

Hello Everyone!

We held a General Service Board of EDA meeting on Wednesday, April 12<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 (\*new!\*) 3<sup>rd</sup> Wednesdays.

**Attendees:**

- Christina B – Asheville, NC
- Liz F – San Francisco, CA
- Jhena F – Pittsfield, MA
- Allyson T – Delray Beach, FL
- Mandy F – Montana
- Nicole F – Palm Coast, FL
- Liza M – Germantown, MD
- Nuria S – Florence, SC
- Connie W – Fort Bragg, CA
- Lynn L – Minnesota
- Julie M – Lancaster, PA
- Annette H – Phoenix, AZ

**Announcements:**

- **EDA Big Book: We need your help!!**
  - We have a problem, and we need your help. Someone posted a 1-star review because their Kindle edition didn't download. Two things:
    - We want to fix their issue, whatever it is. I replied to the review asking the person to contact us, and we'd be happy to send them a free book. We've also tried to contact Amazon to see if they can do anything for the person, but they haven't done anything as far as we know.
    - Amazon says people shouldn't post criticism of things that have nothing to do with a book's content in the reviews section:
 

"Customer Reviews and Questions and Answers should be about the product. Feedback about the seller, your shipment experience, or packaging can be shared at [www.amazon.com/feedback](http://www.amazon.com/feedback) or [www.amazon.com/packaging](http://www.amazon.com/packaging). Comments about pricing, product availability or alternate ordering options are also not about the product and should not be shared in Customer Reviews or Questions and Answers."

I have a Kindle edition, and it works great, but I can't post anything in response to the negative review because Amazon has my email address connected to the offer to provide a free book... and they're disallowing me from posting because I am clearly related to the production of the book. So, if you have a Kindle edition, can you please post a review saying you didn't have an issue?
  - 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. It's sad that our EDA Big Book—which many people have said is super helpful—now has a rating under four stars because of this one negative comment. Please do post a review if you can.

- 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.
- **EDA Big Book Step Study Workshop:**
  - The first EDA Big Book Step Workshop will be held in Chicago, July 14-16<sup>th</sup> and we hope you can attend.
  - Event registration is live at [http://tinyurl.com/EDAWorkshop!](http://tinyurl.com/EDAWorkshop)
  - Write to [StepWorkshop@eatingdisordersanonymous.org](mailto: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](http://www.4EDA.org).
- **Apply now for Financial Scholarships for the EDA Big Book Step Study Workshop**
  - Applications for financial scholarships will be confidential.
  - A distribution list, [WorkshopScholarships@eatingdisordersanonymous.org](mailto: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 12<sup>th</sup>.
- 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.
- **If you can, please donate to support Financial Scholarships for the EDA Big Book Step Study Workshop!**
  - Per our February meeting 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.
  - If you would like to make a donation to EDA or the scholarship fund, please visit the Support EDA page, [www.4EDA.org/support.html](http://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.**
- **Brochure updates!**
  - Jhena F generously donated her time to update the logos and headlines on all the EDA brochures! Thank you, Jhena!
  - We'll get these posted on the EDA website before the weekend.
- **GSB Meeting Time:** we considered several proposals and unanimously agreed to move the GSB meeting one hour earlier, and move the meeting day to 3<sup>rd</sup> Wednesdays to permit more people to attend. Our next GSB meeting will be held at **7PM Central on May 17<sup>th</sup>.**
- **GSB Elections**

GSB members serve EDA groups and the mission of EDA to carry the message of recovery to all who seek recovery from an eating disorder

The GSB voted tonight to:

  - Fill the vacant positions on the GSB.
  - Add and delete several GSB roles.
  - Approve descriptions for each GSB role

We discussed situations where we have more than one person volunteering to fill a role. We agreed that sharing duties worked in the best interest of EDA, ensuring diversity and resilience in each role where duties are shared.

We considered whether to hold elections via SurveyMonkey link sent to all GSB representatives, or to approve the roster of nominees and current GSB members at tonight's meeting. The GSB voted unanimously to approve the GSB roster presented below, accepting the listed GSB volunteers for the May 2017- May 2019 term.

