

Hello Everyone!

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

**Attendees:**

- Annette H, Phoenix AZ
- Rachel, Phoenix, AZ
- Trish, Del Ray Beach, FL
- Sue, Del Ray Beach, FL
- Julie E, Longwood, FL
- Estelle H, Baltimore, MD
- Beth Joy, Philadelphia, PA

**Notes**

- We reviewed and approved minutes from our February 12<sup>th</sup> meeting.
- We discussed action items from prior meetings
- Our Charitable Organization (501(c)(3)) application is still pending with the IRS. Our application is now older than the average application being processed. Annette was told to call back in May if we don't receive a letter by then. If we haven't been processed by May, our case will be escalated.
- Vanessa has brought our website meetings page updates current to this morning.
- We have not received any responses to our request for help maintaining the EDA meetings page on our website. We really need help. 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.
  - Rachel will ask people at her meetings
  - Estelle will ask someone she knows
  - **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 content for a new brochure directed at those who do not have a background in any 12-Step Program
  - Recovery means Keeping it Simple
  - Recovery means being open to new ideas
  - You don't have to feel "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.
- For all of us, the “spiritual awakening” promised to those who reach Step Twelve entails the realization that compassion, 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. EDA encourages everyone to “take what you can use and leave the rest” from our program as well as others.
- If you do not have a belief system that involves a God, you will need to find a power greater than yourself to recover, but it can be almost anything – a tree, the group, the forces of nature – that is more constant, more trustworthy and more powerful than you.
- How long do we have to feel powerless? As soon as you take the First Step in EDA you have stepped away from powerlessness. Some people seem to recover completely, while others may always feel powerless over their eating disorder. Either way, once you have admitted you are powerless, your life can stop being about having an eating disorder and can start being about what you can do that is meaningful to you and useful to others.

**Action Item:** Annette will send .docx copies of the Steps to Rachel.  
 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 discussed whether to include a story written posthumously by the sister of someone who died from her ED. We decided not to use this story.

**Action Item:** Annette will send the story we discussed to Rachel.

We adjourned the meeting at 8:00 PM MST. Our next meeting will be April 9, 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)