

Hello Everyone!

We held a General Service Board of EDA meeting on Wednesday, August 02, 2017. 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 1<sup>st</sup> Wednesdays. We strongly encourage every EDA group to elect a General Service Representative (GSR) to represent and vote at GSB meetings.

**Attendees:**

- Allyson T – Delray Beach, FL
- Amy – Lubbock, TX
- Annette H – Phoenix, AZ
- Connie – Fort Bragg, CA
- Debbie F – Christchurch, New Zealand
- Jill R – Chicago, IL
- Julie M – Lancaster, PA
- Liz F – San Francisco area, CA
- Liza M – Silver Spring, MD
- Lynn L – Minnesota
- Mandy F - Montana
- Margo H – Knoxville, TN
- Sarah – Baltimore, MD
- Seren B – Maine
- Stacey Lee F – Pensacola, FL
- Stephanie – Chicago, IL
- Sue A – Ludlow, MA

**Joining EDA's GSB conference calls via Zoom:**

- The Zoom phone number for US (west): 1-408-638-0968
- The Zoom phone number for US (east): 1-646-558-8656
- The Meeting ID is 7971017971 #. When asked for Participant Number, enter 7971017971 # again.
- If calling from another country, see <https://zoom.us/zoomconference> for the dial-in number. The Meeting ID and Participant Number are the same regardless of location.
- Alternatively, you can join a Zoom meeting via the Zoom application.
  - To download the Zoom application, connect to <https://zoom.us/join>, then download and run the Meeting Client installer.
  - To join via the Zoom application, click the blue-and-white Zoom icon, and enter the Meeting ID 7971017971 # and Participant Number 7971017971 #.

**Notes:**

- **EDA Step Workshop Survey Results!**
  - Kudos to Liz F for putting together a great survey, and huge Thank You to all who responded!
  - Here's a link to the survey results: <https://www.surveymonkey.com/results/SM-F82RGGQ6/>.
  - The responses were overwhelmingly positive, and many took time to outline specific suggestions for improvement. Many commented favorably on our keynote speaker, Jenni S, and on the presentation from Dr. Julie Friedman, Executive Director of the Binge Eating Treatment and Recovery Center/Insight in Chicago. Great news: Dr. Friedman has expressed interest in joining the General Service Board. There are, however, complications due to family and work commitments.
- The GSB discussed the possibility of creating a Board of Trustees.
  - **A subcommittee will be formed to look at the current structure of EDA's General Service Board**, to review the structure of other Twelve Step fellowships' General Service Boards/General Service Conference structures, and:
    - Identify the pros and cons of adding a Board of Trustees
    - Possibly propose a new structure that includes a Board of Trustees
    - Possibly propose a new set of bylaws for restructuring the GSB accordingly
    - If proposing changes to the bylaws, the subcommittee will:
      - Specify the interrelationship of roles and responsibilities at each level in EDA's service structure.
      - Ensure that proposed revisions include a vetting process for anyone empowered to serve as a trustee that ensures EDA's foundational principles – codified in the existing GSB Charter, GSB Bylaws, and EDA Traditions –are respected and preserved.
    - The Bylaws subcommittee will likely meet on 2<sup>nd</sup> Wednesdays. We will discuss the subcommittee's mandate and meeting schedule at the September 6<sup>th</sup> GSB meeting.
    - If you are interested in serving on the Bylaws subcommittee, please write to [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org). The number of subcommittee members will be limited to no more than ten to ensure timely communications and feedback occur, however, any proposal to amend the bylaws must be ratified – as per our current bylaws – by a three-quarters vote of the membership of the Board.
- **Democratic, not autocratic: a few words about AA's and EDA's service structure**
  - AA's General Service Conference is made up of:
    - 21 GSB trustees (Initially, Bill W and Dr. Bob, along with medical professionals). Trustees self-appoint their successors. The General Service Board is a decision-making body.

- AAWS and Grapevine executives and directors
- Country-specific layers of General Service Conference representatives. Briefly, groups elect District General Service representatives, who elect Regional General Service representatives. The General Service Conference recommends actions to the General Service Board. A 66% majority vote is generally accepted as a directive to the Board.
- EDA's General Service Board is currently much flatter, and more democratic. Currently, we do not have trustees who appoint their successors. Our groups elect General Service Representatives. General Service Representatives elect members and volunteers to serve in roles. Interested professionals may be invited to serve on the Board in whatever capacity they choose to serve.
- The original AA General Service Board consisted primarily of medical professionals. In 1966, membership of the AA GSB transitioned to a minimum of 66% AA members: 14 AA members and 7 non-AA members.
- To find out more about AA's service structure, you may reference [https://www.aa.org/assets/en\\_US/p-18\\_InsideAA.pdf](https://www.aa.org/assets/en_US/p-18_InsideAA.pdf)
- To find out more about EDA's General Service Board, please visit [www.4EDA.org/generalserviceboard.html](http://www.4EDA.org/generalserviceboard.html). You can find links to our Charter, Bylaws and Roles there.

