

Hello Everyone!

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

Attendees:

- Vanessa S, Longwood FL
- Julie E, Longwood FL
- Alita, British Columbia, Canada
- Tammy, Lake Havasu, AZ
- Annette H, Phoenix, AZ

Notes:

1) **We reviewed minutes from the October 10th meeting.**

- A question was raised about the “EDA Reminder”: Why does EDA discourage references to weight, calories, etc? Isn’t it better to address triggering behaviors in a safe setting like an EDA meeting? Answer: EDA discourages references to numbers to help create a safe environment for people who may be triggered by them. We have found that numbers are a distraction for many and can create a competitive atmosphere that does not support a recovery-oriented focus for the group. EDA encourages members to discuss triggers in the abstract, such as: “When my friend talks about what size she is, I feel like a whale” and “I am constantly worried that I have had too many calories and when I feel that way I want to purge” without reference to numbers. Triggers are important because they give us opportunity to talk about and practice different (healthier) ways of thinking when they occur, not because the triggers are significant in and of themselves. Experience has shown that almost anything can be a trigger. Our response is what matters!
- The “EDA Reminder” has been added to the Suggested Meeting Format available on the website.
- **Action Items:**
 - Annette will update the Suggested Meeting Format materials included in the hardcopy Meeting Starter Kits (after the service announcement update noted below)
 - Vanessa will make sure that that the Suggest Meeting Format materials in the zip file of Meeting Starter Kit online contains the most recent materials (after the service announcement update noted below)
- Julie motioned to approve the minutes and Alita seconded

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.
- Alita volunteered to respond to EDA email for the next week after set up and an opportunity to learn from Julie. Thank you, Alita!
- **Action Items:**
 - Annette to add Alita to the email group list (Done)
 - Julie to send Alita sample responses (Done)

3) **We discussed additional ways of promoting service:**

- Add a notice about service to suggested meeting format

- Add a Service page with current opportunities to the new/updated website that Vanessa is working on
 - **Action Items:**
 - Annette will update the Suggested Meeting Format for the online, telephone and in-person meetings to include a statement: "Please contact Info@eatingdisordersanonymous.org for information about service opportunities" after the section that notes EDA group's main purpose is to carry the message of recovery (done)
 - Annette will add "Can we please have a volunteer to lead the next meeting?" to each Suggested Meeting Format (done)
- 4) **We reviewed progress on the website**
- Webmaster Vanessa S reported that progress on the website upgrade has been affected by the number of meeting updates posted recently, but hopes to have time for the effort over the winter break.
 - We discussed several submissions for the a sections of the Links page devoted to books that EDA members and the GSB have agreed can help foster recovery.
 - A member of the GSB volunteered to read "Words Beneath Wings" and found it not inconsistent with EDA's message of recovery but was not able to recommend it.
 - Another member of the GSB recommended "Food is not the Problem" by Michelle Morand, <http://www.amazon.com/Food-not-Problem-Deal-What/dp/142510519X>
 - **Action Items:**
 - Vanessa will add the link to the Books section of the Links page
 - Annette will contact a professional about an Animal Models study
 - Know a book worthy of inclusion? Send nominations to literature@eatingdisordersanonymous.org.
- 5) **We discussed progress on "Our Stories"**
- Please submit your story of recovery! 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.
 - Information about submitting stories will be added to the Service Page of the new website once it is created.
 - We agreed Maxx's story should be posted.
 - **Action Items:**
 - Annette to finish and send out her story
 - Vanessa to post Maxx's story (done)
- 6) **We discussed a "Guidance for Professionals" brochure**
- **Action Item:** Annette to draft sample questions for a "Guidance for Professionals" brochure. We will discuss responses to these at the next General Service Board meeting.
 - We had good success refining a draft of the "Tools of Recovery" flyer using this approach. We'll apply this approach to "Guidance for Professionals" in December.
- 7) **We reviewed the need to remove broken links on our links page**
- **Action Item:** Tammy volunteered to check the links and will report findings to wm@eatingdisordersanonymous.org.
- 8) **VOIP support:**
- At the suggestion of an EDA member from Southern CA, we created an account at Rondee.com to investigate better support for VOIP callers. We switched our 11/14/12 GSB

- call over to this number and found that despite some issues, the call quality was generally acceptable.
- The GSB agreed that there was no reason to change to the new service if the old one supports VOIP. Skype is a VOIP service and our existing conference line does support it.
 - Therefore, the GSB finds no reason to switch to the new service and will retain the existing service unless EDA members report additional concerns.

We adjourned at 7:58 PM MST.

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