

# **General Service Board of Eating Disorders Anonymous, Inc.**

## **Bylaws** v1.2 6/5/01

The purpose of the General Service Board of Eating Disorders Anonymous, Inc. (hereafter "the Board") is to support the Fellowship of Eating Disorders Anonymous. Its officers and other members of the Board are but trustees, charged and empowered to create and maintain services that assist individuals with a desire to recover from an eating disorder find and maintain recovery through application of EDA's principles in their lives. The only requirement for membership in EDA is a desire to recover from an eating disorder.

- EDA's principles include Honesty, Equality, Accountability, Love, Trust and Humility (H.E.A.L.T.H.) and are embodied in EDA's 12 Steps and 12 Traditions.
- An eating disorder can feel like an addiction, however in EDA we follow a recovery model. People can and do recover fully from having an eating disorder. Balance – not abstinence -- is our goal.
- The Fellowship of EDA endorses sound nutrition and discourages any form of rigidity around food.
- The Fellowship of EDA does not recognize abstinence from eating disordered behavior as a goal; a normal, gradual recovery from eating disordered behavior occurs as a by-product of increasing adherence to the principles outlined above.
- The Fellowship of EDA supports members in recognizing and claiming self-defined milestones of recovery (usually an application of principles in one form or another) in their daily lives.
- EDA believes that as individuals discover and claim their own truth, God delivers perspective and empowerment.
- The Fellowship of EDA supports members in taking responsibility for their own emotional health, and encourages members to seek professional as well as group support.
- The Fellowship of EDA recognizes many roads to recovery and encourages members to follow whatever path delivers peace, perspective and empowerment.

All officers and other Board members shall serve for one-year terms, from January to December, except for the initial term, wherein Board members shall serve from June 5, 2001 through December 2002. An initial slate of Board member nominees shall be ratified by majority vote of the Fellowship of EDA, either by direct individual vote or through General Service Representative (GSR) report of individual votes. Subsequent election or re-election of individual Board members shall occur at an annual meeting of the Board, with nominees identified in writing at least seven days prior to the annual meeting.

Board membership shall consist of at least one-third EDA members. All members of the Board must possess faith in the recovery program on which EDA is founded. All members of the Board are expected to commit at least three hours per month to Board activities, inclusive of attendance at Board meetings.

Board members may send a proxy to regular meetings but are expected to find a suitable replacement subject to approval by Board decision should they vacate a Board position. The Board may fill vacant positions by majority vote of any quorum of the Board at any meeting. A quorum shall consist of any two-fifths of the Board membership present at any meeting of the Board. The majority vote of a quorum of the Board shall constitute a decision of the Board. Additional Board positions and new corporate bodies may be created by decision of the Board to best serve the purposes of EDA.

Regular meetings of the Board shall occur at least annually. Notice of regular meetings of the Board shall be issued to all Board members at least seven days in advance. Special meetings of the Board may be held at any time and for any lawful purpose provided notice is issued at least fourteen days in advance of the meeting.

The Board may amend its Articles of Incorporation and these bylaws by three-quarters vote of the entire membership of the Board.