- **Recap of expenses YTD:**

- Good news! The Step Workshop did a bit better than break even thanks to the generosity of EDA members and groups, and Jill's foresight in helping us find a tax-exempt location to hold our event: Bravo for that!

**08-01-2017 YTD GSB Financial Summary**

<b>Opening Balance (Total)</b>	<b>\$5,452.94</b>
<b>Item</b>	
7th Tradition (Groups and Individuals)	\$2,114.67
Bank Fees	-\$3.00
EDReferral.com	-\$200.00
Mailing EDA Big Books to new groups	-\$102.84
Meeting Support (Chatzy, Zoom)	-\$281.09
O365 (GoDaddy)	-\$95.60
Scholarship (In)	\$786.09
Scholarship (Out)	-\$833.44
Step Workshop Income	\$14,626.36
Step Workshop Payout	-\$14,150.59
P.O. Box Annual Fee	-\$94.00
<b>Grand Total</b>	<b>\$1,766.56</b>
<b>Closing Balance (Total)</b>	<b>\$7,219.50</b>

- **Additional Step Workshops:**

- We know of a few groups who are interested in starting EDA Step Workshops in their area. If you can help, write

[StepWorkshop@eatingdisordersanonymous.org](mailto:StepWorkshop@eatingdisordersanonymous.org) and we'll do our best to get you connected.

- Delray Beach, FL has started discussing the idea of a workshop in January 2018
- Lancaster, PA is also thinking of holding a workshop in the next six months. We discussed a suitable location. There is a Quaker retreat center near Philadelphia that looks very promising.
- Resources in the San Diego area may also be interested

○ **Help for groups wanting to hold an EDA Step Workshop in their area:**

- EDA Step Study Workshop Worksheets are now available on the Literature tab of the EDA website, [www.4EDA.org/publications.html](http://www.4EDA.org/publications.html).
- A big thank you to Nuria S, Michelle D, and Emily R: they have updated the PowerPoint decks, removing specific names and adding EDA Big Book paragraph and line numbers (the original only listed page numbers).
- The PowerPoint decks will be posted on the EDA website soon! In the meantime, write to [StepWorkshop@eatingdisordersanonymous.org](mailto:StepWorkshop@eatingdisordersanonymous.org) to get the decks.

- Kudos to Stacey Lee F: her recordings of the Step Workshop are pretty amazing! Stacey is currently going through the recordings, editing out dead space (i.e. when participants were writing). Stacey has also researched transcription software. We'd love to use content from the EDA Step Workshop in an updated release of the EDA Step Workbook.

- **Guidance to the GSB when GSB leaders step outside the Traditions**

- EDA's General Service Board currently has no protocol for how to handle situations when General Service Board representatives or their elected leaders stray from EDA Traditions, the GSB Charter, or the GSB Bylaws.
- We discussed several proposals, including ideas we labelled "One and Done" and "Three Strikes, You're Out." There was consensus that most situations we have experienced thus far have been as a result of overzealousness rather than malice, ill-will, or disrespect. In such cases, we agreed that written notice should be provided to the person stating the expectation, stating the specific behavior that deviated from expectations, and stating the what should be done to address the situation in the future. Discussion included a proposal to include about three written warnings, followed by a vote by the GSB to end continuance of service by the volunteer in cases of overzealous carelessness. In more serious cases, where there has been fraud, theft, or deliberate action that harms anyone, we agreed that swifter action is necessary.
- We agreed to form a subcommittee to propose guidance to the GSB on how to handle both minor and serious transgressions, so that the GSB

may vote. There was an offline proposal to include these ideas in the bylaws. The GSB will consider whether to have one or two Bylaws subcommittees at the September 6<sup>th</sup> meeting.

- **A few notes on the use of Social Media to carry EDA’s message of recovery (restating what has already been discussed and voted on at prior GSB meetings):**

