

Hello Everyone!

We held a General Service Board of EDA meeting on Wednesday, April 3. 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
- Carol B – Bellingham, WA
- Cale O. – Phoenix, AZ
- Connie W. – Fort Bragg, CA
- Gretchen – Tempe, AZ
- Jackie – San Diego, CA
- Julie M. – Lancaster, PA
- Kendall – New York, NY
- Maddie – West Palm Beach/Del Ray Beach, FL
- Sarah H. – Reno, NV

April 3rd, 2019 General Service Board meeting agenda topics:

- **Agenda**
 - **Review of minutes and agenda topics**
 - **APPROVED unanimously**
 - **Review of progress relative to 2018-2019 goals**
 - **Supporting Sponsors and Sponsorship**: We conducted EDA Step Workshops, including a 16-week Zoom-enabled workshop, and the backlog of those waiting for a sponsor has been reduced from over 200 to 24.
 - **Updating Literature**: We completed the Fully Recovered brochure, but we have not yet completed a Body Acceptance brochure – which was one of our goals a year ago.
 - **Support Existing Meetings through Outreach**: Scott and Michelle have been working on the supportive services committee, and Chair recognized both of them for their great work. Again, the backlog has been reduced to 24. That continues to go down. Sarah H. reported that the committee has been reaching out to existing groups to make sure they are still in existence, and encouraging them to keep in mind all of the traditions of EDA. We've also been

growing the number of Zoom-enabled meetings to help reach those who don't live near an in-person meeting.

- **Develop Materials to Directly Engage Professionals:** We have developed a "FAQ for Professionals," as well as some outreach content for meet-and-greet with professionals. We also were represented in meetings with a number of professionals at treatment centers across the country.

- **Swearing in of General Service Board:**
 - "As a General Service Board of Eating Disorders Anonymous representative (and officer if applicable), I recognize I am but a trusted servant charged and empowered to create and maintain services that assist EDA groups in carrying the message of full recovery to individuals with a desire to recover from an eating disorder. I hereby swear to uphold the bylaws of the General Service Board in supporting EDA groups worldwide, and to discharge my duties as a General Service Board representative (and officer if applicable) with integrity and care."

 - All General Service Representatives swore to the above statement.

- **Election of officers**
 - Chair (2 nominees: Julie M and Sarah H)
 - Both nominees were given a chance to share a statement including their vision for EDA in the future.
 - **First Vote: TIE** – 6 votes for Julie M., and 6 votes for Sarah H.
 - **Sarah H. volunteered to serve as Vice Chair and allow Julie M., who currently serves as our Vice Chair, to serve as Chair.**
 - **The GSB APPROVED this unanimously**
 - Discussion of how to support officer roles without nominees: Vice chair and Treasurer
 - Sarah H. will serve as our Vice Chair moving forward
 - For the role of treasurer, we discussed whether to remove the CPA requirement. Sarah H. said she spoke to her home-group about this and several bookkeepers, who are not CPAs, are interested in this role.
 - Recognition of those continuing to serve
 - Webmaster: Sherian
 - Professional Contact Coordinator: Jenni S.

- Review of additional roles, committees and needs: affirmation of new and continued committees. Current roles and committees:
 - Webmaster – Sherian
 - Professional contact coordinator – Jenni S.

- Email correspondents – Sarah H., and Julie M. have both served in this role. But we do not currently have an official person in this group. This is being done by a group effort.
- Membership and Group Support Services: Michelle P. has served in this position on an interim basis for several months
- Literature – Annette H. serves as the chair
- Body Acceptance – This committee has largely been inactive, but is charged with putting together a Body Acceptance brochure for review by the Literature Committee
- Escalations – This committee put together language to address what groups should do when a dispute arises at the group-level that might affect EDA as a whole. There was a **MOTION** and **SECOND** to get rid of this committee.
- Meditations – This is a Google Doc that will go to the Literature Committee when it's ready. We are well short of the required 365 meditations, and we really need more in order to move forward.
- Traditions: This committee is tasked with putting together a 12 & 12 for EDA. Submissions are already being collected in a Google Doc.
- Election of committee chairs for created and/or retained committees
 - A **MOTION** to retain the following committees was **PASSED** unanimously: Membership and Group Support Services, Literature, Body Acceptance, Meditations, and Traditions.
 - Michelle P has been nominated to serve as Chair of the Membership and Group Services Committee. Her nomination **PASSED** unanimously.
 - Annette H. was nominated by Julie M. to serve as the Literature Chair. This nomination **PASSED** unanimously.
- Discussion of 2019-2020 goals
 - This will be discussed during a future meeting.
- **Standing**
 - 365 Days of EDA Meditations
 - EDA Big Book bulk orders: books are still available at a cost of \$8.75 each when ordering 24 or more!
 - After the GSB meeting, we will hold an open forum for groups with questions or concerns

There is **always** opportunity for sponsorship and service. If you have worked the Steps of EDA and have found some relief from your eating disordered thinking and behaviors, sharing your own experience, strength, and hope could be a lifesaver. Please consider writing sponsors@eatingdisordersanonymous.org to help out. General Service Board

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.**