

# Hello Everyone!

We held a General Service Board of EDA meeting on Wednesday, July 11th. 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 on the first Wednesday of every month. However, because the first Wednesday in July was the 4<sup>th</sup> – a federal holiday – we held this month's GSB meeting on Wednesday, July 11, 2018. In August, we will meet again on the first Wednesday (Aug. 1).

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
- Annette H. – Phoenix, AZ
- Cale O. – Phoenix, AZ
- Cat O. – New York, NY
- Christine – Reno, NV
- Chanie V. – California
- Connie W. – Fort Bragg, CA
- Elliott – Berlin, Germany
- Gisele B. – Maricopa, AZ
- Jackie M. – Winter Park, FL
- Jamie K – San Diego, CA
- Jessica – San Diego, CA
- Laura – Guadalajara, Mexico
- Leah – Oklahoma (Zoom Meeting)
- LeAnn – Mississippi
- Mae A. – New York
- Phoenix – California
- Rosie R. – Sydney, Australia
- Sam B. – Boston
- Therese N. – Maricopa, AZ

## **Item 1: Action Items from last meeting:**

**Group Inventory examples** from other 12-Step programs:

- [https://www.aa.org/assets/en\\_US/p-16\\_theaagroup.pdf](https://www.aa.org/assets/en_US/p-16_theaagroup.pdf) (AA, see page 29)
- <https://al-anon.org/pdf/G8a.pdf> (Al-Anon and Alateen)

We don't have a discussion planned for a group inventory at this time, but we would like to give EDA groups an opportunity to review the examples above with their Home Groups. We have not yet decided whether to adopt a Group Inventory for the General Service Board. If we do elect to conduct a Group Inventory, it would be to ensure we are

abiding by the GSB's purpose – carry the message of recovery to those who need to hear it.

There was no further discussion on the Group Inventory; this topic will be revisited in August or September.

**Traditions Subcommittee**

- We have set up a new email distribution list: [traditions@eatingdisordersanonymous.org](mailto:traditions@eatingdisordersanonymous.org).
- Members: Gisele B, Annette H, and Allyson T.
- Mae A. from New York volunteered to join the Traditions Subcommittee
- Jamie K. in San Diego said she could possibly join the committee in January at the soonest. She has a baby due in December and is unable to commit fully at this time.

**Item 2: Review July 1, 2017 through June 30, 2018 Financial Report**

Opening Wells Fargo Balance 7/1/2017 (includes Chicago EDA Step Workshop income that was to be expended)	\$12,347.83
Opening PayPal Balance 7/1/2017 (includes Chicago EDA Step Workshop income that was to be expended)	\$2,484.51
<b>Combined Opening Balance as of 7/1/2017</b>	<b>\$14,832.34</b>
<b>GSB Financial Reconciliation: July 1, 2017 through June 30, 2018</b>	<b>Sum of Amount</b>
<b>EDA Big Books</b>	<b>-\$369.78</b>
Royalty Payment for EDA Big Books	\$1,720.60
EDA Big Books (reduced rate) Delivered to Groups	-\$3,183.58
EDA Big Books Free to New Groups	-\$191.01
EDA Big Books Free to New Groups (in stock)	-\$563.04
EDA Big Books (reduced rate) Ordered by Groups	\$2,457.81
EDA Big Books for Professionals	-\$203.52
EDA Big Books for Treatment Centers	-\$407.04
<b>EDA Brochures</b>	<b>-\$89.38</b>
EDA brochures printed	-\$89.38
<b>Professional Outreach</b>	<b>-\$109.89</b>
EDA Tucson Meet and Greet with Professionals	-\$109.89
<b>Self-Supporting</b>	<b>\$3,547.67</b>
7th Tradition Contribution from EDA Group	\$1,906.48
7th Tradition Contribution from EDA Member	\$1,641.19
<b>Workshops</b>	<b>-\$10,223.78</b>
2018 Carlsbad CA EDA Steps 1-3 Study Expenses	-\$320.14
2018 Carlsbad CA EDA Steps 1-3 Study Income	\$177.66
2018 Lancaster PA EDA Step Workshop Expense	-\$3,760.00

