

Hello Everyone!

We held a General Service Board meeting on 7/11/2012.

Attendees:

- Annette H, Phoenix, AZ
- Julie E, Longwood, FL
- Rachel F, Phoenix, AZ
- Susan, Cleveland, OH
- Vanessa B, Boca Raton, FL

Review of Prior Meeting Minutes

- Some attendees had not received the minutes from our last meeting and some also had delays in receiving them after they were sent out again at the start of today's meeting.
- We deferred our review of prior minutes until the end of the meeting and then and then ran out of time.
- If you have any issues with the minutes from our June 13th meeting, please send them to info@eatingdisordersanonymous.org.

Online meetings Support

- Julie shared that the online meetings are small but going well.
- It really helps when people with recovery join the online meetings: people need to hear how it works from as many people as possible. Often, people joining the online meetings are really new (unfamiliar with 12 steps and recovery). These are the people we most need to help!
- It would help to have more people able to chair the online meetings. Please join an existing online meeting (see www.eatingdisordersanonymous.org/meetings.html) if you can.
- Action Item: Webmaster, please post "Suggested Meeting Format for Online Meetings" on the Chatroll page.
- Note to online meeting attendees: If you try to join and cannot because the meeting is "full" please send an email to wm@eatingdisordersanonymous.org – we will look at a more expensive package if there is a clear need.

Link Requests

- We occasionally get requests to link to other organizations on our website. Unless we have had personal recommendations from EDA members, we usually do not post these.
- We recently got a request to promote Bulimia Awareness Day on July 17th. While it would be great if we could support all ED awareness requests, this one came really close to the date and we cannot commit any more volunteer hours. No one on the board responded that they could help.

- We do maintain basic information about EDA (website address and primary purpose) with NEDA, edreferral.com, America's Self Help Clearinghouse and several other similar organizations. This helps us get the word out about the availability of EDA meetings. If you know of other similar organizations who should know about us, please send them our information.

Email Response Coordination - we need more volunteers!!

- Our current EDA Email Respondents (Julie and Tami) are doing a GREAT job! However, they could really use some help. Please have anyone interested in helping EDA respond to its email contact info@eatingdisordersanonymous.org
- The group discussed ways to get the word out and encourage people to volunteer for service positions. Please talk to your groups about the value of service: it's a great way to give back to the community and extend the message of recovery to those who most need it.

Website updates

- Action Item: Annette will send webmaster Vanessa S the following two documents. Vanessa, can you please post these in place of the current versions?
 - The old version of "EDA at a Glance" brochure included all 12 traditions, not just 9 as the current one does.
 - The old version of "Guidance for Difficult Situations." The older version suggested people should "See the EDA Meeting Guide (available on www.4eda.org / Publications tab) for guidance to groups and group leaders on how to keep a recovery focus and how to deal with monopolizers, cross-talk, crying, anonymity issues and suicide talk." Pages 9 and 10 of the EDA Meeting Guide address these issues.
- Action Item: Please post "Suggested Meeting Format for Online Meetings" on the Chatroll page.
- Action Item: Please add a page called "Stories" and post the following on it:

When contacted about sharing their story of recovery, many people express concern that they do not have much to share. We would like to challenge that belief!

 - **Have you worked your steps** (or are you close to finishing your first pass through)?
 - **Have you been able to make amends** for negative impacts your attitude and behaviors may have had on others?
 - **Have you been able to avoid disordered behavior** (for at least a few weeks at a stretch, with only occasional difficult days over the last several months)?
 - **Do you regularly feel a quality of peace and happiness** that is markedly different from when you are actively engaged in your eating disorder?

If so, we encourage you to share your story of recovery! Please contact literature@eatingdisordersanonymous.org with your story (preferably five pages or less)

as soon as possible. We ALL really need to hear what it was like, what happened and what it is like now. To all you perfectionists out there: Please know that we are all “works in progress” and that no one is ever perfect!

Meeting Listing Updates Needed!

- We do not currently have a Meetings Coordinator (Rachel is focusing on other service).
- We need people to call the phone numbers on the EDA Meetings Page and communicate something similar to the following:
 - **“Hi! I am calling to make sure the meeting information on the EDA website is current and correct.** The number I dialed to get you just now is a number is listed on the EDA website in association a meeting. Please contact EDA at info@eatingdisordersanonymous.org with current information if any info on the EDA website is out of date.
 - If your group has not already done so, **we strongly encourage each group to list a generic email address, something like EDAinCityNameWeekDay@mailservice.com, along with its meeting time and location.** A generic email address will enable group members to maintain anonymity on the web while providing a point of contact that (unlike a phone number) does not have to be tied to a specific individual. Responsibility for responding to emails sent to the generic email address can be rotated as a service position within your group by changing the forwarding address. Having a group email address also allows the General Service Board of EDA to keep your group informed about events, literature, and opportunities to be of service to those seeking recovery. **Thank you very much for your help!”**
- If you are able to help contact groups to ensure the information on the EDA website is as current as possible, please contact info@eatingdisordersanonymous.org so we can distribute the work equitably.
- Action Item: Annette will send an email to all EDA Meetings that have an email address listed to request a review of the meeting information posted on the website.

Literature Update

- We need a brochure specifically for professionals to help us get the word out about recovery from eating disorders. The flyer we have now is not sufficient, however, there were no volunteers to support the creation of a new flyer aimed at professionals.
- We need to update EDA at a Glance (new format) to include all 12 traditions.
- We need to update Guidance for Difficult Situations to include all of the EDA Meeting Guide pages 9 and 10.
- We need more stories of recovery to assemble into a book that will help carry the message. Paths to recovery and people in recovery are very diverse. YOUR story might really help others

“get it.” Tell your story of what it was like, what happened and what it is like now (five pages or less please) and send it to literature@eatingdisordersanonymous.org.

- Annette and Rachel are on track to submit a first draft of their stories by August 22.

New business

- No one raised new business (other than Vanessa B when asked at the top of the meeting – Thanks, Vanessa!)

Meeting adjourned at 6:59 PM MST (7:59 PM MDT, 8:59 PM CDT, 9:59 PM EDT)

Please send these minutes to members of your group if your group maintains an email contact list!

Thanks to all who attended!

Best regards,
Annette / Michelle