

Dear Fellow EDA Members and General Service Board Representatives,

I hope you all are well and I look forward to seeing many of you at our General Service Board meeting on Sunday, April 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. It's 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 Agenda for our Q2 meeting on April 7, 2024:**

### **Call to Order**

- Moment of silence for those who struggle
- Serenity Prayer
- Reading of Steps 4-6.
- Reading of Traditions 4-6.

### **Officer Reports**

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

### **Committee Chair Reports**

- Membership and Group Supportive Services Report: Vacant position, (Melissa S. Standing in)
- Inclusivity Sub-committee Report: Elise H.

- Literature Report: Annette H.
- Email Response Coordinator's Report: Amanda W.
- Webmaster Report: Ed R./Brigitte P.
- Sponsorship Coordinator's Report: Diana C.
- Provider Contact Coordinators Report: Lynn G.

## **Old and New Business**

**Motion** to approve Minutes from the Q1 January GSB meeting.

## **Elections: Vote**

### **Michael S. For Chair**

I have been in EDA for almost five years, attending my first meeting in April 2019. Previously, I served as GSR for Denver's online meeting. Most recently, I have served as GSB Vice-Chair for the last two years. I am an active sponsor, and I helped to start one of Denver's first in-person meetings since the pandemic.

EDA's Tradition Two reminds me that as GSB Chair I would be a trusted servant, there to serve, but not to govern. Tradition Five reminds me that EDA has but one primary purpose: to carry the message of recovery to others with eating disorders. As Chair of the GSB, I would intend to bring a balanced approach and keep EDA's 12 traditions at the center.

### **Melissa S. For Vice Chair**

I volunteered to serve as Vice Chair because I want to do my part to keep EDA functioning smoothly. I have been an active member of EDA since 2020 and have worked the Steps in this program. At the group level, I have served as a host, cohost, Secretary, and Group Conscience Chair for the Daily 11th Step meeting. At the GSB level, I served for two years as Chair of the Membership Team (coordinating the updating of the meeting schedule and corresponding with members needing support for their meetings) and am now serving on the committee developing EDA's daily reflection book. I am devoted to EDA because its approach to the Twelve Steps and focus on balance and milestones have given me freedom from eating disordered thinking and behavior.

### **Sandy S. For second term as Treasurer**

I am a retired programmer analyst who worked on the financial, actuarial and statistical systems for a top 20 insurance group. I have been in EDA for 6 years and have served in group level positions as secretary and treasurer. I have also served in various positions on the workshops over the last 3 years. My term as the current EDA GSB Treasurer comes to an end this April. However, when asked to consider another term, I happily consented. This program gave me back my joy for life, a great gift, and I am grateful to be of service and pay it forward.

### **Cheri S. For Secretary**

I volunteered to serve as Secretary because I want to give back to EDA in a bigger way than I already do. I have been in 12 step recovery for over 35 years and in EDA for almost 4 years. I have past experience being a secretary on school committees when my daughter was young. I am familiar with the process, I am a good listener, organized and feel confident that I would fit in with the other members serving.

Eating Disorders Anonymous is where I finally found peace within myself regarding food and weight. I learned I have a thinking problem and by working the 12 steps, practicing my faith and working with others, I am free.

### **Swearing in of all new and existing GSB Officers and Representatives**

New Chair discusses key objectives for the upcoming year and how he might empower committees to work toward the realization and implementation of these goals.

### **Motion to pass changes to By-laws.**

\*There are three changes to the document:

- 1) updating the state laws that pertain to the By-laws from AZ to CA
- 2) updating the requirements for Treasurer from "CPA" to "CPA or Accounting experience with references".
- 3) updating years that Chair, Vice-Chair, Secretary and Treasurer Are elected so that they can occur in cycles where the Chair and Vice-Chair rotate together (so the Vice Chair can rotate Into the position of Chair every two years).

Click [here](#) for the proposed updated By-laws.

### **Review and discussion of the Group Inventory process.**

Please have your group members familiarize themselves with the following documents:

[EDA Group Inventory](#)

[Additional Questions for Zoom Group Inventories](#)

[EDA Zoom Meeting Security \(draft, for comment\)](#)

[EDA Zoom Meeting Security Workshop \(draft, for comment\)](#)

### **Old Business**

**Emily G. Proposal:** To reassess the word “God” in the EDA Literature

Emily writes: “The question I am posing is this: What would we lose or gain from exchanging the word 'God' for 'a Higher Power' in EDA's 12 Steps and literature? I would like to bring this up as a matter of discussion knowing that there will be many points of view. Below are some of my thoughts.

\*Having the word “God” possibly violates a statement found in the EDA preamble: “EDA is not affiliated with any *sect* or *denomination*....”

\*Would substituting the word “God” with “Higher Power” address a possible barrier to entry for some newcomers?

**Closing: The Serenity Prayer.**