

Hello Everyone!

We held General Service Board meeting this evening, December 9th. The General Service Board of Eating Disorders Anonymous is an organization set up to help EDA groups carry the message of recovery to those who still suffer. We meet every month on 2nd Wednesdays.

Attendees:

- Caroline – Woodland Hills, CA
- Rachel – Chicago, IL
- Stacy F – Pensacola, FL
- Sherian – Temecula Valley, CA
- Nuria – West Palm Beach, FL
- Annette – Phoenix AZ

Minutes

- **EDA “Big Book” updates:**
 - For a draft copy of the EDA Big Book ([Eating Disorders Anonymous](http://www.4EDA.org/EDAbigbook.html)) please see: www.4EDA.org/EDAbigbook.html.
 - We reviewed, and made some revisions to, a newly-edited version of Appendix A, the long form of the EDA 12 Steps and 12 Traditions, during tonight’s meeting. We will be voting on formally adopting the attached version at our next GSB meeting on January 13, 2016.
 - We have been graced to have some brilliant editors, and are very grateful for their contributions. A fifth round of edits, including the addition of some examples, is in progress on Chapter 6. An updated version of Chapter 7 was just sent to the literature team last night.
 - We have not yet received material for “A Doctor’s Opinion” but need to address this as soon as possible. Our goal is to have a shippable paperback available by the end of June 2016. To reach this goal, we think all copy will need to be ready by the end of March.
 - **We still need stories of recovery!**
 - Remember, the Twelfth Step is to carry the message of recovery to those who still suffer. There is no better way to ensure you keep your recovery than to continue to share your truth with others who need to hear it.
 - If you have worked the Twelve Steps of EDA and are in recovery, we need your story! In five pages or less, please tell us what it was like when you were active in your ED, what happened that got you into recovery, and what it is like now that you are in recovery. If you can suggest a title for your story, that would be wonderful.
 - Your story will be anonymous, and you will have the right to approve the final edits.
 - Please send your story to literature@eatingdisordersanonymous.org *no later than February 10, 2016 to be considered for inclusion in the initial publication of the EDA Big Book, Eating Disorders Anonymous.*

- **Sponsorship!**

- There is a **huge** need for EDA sponsors.
- Many EDA members, even those who have worked the Twelve Steps, do not fully appreciate the importance of working with others to expand and strengthen their own recovery. Many EDA members feel like they aren't ready to sponsor because they still have obsessive thoughts or difficulty from time to time. We encourage everyone to let go of perfectionism and all-or-nothing thinking. If you have worked the Twelve Steps and are able enjoy a happy and balanced life most of the time, **please** reach out to help someone else.
- Here are some quotes from people who sponsor:
 - Sponsoring people really helps me keep things in perspective. Sharing my experience, strength and hope brings me so much gratitude.
 - My sponsees help me think through things that help me in my relationships with others, too.
 - You don't have to be perfect, and your life doesn't have to be perfect, for you to work with others. You don't have to be obsession-free to carry the message of recovery.
 - Sometime people think they need to be "perfect" before they can sponsor others. Beware of black-and-white thinking that prevents you from working with others. Working with others is a huge boon to recovery. Most people get to the Twelfth Step understanding how to live in recovery, but they often falter without a great deal of practice applying their new way of thinking. Working with others provides ample opportunities to reinforce all the right habits of thought and action.
 - A sponsor is not a therapist, a mother or a best friend. A sponsor does not need to be an authority on everything. A sponsor only holds a candle to guide the way through the Twelve Steps.

- **Help for new and existing EDA meetings!**

- It can be very disheartening to put out the effort to start a meeting only to see it fail due to lack of interest, but about half of all meetings do not outlast a year. If your meeting is faltering or has folded, you are not alone!
- Consider holding your meeting at a treatment center or hospital. Many successful groups have started that way. Another option is to hold the meeting at a 12 Step meeting hall.
- Work closely with the professionals in your community. Some therapists and medical professionals running IOPs in Florida now require their clients to have an attendance card filled out by EDA meeting chairs, just like they sometimes do AA.
- Work one on one with people, as suggested in the AA (and now also EDA) chapter, "Working with Others." Once you have taken someone else through the Twelve Steps, they will want to sponsor someone else

because it will help them build and maintain their recovery. Once you have a few people in your area in recovery and looking to help others, the Fellowship you seek will grow up around you.

- Consider sponsoring people online. Ask the online sponsor coordinators if there are any people looking for sponsors in your area. If you sponsor someone near you, and they then start to sponsor someone in the same area, you will be onto something!
- Join the online and phone meetings. There are online meetings every day. Once you are comfortable with the format, offer to moderate one that is at a time convenient to you.

• **YTD Financial Report**

- We need contributions to fund the publication of our initial release of the EDA Big Book, Eating Disorders Anonymous.
- We hope to go to press in time to have books out by the end of June 2016. We should be able to cover a run of about 1,000 books for what we currently have in reserve.

EDA General Service Board Income and Expenses - 2015 YTD	Count of Activity	Sum
Donation Received	56	\$2,053.52
AZ	1	\$286.00
Monday Night, Phoenix	1	\$286.00
British Columbia	2	\$157.14
Duncan	1	\$77.14
Nanaimo	1	\$80.00
CA	4	\$349.90
Berkeley	1	\$135.64
OAKLAND	2	\$195.00
Pacific Palisades	1	\$19.26
CO	6	\$235.02
Denver	2	\$195.00
Lakewood	4	\$40.02
CT	2	\$54.15
Fairfield	1	\$24.15
Deep River - Monday Evening Group of Hope and Recovery	1	\$30.00
FL	1	\$210.69
Delray Beach, FL group	1	\$210.69
IL	1	\$24.15
HOMEWOOD	1	\$24.15
NC	1	\$86.00
Hendersonville	1	\$86.00
NY	2	\$220.30
NEW YORK	1	\$195.30
Pearl River, NY Saturday Morning Group	1	\$25.00
TN	1	\$4.59
Memphis	1	\$4.59

EDA General Service Board Income and Expenses - 2015 YTD	Count of Activity	Sum
UT	1	\$30.00
SLC EDA Tuesday 6:30 PM	1	\$30.00
VA	1	\$24.15
Great Falls	1	\$24.15
WI	1	\$4.59
Little Chute	1	\$4.59
Europe	1	\$1.64
Poland	1	\$1.64
Anonymous	31	\$365.20
Individual Contribution from EDA Member(s)	31	\$365.20
Payment Sent	20	-\$971.86
AZ	4	-\$362.96
IT Expense - GoDaddy Hosting for 2 years	1	-\$291.28
IT expense - WinZip	1	-\$29.95
Partial year EDA P.O.Box cost	1	-\$30.64
Stamps to mail publication	1	-\$11.09
CA	2	-\$140.00
ED Referral Listing	1	-\$75.00
IT Expense - website buttons	1	-\$65.00
TX	2	-\$273.00
NEDA Walk, Houston, Booth (Becky)	1	-\$250.00
NEDA Walk, Houston, Registration (Becky)	1	-\$23.00
Internet	12	-\$195.90
Chatzy Fees	11	-\$185.90
Skype	1	-\$10.00
Grand Total	76	\$1,081.66

We adjourned the meeting at 8:05 PM MST.

Our next meeting will be Wednesday, January 13th, 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,

Best regards,
Annette (aka Michelle)

Note: This email address is checked only monthly. Please send comments and inquiries to info@eatingdisordersanonymous.org.