- **History:** The General Service Board historically supported a Bulletin Board (which was very widely used for several years, with over a thousand members and forums for women, men, teens, families, 20-somethings, 30-somethings, and 40 Plus). The General Service Board historically supported a FaceBook page. In each case, the General Service Board had to contend with situations where the boards/Facebook page went unmoderated for a time, during which pro-ana posts stayed on the FB page and completely inappropriate spam inundated the bulletin board. Repeated attempts at spam filtering and clean-up did not produce the desired result. The GSB ultimately voted to recognize that its purpose, stated in its Charter, is to serve **EDA Groups**. The GSB voted repeatedly against GSB-hosted/sponsored social media sites.
- **Groups:** Per our Traditions, each EDA group is autonomous except in matters affecting other groups or EDA as whole. *EDA groups may choose—by Group Conscience vote—to have a social media site or sites, depending on what its Group Conscience decides best carries the message of recovery to the newcomer, provided all other Traditions are observed.*
- **If your group decides to support a social media site:**
  - **Do keep your EDA group’s social media site private.** Social media is inherently non-private and non-anonymous. Our Eleventh Tradition states, “we need to maintain personal anonymity at the level of press, radio, film, **and web.**” (*italics and bold added*)
  - Recognizing that participation in social media sites is *never completely anonymous* (as membership in “secret” groups can be viewed by social media corporate resources), and recognizing that many in our organization are part of professional communities that may not view EDA membership favorably, kindly **do not add anyone to any EDA group’s social media site without written confirmation of that person’s specific request to be added.** If the social media site in question does not permit people to add themselves when provided with a link, social media site moderators may email (be sure to bcc if sending to more than one individual) possible group members to request permission in writing (i.e. via email) before adding those who respond affirmatively.
  - Please do not request members create alternate identities to preserve their anonymity, unless this is explicitly permitted by the social media corporation in question. (As of this writing, FaceBook officially disallows this practice.) EDA groups have sometimes

suggested creating alternate identities so that members can remain anonymous on public social media sites. It is, however, *counter to EDA's principles to advise EDA members to violate terms of their agreements with anyone or any entity*. Social media corporations are no exception.

- **Shall we list recordings discussing how to work the Steps on the EDA website?**
  - One of our Board members created voice recordings with a sponsee about working the Steps, using Chapter 7 as a guide.
  - Several months ago, we agreed it would be helpful to have something like this accessible to people looking for help with working the Steps: we are short of sponsors.
  - The GSB considered whether to list recordings approved by the GSB on the EDA website. We agreed that such recordings should be treated just like any other literature or publication.
  - We ran out of time for a vote on whether the recordings could and should be listed. This topic will be addressed at our September meeting.
  - If the proposal to list the recordings is accepted, we will then vote on each of the below videos independently.

On Deck for our September 6<sup>th</sup> Meeting:

- **Bylaws subcommittee(s)** (see above for details):
  - Mandate(s)
    - Consider General Service Board structure in context of other Twelve Step organizations (remembering that this was done before creating EDA's GSB, by yours truly)
    - Identify pros and cons of adding a Board of Trustees
    - If recommending the addition of a Board of Trustees (and/or other changes), specify roles and responsibilities (and limitations thereto) for each organizational unit
    - Establish guidelines for handling General Service Board member actions that transgress the GSB Charter, Bylaws, or EDA Traditions, taking into account the need to address both major (i.e. theft and other criminal behavior; intentional personal injury, such as intentionally or repeatedly violating someone else's personal anonymity at the level of press, radio, film, or web; threats, name-calling, and other unprofessional or unethical behavior; publicly promoting ideas and practices that directly conflict with EDAs foundational principles) and minor concerns (i.e. forgetting to attend GSB meetings without sending a proxy, using personal email blocks that include promotional material for outside organizations when communicating on behalf of the GSB, and using EDA's contact lists to promote outside organizations)

- Meeting times: proposed time is 7-9 PM eastern time (US) on 2<sup>nd</sup> Wednesdays
- Participation
  - Limit to ten or fewer people
  - One or two subcommittees?
- **Homework** (assuming the GSB accepts the idea of posting voice recordings): **please listen to each of the below recordings and come prepared to vote to list or amend each one individually:**
  - Intro to working the Steps: <https://www.youtube.com/watch?v=ugvX8agsloY&t=34s>
  - Step 1: <https://www.youtube.com/watch?v=amJAFLSw6dk&t=210s>
  - Step 2: <https://www.youtube.com/watch?v=m540vbyKedk>
  - Step 3: <https://www.youtube.com/watch?v=i0-uQcikYF0>
  - Step 4 (part 1): <https://www.youtube.com/watch?v=h3Jc4z1RwQ>
  - Step 4 (part 2): <https://www.youtube.com/watch?v=bjx6qxcO8YE>
  - Step 5: <https://www.youtube.com/watch?v=EMKRYwZMBNU>
  - Step 6: <https://youtu.be/58jELVC7o3g>
- **Shall we consider AA literature “GSB approved?”**
  - Some discussion points to consider:
    - Many EDA groups have long used AA literature, and many sponsors continue to use AA literature when taking EDA members through the Steps. AA literature need not be “GSB approved” for these practices to continue. EDA sponsors have always been encouraged to use whatever material they deem in the best interest of carrying the message of recovery to their sponsees.
    - While there is much that is wonderful and inspiring in all Twelve Step literature—and EDA’s Big Book draws very heavily and explicitly on AA literature—there are good reasons why we have been focused on developing our own EDA literature. Among these:
      - AA (and other Twelve-Step groups’) literature is abstinence-based, containing many statements that are black-and-white, all-or-nothing, overly dramatic, and hyperbolic. Though sometimes funny and poignant, such statements foster all-or-nothing thinking and are not conducive to recovery from an eating disorder.
      - The earliest founding members of EDA did not recover from their eating disorders by using the *AA Big Book* or the *AA Twelve Steps and Twelve Traditions*. We used AA’s Steps and Traditions as the foundation for EDA, but stopped using the AA Big Book because it conflicted with ideas we knew were at the core of eating disorders recovery: balance not abstinence, and the idea that full recovery is possible.
      - Thus, to admit all AA literature, or even just the AA Big Book and AA Twelve Steps and Twelve Traditions, as “GSB approved” is counter to EDA’s foundational ideas:

