

Hello Everyone!

We held a General Service Board of EDA meeting on Wednesday, Feb. 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
- Beverly – Reno, NV
- Connie W. – Fort Bragg, CA
- Julie M. – Pennsylvania
- Kendall – New York, NY
- Maddie – Florida
- Regina E. – Phoenix, AZ (Monday Night)
- Sam -- Boston
- Scott – St. Louis, MO

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

General business

- Review of minutes and agenda topics
 - The minutes from January 2019 were not available to approve. They will be subject to approval at the March 2019 meeting.
- **MOTION** to move the monthly General Service Board meeting from 1st Wednesdays at 7PM Central US to one of the two below times:
 - 1st Tuesdays at 5PM Eastern US
 - 1st Saturdays at 9AM Eastern US
 - **MOTION PASSED with alteration: We will now hold the monthly GSB meeting at 7 PM Eastern time (instead of central time) on 1st Wednesdays.**

Committee Reports

- **Meeting and Membership**
 - Submitted report was read

- Sponsorship **MOTION**: Committee proposes sending a second email to group contacts that respond to outreach emails and report that the group is doing well/ is well-established.
 - The second email would ask the contact to check with their group to see if any members are willing to be a contact for someone new and in their area who has written and is on the waiting list for a sponsor.
 - Interested members would be asked to email sponsors@eatingdisorders.org with their contact info and to specify “local contact” as subject line.
 - The second email would state that the idea is not that a contact would be offering to be a sponsor but just be someone who was a contact perhaps meeting them at a meeting and introducing them to others, while the new person waits for a sponsor from the list; those group members willing to provide an email address or cell number to the Sponsorship Liaison would receive an email and a request for permission each time before their info is passed on.
 - No info would be disseminated without express permission
 - **MOTION PASSED** with alteration: add a caveat that the email should clarify the level of effort expected more clearly

- **Literature**
 - Escalations:
 - Proposed language to include in the *Guide to Difficult Situations* and *EDA Meeting Guide*: "If your group is struggling with an issue and taking a Group Conscience has not produced solutions most feel good about, please consider writing to info@eatingdisordersanonymous.org. The General Service Board (GSB) of EDA, dedicated to serving and supporting EDA groups in carrying the message of recovery, does not govern individual groups but can provide guidance based on EDA Traditions, Concepts of Service, and the collective experience of GSB members and Advisors to the Board."

 - Body Positive:
 - No edited brochures to review yet, but we would love to have someone go through them (another service opportunity!)

 - 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.

- Workshop content: *New* for review by the Literature Committee and others -- DRAFT audios and slides for 16-week EDA Step Workshop are now accessible here: www.4EDA.org/test/audios.html.
 - Process: please come to the March 2019 GSB meeting with your comments and feedback. We will take a vote on next steps at the March meeting.
- **MOTION**: Permit anonymous audios of Experience, Strength, and Hope to be uploaded to the audios tab after review by the Literature team.
 - Bev seconded the motion.
 - **MOTION PASSED** with alteration: Add “with final approval by the General Service Board.”

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
 - Scott brought a **MOTION**: The General Service Board will authorize the purchase of one box of EDA Big Books – totaling \$230 – and ship to the acting member of the Meetings and Membership Committee who sends EDA Big Books to new groups.
 - Bev seconded the motion
 - The **MOTION PASSED**
- Help is needed with a new booklet on EDA history and GSB decisions (Affirmative Actions booklet). This is being handled by the Meetings and Membership Committee.
- If you are available to help with Meetings and Membership Committee, please feel free to contact Scott at 404-668-4657.

April 2019 Elections

- We are looking for GSB members to fill the positions of CHAIR and TREASURER. Elections will be held during the April 2019 meeting.
- **CHAIR role**: Supervises all operations of the General Service Board, coordinates effort among members and committees, and presides at GSB meetings; In cooperation with other Board members, set goals for the General Service Board

that reflect long-term interests of EDA as a whole; Communicates above goals; Sets up GSB meeting times and locations; Makes sure GSB members know about them via phone or email; Makes sure each GSB member understands what is expected and has the requisite resources and support to do it; Follows up with each GSB member at least once a month; Creates agendas GSB meetings;

- **TREASURER role:** Qualifications: CPA; Manages PayPal account and donations; Reports monthly balance to the GSB; Completes 501 c3 yearly tax documents; Prepares quarterly financial statement.

Literature Continued

- Chair opened the floor to ask if anyone has a flyer that they feel has been useful in attracting members to EDA.
 - Maddie from Florida said she made a newcomer pamphlet that resembles AA's "Where and When," and is willing to provide it to the Literature Committee for review. Once approved by the Literature Committee, the literature will be subject to approval by the GSB.
- Alyvia proposed a brochure about how to get started with service to hospitals and institutions

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 \$230 *including shipping*. **This means each book costs \$8.75, delivered.**