

Hello Everyone!

We held a General Service Board meeting on December 11, 2013. What follows are brief minutes of the meeting.

**Attendees:**

- Annette H, Phoenix, AZ
- Kate, St Louis, MO
- Kathleen, Riverside/Moreno Valley, CA
- Estelle H, Baltimore MD
- Julie E, Longwood, FL
- Rachel F, Phoenix, AZ
- Jamie, Southern OR
- Regina, Rockland Country, NY
- Catherine, Del Ray Beach, FL

**Minutes**

- We discussed and approved minutes from our 11/13/2013 meeting
- We reviewed action items
  - Chat Room web page updates are complete
  - Webmaster Vanessa created a Chatzy instruction document that will be added to the Chat Room web page
  - Annette addressed the EDA Starter Kit accessibility issue by making it clearer that the Starter Kit is in 7Zip (compressed format) and pointing users to the literature tab for individual files. The Starter Kit contains everything that is on the literature page except the step workbook.
  - Our volunteer webmaster, Vanessa, worked on website enhancements over Thanksgiving but these are not quite ready for a demo.
- We discussed nominations for recommended books
  - Women, Food and God – by Geneen Roth: Passed with three+ votes!
  - Making Peace with your Plate – by Robyn Cruz and Espra Andrus did not pass. We will review again if re-nominated.
  - Anorexics and Bulimics Anonymous (ABA Big Book) – will be discussed in January. We did start a discussion of the book. There were opinions on both sides: 12-step program confusion (negative), huge sections that are helpful (positive), at least one EDA group uses it in meetings (positive), not very helpful for binge eating disorder (negative). It would be good to hear others' opinions. Don't be shy: let us know what you think!
- **Action Item (Annette):** Update the links page to make it more clear that EDA does NOT endorse links or non-EDA literature. The General Service Board lists a few links and books to help newcomers identify resources that individual EDA members have found especially useful in their own specific case. Each listed resource must be nominated by three or more EDA members who are unaffiliated with the site or book under consideration. Please note being listed on this site **does not** constitute endorsement by EDA as a whole.
- We discussed EDA literature updates: we want to remove negative and blaming/shaming language where it may exist. Our discussion this month is a selection from More on Eating Disorders.
  - **Original form:** We have mismanaged anger, avoided growing pains that might have set us free, indulged in unhealthy forms of dependence on those around us, and engaged in futile, damaging attempts to control our bodies and other people.

- **Alternative 1:** Because of our understandably frantic attempts to protect ourselves from the inevitable hardships of living, we engaged in behaviors which didn't serve us, mismanaging anger, indulging in over-dependence on those around us in ways that kept us from growing our inner resources, and resorting to often self-damaging attempts to control our bodies, our emotions, and sometimes other people.
- **Alternative 2:** We dealt with our anger and discomfort in ways that didn't serve us, and therefore missed opportunities for growth. We were overly dependent on those around us, expecting them to manage situations for us that we could have handled ourselves. We tried to control our bodies, our emotions, and sometimes other people, intensifying our suffering and that of others.
- **Action Item (Everyone):** please consider the above statements, submit your own version, or vote for your favorite by sending a note by January 1, one week before our next GSB meeting, to [Literature@eatingdisordersanonymous.org](mailto:Literature@eatingdisordersanonymous.org). Please also submit suggestions for other changes.
- Annette presented the Treasurer's Report as of 12/11/13

YTD Summary as of 12/08/13	Amount in \$	Number of transactions	Notes
<b>Income</b>			
7th Tradition (P.O. Box)	727.48	21	9 distinct donor groups, one individual contributor
Publication orders	120.00	11	11 groups (3 free)
7 <sup>th</sup> Tradition (PayPal)	380.72	12	9 distinct donor groups, 3 individual contributors
<b>Total Income, 12/08/2013 YTD</b>	<b>\$1228.20</b>		
<b>Expenses</b>			
Meeting Starter Kit Mailing Cost	32.34	11	Average \$2.94/mailer; 11 packets sent out on 10 orders
Xeroxing Meeting Starter Kits			
Skype			
ED Referral ( <a href="http://www.edreferral.com">www.edreferral.com</a> )	75.00	1	Annual fee for listing
Chatzy Chat Room Service (Oct-Nov 2013)	33.80	2	Monthly cost is \$16.90 for unlimited users
Website Hosting	0.00	0	Monthly cost, paid as a lump in 2011 for three years, is \$11.66
Chatroll Hosting (Jan-Sept 2013)	171.00	9	Monthly cost was \$19 for up to 100 concurrent users; We had issues and cancelled service
<b>Total Expenses, 12/08/2013 YTD</b>	<b>\$312.14</b>		
<b>Bank Balance 12/08/13</b>	<b>\$2685.92</b>		(Reflects \$260 of PayPal Income; balance of PayPal income left in PayPay to cover Chatzy and ED Referral fees)
<b>PayPal Balance 12/08/13</b>	<b>\$310.58</b>		

We adjourned the meeting at 7:59 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)