

Hello Everyone!

We held a General Service Board of EDA meeting on Wednesday, Nov. 7. 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 on the first Wednesday of every month.

We strongly encourage every EDA group to elect a General Service Representative (GSR) to represent and vote at GSB meetings.

Attendees:

- Annette H. – Phoenix, AZ
- Beth – Reno, NV
- Cale O. – Phoenix, AZ
- Cat – New York
- Jamie K – San Diego
- Julie M – Pennsylvania
- Laura – Mexico
- Sarah H – Reno, NV
- Scott – St. Louis, MO

ITEM I: COMMITTEE REPORTS

Body Positive

- This committee is looking at our “Emotional Eating” brochure, which has been available in the EDA meeting starter kit and on the EDA website. But it was written about 17 years ago by an emotional eater. The content is a little embarrassing and we have asked this committee to take a look at how we can revise it.
- No one was available on the call to provide an update for this committee. Jamie K from San Diego, the Literature Subcommittee Chair, said she would reach out to this subcommittee to see where things stand.

Escalations

- This committee has been charged with providing the GSB and other EDA groups with more clear direction regarding how to escalate issues to the GSB if/when the situations may impact other groups or EDA as a whole.
- We will be taking this item off the agenda until we have more volunteers willing to contribute to this subcommittee.

Meetings/Membership

- Cat O. from New York provided the following updates:
 - Michelle P is going to start reporting to Cat O as the Vice Chair. Michelle has been reaching out to existing groups to confirm whether they are still active, and offer support from the GSB as needed.
 - 22 groups have been contacted in Florida, Minnesota, Mississippi and in Missouri.
- Sarah H. from Reno, NV is also contributing to this committee by reaching out to groups to ensure meeting information online is current.

Literature

- Chair proposed to consolidate the literature subcommittees – including Body Positive, Escalations, 12 Steps & 12 Traditions, and “To Families and Loved Ones” – back into one larger committee. Jamie K from San Diego, the Literature Committee Chair, agreed with this approach, stating that it would help her stay up to date with all the progress that is being made on each effort.
- Cale O from Phoenix proposed we set up a Google Document similar to the “EDA Daily Meditations Book,” where EDA members can contribute to the Twelve Steps and Twelve Traditions literature with their own personal experiences.
 - We will soon have a link set up where people can begin contributing.
- **VOTE:** Eating Disorders Anonymous FAQ for Professional literature
 - This piece was written “by professionals, for professionals”
 - Cale O from Phoenix brought a MOTION to **APPROVE** the literature
 - Sarah from Reno **SECONDED** the Motion
 - Motion **PASSED** unanimously with one member abstaining

ITEM II. Meetings and Membership Coordination Role

This role is outlined as follows, per the EDA website:

“Follows up with people who contact info@eatingdisordersanonymous (dot) org to make sure they are able to find support; Follows up with people who are the contacts for existing meetings to see how they are doing; Mails each new group a copy of the EDA Big Book; Helps groups build attendance and strong recovery within the groups; Works with the literature committee and secretary to address needs.”

- Cat O. from New York is “Meeting and Membership Coordinator”
- Chair recognized Michelle P., Sherian S., Sarah H., and Scott for contributing to meetings and membership coordination efforts.
- We are moving this role more into a group effort, rather than a one-person job
- We will add a Google Group for the members of this group to better coordinate
- Chair explained the “as is” workflow and other technical processes to keep meeting information up to date on the website. She said this is “lower on the priority list,” and something we will table for further discussion in the future.

ITEM III. Sponsorship Coordination

- Chair recognized Julie and Sarah Rose for their service to the General Service Board, working to help people on the waiting list find sponsors.
- Chair called for people who have worked the 12 Steps and have substantive recovery to consider sponsoring people who are still on the waiting list, hoping to be sponsored.
- Please write to sponsors@eatingdisordersanonymous.org if you are able to sponsor someone online or by phone.
- Sarah from Reno, NV, described the “as is” workflow she and Scott use when people write to the sponsorship email address.
- There are approximately 70 people on the waiting list, and no available sponsors at this time.

Reminders and Continuing Items:

EDA Daily Meditation Book: 365 meditations for every day of the year

To submit a meditation for consideration:

- Please include a quotation from the EDA Big Book or other EDA literature at the top of your meditation.
- Following each quote, include your personal reflection on the quotation.
- Please remember to be concise – the quote plus reflection should fit onto one small page (think of *Daily Reflections* or *Inner Harvest*).

- Send your submission via email to meditations@eatingdisordersanonymous.org **or** click on [EDA Meditations](#) and add your meditation to the bottom of the existing Google Doc.
- Please do not edit or delete anyone else's submissions. All entries will be reviewed and edited before being submitted for consideration by the literature team.
- We would love everyone to submit one or more meditations for consideration.

EDA Sponsorship: we are in urgent need of EDA sponsors.

What can we do to foster and support sponsors?

Answers:

- Conduct an EDA Step Workshop in your area and
- Encourage sponsees to start sponsoring
- Write to sponsors@eatingdisordersanonymous.org if you are able to sponsor someone online or by phone.

Great news: if your group is willing to **order 24 or more books through the GSB, you can get a 50% discount.** If you use the PayPal link on the [GSB website EDA Big Book tab](#) (this only applies to EDA groups!), the cost is \$210 *including shipping*. **This means each book costs \$8.75, delivered.**