

Hello Everyone!

We held a General Service Board of EDA meeting on Wednesday, Dec. 5. 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:

- Annette H. – Phoenix, AZ
- Alysia G. – Minnesota
- Cale O. – Phoenix, AZ
- Cat O. – New York
- Julie M. – Pennsylvania
- Kendall K. – New York
- Mandy – Montana
- Sam – Boston
- Scott D. – St. Louis, MO

***Note:** *Vice Chair Julie M. served as Chair for this meeting.*

The November 2018 General Service Board Minutes were not available at the time of this meeting to approve. They will be voted on for approval at the January 2019 meeting, in addition to these Minutes.

ITEM I: Review of Progress Against Annual Goals

Please see below Annual Goals, published in the April 2018 GSB Meeting Minutes:

1. Supporting sponsors and sponsorship through:
 - a. Conducting more EDA Step Workshops – setting these up, running them, following up with attendees to help them work with others and prepare for sponsorship
 - b. Creating or repurposing a Zoom meeting to specifically record those who are willing to help others work through the Steps as follows (following along the same lines as our workshops), and creating an audio library for those who wish to help themselves through the Steps:
 - i. Step 1: 2 one-hour meetings
 - ii. Step 2: 2 one-hour meetings

- iii. Step 3: 1 one-hour meeting
 - iv. Step 4: 3 one-hour meetings
 - v. Step 5: 1 one-hour meeting
 - vi. Steps 6 and 7: 1 one-hour meeting
 - vii. Step 8: 1 one-hour meeting
 - viii. Step 9: 1 one-hour meeting
 - ix. Step 10: 1 one-hour meeting
 - x. Step 11: 1 one-hour meeting
 - xi. Step 12: 1 one-hour meeting
 - c. Encouraging sponsees who have been through the Steps to sign up to sponsor someone remotely, as well as someone face-to-face (suggesting no more than two or three people at a time because balance matters).
2. New and updated literature:
 - a. Completing the *Fully Recovered* brochure
 - b. Adding a Body Acceptance brochure
 - c. Updating or eliminating the Emotional Eating existing brochure
 - d. Updating the EDA Meeting guide with body acceptance and escalation information
 3. Supporting existing meetings through outreach
 - a. Asking how we can help
 - b. Ensuring meetings follow Traditions such as the Group Conscience and encouraging service position rotation
 - c. Encouraging sponsees who have been through the Steps to start face-to-face meetings
 - d. Supporting online meetings through participation
 - e. Supporting phone meetings through participation
 4. Developing materials to directly engage professionals wherever we have local groups
 - a. Create one-page (perhaps 2-sided?) flyers that specifically address the professionals' concerns
 - b. Develop outreach content for meet-and-greet discussions
 - c. Help local groups leverage materials to reach out to professionals in their community.

****Annette H. from Phoenix shared the following Review of Progress:**

- We are on Step Nine of the Zoom-Enabled 12-Step Work Shop
- We have created and published the “Fully Recovered” Brochure
- We created and published an “Information for Professionals” handout

****Overall, we are about halfway through our goals for the year!**

ITEM II: Secretary's update

GSB Secretary Cale O, from Phoenix, formally made an amends to the General Service Board for the delays in publishing the minutes following the monthly GSB meetings.

ITEM III: Treasurer's update

Annette H. gave the following update on behalf of our interim treasurer. She said we are getting a lot of donations from Pay Pal and we are getting quite a few book orders.

Please see below break down of the General Service Board finances:

General Service Board Opening Balance 1/1/2018	5,903.02
General Service Board Bank Balance	Sum of Amou
Expense	-21013.81
Corporation Commission Fee	-10
EdReferral Listing	-200
International Book Shipment fees	-31.1
NetworkSolutions	-41.97
PO Box Fee	-94
Repayment for Book Shipments	-55.88
Website Domain Name	-161.94
Workshop Expenses	-12704.68
Zoom	-149.9
Book Orders from EDA Meetings	-6609.25
GoDaddy Cost for 3 years	-503.64
Workshop Scholarship	-320
GoDaddy Monthly Fee for MS Office Products	-131.45
Income	17948.08
7th Tradition	3553.66
PayPal Transfer	3000
Royalty	1720.6
Workshop Income	9673.82
Grand Total	-3065.73
Pending Big Book Order	-74.8
General Service Board Closing Balance 12/4/2018	2,762.49

Paypal Opening Balance 1/1/2018	1,767.57
PayPal	Sum of Net
Expenses	-3348.69
Transfer to GSB Checking Account	-3000
Zoom Annual Fee	-162.79
Chatzy Premium Room Subscription	-185.9
Income	6869.78
Box of 24 EDA Big Books (includes shipping)	4912.77
Contribution to the EDA Big Book Step Study Workshop financial scholarship fund	14.07
General Service Board of EDA/7th Tradition Contribution	1009.5
General Service Board of EDA/Individual Contribution from EDA Member	933.44
Grand Total	3521.09
Paypal Closing Balance 12/4/2018	5,288.66
Net change over last 11 months	455.36

ITEM IV: Committee Reports

Literature

- Our Literature Chair, Jamie K. from San Diego, is expecting to have another baby any day. She has asked to temporarily step down from her position for that reason.
- In the interim, Chair Annette H. from Phoenix will serve as our Literature Chair, and Vice Chair Julie M. from Pennsylvania will serve as our acting Chair until Jamie K returns.

Body Positive

- This committee is looking at our “Emotional Eating” brochure, which has been available in the EDA meeting starter kit and on the EDA website. But it was written about 17 years ago by an emotional eater. The content is a little embarrassing and we have asked this committee to take a look at how we can revise it.
- There were no updates available from this call.

Escalations

- This committee has been charged with providing the GSB and other EDA groups with more clear direction regarding how to escalate issues to the GSB if/when the

situations may impact other groups or EDA as a whole.

- There were no updates avail from this call.

Meetings/Membership

- Cat O. from New York, Meetings and Membership Coordinator, brought the following **MOTION**:
 - Part I: The roles and responsibilities of the Sponsorship Coordinator – currently headed by Julie M – ought to be delegated to the Meetings and Membership Coordinator – currently headed by Cat O.
 - Part II: This would disband the role of the Sponsorship Coordinator position
 - Sam from Boston asked what the rationale is behind this move
 - Cat O. said the goal is to simplify the process of servicing those who are in need of sponsors. The roles and responsibilities of the Sponsorship Coordinator already fall in line with those of the Membership Coordinator.
 - Part III: The Membership and Meetings Coordinator will function as a Chair of a Committee of other trusted servants. In other words, these roles will be fulfilled by a committee rather than by just one person.
- Scott D. from St. Louis **SECONDED** the **MOTION**
- The motion **PASSED** unanimously

ITEM V. *New* Service Opportunity

- An EDA member has offered to coordinate a group to research GSB minutes and interview Advisors on topics the GSB has discussed and provided guidance on in the past, as a reference for incoming GSB Members and Advisors to the Board
- This information, called "Affirmative Actions" could be useful to those responding to incoming emails and to those working on EDA literature, especially the 12 Traditions

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 \$210 *including shipping*. **This means each book costs \$8.75, delivered.**