

Hello Everyone!

We held a General Service Board meeting on September 9, 2015. The General Service Board of Eating Disorders Anonymous is an organization set up to help EDA groups carry the message of recovery to those in need.

Attendees:

- Sherian – Southern CA
- Annette H – Phoenix, AZ

Minutes:

- Due to sparse attendance, we deferred review of the minutes (posted on the website) from our August General Service Board meeting.
- All action items from the August meeting were completed.
- We discussed progress and next steps writing the EDA text, Eating Disorders Anonymous
 - Annette set up a web page, <http://www.4eda.org/EDAbigbook.html>, and some of the sections are now available in draft form:
 - [Preface](#)
 - [A Founder's Story](#)
 - [A Founder's Perspective on Balance](#)
 - [A Founder Works the Steps of EDA](#)
 - [There Is A Solution](#)
 - There has been progress on two additional sections, "More on Eating Disorders" and "We Agnostics of EDA."
 - We still need people to write **How It Works**, explaining how to work Steps 1-4, **Into Action**, explaining how to work Steps 5-11, and **Working With Others**, explaining Step 12.
 - Most stories we have received to date have been split out, updated and published to Google Docs. Most of the edited stories are also published to www.4EDA.org/stories.html.
 - Please send your feedback to literature@eatingdisordersanonymous.org.
 - We are still looking for more stories. Please send your stories of recovery – what it was like, what happened, and what it is like now – to the same email address. We would really appreciate hearing how you work the Steps of EDA.
- We discussed the literature editing process and tools. Annette put documents into Google Docs to simplify the editing process. Using Google Docs means we always have the current version available for all, and means that we can track the history of changes. Literature team members who do not have a gmail account do not need to create one to use Google Docs: they can create a Google account using their existing email address.
- Sponsorship: New EDA members benefit greatly from working with a sponsor, yet there are far more sponsees than there are available sponsors. Online meeting members are especially interested in finding sponsors, but finding a sponsor online poses special problems. Annette did some research on how other 12-Step groups help online sponsees find online sponsors, but there appear to be few good solutions. Managing lists of sponsors and sponsees requires more support than we currently have, and expectations for "vetting" sponsors and/or "sponsees" means someone has to be granted the authority to declare who can and cannot sponsor. The General Service Board cannot provide any such credentialing service, and does not have the bandwidth to match people up with potential sponsors. Some online forums and bulletin boards

have the capability to post and reply, and formerly, the GSB did have a Step forum on a bulletin board to help people navigate the process of working the Steps of EDA. However, the when forum moderators got busy with other ventures, the bulletin board was overrun with spam, and those looking for support were left with a mess. The GSB took down the bulletin board. Nevertheless, the GSB is now looking at creating a Google Group for EDA members. Google Groups have a bulletin board-like capability that could be used support those looking to recover through working the Steps, however, we need moderators who have the time and energy to support this. Volunteer forum moderators are encouraged to apply to info@eatingdisordersanonymous.org.

- The current distribution list for the General Service Board minutes will be converted to a Google Group, EDAnonymous, over the course of the next month. We want to ensure that the group remains anonymous before we get too far down that path.
- After the regular GSB Meeting, we kept the line open for willing GSRs and GSB members to talk with new meeting facilitators, and to talk more generally about how to better serve EDA groups, however, no one joined.
- We adjourned the meeting at 7:15 PM MST.

Our next meeting will be Wednesday, October 14th, 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.