2018 Lancaster PA EDA Step Workshop Income	\$3,839.00
2018 Pendle Hill PA EDA Step Workshop Expenses	-\$7,393.16
2018 Pendle Hill PA EDA Step Workshop Income	\$6,000.00
2019 Lancaster PA EDA Step Workshop Deposit	-\$450.00
California Step Study (postponed) Income	\$40.00
EDA Big Book Step Study Scholarship Expense	-\$350.00
EDA Big Book Step Study Scholarship Income	\$14.07
2017 Chicago IL EDA Step Workshop expenses posted on or after 7/1/17	-\$13,510.28
2017 Chicago IL EDA Step Workshop income posted on or after 7/1/17	\$5,192.06
EDA Big Book Step Study Scholarship Income	\$297.01
<b>Operating Expenses</b>	<b>-\$812.99</b>
Chatzy Online Meeting Room	-\$202.80
Corporation Commission Annual Fee	-\$10.00
EDReferral Listing	-\$200.00
Webhosting	-\$143.40
Zoom Conference Line Annual Fee	-\$162.79
P.O. Box annual fee	-\$94.00
<b>Grand Total</b>	<b>-\$8,058.15</b>
Closing Wells Fargo balance as of 6/30/2018	\$4,755.89
Closing Paypal balance as of 6/30/2018	\$2,018.30
<b>Adjusted Closing balance</b>	<b>\$6,774.19</b>

*Please note: Chicago EDA Step Workshop broke even.*

**Good news:** after adjusting for the Chicago EDA Step Workshop, the GSB's **net change from 7/1/2017 to 6/30/2018 was \$260.07**. We broke even this year, which is intentional. Our job is to help EDA groups carry the message of recovery to as many who need to hear it as we can.

**Item 3: Operational Questions for the Board:**

- **Observations:**
  - The Chicago EDA Step Workshop broke even.
  - The Carlsbad EDA Step 1-3 Study lost \$142.48.
  - The Lancaster EDA Step Workshop gained \$79.
  - The Delray Beach EDA Step Workshop did not run expenses through the GSB.
  - The Pendle Hill (Philadelphia) EDA Step workshop lost \$1393.16.

**Question 1:**

*Should the conduct of EDA Step Workshops be handled at the district or local level to reduce the risk of financial impact to the GSB as whole, or should the GSB continue to*

*provide a financial buffer, reflecting its mission to support EDA groups in carrying a strong message of recovery?*

*If the latter, how do we want to address the risk of additional losses?*

- Cat in New York suggested the GSB conduct a “lessons learn” or “retrospective” activity following each Step Workshop. If these are events we are going to continue to do, why not learn from each one? She said she has been discussing with others in New York the possibility of hosting a Workshop there.
- Annette suggested a subcommittee be formed to compile feedback from each of the workshops, which could be reported back to the GSB.
- Jamie from San Diego suggested the General Service Board continue to support EDA Step Workshops, but with a cap on funds it will contribute in order cover expenses. Any additional expenses incurred ought to be covered by the local boards.
- Mae A. from New York suggested the local groups ought to fund their own Workshops and request funds from the General Service Board only when their expenses go above and beyond what they’re able to pay. The GSB could contribute non-monetary support, such as best practices, resources, guidance, etc.
- There were no motions brought with respect to the financial statement at this time.

**Observations:**

- EDA Board members struggle with the GoDaddy email interface, finding it hard to integrate with Gmail and other mail services.

**Question 2:** *Should we switch from GoDaddy to G-Suite – at no cost?*

- Cat in New York explained G-Suite is essentially G-Mail (run by Google) for businesses. G-Suite offers free e-mail services to non-profits; they just require a name and a phone number (Annette H will provide her number, and we will use the GSB P.O. Box). The switch would provide access to an easier-to-use e-mail platform, exactly like G-Mail. (It will look exactly the same). It will be easier to manage e-mail groups and publish calendars.
- Cale O. brought a motion to switch our e-mail platform from Go Daddy to G-Suite.

