

Dear Fellow EDA Members,

I hope you all are well and I look forward to seeing many of you at our General Service Board meeting on Sunday, January 7, 2024 from 1-3 pm ET, and 6-8 pm GMT. **Please note the new, earlier time. And please note new Zoom line number: 2545082638#.**

The General Service Board (GSB) is an organization made up of EDA group representatives (GSR's) and other volunteers, generally meets quarterly on first Sunday's (April, July, October, January) from 1-3 pm ET and 6-8 pm GMT. The purpose of the GSB of Eating Disorders Anonymous, INC, is to support the Fellowship of Eating Disorders Anonymous. Its officers and other members of the GSB are but trustees, charged and empowered to create and maintain services that assist individuals with a desire to recover from an eating disorder, find and maintain recovery through application of EDA principles in their lives.

If your EDA group or region does not have a General Service Representative (GSR), please consider serving as one. Every EDA group should have an elected representative to ensure its voice is heard at the next level support organization. New GSR's can join 15 minutes early before the regular quarterly meeting for a brief orientation.

**To join via phone:** US (west): 1-408-638-0968. The phone number for US (east) 1-646-558-8656. Meeting ID: 2545082638#. Participant number: #. Password 123456.

**To join via Zoom app or internet:** Meeting ID: 2545082638#. Password 123456.

**Here is the Draft Agenda for our Q1 meeting on January 7, 2024:**

### **Call to Order**

- \*Moment of silence for those who struggle \*Serenity Prayer
- \*Reading of Steps 1-3.
- \*Reading of Traditions 1-3.

### **Officer Reports**

- \*Chair: Lynn G.
- \*Vice Chair: Michael S.
- \*Treasurer: Sandy S.
- \*Secretary: Susan R.

### **Committee Chair Reports**

- \*Membership and Group Supportive Services Report: Melissa S.
- \*Inclusivity Sub-committee Report: Elise H.
- \*Literature Report: Annette H.
- \*Email Response Coordinator's Report: Maureen H.
- \*Webmaster Report: Ed R./Brigitte P.
- \*Sponsorship Coordinator's Report: Regina E.
- \*Professional Contact Coordinators Report: Lynn G.

## Old and New Business

### Motion to ratify:

- Approval and posting of the revised [EDA Suggested Meeting Format](#)
- Posting on website for comments: [Revised Draft of the EDA Traditions](#)
- The posting on the website of a [daily quote](#) from EDA Literature
- Posting of a draft document for comments: [Reflections on Recovery](#) from EDA Members (Meditations on quotes from EDA Literature)

### Motions to Approve:

- [ARFID Brochure](#)
- [Atheists and Agnostics Brochure](#)

### Discussion:

A lot has happened since our last quarterly meeting In October, 2023. The General Service Board, in consultation with many GSB members, has decided to suspend any voting on motions involving meetings that affiliate with outside entities and meetings that use outside literature. Instead we will be discussing the 5 Traditions that are relevant in our ongoing consideration of how we respectfully uphold these Traditions for the overall good and health of EDA, now and in the future. We are also interested in hearing feedback from individual EDA groups regarding how we, collectively, should address situations where an EDA group's practices diverge from Traditions.

### The Traditions are:

*Tradition 1:* Our common welfare should come first; personal recovery depends on EDA unity.

*Tradition 4:* Each group should be autonomous except in matters affecting

other groups or EDA as a whole.

*Tradition 5:* Each group has but one primary purpose—to carry its message of recovery to others with eating disorders.

*Tradition 6:* An EDA group ought never endorse, finance or lend the EDA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.

*Tradition 9:* EDA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

We realize that we are asking for more than usual from the GSR's. We deeply appreciate your service and dedication in this very exciting and prolific development of the EDA program. We look forward to seeing as many of you as can attend on Sunday, January 7th, 2024!