

Hello Everyone!

We held a General Service Board meeting on September 10, 2014. What follows are brief minutes of the meeting.

**Attendees:**

- Rachel – Phoenix, AZ
- Shirley – Medway, MA
- Annette – Phoenix, AZ
- Trish – Delray Beach, FL

**Notes:**

Attendance was light due to many regulars having conflicts.

We reviewed and approved minutes from our August 13<sup>th</sup> meeting.

We discussed action items from prior meetings:

- Kimberly offered to draft an expanded version of the EDA Twelve Traditions for consideration at our September meeting, but sent a note; she was not able to join the meeting. Unfortunately, Annette missed getting a communication from Kimberly that included the Twelve Traditions (Long Form). (I think it is wonderful and will be distributing it with the minutes. We will review it at the October meeting.) Thank you very much, Kimberly!!
- Annette added Kimberly to the [Literature@EatingDisordersAnonymous.org](mailto:Literature@EatingDisordersAnonymous.org) email distribution.
- Annette submitted a write-up of how she works her steps to [Literature@EatingDisordersAnonymous.org](mailto:Literature@EatingDisordersAnonymous.org) but still wants to wrap her story around it. Sara has not yet submitted her story. It is really tough writing our stories but it is probably one of the most useful things we can do to carry the message.

We discussed meeting page updates:

- Webmaster Vanessa, and Sara – working on a website redesign with Vanessa – were both unable to attend the GSB meeting.
- Webmaster Vanessa did submit a sample of a map-based meetings page (try it out at [http://test.4eda.org/test/meetings\\_new.html](http://test.4eda.org/test/meetings_new.html)). Meetings in the US and Canada are listed in the context of their respective states and provinces when you click on a hyperlink to “USA Meetings: USA” for the US and when you click on “International Meetings: ... Canada”
- GSB meeting attendees discussed map-based implementation. We liked the map implementation, but also liked having the long list of meetings all in one place (current view).
- The maps worked correctly on a Samsung android phone, but did not work on a Motorola android phone.
- **Action Item:** Rachel agreed to write up a synopsis of the discussion and send to Vanessa.

We discussed the proposed long form of the EDA Traditions.

- The reason for having a longer version (with a couple of sentences about each Tradition) is that the traditions can be difficult for people to understand without any explanation. We are looking to provide a modern interpretation, similar to what was done with the 12 Steps – Keeping It Simple.
- We will not want to reference historical development of the EDA 12 Traditions except to reference their source in the AA 12 Traditions.
- Annette missed getting a communication from Kimberly that included the Twelve Traditions (Long Form). (So sad about that). Kimberly’s submission is being distributed along with these minutes and we will review it at the October meeting. Annette will start requesting that replies to “Michelle” should be sent to [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org) to prevent such misses in the future.

We discussed progress on development of an EDA Big Book

- Stories are the heart of the AA “Big Book,” Alcoholics Anonymous. The GSB of EDA has been collecting stories (and listing them on the Stories tab of the EDA website, [www.4EDA.org/stories](http://www.4EDA.org/stories)) for some time now, but have not amassed enough to complete a Big Book for EDA. Our stories are never “perfect” and so long as we live and breathe, our stories continue to evolve.
- Please do not let these impediments hold you back from taking action and sharing your story. More than anything, our stories of recovery can inspire hope in those who still suffer.
  - Have you worked your steps (or are you close to finishing your first pass through)?
  - Have you been able to make amends for negative impacts your attitude and behaviors may have had on others?
  - Have you been able to avoid disordered behavior (for at least a few weeks at a stretch, with only occasional difficult days over the last several months)?
  - Do you regularly feel a quality of peace and happiness that is markedly different from when you are actively engaged in your eating disorder?
  - If so, we encourage you to share your story of recovery!
- Please contact [literature@eatingdisordersanonymous.org](mailto:literature@eatingdisordersanonymous.org) with your story (preferably five pages or less) as soon as possible.
- **Please be sure to mention how you use the Steps.**
- We can start work on outlining an equivalent to the first 164 (3<sup>rd</sup> edition) pages during GSB meetings.

We reviewed a book submission for the Links page of the website.

- After some discussion and review, the GSB unanimously approved adding Making Peace with Your Plate by Robyn Cruze and Espra Andrus
- **Action Item:** Annette agreed to add the book to the website.

New Business

- We discussed a request to start a new meeting on Google Hangout (Video Chat)
- The purpose of the GSB is to support EDA meetings

- We have no issue with meetings on any forum available to EDA Members
- Some ideas were fielded regarding advice to people starting new online meetings:
  - If you the meeting is text based, we suggest using the [Online meeting format](#) found on the Online meetings page. If using a video conferencing aspect, we suggest using one of the meeting formats included in the [meeting starter kit](#).
  - We have had issues historically with people giving un-moderated (and rather disturbing) advice to vulnerable people on our online chat area during non-meeting times. If possible, we suggest turning chat/video off during non-meeting times.
  - A concern was expressed regarding severely anorexic people on video chat, as this can be triggering for some people. When this happens in live, face-to-face meetings, we talk about how important it is to respect one another's progress in recovery, and remind participants (at least occasionally) that while making comparisons based on body size is somewhat normal in our size-obsessed culture, size isn't something people in recovery dwell on very much.
- **Action Item:** Annette agreed respond to the person asking about establishing a Google Hangout meeting.

We adjourned the meeting at 6:55 PM MST. Our next meeting will be Wednesday, October 8<sup>th</sup>, 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)

Note: This email address is checked only monthly. Please send more urgent comments and inquiries to [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org).