

# Hello Everyone!

We held a General Service Board of EDA meeting on Wednesday, Jan. 2. 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:

- Alyson – Delray Beach, FL
- Annette H. – Phoenix, AZ
- Bev – Reno, NV
- Christie – Reno, NV
- Cale O. – Phoenix, AZ
- Cat – New York, NY
- Julie M. – Pennsylvania
- Leah – Oklahoma
- Maddie – Florida

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

*Moving Forward... Our Literature Chair Jamie K., who has temporarily stepped down from her role as she has recently welcomed a new baby. Chair Annette H. will fill the role as Literature Chair in the interim and Vice Chair Julie M. will fill the role as Chair.*

- Review of agenda / additions or changes
  - There was a question about how to donate/contribute according to the 7<sup>th</sup> Tradition on Zoom-enabled meetings.
- Announcements
  - We have wrapped up the Zoom-Enabled 12-Step Workshop
  - We don't have any Step Workshop scheduled, however, we will be starting a Zoom-Enabled meeting in Phoenix. It will start Jan. 7
  - There is a sub-group that is going through minutes to pull out decisions to help keep record of past decisions for future reference.
  - On Friday Jan. 11, there will be a Zoom enabled meeting at 4:30 p.m. MST
- Approval of minutes from December 2018
  - **Approved Unanimously**

**7<sup>th</sup> Tradition Donations for Zoom-Enabled Meetings**

- Annette shared that if you use the PayPal process, there is a way to pick a specific meeting to donate to.
- In the name, you can say “Donate To...” instead of “From”
- It’s an optional fill-in field ... it’s not a required attribute

**Update on EDA Step Workshops**

- 16-week Zoom-enabled EDA Step Workshop just wrapped up
- The main point of an EDA Workshop is to make it easier to work the steps, and to foster sponsorship
- We will make the audio recordings available after they have been reviewed by the General Service Board’s Literature Committee, and the General Service Board
- Julie M. made a **MOTION** to submit the EDA Workshop audio recordings to the Literature Committee for review
  - Maddie seconded the motion
  - **Passed unanimously**
- Julie M. discussed the possibility of canceling a previously-booked EDA Workshop in Central Pennsylvania. She said she does not have a huge group in Pennsylvania, and she is weary of hosting it. To the General Service Board, Julie requested permission to cancel the event – and risk losing \$450.
  - Annette brought a **MOTION** to cancel the event and ask for the money back
    - Bev seconded the motion
    - **Passed unanimously**

**Discussion regarding shipping charges for EDA Big Books outside the US**

- The net charges for shipping over seas varies, depending on the country. It ranges from \$44-90 to ship outside of the United States
- We generally have not broken even by covering the cost of shipping. There is a discussion about the General Service Board beginning to charge for shipping
- Maddie from Florida asked if there are disposable funds that could be used to pay for shipping.
  - Annette said we’ve only had two shipments overseas in the past year. The charges, she said, would cost a couple hundred dollars – less than 10 percent of our budget. She brought a motion to cover the cost of shipping
- Cat O. from New York asked how the General Service Board started paying for shipping, and said she does not think that it would make a big difference to charge for shipping.
  - Annette said the GSB has historically covered the cost of shipping. When people order sets of books, they pay the GSB and the GSB places the order. The trouble is we don’t know how much shipping will cost – because it varies based on location – at the time groups make the request for a box of books.

- Annette brought a **MOTION** to increase the cost of each book by \$20 to cover the cost of international shipping
  - Julie M seconded the motion
  - **The motion passed unanimously**
- Annette agreed to complete the following action items before the next meeting:
  - Update the Paypal link so that it charges \$230 per case of 24 EDA Big Books
  - Contact the UK group to explain that we will cover the shipping costs

**Request for approval to purchase EDA Big Books for Professional Contact Coordinator**

- Annette requested the approval of the General Service Board to pay for a box of books for Jenni S., our professional contact coordinator, for the her to continue handing out to Eating Disorder treatment professionals
- The cost is \$210
- Cat O. pointed out that the EDA Big Book is available for free online, and asked if there is any indication that the professionals are using the books we provide.
  - Annette didn't have numbers to provide, but gave evidence that Eating Disorder treatment professionals are interested in EDA; some have begun meetings in their facilities
- Bev seconded the **MOTION** to approve the purchase of books for our professional contact coordinator
  - **The motion passed unanimously**

**Secretary's update**

- The minutes from November and December 2018 are both available online.
- There were no further updates

**Committee Reports**

**Meeting and Membership**

- Cat O. resigned from her position as Meetings and Membership Chair
- Annette brought a Motion to recognize Cat for her substantial service to the General Service Board. She also recognized Sarah, Scott and Michelle for their contributions to this committee.

**Literature**

- Annette said she has not heard any update from the escalations sub-committee lately. If anyone is willing to work on this sub-committee, please contact Annette. She said she will follow up with the sub-committee
- Annette said she also hasn't heard from the body positive sub-committee, either. She will follow up with that group as well
- Traditions sub-committee had some traction a few months ago. Annette will also be in touch with that sub-committee to ensure we are up to date on the progress

that group has made. She is working to create a Word document to compile EDA members' experience, strength and hope as it pertains to each tradition.

- Affirmative Action sub-committee – if there is anyone willing to go back through the minutes to help this subcommittee document any important decisions that have been made, it would be greatly appreciated. There is plenty of opportunity to be of service!

### **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.**