

Hello Everyone!

We held a General Service Board meeting on 6/13/2012.

## Attendees:

- Annette H, Phoenix, AZ
- Rachel F, Phoenix, AZ
- Vanessa B, Boca Raton, FL
- Vanessa S, Longwood, FL

## Minutes

We reviewed action items (all complete) from our May meeting. A motion to approve the minutes was seconded and passed.

## Online meetings / Chatroll capacity

- Vanessa has been checking the logs but it is hard to tell when participation has reached the current maximum capacity of ten people.
- If you try to join and cannot because the meeting is “full” please send an email to [wm@eatingdisordersanonymous.org](mailto:wm@eatingdisordersanonymous.org) – we will look at a more expensive package if there is a clear need.
- If you can, please volunteer to host another online meeting (preferably at a different time); so doing will ensure that you have a meeting you can attend, and helps provide more meetings to a community that needs them.
- Julie E usually facilitates the Wednesday online (Chatroll) meeting but is on vacation. Julie follows the suggested online meeting format and usually the meetings have been very well run. In the absence of a facilitator/moderator, someone was posting about weights and what they were eating and it was VERY hard to get a word in edgewise to remind people that such postings are not supportive of recovery
- **A Moderator is required for online/chatroom meetings!** Please use the suggested format for online meetings to help ensure the meeting is a positive experience for all.
- In general, Chatroll meeting attendance is way up, probably due to the beneficial effect of having a facilitator/moderator. Julie E – you were missed!!

## Email Response Coordination - we need more volunteers!!

- Our current EDA Email Respondents (Julie and Tami) are doing a GREAT job! However, they could really use some help. Please have anyone interested in helping EDA respond to its email contact [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org)
- The group discussed ways to get the word out and encourage people to volunteer for service positions. Please talk to your groups about the value of service: it's a great way

to give back to the community and extend the message of recovery to those who most need it.

## Website updates

- Welcome back to Webmaster Vanessa S!
- Vanessa got caught up after being gone on vacation and after having her house torn up during renovations. She is now looking at ways to make the EDA website faster to load and easier to maintain.

## Meetings Coordination updates

- Our Meetings Coordinator needs help!
- We need people to call the phone numbers on the EDA Meetings Page and communicate something similar to the following:
  - “Hi! I am calling to make sure the meeting information on the EDA website is **current and correct**. The number I dialed to get you just now is a number is listed on the EDA website in association a meeting. Please contact EDA at [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org) with current information if any info on the EDA website is out of date.
  - If your group has not already done so, **we strongly encourage each group to list a generic email address, something like [EDAinCityNameWeekDay@mailservice.com](mailto:EDAinCityNameWeekDay@mailservice.com), along with its meeting time and location**. A generic email address will enable group members to maintain anonymity on the web while providing a point of contact that (unlike a phone number) does not have to be tied to a specific individual. Responsibility for responding to emails sent to the generic email address can be rotated as a service position within your group by changing the forwarding address. Having a group email address also allows the General Service Board of EDA to keep your group informed about events, literature, and opportunities to be of service to those seeking recovery. **Thank you very much for your help!**”
- If you are able to help contact groups to ensure the information on the EDA website is as current as possible, please contact [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org) so we can distribute the work equitably.

## EDA finances, annual goals and Corporation Commission report

- Our Annual Corporation Commission report is complete and submitted
- **We have not defined annual goals for 2012-2013**
  - Current bank balance is **\$1210.94**
  - Paypal balance is **\$147.85**

- Things we could do with the money:
  - Call organizations who hold conferences for professionals who work with people recovering from eating disorders, and send packets of brochures for inclusion in conference welcome packets
    - IAEDP
    - NEDA
    - For-profit recovery centers
  - **We need a brochure specifically for professionals** to help us get the word out about recovery from eating disorders. The flyer we have now is not sufficient, however, there were no volunteers to support the creation of a new flyer aimed at professionals.

#### Progress on Our Stories of Recovery book

- When contacted about sharing their story of recovery, many people express concern that they do not have much to share. We would like to challenge that belief!
  - **Have you worked your steps** (or are you close to finishing your first pass through)?
  - **Have you been able to make amends** for negative impacts your attitude and behaviors may have had on others?
  - **Have you been able to avoid disordered behavior** (for at least a few weeks at a stretch, with only occasional difficult days over the last several months)?
  - **Do you regularly feel a quality of peace and happiness** that is markedly different from when you are actively engaged in your eating disorder?

**If so, we encourage you to share your story of recovery!** Please contact [literature@eatingdisordersanonymous.org](mailto:literature@eatingdisordersanonymous.org) with your story (preferably five pages or less) as soon as possible. We ALL really need to hear what it was like, what happened and what it is like now. To all you perfectionists out there: Please know that we are all “works in progress” and that no one is ever perfect!

- **Commitment:** Annette and Rachel will get their recovery stories on paper by August 22.

#### New business

- Please send these minutes to members of your group if your group maintains an email contact list!

**Meeting adjourned at 6:53 PM MST (7:53 PM MDT, 8:53 PM CDT, 9:53 PM EDT)**

Thanks to all who attended!

Best regards,  
Annette / Michelle