

Hello Everyone!

We held a General Service Board meeting on 09/11/2013.

**Attendees:**

- Annette H, Phoenix, AZ
- Patty, Fullerton, CA
- Paloma, Citrus Springs, FL
- Vanessa S, Longwood, FL
- Katherine, Delray Beach, FL
- Julie E, Longwood
- Steph B, Ajax, Canada

**Notes:**

- We reviewed and approved minutes from 08-14-2013 with the change that Julie did not have the action item to add the new Starter Kit Welcome Letter to the standard EDA Email Correspondence template. **Action Item:** Annette will follow up with Rachel about the EDA Email Correspondence template change, and will update and repost the EDA Meeting Minutes from 08-14-2013.
- We reviewed the agenda. Patty added a discussion topic (added to the end): Does EDA offer chips for newcomers and/or any kind of token to recognize milestones?
- We discussed the GSB's Links Page ([www.4EDA.org/links](http://www.4EDA.org/links))
  - Having a Links Page violates Traditions 6 and 10 so why do we have one? For reference, Traditions 6 and 10 are:
    6. An E.D.A. group ought never endorse, finance or lend the E.D.A. name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.
    10. Eating Disorders Anonymous has no opinion on outside issues; hence the E.D.A. name ought never be drawn into public controversy
  - When EDA got started, internet searches were not as effective as currently. It was tough to find some of the best recovery sites. Entering "eating disorder recovery groups near me" or "eating disorders" often did not turn up the most useful sites. Even today, finding groups and professionals in your area can be difficult.
  - Initially, the GSB voted to link only those sites that 2 or more EDA members agreed were particularly helpful in their recovery. In general, we have tried to be consistent about applying criteria for listing websites but at this writing the EDA website links page is confusingly full of links that may or may not have been carefully vetted. We continue to get requests to add treatment centers and books and people's personal websites.
  - Similar to EDA groups, whose sole purpose is to recover from eating disorders and to carry the message of recovery to those who still suffer, General Service Board's charter and mission is to help EDA groups carry the message of recovery to those who still suffer. The GSB recognizes that many individuals who still suffer live far from any existing groups and may not be able to undertake the often daunting task of starting a new group. They need as much help as we can reasonably provide. We noted, however, that AA and OA and other 12-step organizations typically do not have links pages.
  - We discussed having a page where people could submit what worked for them: something that wouldn't look like EDA as a whole was endorsing anything. The GSB used to have a bulletin board with sections for books and links, but moderating posts

became a huge issue. Even though we required people to register (and prompted for machine-unreadable text strings to eliminate robots), and we bought a pricey bulletin board service to help deal with hackers, we had to deal with a ton of spam and inappropriate material. After four years of trying to make it work, we gave up on the bulletin board idea.

- We took a roll call vote to determine if there was any support whatever for retaining a links page of any type at all. Four of six attendees agreed that there was some benefit to having a limited links page, even in this era of excellent search engines. Two of six dissented, citing the Traditions and the availability of other options.
- We then took a survey of what attendees thought should be on a links page if we are to keep one. Should we limit ourselves to listing only non-profit sites? Unfortunately, some of the most helpful sites are for-profit ([www.EdReferral.com](http://www.EdReferral.com), [www.gurzebooks.com](http://www.gurzebooks.com) and [www.bulimia.com](http://www.bulimia.com)) We agreed that the links page should contain references only to the below sites:
  1. National Eating Disorders Association <http://www.nationaleatingdisorders.org/>
  2. Something Fishy website on eating disorders [www.somethingfishy.org](http://www.somethingfishy.org)
  3. Eating Disorders Referral and Information Center [www.edreferral.com](http://www.edreferral.com) (still the best out there)
  4. Gürze Books, a publisher that specializes in ED recovery, [www.gurzebooks.com](http://www.gurzebooks.com), that specializes in supporting ED recovery

\* Gürze Books was founded (and is run) by the founders of the National Eating Disorders Association. A downside to Gürze is that their selection is quite limited, but at least there isn't a confusing list of books. A searchable version of the Gürze booklist is accessible at [www.bulimia.com](http://www.bulimia.com). We did not decide which site to list for Gürze, but we will list only one.

- There was a suggestion to review several book titles that have been helpful
  1. "Daily Reflections" for Eating Disorders – a Hazelden book, possibly Inner Harvest – Daily Meditations for Recovery from Eating Disorders [http://www.hazelden.org/OA\\_HTML/ibeCtPltmDspRte.jsp?item=1790&site=10020:22372:US](http://www.hazelden.org/OA_HTML/ibeCtPltmDspRte.jsp?item=1790&site=10020:22372:US)
  2. Life Without ED: How One Woman Declared Independence from Her Eating Disorder and How You Can Too <http://www.amazon.com/Life-Without-Ed-Declared-Independence/dp/0071422986> - available through other bookstores as well
- We agreed to table further discussion until the next GSB meeting. For now, requests to be added to the GSB links page should be politely refused on the grounds that we are currently contracting rather than expanding our links listings.
- **Action Item:** Annette agreed to update the links page, limiting the entries to the four sites listed above.
- We discussed our online meeting software reliability problems (ChatRoll)
  - Progress on several website upgrade initiatives has been held up a bit while volunteer webmaster Vanessa has been researching Chatroll alternatives and building us a test site while also having to address the meetings page updates. Thank you, Vanessa!
  - Background:
    - The GSB of EDA pays \$19/month for the ChatRoll online meeting service
    - Chatroll supports up to 100 concurrent users for \$19/month, however, we have experienced multiple meetings recently where people were unable to log onto the service; this is the third time we have had service issues.

- It is obviously disheartening to try and join a meeting and have it not be available; this is the equivalent of someone showing up at a physical meeting location and not having anyone else show up. It is an awful experience exactly the opposite of what we hope to provide.
- Requests for service we have submitted to Chatroll have not been processed in a timely manner, and responses have not been customer-service oriented
- Vanessa built a test site for our online meeting alternative. We all went to the site and agreed the new chat facility looked great! One caveat: Julie noted that an instant messaging capability is really pretty important: we get a lot of new folks who don't understand the etiquette of online chats. It is far better to contact these folks quietly and let them know what's up than to call them out in front of everyone. **Action Item:** Vanessa will research whether ChatWing has any type of instant messaging. In the meantime, we will continue to persevere with ChatRoll.
- Chips:
  - Patty asked whether EDA has any chips to pass out to newcomers or tokens for recognizing milestones.
  - EDA has no official chips or coins at this time. Each EDA group is autonomous except in matters affecting other groups or EDA as whole, and is welcome to choose to recognize milestones however the Group Conscience decides. The Group Conscience is a monthly meeting to be held by each EDA group, where topics such as how best to serve the newcomer are discussed.
  - Katherine mentioned that the Delray Beach group provides butterfly medallions (purchased from a 12-step/recovery bookstore) to members who complete their steps.

We adjourned the meeting at 6:56 PM MST.

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

Thank you to all who attended and to all who serve EDA!

Best regards,  
Annette (aka Michelle)