

Hello Everyone!

We held a General Service Board meeting on 3/21/2012. This was a “redo” meeting since many failed to make the 3/15/2012 meeting due to the shift to daylight savings time.

The General Service Board of Eating Disorders Anonymous is an organization set up to help EDA groups carry the message of recovery to those in need. Meetings are held on second Wednesdays of every month at 9PM EDT (e.g. Florida, New York), 8PM CDT (e.g. Illinois), 7PM MDT (e.g. Colorado), 6PM MST (e.g. Arizona) and 6PM PDT (e.g. California). To join a GSB meeting at 8PM Central Time on 2nd Wednesdays, dial 1-760-569-0800 and enter Access Code 624784#, or contact GSBofEDA on Skype and we'll connect you to the conference line.

Attendees:

- Annette H, Phoenix, AZ
- Emily, Tampa, FL
- Julie E, Longwood, FL
- Rachel F, Phoenix, AZ
- Robin, Denver, CO
- Vanessa B, Boca Raton, FL

Minutes

Kudos to Vanessa S! The website is more current with meeting listings than ever before, and the chatroom is open again!

Introductions

- Kudos to Julie E! Outstanding job responding to email!
- Kudos to Rachel F for responding to people who have questions about new meetings!
- Welcome to Vanessa B from Boca Raton, FL. Vanessa joined the call last week, also. The Boca Raton group is interested in learning when the EDA book (like the AA Big Book) will be available.
- Welcome to Emily from Tampa! The Tampa group was started by someone from Phoenix about a year and a half ago.
- Welcome to Robin from Denver! The Denver group is leveraging EDA literature.

We reviewed the agenda and added two topics: when is the EDA Big Book coming out, and why doesn't the Gürze catalog list us EDA a resource like it does OA?

We reviewed and approved minutes from February's meeting.

Online meetings

- Thanks to webmaster Vanessa S, our EDA Chatroom is back and better than ever!
- Unfortunately, due to the Chatroom being down for a while, the online meetings seem to have stopped occurring. It is disappointing to people when they show up and no one is there. We called for volunteers to host one meeting a week. Several people volunteered:
 - Vanessa S (absent, represented by Julie E) volunteered to host one meeting a week (at least for a while)

- Julie E and Vanessa B(?) or Emily(?) also committed to host one meeting a week (Annette took notes in an email, but something happened and the email went away... not sure when the meeting times will be and hopes she got the right people)
- **Please email wm@eatingdisordersanonymous.org if you want to volunteer to host an online meeting. Be sure to list the time (and time zone)!**
- There was a suggestion to put a link to the Chatroom (online meeting page) at the top of the Meetings page on the website and put in a sentence to let people know the Chatroom is back.
- Annette volunteered to send out a draft of the Suggested Online Meeting Format (this may be seriously out of date, so please take what you can use and leave the rest).
- There is no need to stick to the suggested meeting format, but it is easier to cut and paste from a document than to type everything in each time.

Publications update

- EDA Stories of Recovery are now available online! (Thanks again to Vanessa S!)
 - We want to encourage people to send in their stories of recovery. Recovery stories provide hope and guidance to those in need.
 - Stories should be fairly brief but should cover “what it was like (before recovery), what happened and what it is like now (in recovery).”
 - Please submit your stories to Literature@eatingdisordersanonymous.org. Annette volunteered to set up a mailbox for literature@eatingdisordersanonymous.org and Rachel agreed to answer the literature@ email, edit the stories, and send the edited stories to the WebMaster.
 - Edited stories will be added to “Our Stories of Recovery” (available on the Literature tab of the website) as time allows.
 - There was a suggestion to put something like the following on the Literature page on the website near the Our Stories of Recovery section that says something like “Send your (brief, anonymous) story (what it was like before recovery, what happened, and what it like now in recovery) to literature@eatingdisordersanonymous.org. Your story may make it into the next edition!”
- Our draft "Service in EDA" flyer is pretty rough. Luckily, we had four people volunteer to edit it (Julie, Emily, Robin and Rachel). Edits are due back to literature@eatingdisordersanonymous.org by end of day Saturday 3/24. Annette will consolidate the edits and will send to Rachel for final editing.

