

Hello Everyone!

We held a General Service Board meeting on February 12, 2014. What follows are brief minutes of the meeting.

**Attendees:**

- Annette H, Phoenix AZ
- Victoria, Tokyo, Japan
- Trish, Del Ray Beach FL
- Laila L, Christchurch, New Zealand
- Vanessa S, Longwood FL
- Estelle H, Baltimore MD
- Regina, Rockland Park NY

**Notes**

- We reviewed and approved minutes from our January 8<sup>th</sup> meeting.
- We discussed action items from prior meetings
  - Our Charitable Organization (501(c)(3)) application is still pending with the U.S. Government. An attempt to contact the Internal Revenue Service last week for an update resulted in a long wait time and was not completed.
  - Updates to the website for meeting additions, deletions and changes are being supported
- We reviewed website development initiatives
  - Vanessa S has been a terrific job as our webmaster for several years. Vanessa took it upon herself to kick off several successfully implemented initiatives. Currently, however, while Vanessa has been able to keep up with meeting changes, work and other commitments have stalled progress on two remaining projects:
    - Making the website mobile (cell phone/ipad/ipod) friendly
    - Making meeting information on the website more maintainable. Features:
      - Meeting representatives fill out an online form to request addition/update/deletion of meeting listings. (The latter two options would be part of a second iteration of development.)
      - A GSB Administrator reviews and approves additions entered via the online form. (Changes and deletions might still need to be applied by the administrator before becoming visible.)
      - Website picks up approved meeting information for display when rendering the meetings page
  - Kudos to our webmaster for her courage in bringing the status of website development initiatives to the attention of the GSB. There is a lot of work involved with each initiative. Maintaining information on the existing website and working on enhancements to the website is really too much work for one volunteer. We discussed the topic and opted to put the word out for volunteers.
  - **Opportunity for volunteers:**
    - Do you have (even relatively minimal) website development or html editing skills? Have you ever been involved in a software development project that included testing? If so, we have a great opportunity for you to be of useful service! We need someone to add, update, and delete meeting information from our on a weekly basis. Does this sound like something you can (and would want to) do? Contact

- [wm@eatingdisordersanonymous.org](mailto:wm@eatingdisordersanonymous.org) and we'll help you discover how easy it is to help EDA!
- **Opportunity for web development / web service companies:**
    - Do you have a company that can take an older website and make it mobile-friendly without changing much else about the site? We are looking for lowest bidders with references. If this sounds like your company, check out [www.4EDA.org](http://www.4EDA.org) and send a quote and three references with email addresses or phone numbers to [wm@eatingdisordersanonymous.org](mailto:wm@eatingdisordersanonymous.org).
  - We discussed email response needs
    - **Opportunity for people able to respond to EDA email:**
      - Currently, a small number of people answer emails sent to [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org). Want to help? Send an email to [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org) explaining that you would like to help respond to EDA email. Please provide a little bit of information about yourself that clarifies why you want to help. ☺
    - Julie E (longstanding GSB email response coordinator) earned kudos from Laila in New Zealand who corresponded with Julie recently. Yay, Julie!
    - Thank you very much to **all** our email respondents: your support and service are hugely needed and greatly appreciated!
  - We discussed book nominations
    - Anorexics and Bulimics Anonymous (the Big Book of ABA) received positive reviews from three people on the call.
    - **Action Item:** Annette will add the ABA book to the Recommended Books section on the website.
  - We discussed EDA literature revisions and new literature
    - At each GSB meeting, we will devote some time to reviewing already published EDA literature that could be improved or to developing new literature to help carry the message of recovery those who seek it.
      - We reviewed two alternatives to a section of “More on Eating Disorders” (an EDA flyer) that some thought could be worded less harshly. (versions were published in prior minutes).
      - Since our last meeting, two additional groups had taken a vote on the revision: both had voted in favor of retaining the original.
      - It was motioned and seconded to retain the original text in More on Eating Disorders.
    - A new brochure directed at those who do not have a background in any 12-Step Program was discussed
      - People were generally aligned that such a brochure would be useful
      - Some ideas discussed included:
        - Recovery means Keeping it Simple
        - Recovery means being open to new ideas
        - You don't have to be spiritual to recover
        - You will probably hear that “an eating disorder is a spiritual malady that demands a spiritual solution.” Do not be alarmed: Atheists can and do recover in EDA.
        - Your “spiritual awakening” may be that you need to rely on your inner resources to get and stay “grounded.” Some people

experience a “spiritual awakening” when they realize the power of deliberate choice.

- For all of us, the “spiritual awakening” promised to those who reach Step Twelve entails the realization that honesty and accountability in all our relationships has set us free, and that actively working to serve the highest ideals and purposes we are able to embrace has made us happy and useful. For some of us, this is more than enough. For others, a spiritual awakening means much more. Your experience is up to you.
- Those of us who have sincerely worked the program of EDA from positions of faith and positions of no faith can attest: if you work the program, it will work for you.
- EDA recognizes that there are many paths to recovery. Some of these include cognitive behavioral therapy and other individual treatment modalities. Other paths to recovery can be found in organizations such as Anorexics and Bulimics Anonymous and the Secular Organization for Sobriety/Recovery. EDA encourages everyone to “take what you can use and leave the rest” from our program as well as others.
  - We agreed to review ideas at our next meeting
- We discussed progress on the EDA Big Book:
  - Stories for the EDA Big Book are still being compiled. Relatively few stories have been turned in so far.
  - Please send your story of what it was like, what happened and what is like now to [literature@eatingdisordersanonymous.org](mailto:literature@eatingdisordersanonymous.org).
  - Some recovery stories are listed on the EDA Stories page, <http://www.4eda.org/stories>
- We reviewed what to do when people want to start meetings and are looking for others in their area who are interested in attending
  - A new page on the website was discussed
    - Labor intensive to set up
    - Hard for people looking for a meeting to know where to look for meetings that have not started
  - Listing contact information for people wanting to start a meeting on the existing meetings page was discussed and approved
    - Easy for people looking for a meeting to find someone wanting to start a meeting
    - Easy for webmaster to maintain
    - Existing groups started this way
    - Format of listing could be something like
      - Orlando, FL: Looking for a meeting on the northeast side? I am trying to start one on Wednesday or Friday evenings Contact <Firstname> at <genericemailaddress> with dates and times that would work for you.

We adjourned the meeting at 8:00 PM MST. Our next meeting will be March 12, 2014.

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)