

Hello Everyone!

We held a General Service Board meeting on May 13, 2015. What follows are brief minutes of the meeting.

**Attendees:**

- Nuria – Del Ray Beach, FL
- Krystina – Buffalo, NY
- Bahar – Santa Monica, CA
- Annette H – Phoenix, AZ
- Hannah K – Culver City, CA

**Notes:**

- We reviewed and approved the minutes from last month
- We voted on updated literature:
  - A HUGE thank you and a thousand kudos from all of us to Sherian, who spent countless hours and days over the past few months consolidating, removing redundancy, and polishing our materials: what an amazing job!!
  - All updated materials were approved as follows (exceptions and changes were approved in advance as noted):
    - *Could you be one of us?* Approved with no changes
    - *Promises of Working the 12 Steps:* Approved with no changes
    - *EDA 7<sup>th</sup> Tradition Contribution Form:* Approved with no changes
    - *The 12 Traditions and 12 Steps:* Approved with no changes
      - We discussed and approved the “Higher Purpose” language in EDA literature.
      - We discussed having the 12 Steps listed before the 12 Traditions and decided it makes sense to leave them in the current order.
    - *EDA at a Glance:* Approved with no changes
    - *More on Eating Disorders:* Not yet ready. Suggestions (approved):
      - Remove OA vs. EDA column (include this column in the FAQ)
      - Add list of eating disorders, with brief descriptions and references to EDA brochures, in place of QA vs. EDA column and “Holidays” section.
      - Make a separate “Holidays” brochure
        - Reference working the steps
        - Reference Recovery Tools brochure
        - Reference Additional Suggestions for Recovery brochure
    - *Frequently Asked Questions:* Approved with changes:
      - Add the OA vs EDA (removed from More on Eating Disorders) to the last column.
      - Add “Are there Sponsors in EDA like there are in other 12 Step groups?” with a reference to the New to the 12 Steps and Sponsorship brochure. There should be space in the first column.
      - Add “What are EDA meetings like?” with a reference to the EDA Suggested Meeting Format and online/phone meeting. There should be space under the meetings topic on the second column.

- *Guide to Groups & Group Leaders in Difficult Situations*: Approved with the following changes:
      - **Now**: change “Avoid sponsoring more than five people at a time” to “Avoid sponsoring more than five newcomers at a time.”
      - **Later**: incorporate sections of the EDA Meeting Guide that refer to monopolizers, cross-talk and suicide talk.
    - *Information for Professionals*: Approved with no changes
    - *Discussion Topic Ideas*: Approved with no changes
    - *Milestones of Recovery and Balance in EDA*: Approved with no changes
    - *EDA Motto*: Approved with no changes
    - *EDA on Anorexia*: Approved with no changes
    - *EDA on Binge Eating Disorder*: Approved with no changes
    - *EDA on Bulimia*: Approved with no changes
    - *EDA on Emotional Eating*: Approved with no changes
    - *EDA on OSFED*: Approved with no changes
    - *Recovery Tools*: Approved with no changes
    - *Service in EDA*: Approved with change
      - Add attribution for last quote on first page
    - *Suggested Meeting Format*: Approved with no changes
    - *Additional Suggestions for Recovery*: Approved with no changes
    - *New to 12 Step Programs and Sponsorship*: Approved with changes
      - Fix typo in first paragraph: should be “hear” not “year”
      - .pdf is 3 pages long: tighten format to 2 pages (Annette’s error)
      - Format of text on first page should be same as rest of brochure.
    - *Starting a Meeting*: Approved with no changes
- Website updates:
  - We approved the topline menu bar version of our website for deployment to production: <http://www.4eda.org/test>. The new version makes us much more mobile friendly.
  - We tabled a proposal to redevelop the website (offered by Charity Advantage <https://charityadvantage.com/outreach/sample#content>)
    - Pros: someone else does the work
    - Cons: Not self-supporting through our own contributions. Per our Traditions, we should pay for website services if we are not doing the updates ourselves
  - We tabled an option to transition to a new website on Weebly or Wix
- Annette posted phone meeting formats along with the phone meeting listings
- We discussed providing a sponsor-sponsee connection service
  - There is huge demand for such a service
  - Years ago, the GSB tried to provide a sponsor-sponsee connection service
    - There are literally thousands of people needing and wanting sponsors
    - The few sponsors we had who were willing to sponsor remotely we immediately overwhelmed
    - The GSB took down the service because it gave the impression that we were providing a service when we really were not able to live up to the expectation at all; newcomers waited for months until we called it off
    - All GSRs are encouraged to talk with their groups about what they would be willing to do to promote sponsorship
    - The GSB would like to hear any suggestions about how to deliver a sponsor-sponsee meet up.

- We discussed what the GSB could do to better support new meetings.
  - We approved keeping the line open after each GSB meeting for willing GSRs and GSB members to talk with new meeting facilitators
  - This will be a standing (post GSB meeting) event
- Follow up on Steps and Stories
  - GSRs: please talk with your group about the need for stories. Our stories are the best way to carry the message of recovery! Please send your story of recovery to [Literature@eatingdisordersanonymous.org](mailto:Literature@eatingdisordersanonymous.org). Please keep it simple (five pages or less) and focus on what it was like, what happened, and what it is like now.
- Big Book Development
  - Nuria committed to deliver a draft of the EDA "There is a Solution"
  - Yay, Nuria!
- We adjourned the meeting at 7:14 PM MST.
- Our next meeting will be Wednesday, June 10<sup>th</sup>, 2015.

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 comments and inquiries to [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org).*