

Hello Everyone!

We held a General Service Board of EDA meeting on Wednesday, May 1. 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:

- Cale O. – Phoenix, AZ
- Jackie – San Diego, CA
- Julie M. – Lancaster, PA
- Laura – Dayton, Ohio
- Maddie – West Palm Beach/Del Ray Beach, FL
- Sam – Boston
- Sarah H. – Reno, NV

May 1, 2019 General Service Board meeting agenda topics:

I. Chair Goals for 2019-2020: (Julie M.)

- The Chair read her goals, which included the following:
 - Developing and supporting a common language among groups across the nation
 - Support for groups from the GSB to adhere to integrity of EDA literature
 - Twice a year: group/meeting development trainings hosted using a teleconference model
 - Increasing sponsorship and service as part of working Step 12 Working steps 10-12 is foundational to recovery and maintaining it. A focus area to look at is what happens to members in the fellowship when they move through all 12 steps on their own: what about service to others
 - Providing more support for families and friends of those struggling with eating disorders
 - Literature ▪ A support model that is similar to but not the same as the ALANON model o Body kindness as a construct to weave into EDA literature
 - Focus on how we fellows in EDA can support weight and food neutrality
 - Address body kindness—kindness to the one thing that holds and hosts our souls

II. Vice Chair Goals for 2019-2020: (Sarah H.)

- The vice chair read their goals, which included the following:
 - Modernizing the EDA website This is the website she liked most: <http://heroinanonymous.org>. It has a modern look with a graphic background and is easy to navigate
 - Leveraging the experience, strength and hope of members with long-term full recovery to support EDA members
 - Completing a draft of the EDA Twelve and Twelve
 - Focusing on the healthy growth of new and existing EDA groups
 - Investigating intellectual property rights as pertain to EDA literature
General business

III. Motion from Sarah H : on a “paid service worker” to do the bookkeeping/ role of treasurer:

- I would like the board to consider the following motion: The current role description for a General Service Board Treasurer is as follows:
 - Qualifications: CPA
 - Manages PayPal account and donations
 - Reports monthly balance to the GSB
 - Completes 501 c3 yearly tax documents
 - Prepares quarterly financial statement
- I would humbly ask the board to consider revision to the qualifications for a General Service Board Treasurer. The motion is to change the qualification from "CPA" to "bookkeeping or equivalent experience." Due to the current issue of finding qualified candidates, this would alleviate apprehensions for those who wish to consider a service opportunity as treasurer, but are not certified public accountants. The candidate would submit a resume for review to the general service board. Upon review, the general service board would then proceed to vote on whether or not they believe the candidate should fulfill that role.
 - The chair brings the motion forth. Cale O. made a second to the motion. After a vote, the **motion passed unanimously**.

IV. POC meeting - and/or other types of meetings specific to one group

- Sarah H. (vice chair) spoke on the topic of people of color in EDA.
 - Quoted AA pamphlet P-51 which suits people of color in anonymous groups. She indicated that based on our model of inclusiveness, it is only right that we give minorities as safe space within the community.
 - The chair asked Sarah H. to forward the quoted pamphlet via email, which was completed.

V. Professional Service Coordinator Jenni S. “offline” from the GSB while writing a book

- The chair made this announcement to the board. No further discussion followed.

VI. Suggestions from the Chair and Vice Chair to host a 12 and 12 workshop- similar to the ZOOM-style step-study workshop

- Ideas for a 12 and 12 workshop are welcome.

VII. EDA email distribution list - “should they stay or should they go?”

- Proposal: Let’s keep GSB announcements to group GSR’s. Let’s have a general announcements mailing list for everything else. A catch-all, if you will.
- Sarah H. spoke and asked who is responsible for this? She noted that in AA there is one person responsible for reaching out to individuals and maintaining mailing lists. The chair noted that this position was not necessary in the past but it seems like it may be necessary now. The chair noted that the position is open and asked that GSB reps report back to their respective groups with the open service position.

VIII. Committee Reports

- Laura H. provided a report on behalf of the MGSC.
 - She provided the numbers and read the report. There was some confusion regarding whether or not there was a motion. Sarah H. interjected with Laura’s permission and clarified, noting that the GSB must decide if they will continue to furnish one free book to each new group. Upon the GSB decision, an individual from the MGSC will track and send out said free books. (MGSC minutes attached)
- Literature:
 - Review and seek approval in June the Newcomer word document created by Maggie. - 12 and 12 literature update- goals for 2019-2020 –
 - Maggie from Del Ray noted that anyone who would like to add to the Newcomer document is welcome, but asked that feedback transmit directly to Annette, the literature chair. The chair noted that the document be sent to the literature chair and committee for further review.
- EDA podcast: The New EDA Podcast is live on most major podcast platforms (including Apple now!)!
 - The chair noted that the EDA podcasts are now available.
- Treasurer's Report:
 - Fiscal Update and 7th tradition
 - Paypal
 - Chair provided abridged Treasurer Report.
- Meeting and Membership Supportive Services:
 - Schedule a date (off line) for the committee to meet TBD

- The chair presents the motion to accept all reports. Second motion to accept by Sarah H. (vice chair). Upon unanimous consent, **all reports were accepted.**

IX. The floor was open for discussion.

- Sarah H. indicated that the time of the GSB meeting does not correlate well for those who are in the PDT zone.
 - Request to consider moving the meeting to 16:30 PDT instead of 16:00 PDT.
 - Chair notes that this request will retain for the June GSB meeting.

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 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.**

There being no further business, the GSB Meeting adjourned on 5/1/2019 at 16:50 PDT