ROLE	Description	Name
<p><b>Chair</b> chair@eatingdisordersanonymous (dot) org</p>	<p>Supervises all operations of the General Service Board, coordinates effort among members and committees, and presides at GSB meetings; In cooperation with other Board members, set goals for the General Service Board that reflect long-term interests of EDA as a whole; Communicates above goals; Sets up GSB meeting times and locations; Makes sure GSB members know about them via phone or email; Makes sure each GSB member understands what is expected and has the requisite resources and support to do it; Follows up with each GSB member at least once a month; Creates agendas GSB meetings;</p>	<p>Annette H</p>
<p><b>Vice Chair</b> chair@eatingdisordersanonymous (dot) org</p>	<p><b>Responsibilities:</b> Serves as Chair when Chair cannot serve; Supports the chair in all capacities as needed and directed by the chair; Oversees publication of EDA materials online and in print; Makes sure Chair has resources and support to perform expected duties;</p>	<p>Julie M</p>
<p><b>Secretary</b> secretary@eatingdisordersanonymous (dot) org</p>	<p>Maintains GSB meeting minutes: posts and shares the meeting minutes; Keeps records in a central, secure, and confidential location; Works with other GSB members to create any brand pieces to be distributed to public.</p>	<p>Annette H Julie M</p>

ROLE	Description	Name
<p><b>Treasurer</b> treasurer@eatingdisordersanonymous (dot) org</p>	<p>Qualifications: CPA Manages PayPal account and donations; Reports monthly balance to the GSB; Completes 501 c3 yearly tax documents; Prepares quarterly financial statement.</p>	<p>Annette H</p>
<p><b>Members At Large</b> (Email distribution list maintained in Google Sheet)</p>	<p>General Service Board representatives from EDA groups nationally and internationally. Works with the GSB to support EDA groups in carrying the message of eating disorders recovery worldwide.</p>	<p>(Google Sheet accessible by GSB Officers)</p>
<p><b>Membership and Meeting Supportive Services Coordinator</b> membership@eatingdisordersanonymous.org</p>	<p>Follows up with people who contact info@eatingdisordersanonymous (dot) org to make sure they are able to find support; Follows up with people who are the contacts for existing meetings to see how they are doing; Mails each new group a copy of the EDA Big Book; Helps groups build attendance and strong recovery within the groups; Works with the literature committee and secretary to address needs.</p>	<p>Julie M</p>
<p><b>Professional Contact Coordinator</b> PCC@eatingdisordersanonymous (dot) org</p>	<p>Qualifications: A professional in the field of eating disorders prevention and treatment. Maintains a list of professional contacts and works with the professional community to provide information about EDA.</p>	<p>Jenni S Nicole K</p>

ROLE	Description	Name
<p><b>Event and Fundraising Chair / Community Liaison</b> events@eatingdisordersanonymous.org</p>	<p>Plans fundraising and community awareness events with meeting leaders to support the expansion of EDA Step Workshops and the growth of sponsorship within EDA;</p> <p>Works with treasurer to adjust and elevate the budget;</p> <p>Works with GSB members to establish annual fundraising campaign goals and plans;</p> <p>Ensures that community outreach events and fundraising efforts adhere to the Twelve Traditions of EDA.</p>	<p>Jill R</p>
<p><b>Email Response Coordinator</b> info@eatingdisordersanonymous.org</p>	<p>Coordinates volunteers who reply to emails coming into info@eatingdisordersanonymous.org;</p> <p>Ensures all volunteers replying to email have the necessary materials and support;</p> <p>Supports email correspondents in following a consistent process (i.e. copying info@ on their replies, indicating their response is their own and not that of EDA as a whole, and signing their email with first name, last initial, and EDA volunteer.)</p>	<p>Jennifer B Julie M</p>
<p><b>Website Coordinator</b> wm@eatingdisordersanonymous.org</p>	<p>Maintains existing GSB of EDA website (i.e. posts new literature and keeps meeting information current);</p> <p>Administers web accounts (i.e. email lists, web site development, etc.);</p> <p>Coordinates web site development efforts;</p> <p>Ensures the website is ADA compliant.</p>	<p>Sherian S Annette H</p>
<p><b>New Literature Development coordinator</b> literature@eatingdisordersanonymous.org</p>	<p>Works with literature team to draft and propose new literature for GSB review and approval;</p> <p>Near term goal: Oversees the work on a Step Workbook revision to bring it into alignment with the EDA Big Book</p>	<p>Christine D Jamie K Jhena F Annette H</p>

ROLE	Description	Name
<p><b>Correctional Facility Coordinator</b> CFC@eatingdisordersanonymous (dot) org</p>	<p>Works with Members at Large to carry the message of eating disorders recovery to correctional facilities.</p>	<p>Jennifer B Julie M Liz F</p>
<p><b>Yoga for Recovery/ Mindfulness Coordinator</b> meditations@eatingdisordersanonymous (dot) org</p>	<p>Works with GSB to provide daily meditations / yoga for recovery videos.</p>	<p>Julie M Liz F</p>
<p><b>Sponsorship Coordinator/ Sponsor Support leader</b> sponsors@eatingdisordersanonymous (dot) org</p>	<p>Works with the literature team to develop stronger EDA sponsorship documentation; Screens potential sponsors to check that they have completed Steps 1-11; Keeps record of sponsees and sponsors on a Google Sheet to be shared with Chair and Vice Chair; Helps connect sponsees to sponsors.</p>	<p>Julie M</p>

