

Hello Everyone!

We held a General Service Board meeting this evening (minutes below). The General Service Board of Eating Disorders Anonymous is a 501(C)(3) organization set up to help EDA carry the message of recovery to those in need.

**Attendees:**

- Annette H, Phoenix, AZ
- Charlene, Michigan
- Julie E, Longwood, FL
- Nancy, Indiana
- Rachel F, Phoenix, AZ
- Vanessa S, Longwood, FL

Annette managed to hang up on the main conference line when answering Rachel on Skype but did not realize it. Sorry about that, folks! In the meantime, Julie, Vanessa, Nancy and Charlene joined the conference call, so the meeting started as two separate meetings which later merged.

**Topics (covered once the groups joined):**

- **Service in EDA**
  - Service has gotten rather short shrift in our literature, and this does our groups and individual members a great disservice. All attendees were all in agreement that service was deeply meaningful to us personally and significantly supported our recovery. To amend the gap in coverage of service as a tool in the literature, the GSB collected some ideas, and plans to create one new document and update at least one other within the next few months.
    - Julie volunteered to draft a new document to be made available on the website "Service in EDA"
    - Rachel and Annette took some notes during the meeting; Annette will send hers to Rachel and Julie. Julie and Rachel will work together to pull ideas together.
    - Updates to the brochure "Suggestions for Recovery" should reflect ideas from "Service in EDA"
- **Ideas for a flyer entitled "Service in EDA"**
  - Service is part of the culture of 12 Step groups for good reason! Service is an important tool in recovery. Gaining perspective on ourselves so we can make rational decisions in our lives often comes with means getting outside ourselves to think about others and how we can help.
  - Service may not sound like fun, but we have invariably found that it confers peace of mind and a type of strength that may not have known we had. And, perhaps surprisingly to some, service is often really fun.
  - **Service means helping your group carry the message of recovery**, and comes in all shapes and sizes. Some ways to help:
    - Help greet newcomers, and make a point of helping everyone feel welcome and valued
    - Contact a local therapist and provide literature and information about your meeting time and location
    - Contact a local hospital or recovery institution to see if they are interested in having clients attend a meeting
    - Put a notice in a local newspaper about your group. Newspapers often will list 12 step groups for free.
    - Pick up a leadership position in your group. Each group should have a leader who guides the meeting every week. Each group should have a treasurer, a General Service Board representative, and a literature coordinator who brings a sample of literature made available for free to visitors and new members.
  - **Service is part of EDA Traditions:**
    - One – Our common welfare should come first; personal recovery depends upon E.D.A. unity. Some really struggled with this proposition, but in hindsight see that without the support of a group, recovery would not have been as feasible, strong or fun.
    - Five – Each group has but one primary purpose – to carry its message of recovery to others with eating disorders. Carrying the message of recovery IS service. Being there for someone else provides hope and perspective.
    - Twelve – Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities. There is no service more selfless than anonymous service, when good deeds are done without any expectation of recognition or repayment.

- **Quotes from EDA members about Service in EDA**
  - “Keeps my recovery alive”
  - “It is very important to my recovery. Getting more involved helped me feel better. The more involved, the better.”
  - “I am motivated to do service because I want to see my small group grow. I'd like others to find what I have found. I am committed to the principles of EDA.”
  - “My family, school and sorority all supported volunteering, so I kind of grew up with it. It feels natural and right to me.”
  - “It found it really easy to be of service in EDA”
  - “AA introduced me to the idea of service. I never would have found service appealing if I hadn't seen that it was just so much fun. The people who did the most service were doing the best and having the most fun.”
- **Traditions**

The group discussed a statement to use to ensure consistency in how we respond to requests for endorsement:

  - The purpose of EDA (and the purpose of the GSB to support EDA groups) is simple: to recover, and to carry the message of recovery to others with eating disorders. Our 12 Traditions of EDA (specifically Traditions six and ten) make clear that whatever the merits of outside groups, we need to keep that singular focus:
    - Six – An E.D.A. group ought never endorse, finance or lend the E.D.A. name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.
    - Ten – Eating Disorders Anonymous has no opinion on outside issues; hence the E.D.A. name ought never be drawn into public controversy.
  - The Traditions are a solid foundation and our organization is committed to keeping them. We are, therefore, unable to provide endorsement or financial support
- **Website updates**
  - Vanessa discussed issues with Chatroll: we cannot maintain it or approve registrants; this frustrates visitors!
  - Vanessa proposed looking into some bulletin board software that we could add to our site
  - Annette requested help collecting email addresses for the distribution list for GSB meeting announcements
  - Vanessa mentioned she will give some thought to how to make the website load faster and look a little more streamlined
- **Action Items:**
  - Annette - acting Chair - will:
    - Send out paragraph on traditions and endorsement of outside causes
    - Send ideas about service to Rachel and Julie
    - Will forward VBulletin information to Vanessa
  - Vanessa S - our Webmaster - will:
    - Continue maintaining meeting information
    - Remove Chatroll from the website
    - Look into bulletin board software.
    - Collect email addresses for the distribution list for GSB meeting announcements
    - Give some thought to how to make the website load faster by simplifying the graphics
  - Julie E - our Email Response Coordinator - will:
    - Continue responding to email
    - Work with Rachel on “Service in EDA”
  - Rachel - our Meeting Support Services Coordinator - will
    - Contact meeting representatives
    - Work with Julie on “Service in EDA”

**Meeting adjourned at 8:01**

Thanks to all who attended!

Best regards,

Annette H (aka Michelle)