

Letter to the Fellowship

December 2020

By Amy Gillard

Hello everyone,

I am writing to update everyone on how things are going with the GSA. We have a good amount of money in the bank (approximately \$10,000 as of November 30) due to ongoing support from donations and from sales of our products (books, medallions, book covers etc.). I would like to thank all who donated and all on the board and committees and in the office, who assist with the sale of these.

We are about to receive the first printing of the 2nd Edition of the book. This printing was donated to us by an ABA member and totals 160 copies. At our November meeting, we decided to send 30 of these copies to treatment centers and 30 copies to ABA members who otherwise would not be able to purchase one. If you cannot afford a copy, please let either your GSR or Group Contact know, and they can inform the office. ABA's primary purpose is to help those still suffering. The GSA recognizes how important it is to have the necessary materials to assist you on your journey to sobriety. If you do not have a GSR or Group Contact to speak to, please just let the office know (email address: gsaoffice@12steps.org). Also, if you have a suggestion of a treatment center that might be benefited by a copy of our book, please let the office know that as well.

The office is accepting preorders for the 2nd edition at \$25.00 a copy plus shipping. Once we have 150 copies paid for, we will start distributing the copies we have and will order more copies to distribute.

We have recently increased the numbers of committees that the GSA oversees. Specifically, we added the Website Committee and the Safety Committee. Additionally, the Self-Support Committee has been hard at work creating workshops for members to attend. Funds raised by these workshops will be donated to the GSA. There are workshops on learning French, on Bodytalk sessions, The Four Agreements, Gentle Chair Yoga and on Quiet Reflective Time to name just a few. Please see the website for details and know that more workshops will be added in the future. If you have a special talent and are interested in teaching a workshop, please let Judy or Caren know. Judy's email is jkeffer@rocketmail.com and Caren's is sassykat315@gmail.com. The Literature Committee is also hard at work with the 2nd edition and looking into us selling it via print-on-demand. This could greatly streamline the process of the GSA getting books to people. However, this committee is desperately in need of members. To join, please contact Lou at yogi-lou@bigpond.net.au. Please note that you need two years of sobriety to be on this committee.

The board will be taking the month of December off and will reconvene on Monday January 18, 2021.

“I try hard to hold fast to the truth that a full and thankful heart cannot entertain great conceits. When brimming with gratitude, one’s heartbeat must surely result in outgoing love, the finest emotion we can ever know.” – Bill W.

I wish you all a blessed holiday time!

With love in recovery,

Amy G

Board President

General Service Association of

Anorexics and Bulimics Anonymous