

Hello Everyone!

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

Attendees:

- Sherian – Southern CA
- Hannah – Ridgeland, MS
- Annette – Phoenix, AZ
- Rachel – Phoenix, AZ
- LeeAnn – Charlotte NC

Notes:

- We reviewed and approved minutes from the October 8th GSB meeting.
- We reviewed action items from prior meetings:
 - Hannah has picked up the webmaster role very quickly and efficiently! Hooray, Hannah!!
 - Annette posted the “Keeping it Simple” version of the 12 Traditions to the EDA website, and added it to the Meeting Starter Kit.
 - Annette posted “N’s” and Liz’s stories to EDA website’s Stories page
 - Four GSB members committed to, and are working on, writing up their stories.
- **Issues with online meetings:**
 - We discussed issues people are reporting with accessing online meetings. The biggest issue is when more than fourteen people join the online meeting: the scrolling region only handles about 14 people; moderators cannot message people if they are outside the scrollable region. This is an issue because moderators often need to IM people who are not familiar with protocols that keep meetings safe and effective. Inappropriate posting is best addressed through private instant messaging.
 - **Action Item:** Annette agreed to research how to expand the scrolling region with online meeting host Chatzy.
- **Issues with online EDA Meeting Starter Kit:**
 - The EDA Meeting Starter Kit is compressed with 7zip, a shareware product.
 - People regularly report issues with the online EDA Meeting Starter Kit but the underlying cause seems to be confusion about 7zip. 7zip is a much better compression application than WinZip. WinZip may be more familiar to many, but does not come with newer PCs and laptops, so the problem remains.
 - **Action Item:** Annette volunteered to post a link to the 7Zip download on the website near the EDA Meeting Starter Kit. We do something similar with Adobe Acrobat reader and people seem to have few issues with the .pdf files.
- We voted on listing "Intuitive Eating" - a book by Evelyn Tribole and Elyse Resch. The group recognized three independent votes.
 - **Action Item:** Annette will list the book on the EDA website links page.
- Big Book progress
 - Please talk with your groups about contributing.

- 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) 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 with your story (preferably five pages or less) as soon as possible.
- **Please be sure to mention how you use the Steps!**
- **New Business**
 - **Action Items:**
 - Annette to send out helpful holiday letter with minutes
 - Hannah agreed to draft a Group Conscience meeting format
 - Annette committed to send the draft Group Conscience meeting format with the invitation to December 10th meeting.
 - We adjourned the meeting at 7:43 PM MST.
 - Our next meeting will be Wednesday, December 10th, 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.