

# Hello Everyone!

We held a General Service Board of EDA meeting on Wednesday, March 6. 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:

- Alyvia – Phoenix, AZ (Sunday)
- Annette H. – Phoenix, AZ
- Carol B – Bellingham, WA
- Cale O. – Phoenix, AZ
- Connie W. – Fort Bragg, CA
- Connor – Portland, OR
- Gretchen – Mesa, AZ
- Jackie – San Diego, CA
- Julie M. – Lancaster, Pennsylvania
- Sam – Boston
- Scott – St. Louis, MO

*\*Notes: The list of attendees is incomplete because not everyone identified themselves on the call.*

*Vice Chair Julie M. served as Chair for this meeting.*

- In preparation for the upcoming elections, please familiarize yourselves with the [General Service Board of EDA's bylaws](#), which include role descriptions, qualifications for office, and nomination procedure.
- Please note the following changes since our elections last April:
  - Interim volunteer Treasurer John E recently underwent surgery. I am acting as the backup Treasurer.
  - Literature Committee Chair Jamie K has been on hiatus due the recent expansion of her family, and I have been serving as interim Chair.
  - To ensure a better distribution of responsibilities, Vice Chair Julie M has been serving as interim Chair while I have been serving as the backup for the interim Treasurer and Literature Chair.
  - The Sponsorship Coordinator role has been subsumed into the Membership and Group Supportive Services committee. Michelle P was recently recognized as the Chair of that committee, replacing Cat O

(resigned due to other commitments).

Please work with your groups to send in nominations for the following roles, per the following qualifications.

- **Qualification.** A GSB officer must:
  - Be an active member of EDA, the General Service Board, or an Advisor to the Board for minimum of two years
  - Be nominated to the GSB officer role
  - Have accepted the nomination
  - Have agreed, in writing, to adhere to the [General Service Board of EDA's bylaws](#)
  - Be elected by the GSB, and sworn to office
  - *Nominated individuals are encouraged to provide a brief summary of qualifications for the role no later than two weeks prior to the April 3rd election (March 19th, 2019), together with their written commitment to follow the bylaws.*
  
- **Terms.** GSB officers shall serve two-year terms, with elections held on alternating years as follows:
  - Chair and Treasurer: odd-numbered years (up for election in 2019)
  - Vice-Chair and Secretary: even-numbered years (up for election in 2020)
  - Committee Chairs: as determined by the GSB (all positions open for election).
  
- **Chair of the General Service Board**
  - Supervises all operations of the General Service Board
  - Coordinates effort among members and committees
  - Presides at GSB meetings
  - In cooperation with other Board members, set goals for the General Service Board that reflect the long-term interests of EDA as a whole
  - Communicates above goals
  - Sets up GSB meeting times and locations
  - Makes sure GSB members know about GSB meetings
  - Ensures each GSB member understands what is expected and has the requisite resources and support to do i
  - Creates agendas for GSB meetings
  
- **Vice-Chair** (an interim Vice-Chair is expected to be needed until April 2020 since the Vice Chair is being nominated for Chair in 2019).
  - Serves as Chair when Chair cannot serve
  - Supports the Chair in all capacities as needed and directed by the Chair
  - Oversees publication of EDA materials online and in print
  - Makes sure Chair has resources and support to perform expected duties
  
- **Treasurer**

- Qualifications: CPA
- Manages GSB monies
- Reports quarterly balances to the GSB
- Completes 501 c3 yearly tax documents
- Prepares annual financial statements
- **Nomination**
  - Any EDA member may nominate a candidate for any functional or leadership role on the GSB or its Advisors to the Board through writing [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org)
  - Nominees to leadership and functional roles within the GSB, and Advisors to the Board, must swear in writing to uphold and respect EDA's fundamental ideas, expressed in Bylaws section 1.c.i through 1.c.ix, before being added to any ballot for election
  - We need nominations to be submitted no later than **March 19**.
- **Election**
  - **Election meetings are announced at least one month in advance of elections. Elections will be held on April 3rd, 2019.**
  - Elections are staggered so that half of the GSB maintains continuity while the other half is undergoing election.
  - Elections are held annually (with an allowable shift of one month, plus or minus, at the discretion of the board.
  - After election, GSB members are sworn into their positions. Those who wish can propose service goals for the next year.
- Once the above-listed GSB officer positions are voted upon in April, we will be sworn into office, and will then vote on nominations committee chairs. Nominations are open for all positions. Service terms are not limited, though rotation is encouraged.