501(c)(3) status update

- Our last 501(c)(3) ruling was in 2006 and it is time to resubmit paperwork. Annette is collecting the logs of contributions and expenses to submit with the rest of the paperwork.
- A new item in the set of materials required is a Conflict of Interest Policy. This policy sets out what to do if a person of interest (board member) is in a position to benefit financially or in other ways through any type of contract with the Board. The policy needs to be reviewed and accepted by each formal officer on the Board. Annette will send a draft Conflict of Interest policy document to the staff board role emails. Please review, edit and respond by email before the next GSB meeting on April 11th.

EDA Email Response Coordination

- EDA email response coordination (HUGE thanks to Julie E!) is going really, really well.

- People do eventually burn out with this role and we want to prevent this from occurring: email responses are very important!
- We need a list of people who will be able to pick up the responsibility of replying to EDA Email.
- Emily volunteered to help and wanted to try just one day. Annette will add Emily to the email distribution list for Info@eatingdisordersanonymous.org. Emily will take over for a day when Julie and Emily agree. Bravo, Emily!

New Business

- When is the EDA Big Book coming out?
 - In short, as soon as possible, however, we are seriously short staffed
 - We need more stories (these are where people find inspiration first!)
 - People in recovery are encouraged to send their stories to literature@eatingdisordersanonymous.org.
- Why doesn't the Gürze catalog list us EDA a resource like it does OA?
 - Excellent question!
 - Julie volunteered to contact Gürze and ask them to list us.
- Treasurer's Report: we have \$1073.85 in the EDA bank account, plus a little more in the PayPal account. People are starting to use PayPal. Yay!
- Next meeting: April 11th – hope everyone calls back in!

Action Items:

- Annette - acting Chair - will:
 - Send draft "Service In EDA" to Julie, Rachel, Robin and Emily for initial edits
 - Set up a literature@eatingdisordersanonymous.org mailbox (forward)
 - Consolidate responses (edits to Service in EDA) and pass resulting copy to Rachel for final edits
 - Send a Suggested Online Meeting format draft to all attendees
 - Send back copies of GSB minutes to Vanessa for eventual posting on the website
 - Continue preparing the 501(c)(3) re-application materials and will send out by EOW
- Julie E - our Email Response Coordinator - will:
 - Send short copies of email response templates to Rachel and Emily
 - Do an initial edit on "Service In EDA" flyer and send to literature@eatingdisordersanonymous.org by EOD Saturday 3/24
 - Host one online meeting a week after letting Vanessa S (wm@eatingdisordersanonymous.org) know when it is
 - Contact Gürze and ask them to list us.
- Rachel - our Meeting Support Services Coordinator - will
 - Contact meeting representatives
 - Do initial and final edits on "Service In EDA"
 - Respond to literature@eatingdisordersanonymous.org email
 - Edit new submissions to Our Stories of Recovery, and send the edited stories to the WebMaster.
- Robin and Emily – Members at Large – will
 - Edit "Service in EDA" and send the edited copy to literature@eatingdisordersanonymous.org
- Emily will send an email to info@eatingdisordersanonymous.org so Julie can send her the email response templates
- Vanessa B or Emily (oh no, I cannot remember which!) – Members at Large – will

- Host one online meeting a week after letting Vanessa S (wm@eatingdisordersanonymous.org) know when it is. I hope I got that right!
- Vanessa S (webmaster, unable to attend tonight)
 - There was a suggestion to put a link to the Chatroom Page (online meeting page) at the top of the regular Meetings page on the website, and another suggestion to put in a brief note letting people know the Chatroom is back.
 - Take outdated online meeting times off the Chatroom page and put in the new ones (yours, Julie's and Vanessa's/Emily's and any others for people who may email you). Another suggestion was to post the Suggested Online Meeting format somewhere handy on the page – like at the bottom.
 - There was a suggestion to put something like the following on the Literature page on the website near the Our Stories of Recovery section that says something like “Send your (brief, anonymous) story (what it was like before recovery, what happened, and what it like now in recovery) to literature@eatingdisordersanonymous.org. Your story may make it into the next edition!”

Meeting adjourned at 7:07 PM MST (8:07 PM MDT, 9:07 PM CDT, 10:07 PM EDT)

Thanks to all who attended!

Best regards,

Annette H (aka Michelle)