

Hello Everyone!

We held a General Service Board meeting on June 10, 2015. What follows are brief minutes of the meeting.

**Attendees:**

- Nuria – Del Ray Beach, FL
- Sherian – Southern CA
- Bahar – Santa Monica, CA
- Annette H – Phoenix, AZ
- Melissa – Sunday Phone meeting

**Minutes:**

- We approved minutes from our May GSB meeting.
- We discussed action items:
  - o Annette posted updated, approved versions of EDA literature to the website (huge thanks to Sherian and to all who contributed in the reviews)
  - o Annette deployed the top-line version of website
- NEWS! Sherian has picked up responsibility for maintaining the meeting listing on the EDA website! Yahoo and thank you, Sherian!!
- **Action Item:** Annette will post a WinZip version of the Meeting Starter Kit on the website.
- Sherian sent an updated version of the *Guide to Groups & Group Leaders in Difficult Situations* brochure (attached) that includes guidance regarding monopolizers, cross-talk, anonymity and more.
- We reviewed and approved the new *More on Eating Disorders* brochure that had been sent out with the meeting agenda.
- **Action items:**
  - o Annette to post the two updated brochures to the website.
  - o Annette to add Nuria, Bahar and Melissa to the [literature@eatingdisordersanonymous.org](mailto:literature@eatingdisordersanonymous.org) distribution list.
- **Big news!** Nuria finished a draft of "There Is A Solution!"
  - o Nuria consolidated her experiences and those of her sponsees and group members, completing a seven-page (double-spaced) EDA version of "There Is A Solution" modeled on chapter with the same name in the "Big Book" of AA, [Alcoholics Anonymous](#). We are super excited! This is one of the first real deliverables for the EDA version of the "Big Book."
  - o Nuria distributed the draft to her home group for initial editing. Relatively few edits have come back so far. We are hoping that you will help.
  - o **Action Item:** Nuria will send "There Is A Solution" to Annette, who will send it out for comment with the meeting minutes (attached).
  - o Comments, edits and feedback are welcome. Remember, this is YOUR Big Book!
- Other Big Book sections:
  - o **A Doctor's Opinion:** request sent out and challenge accepted
  - o **A Founder's Story:** Sent out in April. Annette is working on refinements that speak more specifically about recovery through EDA
  - o **There Is A Solution:** Draft attached!
  - o **More About Eating Disorders:** We will start with Sherian's brochure and will focus the latter half of the chapter on the intractable insanity that precedes ED

behaviors: our behavior is astonishingly like that of the jaywalker in the AA chapter of the same name. We understood, rationally, that we simply must stop putting ourselves and our loved ones in harm's way, yet we continued the same damaging pattern of behavior without seemingly any premeditation: we couldn't seem to help ourselves no matter how urgent the situation. We had to conclude that neither we, nor any human power, could relieve our eating disorder. We had to surrender to a Higher Power, or to a Higher Purpose. This provides transition to the next chapter.

- **We Agnostics:** Rather than suggest that there is something amiss with agnosticism/atheism itself, this chapter will focus on how religion, spirituality and complete absence of either are completely compatible with the program of EDA. Depending on personal understanding and individual need, our versatile program provides a solid foundation that can augment and deepen ones existing religious faith, **or** can form the basis for a new and robust spiritual practice, **or** can be a viable secular practice that provides much-needed perspective, purpose and peace. We reflected that some EDA groups are, or have been, specifically religious groups. EDA as a whole has no issue with such groups, so long as a statement is read at the beginning of each meeting that clarifies that EDA as a whole neither endorses nor opposes any causes, and has no position whatever on any religion or lack thereof.
  - **How It Works:** We will explain how we work Steps 1 through 4.
  - **Into Action:** We will explain how we work Steps 5 through 11
  - **Working With Others:** We will discuss our experiences with Step 12
  - **To Wives, To the Family Afterward, To Employers, A Vision for You:** We will talk about these later. First things first!
  - We will incorporate *An EDA Member's Perspective on Balance* (now found on the Stories tab on the website) into the EDA Big Book somewhere.
- We discussed stories received so far.
  - We are still receiving stories but many do not include working within the program of EDA. There are many roads to recovery, and we are grateful for any that work! The GSB is specifically interested in stories that explain how we use the program of EDA to recover.
  - We are still taking stories: please send your story of what it was like, what happened and what it is like now to [literature@eatingdisordersanonymous.org](mailto:literature@eatingdisordersanonymous.org). Please be honest! Not one of us is perfect except in our imperfection. Please be sure to mention how you use the program/literature/steps/groups of EDA in building and maintaining recovery.
  - We talked about organizing the stories according to the severity of the progression of our EDs. Organizing by ED classification might be a little like organizing the stories in AA by what type of drink the author preferred.
- We discussed alternative meeting dates (and earlier times) for the GSB meeting. Although the current meeting time is not optimal for people on the east coast, other options (we discussed Sundays, Mondays, Tuesdays, Thursdays as well as earlier meeting times) were even more problematic. Alternative dates and times either stepped on existing meetings or were not feasible for core members. Only Sundays and Tuesdays were issues for core members: other all other proposed times stepped on one or more meetings. We will keep the existing meeting date and time.
- We adjourned the regular GSB meeting at 7:04 PM MST.

- After the regular GSB Meeting, we kept the line open after each GSB meeting for willing GSRs and GSB members to talk with new meeting facilitators, and to talk more generally about how to better serve EDA groups.
- **Action Item:** Annette to add a separate tab for phone meetings. It will not be based on a Google Doc, which is hard to display on mobile devices.

Our next meeting will be Wednesday, July 8<sup>th</sup>, 2015. Annette may need to find a backup for this meeting, as she will be out of state attending a memorial service.

Please send these minutes to members of your group if your group maintains an email contact list!

Thank you to all who attended and to all who serve EDA!  
Best regards,  
Annette (aka Michelle)

*Note: This email address is checked only monthly. Please send comments and inquiries to [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org).*