

Hello Everyone!

We held a General Service Board of EDA meeting on Sunday, January 5th, 2020. 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.

Motions:

- Proposal 1: The General Service Board requests that phone meetings provide contact info for a General Service Representative or at least a “group contact” to be added to the internal directory of groups, which currently includes only face- to-face meetings. If approved, Membership and Group Support Services Committee would spearhead collecting contact information and submit this information to the person whose role is maintaining the list, to add to the internal directory. **PASSED**
- Proposal 2: Provide 2 boxes of 24 EDA Big Books and professional FAQ sheets to our Professional Contact volunteer, Jenni S. **PASSED**
- Proposal 3: Accept the attached Body Acceptance brochure as approved EDA literature. There was discussion about posting the material on the website for comment instead of accepting. Anyone is welcome to submit proposals for amendments to EDA literature team. The material had been sent out to GSRs more than a month before the GSB meeting. Comments received were addressed and incorporated. A decision was made to move forward with the vote to accept. A concern was raised about references to outside literature in the brochure. Annette proposed accepting the brochure without this reference. Motion was amended to: Accept the attached Body Acceptance brochure as approved EDA literature after removing the reference to outside literature. **PASSED**
- Proposal 4: Permit the attached draft chapters on Traditions 1, 2, 3, 4, 5, 6 to be posted on the EDA website for comment. **PASSED**
- Proposal 5: Pay for GoDaddy Website Security Essentials -- the cheapest security option they provide (Annual renewal cost is \$91.09). We have agreement to support security on the EDA website. There was discussion about purchasing a more full-featured security package. This was not recommended by people who have worked with websites. Motion was **PASSED**.
- Proposal 6: Proposal to limit the use of references to outside literature within EDA literature. Motion was **REJECTED**. There was a great deal of discussion. Historically, the Literature team has limited references to EDA literature, EDA archives/minutes, AA literature, the DSM V, and a few meta-analyses that should stand the test of time. There was an exception in the last two brochures submitted. One of these was just addressed in the If the Literature Committee presents

literature with references that are not of sufficient quality/durability as to withstand scrutiny over time, the General Service Board can reject. Any previously approved literature can also be amended as per our usual process.

- Proposal 7: Revise the "outside literature" statement on the EDA website under the Literature tab as noted below. Motion was **PASSED**.
 - The current statement reads: "In keeping with EDA's 4th Tradition, use of outside literature (including literature from other Twelve Step groups) in EDA meetings is contingent on Group Conscience vote. To prevent impact to other groups and EDA as a whole, please state, 'This group has voted to include outside literature, [name of specific text]' at the start of each meeting where outside literature is used."
 - The proposed revision would read: "In keeping with EDA's 1st and 6th Traditions, to foster unity and promote a consistent focus on balance and content that supports full recovery from eating disorders, the General Service Board suggests EDA meetings use EDA literature only. Although some AA passages are referenced in EDA texts, AA literature is not EDA literature. If an EDA group determines by Group Conscience vote to use outside literature, the General Service Board requests the group amend the meeting format to state, 'This group has voted to include outside literature, [name of specific text]' at the start of each meeting where outside literature is used."

Officer reports:

- **Treasurer's Report.** We welcomed Treasurer Bentley H from Austin who presented the report.

EDA GSB of EDA - 01/01/2019 to 12/31/2019 - Treasurer's Report	
Opening Balance - Jan 1 2019	8411.27
Deposits	10497.99
7th Tradition Contributions	4105.54
7th Tradition Subscription Contributions	1248.15
EDA Big Book Orders sold (discounted)	3138.06
Royalty Payment for EDA Big Books sold <i>without discount</i>	1929.50
Step Workshop scholarship donation	76.74
<i>Total Deposits</i>	<i>10497.99</i>
Withdrawals	-4617.21
Certified mail for Treasurer	-32.00
Chatzy Online Meeting Cost	-202.80
ED Referral Annual Subscription	-200.00
EDA Books Shipped to EDA Groups (discounted)	-3621.45
Microsoft Office (cancelled later)	-47.80
Post Office Box cost	-102.00
Reimbursement for EDA Big Books sent by MAGS team	-50.00
Test of reimbursement function	-5.00
Website Hosting	-43.47
Zoom Cost	-312.69
<i>Total Withdrawals</i>	<i>-4617.21</i>
Closing Balance - December 31, 2019	14292.05
<i>Net change, Jan 1 to Dec 31, 2019</i>	<i>5880.78</i>