- Recovery from an eating disorder is about **balance, not abstinence**
- **Full recovery.** We recover by building relationships of trust—with ourselves, with others, and with a God, Higher Power, or higher purpose of our own understanding—through taking small, careful risks. However, we cannot build relationships of trust without perspective, and we cannot get perspective without first taking care of basics: when hungry, eat; when angry, find a safe outlet; when lonely, reach out; when tired, sleep; when ashamed, talk about it. These ideas are not in opposition to AA literature at all, however, *AA does not provide support for the idea that we gain full recovery by developing resilience and flexibility through this (usually quite slow) process of taking small, careful risks to build trust.* The AA literature describes what full recovery looks like—see page 102 in the AA text—but this support is insufficient to constitute a definition of “full recovery” in light of other passages that suggest quite the opposite.
  - There is no sincere accommodation in AA’s foundational texts for atheists and agnostics. Although the early members of AA included an atheist who stayed sober, and Bill W himself allowed that “greater good” could be used in place of God in the Twelve Steps, the chapter in the AA text entitled “*We Agnostics*” attempts to convince readers that the way of spiritual faith is the only viable solution to the alcoholic malady. The AA Big Book and AA Twelve Steps and Twelve Traditions express throughout how spiritual faith is essential to recovery, yet the lived experience of many in Twelve Step fellowships worldwide shows that **reliance on ideas and principles greater than ourselves**—whether the reliance is on God, Higher Power, or higher purpose—enables us to walk free. The many statements in the AA texts that deny the fullness of this truth are offensive and injurious to those who cannot reconcile themselves with the idea of God or Higher Power. EDA’s literature explicitly, and we hope respectfully, bridges the gap. It is the obligation of every EDA member to reach out a hand to those who still suffer, regardless of what they currently believe, or think they can believe. To embrace an entire body of literature that denies access to those who do not see life as we see it runs counter to the purpose of EDA.
    - AA’s World Services office issued a statement requesting that other Twelve-Step groups, including ours, read AA literature as written, without substituting words.
    - EDA literature will continue to grow, and *will quote additional AA literature where appropriate.* There are many excellent passages in AA

literature that we have not yet referenced in EDA texts, and there will be opportunity to do so. There is no need to incorporate all of AA literature as “GSB approved” at this time. To do so would be confusing to the EDA newcomer, and counterproductive to EDA as a whole.

- EDA groups have always been allowed to incorporate outside literature, provided the inclusion is by Group Conscience vote. The GSB recommends that groups using outside literature identify it at the start of each meeting where it is referenced.
  - If a vote is taken, we ask that only one representative from each EDA group participate to prevent unfair weighting of the outcome in favor of groups where multiple people join the call. (Everyone is welcome to join GSB meetings.)
  - By convention, the Chair abstains unless participation is impactful (vote affects the outcome) and material (Chair represents a group).
- **EDA Step Workbook:**
    - Many people have expressed a desire to retain the best of our existing Step Workbook. We will be updating the workbook to reflect the content of the Step Workshop, aligning material with the EDA Big Book and including specific guidance from sponsors in EDA.
    - It is very important that all opinions and ideas are heard and addressed. If you have concerns or ideas, please raise them: write to [literature@eatingdisordersanonymous.org](mailto:literature@eatingdisordersanonymous.org).
  - **EDA Daily Meditation book (365 days of the year)**
    - This idea has come up before. EDA does not currently have a 365-day book of meditations. This seems to be a literature committee topic. Anyone interested?

Thank you to all who attended and to all who serve EDA! Please pass these minutes on to members of your groups.

Our next meeting will be on September 6<sup>th</sup>, 2017, at 7PM Central Time.

We will use Zoom for this meeting.

The (Zoom) phone number for US is 1-408-638-0968.

- The Zoom Meeting ID is 7971017971 #.
- When asked for Participant Number, enter 7971017971 # again.

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).*