

Hello Everyone!

Attendees:

- Stacey F – Pensacola, FL
- Nicole F – Palm Coast, FL
- Allyson T – Delray Beach, FL
- Annette H – Phoenix, AZ
- Nuria S – Florence, SC
- Connie W – Fort Bragg, CA

We held a General Service Board of EDA meeting on Wednesday, March 8th. 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 2nd Wednesdays.

Notes:

- **EDA Big Book Step Study Workshop:**
 - The first EDA Big Book Step Workshop will be held in Chicago, July 14-16th. We would love it if everyone could attend.
 - **Event registration is live at** [http://tinyurl.com/EDAWorkshop!](http://tinyurl.com/EDAWorkshop) Regular registration is March 5th-June 4th.
 - Write to StepWorkshop@eatingdisordersanonymous.org for details, and stay tuned for additional updates.
 - There is a link to register for the workshop on the EDA home page, www.4EDA.org.
 - Our gmail account got blacklisted thanks to sending out too many invitations to the workshop. **We need help getting the word out.**
 - Please take flyers to your local recovery bookstores and clubhouses!
 - If you can help send out emails, please let me know. We don't want anyone to get blacklisted, so we'll send the email in small batches.
 - Stacey and Nicole volunteered to help, but we need about a dozen more people to step up.

- **EDA Big Book feedback:**
 - Thank you to everyone who sent in comments about the EDA Big Book! It is great to hear from you and the comments have been amazingly positive. Here's a sample:
 - "I love my new EDA Big Book. It relates directly to us and is easy to understand and offers lots of great support." Cher, Scotland, UK

- “I absolutely love and treasure the EDA Big Book. Although I am in another fellowship and have been for almost 2 years, I find my ED to be so much more challenging. This new book speaks to me so clearly. I appreciate that it was written recently and uses language that is so relevant and meaningful. I truly believe so many people suffering with ED could benefit from and find hope in this important body of information. I bought several copies so I could give it to others who would benefit.” Mindy, Lakeland, FL
- “I am skeptical about seeking any kind of cure or healing from a book. But the EDA Big Book is revolutionary in terms of recovery resources for people with eating disorders. At least it has been for me! It is not full of theories, dreamy quotes, or self-care aspirations...you know, the kind that I can never live up to! It is a set of clear instructions; the story of how exactly others as desperate and sick as me have found recovery. Following their instructions has afforded me freedom for the first time in my life.” Jasmine, Toronto
- “Thanks to the concepts in this book, I have been in recovery from my eating disorder for more than 3 years. The idea of finding balance with regards to food, our emotional life, and caring for our bodies and minds has been an invaluable guide for me - and is something that makes this program unique. This book is beautiful crafted - one can't help but be inspired by it!” Liz, San Francisco, CA
- “This book brings further hope and inspiration to the EDA program. I am thrilled to have this literature to finally be able to refer to. I have found even more strength and encouragement throughout the pages of this book.” Shirl, Medway, MA
- "This book not only gave me a solution for my eating disorder, but taught me step by step, a new way to live life successfully. I feel like this book speaks directly to me. It makes me laugh, cry, and everything in between. I bought 10 copies and cannot wait to tell everyone about it!" Diana, Lubbock, TX
- “I love this book. I had an e-version on my Kindle with me when I was traveling with family and reading it really helped me feel connected and at peace. Wealth of information.” Michelle, MA
- “The EDA big book has been a true gift to my recovery. It is so positive and solution-focused that every time I read from it, I lose a little more of the guilt and shame that has consumed me most of my life. I've noticed my eating habits are healthy and balanced now that I've let go of rigidity. "Letting go" is a concept I've always struggled with when attending other programs that have a restrictive/negative focus. Just a simple mind shift to

being positive by focusing on health and balance is making a huge difference for me. I can't thank those who wrote the EDA big book enough!" Donna K., Orrington, Maine

