

Hello Everyone!

We held a General Service Board meeting on 10/10/2012.

**Attendees:**

- Alita, British Columbia, Canada
- Regina, Rockland County, NY
- Syd, Southern CA
- Vanessa, Boca Raton, FL
- Annette H, Phoenix, AZ

**Notes:**

- 1) **We reviewed minutes from the September 12<sup>th</sup> meeting.**
- 2) **We discussed the need for people to answer EDA email – please help!**
  - We have some truly wonderful folks answering email but even the best need to rotate out eventually. **Please ask your group for volunteers to help answer email.** Getting started is as easy as sending a note expressing interest to [Info@eatingdisordersanonymous.org](mailto:Info@eatingdisordersanonymous.org).
- 3) **We reviewed progress on the website**
  - Chatroll now supports up to 100 concurrent users
  - Webmaster Vanessa S is upgrading the site and expects to have it ready for production in January 2013
  - A section of the Links page will be devoted to Books that EDA members and the GSB have agreed can help foster recovery. Know a book worthy of inclusion? Send a nomination to [literature@eatingdisordersanonymous.org](mailto:literature@eatingdisordersanonymous.org).
  - Treatment center links should be updated. We planned to discuss this but ran out of time. It will be on the agenda again next month.
- 4) **We discussed progress on "Our Stories"**
  - Please submit your story of recovery – we only have one posted so far!
  - Stories should describe what it was like, what happened and what it is like now
  - In your story, please list tools that helped you gain recovery and that are helping you keep it now
- 5) **We considered a "Guidance for Professionals" brochure**
  - Attendees were asked to talk to their groups about volunteering to help with the development of a brochure addressed to professionals
  - Some of our best meetings started with meetings held at treatment facilities
  - Building relationships with the professional community will help EDA carry the message of recovery
  - Able to help? Drop a line [literature@eatingdisordersanonymous.org](mailto:literature@eatingdisordersanonymous.org); we'll help you get started.
- 6) **We updated "EDA Recovery Tools" during the call**
  - A lively discussion resulted in a much-improved document (attached)
  - Thank you to everyone who helped!
- 7) **New Business:**
  - A suggestion to use a voice-over-internet protocol (VOIP) teleconference vendor was made. Details will be provided to Annette and will be considered. The current teleconference

vendor does not support VOIP. Many people interested in dialing into meetings do not have Skype.

- Annette was unable to locate the following proposal during the meeting and the following was NOT discussed but is included for reference. Per our traditions, Every EDA group is autonomous except in matters affecting EDA as a whole. A suggestion was submitted to the GSB to change the suggested meeting format. The proposal comes from all three current online meetings.

In each online meeting, the group voted to add certain language to the format, thus making it a unanimous change.

The following change inserts a paragraph *after* the "Milestones" section of the format, and *before* where the meeting opens for sharing.

The paragraph refers to not talking about food, weight or numbers in our shares. Such references are allowed in the milestones area, hence the request for placement as specified. The online meeting groups are calling this the "**EDA reminder.**"

**EDA Reminder:**

**In sharing, please refrain from mentioning loss or gaining of weight, numbers (weight, calories, and/or measurements), exercise plans, specific foods and/or diet plans. Remember, recovery is *not* about food or weight. Recovery is about feelings.**

- A separate suggestion was made during the GSB meeting to drop the implied "you" and imperative tone of the suggested meeting format section 7 that directs meeting participants to "Be an adult. This takes training and practice. Get some."
- Proposed, changed meeting formats incorporating **both** changes are attached. These will be discussed at the next General Service Board meeting.
- Regina requested a web listing for a pair of meetings in Pearl River, NY.

**Action Item for Webmaster:** Please post the following meeting notice(s):

Pearl River, NY: Wednesdays @11 AM – 12 PM **and** (Starting October 20<sup>th</sup>, 2012) Saturdays @10:30-11:30 AM. Groups meet at St Stephen's Episcopal Church, 84 Ehrhardt Road (near intersection with Pierce Parkway).

**We adjourned at 7:22 PM MST (8:22 PM MDT, 9:22 PM CDT, 10:22 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