

Hello Everyone!

We held a General Service Board of EDA meeting this evening, Wednesday, July 13<sup>th</sup>.

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 every month on 2<sup>nd</sup> Wednesdays.

**Attendees:**

- Jhena – Pittsfield, MA
- Ellen – Delray Beach, FL
- Sherian – Temecula Valley, CA
- Nicole – Palm Coast, FL
- Annette – Phoenix AZ

**Notes:**

- **EDA Big Book updates:**
  - The EDA Big Book (draft available online at [www.4EDA.org/EDAbigbook.html](http://www.4EDA.org/EDAbigbook.html)) is currently being edited by our publishers, Gurze Books.
  - We have received approval on final edits from three of three medical professionals and all four authors of additional letters of support.
  - So far, the editors have gotten through: Preface; Doctors' Opinions; Letters of Support; Chapters 2, 3, 4, 6, and 7; Appendices; and the first six stories. Chapter 5 is in a second round of edits, and Gisele is completing final edits on Chapter 1. We hope to have all the edited chapters updated on the EDA website by mid-August.
  - We are still on track for a late October / early November release to Amazon and to brick-and-mortar retailers!
- **Discussion Points:**
  - **Help with story introductions:**
    - We agreed last time that we wanted story introductions, but only one person stepped up to help write them.
    - At this point, we only have about one third of the story introductions finished, and they need to be done within the next week, by July 24<sup>th</sup>.
    - Jhena, Sherian, and Nicole volunteered to help.
    - **Action Item:** Annette will send out the stories that do not have introductions to Jhena, Sherian and Nicole, with the examples that Jhena finished.

- **All caps, small caps or title font for chapter titles**
  - In the AA Big Book, chapter titles throughout the book are in all caps, as are the titles of the stories (although in the table of contents, you can see that it's in small cap font.)
  - We discussed the following options:
    1. Be consistent with the AA Big Book (all caps for headings on each page, and small caps in the table of contents) – Ellen mentioned this is consistent with APA style.
    2. Use small caps where the AA uses all caps
    3. Use title case
  - **Decision:** the vote was 3 to 1 in favor of option (1) consistency with the AA Big Book, with the chair abstaining.
  
- **Updates to “Could You Be One of Us” Brochure**
  - We agreed to accept all changes, with the addition of:
    - Change a question that starts “Do you get rid...” with “Do you regularly address your concerns about food through...”
    - Switch order of 15 or 16
    - Change the date on the cover of the brochure
    - Change the formatting so it prints properly.
  - **Action Items:**
    - Jhena will address the above changes, and send to Annette
    - Annette post the brochure and incorporate into the EDA Meeting Starter Kit.
  
- **Service Opportunities: More Help Needed!**
  - We could sure use a few additional volunteers to handle EDA email! Our current email respondents are doing wonderful work but most have been at this for a year or more.
  - Jhena volunteered: Thank you, Jhena!
  - **Action Item:** Annette will add Jhena to the [Info@eatingdisordersanonymous.org](mailto:Info@eatingdisordersanonymous.org) distribution list, and will contact Kayti about getting Jhena off to a good start.
  - Can you help? If so, please email [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org)
  
- **Help for new and existing EDA meetings:**
  - This evening, we discussed the question “How can I get more people to come to my meeting?”
  - If contacting treatment centers, psychiatrists, schools and posting flyers has not increased attendance:
    - Look for treatment professionals who work with eating disordered clients in your area, and contact them about making a presentation about EDA to a professional organization. Therapists and psychiatrists are unlikely to send clients to meetings if they have not had direct personal experience with members whom they trust.

- If you are able to provide an information presentation, send an email to attendees (after securing their permission) with links to our website and meetings page.
- Starting a meeting at a behavioral health treatment center. Usually this requires meeting with staff to outline the approach, and can take a month or more for the organization to approve after that. If you are patient and persistent, meetings at treatment centers are often successful.

We adjourned the meeting at 6:48 PM MST.

Our next meeting will be Wednesday, August 10, 2016.

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).*