

Hello Everyone!

We held a General Service Board meeting on 05/09/2012.

Attendees:

- Ann, Connecticut
- Annette H, Phoenix, AZ
- Jenn, Boca Raton/Del Ray, FL
- Julie E, Longwood, FL
- Rachel F, Phoenix, AZ
- Tara, Boca Raton/Del Ray, FL
- Vanessa B, Boca Raton, FL
- Vanessa S, Longwood, FL

Minutes

We discussed minutes and action items from the last meeting. Action Items from 4/11 have all been completed. Thanks, Julie, Rachel and Vanessa S!

Tammy of Lake Havasu has been doing a terrific job responding to EDA email. It has been wonderful having her support! Yay, Tammy!

Traditions and meeting facilitation

- People regularly want to know if it is necessary to be in recovery to facilitate/lead an EDA meeting. The simple answer is yes, but often circumstances require everyone to do whatever is necessary. Ideally, meetings are run by people with solid recovery. Such people have experience, strength and hope to share. There can be no better bearer of the message of recovery than someone who is living in recovery! In reality, such people may not be available to help. Many successful meetings have been started by people who had just met the basic requirement for EDA membership – they had a desire to recover from an eating disorder. It is important to remember that the first EDA meeting was lead by people who completely lacked recovery in EDA but who were sober in AA.
- Professionals and sometimes friends or family (any of whom may or may not have an eating disorder, and may or may not be in recovery) have started EDA meetings. This practice is generally discouraged because having professionals or other non-EDA members running meetings breaks several EDA traditions. However, the reality is that professionals regularly DO get genuine EDA meetings started. These meetings often turn out to be very successful and help many EDA members. It is very important that non-EDA members turn control of the meeting over to EDA members as soon as possible. Professionals must leave any form of advertisement for their services back in their offices and out of the conversation. In clinical and secondary school settings, counselors attend EDA meetings to ensure the safety of the participants. Such professionals are to be commended for their help and for their willingness to

work within the 12-step model, where the role of non-EDA members is largely non-participatory.

Participation on the General Service Board of EDA does not require EDA membership.

- All that is required for Board membership is commitment to help EDA groups carry the message of recovery.
- The composition of the initial General Service Board of AA (the organization on which the GSB of EDA is modeled) was two-thirds professional (doctors, psychiatrists, social workers, businessmen interested in solving the “alcoholic problem”) and one-third people in recovery from alcoholism. There is a long tradition of service among professionals who work to support 12-step groups. That service should be lauded rather than shunned.

Website Administration - we need more volunteers!!

Vanessa S has been doing an absolutely wonderful job with the website and we greatly appreciate it! We continue to need more support, however. There is just too much for one person to do on a volunteer basis and **there is no backup for vacations and emergencies.**

If you are interested helping make sure that the message of recovery is readily accessible online, and you do website development professionally (or if you have experience with FTP tools and HTML and are willing to follow quality assurance protocols) **please contact** wm@eatingdisordersanonymous.org. We sincerely need your help.

Online Meetings Coordination

- Julie E has continued to facilitate the 8PM EDT Wednesday online (chatroom) meetings and reports that these have gone very well for the last three or four sessions.
- Three to five participants typically join each week.
- Participants have generally followed the recommendations for signaling they want to “talk” and for signaling that they are done.
- Ann from CT volunteered to join next Wednesday’s meeting.

Chatroom Activity

- Vanessa S reports that that chatroom is very active, but specific metrics had not been tabulated. **Action Item: Vanessa will try to see if the conversations on the chatroom are approaching the limit.** We can have 10 concurrent members on chat for free. We can have fifty accounts for \$9/month. Vanessa will check to see if we are approaching the maximum concurrent users.

Phone Meeting Activity

- None on the call has dialed in to phone meetings recently. Someone contacted us to determine how to operate the phone line. Action Item: Annette will research and respond to the inquiry.
- Someone committed (I apologize but failed to record who volunteered) to attend a phone meeting to see how things are going.

Publications Update / Our Stories of Recovery Book

- **The *new* “Service in EDA” flyer is now available on the website**, and has been added to the zip file that contains the Meeting Startup Kit. Thanks, Vanessa S! Annette is adding the Service in EDA flyer to physical hardcopy meeting startup kits we mail out.
- **Suggestion to all: please discuss “Service in EDA” with your group.**
- Rachel is collecting stories for an EDA publication. Vanessa added a note to the Literature tab asking online readers to “Please send your (anonymous) EDA Recovery story to literature@eatingdisordersanonymous.org. Please tell us what it was like, what happened, and what it is like now.”
- Action Item: Annette will check Rachel’s email address on the literature@eatingdisordersanonymous.org specification, and will add Tara from Boca Raton.
- Tara has volunteered to help with the editing and consolidation of Our Stories of Recovery.
- Action Item: Tara must email something (“Hello, this is Tara”) to literature@eatingdisordersanonymous.org so Annette can add her to the forwarding list.

Conventions / Health Fairs

- There is currently \$1,103.85 in the GSB bank checking account and \$147.85 in the GSB PayPal account.
- That is not enough to hold a convention but it may be enough to have a booth a health fair.
- Amounts over \$100 have to be authorized by the Board, but carrying the message is why the GSB exists. Supporting booths at health fairs where people can pick up information seems like the right thing to do.

Email Response Coordination Update

- Tammy in Lake Havasu volunteered to pick up responsibility for responding to some of the EDA email responses and has done an amazing and wonderful job.
- Please email info@eatingdisordersanonymous.org if you are interested in helping EDA members, friends, family and professionals with their challenges via email responses.

Membership Coordination Update

- Rachel has been responding to email requests from new meeting facilitators as they come in.
- Rachel has also started to contact listed meetings via email addresses where provided and has mentioned the central support function of the General Service Board.

Next meeting: June 13th – Please have your group select someone to call in!

Meeting adjourned at 6:49 PM MST (7:49 PM MDT, 8:49 PM CDT, 9:49 PM EDT)

Thanks to all who attended!

Best regards,

Annette H (aka Michelle)