- **GSB Fundraising Opportunity (considered and dismissed):** We discussed a proposal from a fundraising company to hold events to raise money for the GSB. The proposal would have net 15-50% of proceeds (at various restaurants in the Phoenix area) that could be linked to people bringing in special coupons or flyers. The consensus was that the effort to coordinate would exceed the putative benefit, and no motion was raised.
- **Zoom vs. Skype:**
  - The purpose of the General Service Board is to support all our EDA meetings. We support face-to-face meetings, online meetings, Skype meetings, phone meetings, and (as of 4/12) Zoom meetings.
  - Each meeting is autonomous except in matters affecting other groups or EDA as a whole.

- Our (free) Skype meeting has some limitations (only 25 people can join at a time, which means we have to keep booting people off the Skype to allow us to call out (can't call if there are more than 24 callees plus the caller).
  - We tried to use a Skype for Business account, but it required the people calling in to have Skype accounts instead of being able to register as a guest. (This seemed like too much of an impediment, but maybe we should have been more patient!)
- Julie M, Lynn L, Christina B, Mandy F and Liz F have all used Zoom. Like Skype, Zoom permits international calls. A single Zoom account could be used to host multiple (non-concurrent) meetings. Some advantages of Zoom over Skype:
  - Can call with a normal phone (no apps required)
  - 50 people can join a single call, not 25 (Skype) – however this requires the paid account
  - Paid account supports unlimited time on the calls compared to free version of Zoom
  - HIPAA compliant (Skype is not HIPAA-compliant)
- We reviewed and approved proposal for a budget of \$150 to secure a Zoom account for one year.
- We agreed it is in the best interests of EDA for groups wanting to use a Zoom account to collaborate so their meetings do not overlap.
- **EDA Daily Reflections!** At our February meeting we discussed sending out daily reflections via email: we now have a volunteer for this! We discussed an editing and dissemination protocol. Some general guidelines:
  - Just like at an EDA meeting, no mention of food or numbers.
  - Language should be gender neutral and supportive of people taking differing positions on spectrum of faith and spirituality. (Note: If it proves difficult to cover all positions in a single statement. It should be fine to have two meditations, one faith-oriented, one not, e.g. the EDA Third Step Prayer and Third Step Commitment.)

Julie M, Connie W, and Liza M will be added to the EDA distribution list [meditations@eatingdisordersanonymous.org](mailto:meditations@eatingdisordersanonymous.org), and will work together to align on a review process.
- **Recording the EDA Big Book Step Study:** People have been asking whether the EDA Big Book Step Study will be recorded, so those who cannot attend can access it. We will try using Zoom and Skype to record videos over the next two months.
- **Financial statement:** Lacking a treasurer, we will discuss GSB finances— income, expenses, and balances—next month.



- **Reminder:** there are online chat, phone, Skype (and now Zoom!) 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 7:32 PM MST.  
Our next meeting will be Wednesday, May 17<sup>th</sup>, 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](mailto:info@eatingdisordersanonymous.org).*

## **GSB Introductions:**

### **Role: Chair (and others as noted above)**

#### **Name: Annette H**

I am humbled and grateful to have to be involved in the growth of the Fellowship of EDA since March 2000. After securing limited permission to use material from the first 164 pages of the text *Alcoholics Anonymous* from AA's General Service Office in New York, worked with EDA Founder Gisele B and other early EDA members to adapt the Twelve Steps and develop the first documents used by EDA groups. After organizing and incorporating the General Service Board of EDA in 2001, served as its first Chair until 2002, when I left to start a graduate program of study. Over the ensuing nine years, I served the GSB in various minor capacities until September 2011, when I was asked by the then-Chair and GSB to return. Since October 2011, I have served as Chair and Secretary-Treasurer, coordinating development of the current website, brochures, and most recently, the EDA Big Book. I am absolutely delighted to be working with EDA members on our joint effort to share our experience, strength, and hope with others. It is an honor and a privilege to serve EDA and the General Service Board.

**Role: Vice Chair (and others as noted above)**

**Name: Julie M**

I wanted to take a few moments to introduce myself to you all, and say that I am SO excited to join your leadership board.

I live in PA with my three kiddos and my husband. My oldest is seven and my twins are five.

I started the local EDA group here in central PA and run that group twice a week; I recently started to sponsor EDA members; I blog frequently in local and online streams about my recovery and am fully committed to the EDA twelve steps and recovery.

I am thrilled to work on this election and update the Board (filling positions as needed).

**Role: EDA New Literature Development Coordinator**

**Name: Jamie K**

I am a Licensed Marriage and Family Therapist (#83775) specializing in the treatment of women. I have also been in recovery since 1998 and have used 12 step programs as the foundation of my recovery. I am also a graduate of Pacifica Graduate Institute's Counseling Psychology program with an emphasis in Depth Psychotherapy.

