

Hello Everyone!

We held a General Service Board meeting on April 8, 2015. What follows are brief minutes of the meeting.

**Attendees:**

- Pam – Del Ray Beach, FL
- Kimberly – Los Angeles, CA
- Sherian – Southern CA
- Annette – Phoenix, AZ

**Notes:**

- We reviewed and approved minutes from our last meeting
- **We discussed action items from prior meetings:**
  - Website action items:
    - Separate tab for phone meetings – not yet implemented
    - Top-line menu version of the website – not yet implemented
    - Replace old red buttons on website with new buttons: Complete!
    - Mobile friendliness updates: Annette used the Google device emulator and concluded we really need a top-line menu. Once we do that, we will be mobile friendly.
  - Brochure updates and consolidation action items:
    - Annette reviewed brochures starting with E through G (done)
    - Nuria reviewed brochures starting with M through S (submitted after the GSB meeting on 4/14)
    - Sherian:
      - Removed the box around the title page of “EDA at a Glance.”
      - Filled the empty panel on the “FAQs about EDA” brochure with:
        - A link to the Literature tab on the EDA website, ([www.4EDA.org/publications.html](http://www.4EDA.org/publications.html))
        - Reference to the 12 Steps of EDA
        - Bullet points from “Suggestions for Recovery” or “Tools of Recovery”
      - Added “Take what you can use and leave the rest” to the Suggestions for Recovery brochure
  - Big Book Development Action Items:
    - Annette submitted her story for review
  - Nuria will pull together ideas for EDAs version of “There is a Solution.”
- We discussed updates to the below-listed brochures. Only Sherian and Annette had gotten through reviewing the below, which had been sent out with an agenda. The group agreed that updating the non-controversial brochures should be fine, and agreed to discuss the topic again at our May meeting.
  - Guidance for Professionals
  - Suggestions for Recovery – Subsequent edits were made
  - EDA’s 12 Steps and 12 Traditions – Subsequent edits were made
  - Frequently Asked Questions
  - Starting a Meeting – Subsequent edits were made
  - EDA at A Glance

- EDA Discussion Topic Ideas
- Emotional Eating
- Development of the EDA Big Book
  - Nuria has been working on our topic of the month, “There is a solution” but was ill and unable to attend. The Del Ray Beach group alternate GSR, Pam, outlined the general approach. Our version of “There is a solution” will be concise and, like the AA version, will discuss
    - Physical allergy - first
    - Mental obsession – second
    - Things we’ve tried that didn’t work
    - The peace and freedom that comes from doing what *does* work
  - We talked about some of the other sections of the Big Book:
    - The Doctor’s Opinion: requests have gone out and have been positively received.
    - Bill’s Story: Annette reached out to Gisele, the original founder of EDA, but has not heard back. Annette’s story (Michelle’s story) will serve as founder’s story for now, but requires substantial editing.
    - There is a Solution: We will follow the AA outline as closely as we reasonably can, avoiding black/white and overly dramatic language.
    - More about Alcoholism: We have the flyer, More on Eating Disorders as a start. An expansion on that document is in order.
    - We Agnostics: Annette had serious issues with the writing and substance in the original of this section and would be delighted to draft this chapter.
    - How it Works: This should be the easiest section of all to write!
    - Into Action: Should follow the AA version closely
    - Working with Others: ditto
    - To Wives: This is one of the more archaic sections but there is excellent material to work with.
    - The Family Afterward: The language is archaic but the concepts are not.
    - To Employers: we really have a lot to contribute from our own stories; this section may resemble the original only slightly.
    - A Vision for You: Each of us conveys this whenever we share our experience, strength and hope; we need to find a story that conveys our shared vision with the greatest sense of humor, wit and clarity.
- Other news:
  - Corporation Commission annual return was filed on 2/14/2015
  - IRS Form 990-N was filed on 2/14/2015.
  - Our annual P.O.Box fee was also paid in February
- We adjourned the meeting at 7:02 PM MST.
- Our next meeting will be Wednesday, May 13<sup>th</sup>, 2015.

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

Thank you to all who attended and to all who serve EDA!  
 Best regards,  
 Annette (aka Michelle)

*Note: This email address is checked only monthly. Please send comments and inquiries to [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org).*