**MOTION PASSED UNANIMOUSLY**

**Item 4: Brief Reports from EDA Subcommittees**

- **Body Positive/Healthy At Every Size Subcommittee**
  - Empowered to create a new brochure on body and size acceptance, and recommend changes to existing brochures to ensure consistency of message.
  - No one from the subcommittee was on the call. However, Annette reported that the group met last month. An 11-year-old joined the discussion because she has experienced others in her peer group making comments about their bodies that are disparaging. This young girl is excited to work with the subcommittee in writing this brochure, specifically to target others within her age group that struggle with body image issues. The girl is also working to set up a “Body Acceptance Workshop” for her peers.
  - The subcommittee is in the process of reviewing existing literature to ensure it all incorporates “healthy at every size” and “body acceptance” messaging.
- **Escalations Subcommittee**
  - Empowered to add to or revise the EDA Meeting Guide with more explicit references to the Twelve Traditions Group Conscience process and create a new Escalations brochure or revise the existing [Guide to Difficult Situations with Meetings and Sponsorship](#)) to address escalations.
  - No one from the subcommittee was on the call to provide an update.
- **Literature Subcommittee**
  - Jamie K from San Diego provided the following update: This month the subcommittee worked on Step Workshop audio recordings, which are being created to help the list of people who are waiting for sponsors to become available. The goal is to provide audio direction and examples of what it looks like to sponsor somebody. Julie and Cat have collaborated on this work, and the content is now being reviewed and fine-tuned.
  - The subcommittee is empowered to work on additional flyers/info for Professionals, more specific to clinician's and researchers concerns, to supplement our [Information for Professionals](#) brochure.
    - Diana L. in Texas and Deborah in San Francisco are collaborating on the “Information for Professionals” brochure.
    - Jamie K. from San Diego said she would be able to contribute to this effort in 2019 at the earliest.
    - Sam B. from Boston is interested in participating in this effort, but is unavailable to do so until at least September.

- A concerned family member requested we add a brochure (at minimum) to EDA literature, titled, "When your loved one has an eating disorder."
  - Laura from Mexico and Mae A. from New York have volunteered to begin drafting a brochure on this topic.
- **Additional Reports:**
  - Meeting and Membership Coordination update (Cat)
    - Cat has sent books overseas and to a group in Houston that is looking to get a meeting started.
  - Options for online meetings that don't have inappropriate ads (Cat)
    - Cat will look at options with G-Suite for online meetings.
  - Spiritual Toolkit App developer contact update (Allyson)
    - There was no update on this topic.

**Item 5. Discussion on Traditions 1, 2, 3, 4, and 5: EDA unity, Group Conscience, membership requirement, group autonomy, and primary purpose**

- Recently, an EDA group of long standing has been struggling. Those who started the group and kept it running have been challenged by newcomers who are troubled by the group's format, which requests meeting attendees identify as addicts. The "old-timers" of the group know that without a lot of support, including support that can be found in other Twelve Step fellowships, newcomers may flounder. They want newcomers to feel comfortable attending other Twelve Step fellowships. If newcomers declare they are addicted to their eating disordered behaviors, it is easier to fit in. Newcomers, armed with the EDA Big Book, Fully Recovered brochure, and to EDA's earliest literature ("Identifying Ourselves", circa 2001), are not at all comfortable with this idea: they want the meeting format to change. Obviously, a Group Conscience is needed! But what happens? The old-timers are annoyed at the constant pushback from people who aren't in full recovery. They've freely given of their experience, strength, and hope--and are met with stiff resistance. They are sure they are right to keep things as they are because this is how they recovered. Newcomers are sure the old-timers are wrong--EDA literature says they do not have to identify as anything at all if they don't want to.
  - Five Traditions apply:
    - Tradition 1: Our common welfare should come first; personal recovery depends upon EDA Unity. Eating Disorders Anonymous is a "we" program. United we stand; divided we fall.
    - Tradition 2: For our group purpose there is but one ultimate authority--a loving God as God may be expressed in our Group Conscience. Our leaders are but trusted servants. They do not govern.
    - Tradition 3: The only requirement for EDA membership is a desire to recover from an eating disorder.