There are two flyers (attached) with service opportunities -- please pitch in if you are able. There is always opportunity for sponsorship. If you have worked the Steps of EDA and have found some relief from your eating disordered thinking and behaviors, sharing your own experience, strength, and hope could be a lifesaver. Please consider writing [sponsors@eatingdisordersanonymous.org](mailto:sponsors@eatingdisordersanonymous.org) to help out.

### General business

- Review of minutes and agenda topics (please see attached minutes from the last two GSB meetings).
  - **MOTION to APPROVE the minutes was PASSED unanimously.**
- Motion: Accept a list price increase of \$1.04 per copy of the EDA Big Book requested by the publisher
  - The price increase has been requested for the EDA Big Book by the publisher, Turner Publishing, due to increased paper and printing costs. We have just completed our 4th reprinting.

- When the GSB initially agreed to a contract, we had required a price of \$15.00 or less to ensure we maintain a price point comparable to that of the AA 4th Edition Big Book paperback. The AA Big Book 4th Edition currently lists at \$16.06.
- The new EDA Big Book list price would jump from \$14.95 to \$15.99 per copy. We would continue to get a 50% discount on bulk orders (does not include shipping).
- **MOTION PASSED unanimously**
- Motion: Approve listing the audio recordings of the September 6 to December 27th, 2018 Zoom-enabled EDA Step Workshop on the General Service Board's audios page.
  - Please review and discuss these recordings with your group, now available on the EDA test sites at [www.4EDA.org/test/audios.html](http://www.4EDA.org/test/audios.html).
  - Jackie and Connie W expressed support of publishing the audios on the website.
  - **MOTION PASSED unanimously**
- Open discussion regarding having Zoom meeting attendees submit 7th Tradition contributions directly to Zoom-enabled face-to-face groups they attend
  - Historically, Zoom meeting attendees have been encouraged to make 7th Tradition contributions via the GSB Support tab ([www.4EDA.org/support.html](http://www.4EDA.org/support.html)), however, these funds go to the GSB's general account.
  - Historically, the role of GSB Treasurer has not including making disbursements of funds to EDA groups for their 7th Tradition contributions.
  - To prevent unnecessary delays and overhead, we suggest Zoom-enabled individual EDA groups set up their own PayPal or other fund collection sites that can accept 7th Tradition donations from Zoom attendees to be utilized directly by the EDA group, however, the overhead may inhibit new face-to-face groups from utilizing Zoom to help carry the message.
  - What can the GSB do to help support face-to-face groups (that have rent!) obtaining 7th Tradition contributions from Zoom attendees?
  - Julie suggested we have Zoom-enabled groups set up their own PayPal account, due to the lack of volunteer capacity we currently have in the treasurer role.
  - Annette volunteered to write instructions on how to setup a PayPal account to be included in EDA's "How to Start a Meeting" guide.
- **Committee Reports**
  - Meeting and Membership Supportive Services

- Scott D. represented the committee on the call. He did not have any news to report.
  - Literature
    - Update on action items from last two GSB meetings.
      - Annette updated cost of bulk orders of EDA Big Books, per the GSB direction in February
      - A box of books has been sent to Jenni S, our professional contact coordinator
    - Traditions
      - We would like to invite anyone interested to work with the EDA Literature team in building out a draft of the EDA Twelve Traditions – the second half of an EDA 12x12 – type publication. To this end, we’ve posted an EDA Twelve Traditions Google Doc online that is now available for editing.
      - The [Google Doc](#) has a new section break for each tradition. We hope to consolidate material under each heading into a chapter in the eventual publication. If you do not have access, please let us know and we will add you to the EDA Traditions Literature group.
- **Service opportunities (please see attached flyers)!**
  - Help is needed to support our membership and groups with activities such as following up with new groups, mailing out EDA Big Books and more
  - Help is needed with a new booklet on EDA history and GSB decisions (Affirmative Actions booklet)
- Open Discussion: The GSB received a request from someone who has tried working the 12-Steps in other fellowships and has found EDA’s literature to be most helpful. This person has requested permission to adapt the EDA Big Book to specifically address sex and love addiction.
  - EDA material, although free online, is subject to copyright
  - Annette encouraged this person to cite EDA literature when working on a new book.
  - Julie suggested we do not allow this person to adapt (i.e. word substitution) the EDA Big Book into a new book about sex and love addiction. Officially, from the GSB standpoint, we should say no.
  - Annette said she doesn’t think the publisher would allow the literature be adapted into a new book.
  - Sam wanted clarification as to whether this person wanted to be able to read EDA literature at their own meetings, which would be fine given a caveat be made at the beginning of the meeting to express that EDA literature is being used. However, Annette said that this person’s wording in their emails had requested permission to create an entirely new piece of literature.

## **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](mailto: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](mailto: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 \$230 *including shipping*. **This means each book costs \$8.75, delivered.**