Aside from working with patients in private practice, I am Clinical Supervisor at Montecatini, a world class all female eating disorder treatment center which has provided women 20+ years of care for bulimia, anorexia, and co-occurring disorders. Prior to this, I worked as a therapist at Harmony Grove Programs and Mandometer programs for eating disorders. This has allowed for familiarity with a great range of symptoms and severity.

Alongside, my professional experience, I have had 15 years of personal recovery from an eating disorder. I believe this allows for caring, empathetic support of those who feel shameful about their relationship with food or embarrassed by their body.

I specialize in the treatment of Anorexia, Bulimia (Including Purging by Laxative, Enema, Diet Pills, and Exercise) Binge Eating Disorder, and EDNOS.

I have been certified in Expressive Arts Therapy and often reference the visual and performing arts within traditional talk therapy to uncover perspectives on problems. Sometimes, it can be easier to touch upon our most sensitive struggles in a symbol or metaphor rather than on plain terms.

In fact, many significant events in people's lives often happened before they had words or go beyond the words they have. Many trauma and abuse survivors find expression through eating disorders, addiction/compulsion and self-harm until they learn a new way to talk about, tolerate, or transform their experience.

My individual, couples, and family sessions are informed by psychodynamic theories including object relations, self-psychology, and depth approaches. I am also influenced by feminist schemas and am a member of the Feminist Psychology Institute and Society For The Psychology of Women. What all these approaches have in common is an understanding that though healing may be an individualized process, lasting personal transformation does not happen all by ourselves. Therefore, I collaborate closely with psychiatrists, dietitians, specialists, 12 sponsors and other professionals.

**Name: Christine D.**

I am interested in this role because I have seen a lack of diversity and accessibility of EDA literature. I want to make an audio book version available for members with visual impairments. I'd like to see stories that focus on recovery though EDA and wider range of eating disorders and experiences. I'd like to work on creating a welcome packet for newcomers and booklets for specific topics.

I think I am qualified for this role because: I deeply care about carrying the message of EDA and I have time. I got an A in my college writing courses. I have a solid understanding of the 12 traditions and want our literature to adhere to those traditions. I regularly attend EDA meetings and can bring feedback from my home group.

**Role: Yoga for Recovery/Mindfulness Coordinator**

**Name: Liz F.**

I am interested in what the Yoga for Recovery/Mindfulness Coordinator. I have been practicing meditation intensively for 5 years and it has been a major cornerstone of my recovery. I would like to share my experience, strength, and hope in this realm.

**Role: Event and Fundraising Chair / Community Liaison**

**Name: Jill R.**

I have been in recovery for 33 years from drugs and alcohol, when I first started attending AA, ACOA. I was also blessed in being able to go to treatment in 1992 for one month for Co-Dependency. Upon discharge I started CoDa meetings in Chicago and over 10 years sponsored about 50 women in recovery. I attended the "Joe and Charlie" Big Book Step Studies in the 90's.

I went to treatment for my eating disorder of restricting meals and binge eating, following a history of anorexia. I went to Radar Program in Oxnard, CA. I did well until I was involved in a debilitating car accident in 2011. After having two complete knee replacements, I went back to treatment for 60 days at Rosewood in AZ. However, upon discharge I needed a hip replacement and the medical trauma found me back in treatment in 2014 for another 90 days at Castlewood in

MO. Upon discharge I went back to work as a Director of Sales and a General Manager at various hotel properties. I have my certification in Meeting and Event Planning. Realizing my body could no longer let me do my job, I had to go on permanent disability. With this trauma I went to treatment a last time in 2015 at ERC Chicago in their binge eating program for 30 days. I have been working diligently on my recovery. Upon being discharged from treatment at Rosewood in 2013, I needed support so I started an EDA meeting at Alexian Behavioral in Hoffman Estates, IL. The meeting now is only 1 x per month because Timberline Knolls treatment center in Lemont, IL reached out to me and asked me to hold meetings there for their residents. I now chair meetings there three times per month. I currently do not have a sponsor mainly because there aren't any in the meetings I chair and I have not been able to find anyone here in my area. I currently am not officially sponsoring anyone, but those who attend the meetings I chair call me for support. I would like to be a part of service on the board.

I could help to raise awareness through speakers going to schools and community events; finding speakers with 1 year or more of recovery who have actively worked the 12-steps, and continuing to plan Big Book Step Studies throughout the country and do fundraising events. I am also very knowledgeable about Eating Disorders Treatment Centers and could keep a spreadsheet active of treatment centers around the country as a resource. I also am very active in social media and could keep a Social media page active for EDA as a whole. My current meeting page has over 1,000 followers.