- Tradition 4: Each group should be autonomous except in matters affecting other groups, or EDA as a whole.
  - Tradition 5: Each group has but one primary purpose--to carry its message of recovery to others with eating disorders.
- A flyer called "Identifying Ourselves" was developed in 2001 by the original EDA group in Phoenix precisely because of situations like this. Parts of the original flyer have been folded into EDA's current FAQ brochure. The brochure clarifies that EDA members at open meetings do not have to identify as having an eating disorder; at closed meetings EDA members are expected to affirm (at minimum) that they have a desire to recover from an eating disorder, however, there is no specific format this needs to take.
  - But what if an EDA group's Group Conscience sets different expectations based on the group members' sincere desire to carry the message of recovery to the newcomer? Is the expectation to identify as an addict something that affects other EDA groups or EDA as a whole, or is this a matter where group autonomy should be respected?
- **Tradition 1: EDA distinction from other Twelve Step Fellowships**
    - An EDA member recently raised a concern about EDA's statement that "balance--not abstinence--is our goal." Her comment was, "To declare 'not abstinence' creates distance between EDA and other Twelve Step fellowships that use abstinence as a measure of recovery. Full recovery is abstinent from behaviors. I would like the General Service Board to consider eliminating 'not abstinence' because it creates friction. I offer this suggestion in the spirit of loving kindness and hope the General Service Board will consider this request with love."
    - In EDA, we recognize that focusing on abstinence can be a distraction from doing the work needed for full recovery. If we are distracted by being "clean" with food, we may miss the main point--recovery is not fundamentally about food, and that even after the behaviors become a distant memory, balance--in all areas of our lives--remains a challenge. Yes, full recovery *is* abstinent from behaviors, but full recovery is a by-product of doing the hard work of taking care of basics, learning to build trust with self, God/Higher Power/higher purpose, using the Steps to create a new foundation for how we relate to life and our place in it, and then using our new foundation and reliance on something greater than ourselves to be of cheerful and reliable service.
    - EDA's founders wanted to make it clear that EDA is not a place where abstinence is the goal; abstinence is a by-product. There is great danger to the newcomer in focusing on abstinence, and the word doesn't work

well for some forms of eating disorder such as anorexia and orthorexia. We agreed in the beginning that "not abstinence--**as a goal**" does create a distinction from other groups: it is purposeful and foundational to EDA. However, we should make it clear that we are not in competition with, or opposed to, or in judgement of anything or anyone. We are glad for everyone who has found recovery, however they may come to it. Is there something the General Service Board can do to make it clear that we take no issue with any other fellowship?

**Annette read the following statement from EDA Founder Gisele B:**

*"Hello, I wanted to address this separately because this is such an important issue.*

*An EDA member recently raised a concern about EDA's statement that "balance--not abstinence--is our goal." Her comment was, "To declare 'not abstinence' creates distance between EDA and other Twelve Step fellowships that use abstinence as a measure of recovery. Full recovery is abstinent from behaviors. I would like the General Service Board to consider eliminating 'not abstinence' because it creates friction. I offer this suggestion in the spirit of loving kindness and hope the General Service Board will consider this request with love."*

