

Report of the General Service Representatives Committee to AGM for 20 March, 2022

"The General Service Representatives' Committee of Anorexics and Bulimics Anonymous (ABA) is a freestanding body of all General Service Representatives (GSRs) elected by ABA Groups worldwide. It functions as the unified voice of the collective conscience of ABA as a whole, assuming full responsibility for all world service endeavors of ABA. To implement ABA's primary purpose—outreach to still-suffering anorexics and bulimics everywhere—it guides and directs in a cooperative manner its trusted servant, the General Service Association of ABA."
—from GSR Committee Terms of Reference / 12 March 2011 / Revised 20 April 2017

It is an ongoing effort of the GSR committee to encourage groups to elect GSRs.

Attendance at the monthly GSR committee meeting has been low in the last year. Among efforts to improve representation of the fellowship in the committee, we're continuing to send the monthly agenda to group contacts and are investigating the possibility and effectiveness of sending the agenda to the newsletter of the Self Support Committee. GSRs encourage and support sponsees in doing service in this and other committees. During the announcements portion of the closing of various meetings GSRs bring up service opportunities such as serving on the committee. We have to be unremitting in our openness to ways of becoming a functional voice for the ABA fellowship.

In March, 2022, GSRs participated in putting on a service workshop with the Self Support Committee, where ABA members shared experience on participating in different levels of the service structure of the fellowship, including in the General Service Representatives Committee.

We maintain a list of announcements to bring to the groups, which includes information that the GSA Board would like us to carry to the fellowship as well as the current activities of committees such as the Public Information Committee and the Literature and Outreach Committee. One example from the last year was announcing to the groups at the Board's request that the treasury had fallen below the prudent reserve and that voluntary contributions were needed to keep the fellowship self-supporting. Connected to this, we provided reports from the Treasurer of the GSA at monthly GSR Meetings.

We have been communicating to the groups regarding the Literature and Outreach Committee's developing a daily Meditations Book, encouraging the groups to hold writing workshops so that their members can contribute individual entries. We distribute the Meditation Book ZOOM Meeting Format Script. Some groups who hold these writing workshops wanted the option of donating 7th Tradition contributions from the workshops directly to the GSA, so we have obtained a direct link from the Board, <https://aba12steps.org/donations/>, to facilitate this.

We are looking into coordinating with the Self Support Committee to advertise Meditation Book writing workshops as events which would be posted on the homepage of aba12steps.org.

GSRs have brought questions from their groups to the committee regarding our primary text, the Big Book of *Alcoholics Anonymous*, and also regarding the document *Sobriety is Surrender: What does THAT Mean?*

A group wanted to omit the word "scale" from the ninth step promises in the Big Book. After receiving feedback from their groups, the committee members shared experience, strength, and hope and said that they would take no action but, referencing Tradition Four, pointed out that the group with the question was autonomous and could act as their group conscience expressed itself through its Higher Power. Incidentally, the group unfortunately folded a short time later.

Another group brought input via their GSR that the document *Sobriety is Surrender: What does THAT Mean?* was "too directive". GSRs encouraged the members of their groups to read the document individually and as groups. GSRs brought feedback from their groups that the document is not "too directive" and that the variety of means and ways to get sober were described multiple times in the document as suggestions.

The committee will continue to explore whether issues brought from the groups can be addressed at the group level and if they affect ABA as a whole. We hope to continue to aid groups effectively in supporting their members to use the Tools of Anorexics and Bulimics Anonymous in coping with the often uncomfortable feelings that come up in sobriety. As in these instances, keeping it simple and using tools such as reading, meetings, and reaching out can result in relatively quick resolutions.

These discussions regarding literature prompted interest at the committee about how ABA literature becomes conference approved. The Chair of the GSR committee discussed this process with the GSA Board, and the groups offered feedback. Currently, the Literature and Outreach Committee will provide draft copies of literature as they become ready. And hopefully the wider fellowship will thus be more involved in the development of literature.

Regarding the distribution of the second edition of the basic text *Anorexics and Bulimics Anonymous*: early in 2021, having discussed concerns that the cost of the book was high, especially its shipping costs, the committee proposed print-on-demand as a solution. Currently, the Literature and Outreach Committee is using the print-on-demand service Lulu and has requested feedback from the groups via the GSR Committee on any problems with long delivery times.

Relevant to our AGM, the GSR committee contributed input on the discussion of the GSA Board composition: "We trust the Board to reduce the minimum number of directors on the board so they can continue to serve". The committee is "willing to let [the] GSA [Board] make their decisions on...issues" [of the board being composed of less than fifty percent ABA members.] (from July, 2021, GSR committee meeting minutes)

The GSR Committee would like to thank the fellowship and a Higher Power for allowing us to serve the fellowship.

With blessings for a sober twenty-four hours,
Arye B, chairman of the GSR Committee