature. Has a strong opinion: does not want to see meetings set up to advertise that they are using outside literature. For example, "we use AA literature," this makes it a non EDA meeting. Groups are welcome to do an outside thing where they study and discuss outside literature; it is not an EDA meeting. EDA is specifically EDA. It is simple, let's keep it simple. I do not want to see any advertising of outside literature, and I do not want outside literature used in EDA meetings. Our message is important because it works, and our approach is different from other groups. We need to quit muddling the message. Gisele wrapped up by commenting on a part of EDA's message that needs more attention, not less: ***"Part of understanding balance is that whenever you take away something, you have to put something in its place. When you take away the eating disorder, you have to put something positive in its place."***

Open Sharing from Fellowship Members

EDA members had an opportunity to share on the topic of using outside literature. Meeting representatives shared their personal opinions. Some current meetings use outside literature and one member feels that it dilutes the message of EDA. People agreed that our common welfare is the most important, and would like the EDA's clear message of recovery to be what we focus on, and not the message of other programs. It was emphasized that the job of the GSB is to serve EDA groups, and centralize information on best practices for EDA groups to follow, not to govern individual meeting groups. That being said, we would reach out to groups that may be operating outside the intentions of the EDA Traditions. Others emphasized that EDA focuses on balance and perspective, and that recovering from an eating disorder is about feelings not food. Some groups that use outside literature, change the wording, which is actually a copyright violation. Some expressed how their recovery is supported by supplementing EDA literature with other literature. One member expressed that meetings that use outside literature is "affiliation" with outside groups, and this breaks Tradition 6. The Group Conscience may decide that this breach is not justified. One member expressed that for those who have come from other fellowships because it didn't work for them, they should not be exposed to other literature that may cause them to leave. All things to consider.

Lynn suggested those members who have concerns, reach out to her (lynn@eatingdisordersanonymous.org), or any GSB member. We are not making any decisions now. We will vote on this at the October GSB meeting, GSB's goal is to support groups in sharing the message of recovery to all. Please discuss the options we are proposing for this very important mission.

Increasing the use of Higher Power in our Literature (Emily G.) to be deferred for discussion.

Closing

We closed with the serenity prayer or prayer of your choice.

The next GSB meeting will be on Sunday, October 1st, 1-3 PM EST (6-8 PM GMT, 10 AM - Noon PST).

Please take the info discussed in this meeting to your group.

Meeting closed at 3:00 PM EST.

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Motion Summary

- **PASSED - Q1 Meeting Minutes** – A summary of the April 2, 2023, GSB Meeting Minutes was given. The Q1, April 2, 2023, GSB Meeting Minutes were approved. 31 in favor, 0 opposed, no abstaining.

Minutes prepared by Susan R., GSB Secretary on July 14, 2023.