*EDA is different because it does not measure recovery by any form of abstinence. I have never "measured" my recovery by how long I have been without my eating disorder behaviors. Let me explain why. Alcoholics Anonymous (AA) uses time of abstinence from alcohol to measure recovery time. This means a person in AA can have 40 years of sobriety yet change nothing except not drink. They call this a "dry drunk" in AA, but there are plenty of people who are "dry drunks" and don't realize it. I can't do this in EDA. Why, do you ask? Because I don't measure recovery by abstinence. I HAVE TO work on me, or stay stuck—out of balance, and without much perspective. I say this from experience. Working on myself, being open to new perspectives—constantly seeking balance—and seeing the real me is not easy, it's frickin hard and painful! But it's the only way to get recovery and freedom.*

*My recovery is inside, not based on abstinence. The work of recovery is work we do on ourselves. Letting go of eating disordered behaviors is a byproduct of that work. I really don't see any possible way of getting full recovery in EDA without working on my REAL issues.*

*Ask people who have full recovery, "When did you get full recovery?" and the answer is almost always "I'm not exactly sure." My answer to this is, "I do not have a date. Recovery is a process and I am never done growing and changing. I realized I was just living my life. I was able to just "be" okay in my own skin. I realized getting balance in every area of my life was what worked." I still have a long way to go—lots of room for growth—but I know I am in full recovery because of where my focus is: on what is really important.*

*The reason I identify in meetings as fully recovered is to give the newcomer hope, and for my own accountability. This can be a hard gig, just living life, but anyone can gain their life back, and it is worth it.*

*Because EDA does not focus on numbers and length of time, my focus goes to dealing with my issues so I can live at peace with myself. There are people with 40 years of sobriety who sponsor and attend lots of meetings, yet have nothing I want. This was never the model for EDA and I want to make that clear: **EDA is not an abstinence-based program; it is a full recovery program.** The process of recovery is messy. It's never just about stopping a behavior. It's about fundamental transformation. Please don't take my comments to mean I put AA down. I will forever be grateful for AA and I know the program has saved millions of lives and families. For many, putting down the drink or drug is really the best they can do and I applaud them.*

*I love the Ninth Step promises, because they really do come true! The more work on me and my issues the more the promises come true. This is true in AA and EDA. The promises are a byproduct of doing that work. I started in AA and I tried to make AA work with my eating disorder, but I could not. I was dying and desperate to change. EDA is different than other Twelve Step programs and I pray the foundation and principles do not ever get compromised or watered down, so we can "fit in" or feel more comfortable.*

*I am passionate about this because I have watched groups in AA water down the message and they lose people. The foundation of a program is very important to keep intact.*

*"Balance—not abstinence—is our goal" has such a deep meaning. I don't think Annette or I knew how important this was going to be, or how well it would work—but it is important because it does work.*

*Thank you.  
Gisele B.*

**QUESTION PROPOSED:** Does the General Service Board have guidance to groups struggling with this issue?

In June the General Service Board started addressing the questions and issues outlined above. We picked up where we left off:

- Therese from Maricopa AZ said: "When I go to EDA meetings I identify with having an eating disorder, but saying I'm an addict – I totally concur with the statement she had made, and the reasons why. I truly feel like it's trying to segregate it, and people are going to have preconceptions about what that word – "addict" – truly means. I don't know this has any benefit where the program stands, and I feel it would be more of a detriment to include that as something

because if someone like me – who has an eating disorder, but am also a recovered alcoholic and addict – it has a mixed messaging to me.