- "EDA is a very welcome relief from 'abstinence' based food fellowships. It has helped me to be gentle with my food recovery. And just for today, one day at a time, my relationship with food is improving immeasurably." Nici, Bath/Chippenham, UK
- "I am so grateful to finally have an EDA book. I see myself on the pages every time I read... but, thankfully, it is not just a means to identify with others struggling with eating disorders (though vitally important!) The EDA book provides a solution through the steps...a practical, meaningful approach to living." Missie, Redlands, California
- "What I have read so far has given me a sense of comfort and relief that I hadn't experienced before. I certainly love, love, love the Big Book of Alcoholics Anonymous (the book I worked the steps out of, with a sponsor, for my eating disorder) but to not have to substitute the wording, and to know that the people whose stories I am reading, have actually experienced and lived in the hell that is an eating disorder, such as myself, brings about a tremendous amount of hope and the heartfelt conviction that I am truly not alone and that recovery is possible. Thank you EDA!" Ana, West Palm Beach, FL.
- If you have purchased an EDA Big Book on Amazon or Barnes & Noble, ***please provide feedback on their website to help newcomers know the EDA Big Book is useful.*** Online bookstores give you the option to make your recommendations/comments anonymous.
- Looking for support in using the new EDA Big Book to support sponsees? You are not alone! Chapter 7 describes the approach many are using.

Discussion Points:

- **Financial Scholarships for the EDA Big Book Step Study Workshop**
 - Applications for financial scholarships will be confidential.
 - A new distribution list, WorkshopScholarships@eatingdisordersanonymous.org has been set up to allow EDA members to submit applications. Interested in applying? Please send:
 - Affirmation of desire to recover from—or stay in recovery from—an eating disorder
 - Statement of financial need (***fax financial documents to private fax line 1-602-293-3598; do not send financial documents via email***)

- State how much financial support you need, up to the full cost of workshop registration if travelling to Illinois from another state)
 - Demonstrate that your income falls below Federal Poverty Level as described here: <https://aspe.hhs.gov/poverty-guidelines> through sending **one** of the following (do not use email; fax to 602-293-3598):
 - Tax return for 2017 (Form 1040 or equivalent)
 - Tax return for 2016 (Form 1040 or equivalent) with extension-to-file (Form 4868) application for 2017
 - Disability benefit statements for last two months, with evidence that family income meets FPL criteria
 - Unemployment benefit statements for the last two months, with evidence that family income meets FPL criteria)
 - An expressed willingness to carry the message of recovery to others.
- We will allocate funds via a lottery system to candidates meeting criteria:
 - Up to 50% of workshop registration fees if living in Illinois
 - Up to 100% of workshop registration fees if flying or driving to Illinois from out of state
 - **Applications are due by end of day April 15, 2017 (11:59:59 PM PST)**
 - Financial awards are to be announced no later than May 12th.
 - If there are no applicants, this committee will allow the General Service Board to manage funds earmarked for Workshop Scholarships as per GSB group conscience.
 - Per our last meeting—by unanimous decision, with the chair abstaining—donations to the financial scholarship fund shall not be limited to EDA members only. Donations will be anonymous and will not influence the distribution of financial scholarship funds for the EDA Step Workshop.
 - The EDA Big Book Step Workshop is its own entity. Pertaining to EDA as a whole:
 - EDA is self-supporting through our own contributions.
 - If you are an EDA member, and you would like to make a donation to EDA or the scholarship fund, please visit the Support EDA page, www.4EDA.org/support.html. The General Service Board of EDA is a non-profit 501(C)(3) corporation. Your contributions may be tax deductible. **The GSB's tax id number is 86-1033263.**
- At our last meeting we discussed sending out daily reflections via email, sharing our experience, strength and hope with each other. At today's meeting, we

discussed writing a compendium of daily meditations. There is interest, but call participants were already overcommitted.

- The GSB would like to encourage each EDA group to create a new role— *correctional facility liaison*. The person in the role of liaison would coordinate carrying the message of recovery to local institutions. Not easy, but very rewarding work!
- People have been asking whether the EDA Big Book Step Study will be recorded, so those who cannot attend can access it. Annette and Nuria will test the recording process over the next few months. We make no guarantees, but we will do our best to ensure the recording happens, and is of sufficient quality.
- **Reminder:** there are online chat, phone, and Skype meetings every day. Plus, there is a new Skype meeting on Wednesday nights, 6PM Central. Check out <http://www.4eda.org/phonemeetings.html> and <http://4eda.org/online.html> for details.

We adjourned the meeting at 8:07 PM MST.
Our next meeting will be Wednesday, April 12th, 2017.

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!

Wishing you peace and joy in recovery,
Annette H
Chair, General Service Board of EDA

Note: This email address is checked only monthly. Please send comments and inquiries to info@eatingdisordersanonymous.org.