

Hello Everyone!

**Attendees:**

- Annette H – Phoenix, AZ
- Jhena F – Pittsfield, MA
- Lauren H – Germantown, MD
- Nuria S – Florence, SC
- Veronica N– Delray Beach, FL
- Jill R – Chicago, IL
- Kryrstyna C – Buffalo, NY
- Connie W – Fort Bragg, CA
- Liz F – California

**Notes:**

- We held a General Service Board of EDA meeting on Wednesday, February 8<sup>th</sup>. 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 every month on 2nd Wednesdays.

**Updates:**

- **EDA Big Book Step Study Workshop:**
  - The first EDA Big Book Step Workshop will be held in Chicago, July 14-16<sup>th</sup>. We would love it if everyone could attend.
  - Event registration is live at <http://tinyurl.com/EDAWorkshop>! Early Bird registration (lower cost!) is open until March 4<sup>th</sup>. Regular registration runs from March 5<sup>th</sup>-June 4<sup>th</sup>.
  - Write to [StepWorkshop@eatingdisordersanonymous.org](mailto:StepWorkshop@eatingdisordersanonymous.org) for details, and stay tuned for additional updates.
  - There is a link to register for the workshop on the EDA home page, [www.4EDA.org](http://www.4EDA.org).
- **EDA Big Book updates:**
  - Thank you to everyone who sent in comments about the EDA Big Book!
    - We sent your comments off to the distributor (Ingram)
    - Ingram informed us said they cannot use these after all: they can only use comments posted on the websites of retailers, like Amazon and Barnes&Noble. Very frustrating!
    - We will post comments sent in so far about the EDA Big Book on the EDA website: your efforts to support newcomers will certainly help!
    - **If you have purchased an EDA Big Book on Amazon or Barnes&Noble, please leave a comment to help newcomers know the EDA Big Book is useful.** Online bookstores give you the option to make your recommendations/comments anonymous.

- Looking for support in using the new EDA Big Book to support sponsees? You are not alone! Chapter 7 describes the approach many are using.
- Nuria and Annette are working out specifics to share with EDA Step Workshop attendees.

**Discussion Points:**

- **Financial Scholarships for the EDA Big Book Step Study Workshop**
  - Applications for financial scholarships will be confidential.
  - A new distribution list, [WorkshopScholarships@eatingdisordersanonymous.org](mailto:WorkshopScholarships@eatingdisordersanonymous.org) will be set up to allow EDA members to submit applications.
  - By unanimous decision, with the chair abstaining, donations to the financial scholarship fund shall not be limited to EDA members only. Donations will be anonymous and will not influence the distribution of financial scholarship funds for the EDA Step Workshop.
  - The EDA Big Book Step Workshop is its own entity. Pertaining to EDA as a whole:
    - EDA is self-supporting through our own contributions.
    - If you are an EDA member, and you would like to make a donation to EDA or the scholarship fund, please visit the Support EDA page, [www.4EDA.org/support.html](http://www.4EDA.org/support.html). The General Service Board of EDA is a non-profit 501(C)(3) corporation. Your contributions may be tax deductible. **The GSB's tax id number is 86-1033263.**
  - We approved the size and participation on the financial scholarship award committee by unanimous vote, chair abstaining.
    - Scholarship Award Committee must include the GSB treasurer and at least two other people.
    - Limited to no more than three people to prevent unnecessary exposure of confidential data
    - Participation cannot include anyone applying for a scholarship.
    - Veronica N. and Annette H (acting treasurer) will be on the committee.
  - We discussed but did not vote on final rules for awarding financial scholarship awards. We agreed that the rules for financial scholarship awards should be clear, and will reflect the following criteria (all of which shall remain confidential):
    - Demonstrated financial need
    - Amount required to enable participant to attend
      - Up to 50% of workshop registration fees for those who are attending from within Illinois
      - Up to 100% of workshop registration fees for those having to flying in from other states.
      - The cost of lodging and airfare will not be covered by financial scholarships

- We discussed setting up DropBox as a way for people to send confidential information securely. Some on the call had positive experience with DropBox. Others, not so much! Question for our EDA groups: what technology approach should we use to transmit application data (which might include confidential tax id and financial information) securely, using an encrypted protocol? Must be easy to use!
- We agreed (unanimously) to a timeline for awarding scholarships
  - Applications in by April 1<sup>st</sup>.
  - Awards announced by end of 1<sup>st</sup> week in May 1<sup>st</sup>.
- We discussed, and unanimously approved, a proposal for who should be awarded “comp” rooms that are donated by Techny and Sheraton. As of 2/8, we currently have 19 registrants for the EDA Step Workshop. We need a total of 25 for the 1<sup>st</sup> “comp” room to be awarded. As people register, the “comp” rooms will be awarded in the following order:
  - Gisele B
  - Jill R
  - Liz F
  - Nuria S
- **We urgently need people willing to sponsor others via phone and/or email:**
  - Since the release of the EDA Big Book, the demand for sponsors has been increasing!
  - Nothing will help you strengthen and solidify your own recovery more than carrying the message to others.
  - Most people need help and support as they follow the difficult path to full recovery. It’s messy process! Have you been through the Twelve Steps of EDA? We need your help!
  - Sign up to sponsor others to by emailing [Sponsors@eatingdisordersanonymous.org](mailto:Sponsors@eatingdisordersanonymous.org) and letting them know if you are able to sponsor by phone or email.
  - Want to sponsor but feeling a little unsure of what to do? Chapter 7 in EDA’s Big Book provides specific guidance on how to take a person through the Steps.
- **Working with Correctional Institutions Committee:**
  - In December 2016, we approved the formation of a Correctional Institutions Committee.
  - Several people have expressed interest, but more may be needed. Interested? Drop a line to [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org) and let Jennifer know you’d like to help.
- **Online, Skype and Phone meetings:**
  - Did you know we have at least one online meeting a day?
  - Check out our listings at [www.4EDA.org/online.html](http://www.4EDA.org/online.html)!
  - We have Skype and Phone meetings almost daily too! Check out [www.4EDA.org/phonemeetings.html](http://www.4EDA.org/phonemeetings.html).

- **There is a new Skype meeting on Wednesday nights, starting at 6PM Central, on March 1<sup>st</sup>!** Check out the link above for details.
- **New Business**
  - We discussed having someone in EDA send out daily reflections via email, sharing our experience, strength and hope:
    - Nuria said a sponsee gets a message from another recovery group every day and that she loves the idea of sending something out.
    - Jill mentioned that Shannon at Rosewood sends out a recovery-oriented message every day, and finds these very helpful
    - We will discuss coordination at our next meeting.

We adjourned the meeting at 8:15 PM MST.  
Our next meeting will be Wednesday, March 8<sup>th</sup>, 2017.

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!

Wishing you peace and joy in recovery,  
Annette H  
Chair, General Service Board of EDA

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