- Mae A. from New York said: “I think this is more fuel for the Traditions Committee to get up and running. I’m also sober in A.A. and Traditions 3 and 4 from the Twelve Traditions – the only requirement for membership is a desire to stop engaging in my eating disorder, as well as Tradition 4, which is that each group should be autonomous except in matters affecting other groups or EDA as a whole. Just a couple things: requiring someone to identify as an addict seems to be a violation of the Third and Fourth Traditions, but I think anyone who wants to self-identify in that fashion – because I think we all kind of negotiate the terminology in different ways, based on how our eating disorder behavior has shown up in our lives. I also think the group should be as wide as possible, so if there are people who identify themselves as “Eating Disordered,” or others who identify themselves as “Addicts,” then it should be OK. There are also other programs; there’s a lot of available “A-acronyms” for food, and people can join those fellowships for that specific thing.
- Cale O. from Phoenix said: “I’d like bring up Tradition Four, which is: ‘Each group should be autonomous except in matters affecting other groups, or EDA as a whole.’ First of all, the requirement – or request – to have everyone identify themselves as an addict, I think that is a matter that should remain at the group level. I don’t think the General Service Board should provide any specific guidance on that, just because I don’t think it affects us as a whole. And one line from the Fourth Tradition in the Twelve and Twelve (Twelve Steps and Twelve Traditions book for A.A.) that I really like is, ‘each group has the right to be wrong.’ So whether everyone agrees with it or not is one thing. I’m not sure where I stand on the other issue – which is groups have the ability to identify themselves as being ‘Christian-only,’ for example. I think that contradicts Tradition Four as well. In the book it says, ‘There would be real danger should we ever commence to call some groups ‘wet,’ others ‘dry,’ still others ‘Republican’ or ‘Communist,’ yet others ‘Catholic,’ or ‘Protestant.’ The book suggests we don’t do that. I think if we, as the General Service Board, were to provide guidance, I think we should really think about the core values of EDA and whether we want to do an EDA version of the Twelve Traditions. I think it would be up to the Board to decide what sort of guidance to provide. We’re not exactly like A.A. so it’s kind of hard to really apply the Twelve Traditions of A.A. to EDA.
- Annette H. said, “EDA is different than AA. We have taken more of a ‘embracing’ approach to respecting group autonomy in EDA than I have occasionally seen in AA groups. If it’s only a suggestion that groups identify themselves as addicts, that’s great, but that’s not how the wording I had heard was phrased. It was: “we do...” as opposed to “we suggest...” in the format. It hadn’t been called out as something that was distinct to that group at the time. I’d like to see that we are consistent in our messaging to groups, saying that if you’re doing something that’s different than what other groups do, you ought to identify that at the top of

the meeting. If you were suggesting that people identify as something other than an “eating disordered person,” then that should be something you explicitly address at the top of the format. The other thing is with respect to ‘Christian’ vs. other: any group can decide it has particular rules as long as they are clear at the top. Remember, it’s ‘take what you can use and leave the rest.’ If you don’t feel comfortable or are not part of the constituent group, then you’re always welcome to create a new group. I will tell you that every group that we have had that has had these litmus tests (“we embrace this particular denomination, or whatever) ... those groups have typically not lasted. So Cale’s comment – every group has the right to be wrong – is very salient. I don’t think any of those groups have persisted. That’s what we’ve discovered with this Monday night group. It is different, and I think those differences are creating dissension as it is now at risk of closure. Sticking to what is consistent across all groups does help foster group unity and, again, EDA’s first tradition is about unity. So whenever we step aside from that, we do put ourselves at risk. That is the guidance I would like to have the General Service Board recommend – to adopt the practices that are consistent throughout EDA. To Gisele’s point, the foundations are critical. Focusing on how we are the same is actually very important, and so I appreciate very much what the Monday night group was trying to accomplish in making it easier for people to feel comfortable elsewhere. However, the most critical unity may well be with other EDA groups. Not everyone in EDA does think of their eating disorder as an addiction; in fact, there are significant disadvantages to doing so. It tends to make people afraid of their eating disorders. That’s one of the reasons we were so adamant about not adopting an abstinence model, because the abstinence itself does foster itself this notion of fear. For example, “oh, I’ve slipped,” or “oh, I’ve been bad.” It’s like taking this sort of judgmental approach to what is normal human experience.”