*note that transfers between accounts are not included in above balance

- **Secretary's Report.** Secretary Cale O will be stepping down and would like to encourage others to run for the role. We thanked Cale for his years of service. We do need someone to help with this important Officer role. Please announce this service opportunity at your meeting(s). If interested in the role, please send a brief statement about your qualifications and interest to Sarah at Chair@eatingdisordersanonymous.org.

- **Committee chair reports**

- **Membership and Group Supportive Services** (this section was provided but was somehow lost)
- **Literature**
 - Since our last meeting in October, the Literature team has posted the **Newcomer Booklet** (thank you to Maddie in Florida), and made the other changes that were approved at the 4th Quarter General Service Board meeting.
 - We have also (thank you to Michelle G in Ohio, who did the initial work) completed and submitted the **Body Acceptance Brochure** which was just approved with the reference to an outside publication removed.
 - The Literature team as also completed a draft of **Traditions 1, 2, 3, 4, 5 and 6** (from the EDA Twelve Steps and Twelve) and would like to invite anyone interested in helping with Traditions 7 through Twelve to write literature@eatingdisordersanonymous.org.
 - We have several works in progress:
 - We hope to present edited escalations content for the EDA Meeting Guide and a brochure. We also will be presenting a new "Hospitals and Institutions" meeting format. Maddie in Florida spoke about the need for the format. (Thanks, Maddie)
 - A group is currently working on material for a brochure, "When a Loved One has an Eating Disorder." The Literature Committee has not yet seen the material and is looking forward to receiving it.

- **Other committee reports:** There were no other committee reports.

New Business:

Webmaster role: Sherian is stepping down after almost five years of amazing service. We cannot thank you enough! The webmaster role requires experience working with websites, and experience with WordPress would be helpful. If interested, please send a statement of interest with information about qualifications to Sarah at Chair@eatingdisordersanonymous.org.

Vice Chair: Due to professional and personal commitments, Julie is unable to fulfill the expectations of the role of Vice Chair and is stepping down. We would like to encourage people to step up and help with these essential service positions. Please email Sarah at Chair@eatingdisordersanonymous.org if interested. There are a few (not many) requirements for the role. Role information, along with the bylaws that include the qualification criteria, are posted on the EDA website under the General Service Board tab.

Elections. The Officer roles of Secretary and Vice Chair are up for election in April. The Actions Committee will be meeting in the next few weeks to determine how to get information out to the GSB with additional information about the roles and qualifications for them. We would like to information out to the GSB in February, so we can send a slate of nominees back out to the GSB in March in time for the April election.

Quickbooks: The current process for generating the Treasurer's report is very manual, and there are many opportunities for error. A proposal was submitted to purchase a subscription to the online Quickbooks for \$20/month. We discussed the available funds. We can afford to support modern accounting practices and software that supports it. The motion was seconded. The motion **PASSED**. Annette and Bentley will work together to get the software purchased and set up.

ED Referral Renewal. For years, EDA has been listed with the ED Referral service. This listing costs \$200/year at a non-profit rate. A proposal to not renew the listing was raised and seconded. The motion to not renew **PASSED**.

New and noteworthy!

- **A Zoom-enabled Group Roundtable meeting starting back up in April:**
 - Meets every second Sunday at 5:30 PM eastern. No prerequisites. Same Zoom dial-in as for the GSB meeting. Please contact Michelle at membershipchair@eatingdisordersanonymous.org with questions.

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 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 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.**