- Mae A. from New York said: “This definitely seems like a larger conversation, and I don’t know if it’s adjacent to a Traditions conversation. There are a couple of things that are occurring to me. There are other programs. My familiarity is with ACOA – Adult Children of Alcoholics – and it’s more of a relationship program. I’ve come to think of with my EDA program as I view it as my relationship with food. There’s much less of an abstinence focus. It’s a fluid definition of your engagement in these behaviors, and how that plays into your ebb and flow of your old behaviors, or your new recovered behaviors, and trying to understand that from your Higher Power and your sponsor, and those types of things. I don’t want this to be out of left field – but one of the things that occurs to me, though, is that not counting anything (such as time in the program or time recovered) – just the whole concept of anniversary meetings, or coins, but in terms of unity... expressing the idea of “I’ve recovered, and it has been this long in a non-linear way...” The last thing I’ll say is that because there aren’t as many in-person meetings for EDA as there are for other fellowships – and one of my sponsees doesn’t have any in-person meetings in the state she’s in – I have recommended that she goes to open A.A. meetings, or something along those lines. That’s just my experience.

- Annette H. said: “I want to make it clear that anybody can go to an open A.A. or other 12-Step meeting, and not declare they are anything. To have that as a barrier doesn’t seem very realistic. We are not opposed to people going to other fellowships and, in fact, we do encourage people to use whatever resources they have available in order to gain perspective and find balance. The other point you brought up about chips and coins – we do not have them in EDA, and we explicitly don’t. That doesn’t mean that people who have years of recovery don’t describe themselves as having years of recovery. I describe myself as being fully recovered, and I have a lot of years of full recovery. But I don’t make a big deal out of it because none of us is better than anyone else. As Gisele pointed out in her statement, that can be very elusive. There’s a great concern about people having “clean time,” when they’re not really being clear with themselves about what it means to be working on ourselves and staying grounded and humble. I don’t want us to be a chip-based program, although we can share our experience, strength and hope – and we can talk about our time that we have in recovery. It’s most critical that we can empathize with people who are just starting in EDA that we can embrace them where they are without judgment. It’s a very different model than other 12-Step fellowships, and for those who are coming from other fellowships – it is a bit of a sea change.
  
- Jackie from Winter Park, FL said: “I’m with a new group and, almost without exception, the members of our group speak very openly about the difference between abstinence-based recovery, and balanced-based recovery. The consensus has strongly been, at least for our group, is that abstinence-based models did not work for them. So, when they’ve found the balanced-based model, there’s been a paradigm shift. It has been profound and very powerful for their recovery, and that has been consistent since we started the group earlier this year... It’s changing people’s lives in a major way.
  
- **Elliott from Berlin brought a MOTION to hand this topic over to the Traditions Committee.**
  - Cat from New York seconded that motion.
  - IN FAVOR: 9
  - OPPOSED: 1
  - **THE MOTION PASSED**

**Reminders and Continuing Items:**

**EDA Daily Meditation Book:** 365 meditations for every day of the year

**To submit a meditation for consideration:**

- Please include a quotation from the EDA Big Book or other EDA literature at the top of your meditation.
- Following each quote, include your personal reflection on the quotation.

- Please remember to be concise – the quote plus reflection should fit onto one small page (think of *Daily Reflections* or *Inner Harvest*).
- Send your submission via email to [meditations@eatingdisordersanonymous.org](mailto:meditations@eatingdisordersanonymous.org) **or** click on [EDA Meditations](#) and add your meditation to the bottom of the existing Google Doc.
- Please do not edit or delete anyone else's submissions. All entries will be reviewed and edited before being submitted for consideration by the literature team.
- We would love everyone to submit one or more meditations for consideration.

**EDA Sponsorship: we are in urgent need of EDA sponsors.**

What can we do to foster and support sponsors?

Answers:

- Conduct an EDA Step Workshop in your area and
- Encourage sponsees to start sponsoring
- Write to [sponsors@eatingdisordersanonymous.org](mailto:sponsors@eatingdisordersanonymous.org) if you are able to sponsor someone online or by phone.

**Great news:** if your group is willing to **order 24 or more books through the GSB, you can get a 50% discount.** If you use the PayPal link on the [GSB website EDA Big Book tab](#) (this only applies to EDA groups!), the cost is \$210 *including shipping*. **This means each book costs \$8.75, delivered.**