

GSR Meeting Minutes

01, February, 2025 2:30pm EST

1. Call to order

2. Trusted Servant's Prayer

3. Attendance

- Louisa- London Weds online meeting
- Adam- Saturday morning men's meeting
- Maria- Progress not Perfection Sunday Dallas Meeting
- Kitty - Monday London Book Virtual meeting
- Stephanie - Friday online World Hope meeting
- Eirinie - Lunday Saturday in person meeting
- Hayley- M/W Australia meeting
- Phoenix- GSR Dailt 11th step meeting
- Kate- Alt GSR Daily 11th step meeting
- Adriana- New ABA member!

Louisa read Tradition Two from ABA text- pg 168 second edition

4. Adopt today's agenda- No agenda was made for this month

Do we want an agenda in advance? Most members report they do not need agenda prior to meeting. If there is a reading or information to review prior to meeting members would like that information to review in advance.

5. Accept last month's minutes- accepted

Motion; Combine adopting agenda and accepting last months meeting minutes into one item for approval at future meetings- Motion passed

6. Trusted Servants' reports

**Adam has sent a copy of the Board meeting minutes from January

a. Literature & Outreach Committee

Hayley- Please hit LIKE on eating disorder speakers podcast to help make more popular and encourage others to listen

b. Public Information Committee

c. GSO & Personnel Committee

d. Website Committee

e Self-Support Committee

f. GSA

g. Special Reports / important information

7. Old Business - See Meeting minutes from January 4, 2025

8. New Business -

Maria Went to board meeting on 1/19/25 with two questions regarding traditions:

Members on board are willing to lead- **INFORMATION DAY OR HOUR ON 12 TRADITIONS in the spring (April and May) and 12 concepts in fall (Sept/Oct)

Contributors from Board: Joan, Jessa, Peter, Amy, and Katherine

Will need to compile questions as GSR intergroup to bring to Board

**Maria noted-

Board reads tradition of month and tradition 12 at beginning of meeting

Board suggested to develop ABA GSR Service manual

Tentative date for Traditions speakers- May 10th Saturday around 1-2PM EST

Time is too limited for all traditions to be covered

Need specific questions, may be best to get more targeted information

**Bring this to our individual meetings- what do members want to know about traditions

Questions around service is a common theme, traditions with regards to GSR- need examples and shared experience

Set deadline to submit questions to board by April 5th

Maria will go to Board in February to propose date and ask them when they will need questions

Motion passed to propose date for Traditions speakers- Saturday May 10th and have questions given to Board by weekend 5th of April

**Newsletter- audio files for traditions have been released for free and made available to all ABA members

**Written communication to Newsletter is needed and Adam is willing to be liaison in Feb

Will share findings from inventory process in newsletter- consider posting link to summary.

Next Board Liaison- 2/16 12pm EDT- Maria will go

Need to put together a way to edit Newcomer's packet and make a service manual to share with board- create a Google doc to make notes on and plan to review at next meeting

9. Announcements (please read these at your meetings!)

Meditations book is being published SOON!

Looking for Abanon speakers- 2nd Thursday of the month, contact Jessa if you are interested

2026 ABA retreat will take place in England

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[\(See the Newsletter for the full article\)](#)

Ad Hoc committee for ABA and Board service manual, needs members

GSA needs ABA members contact information to share with newcomers that reach out to GSA directly

10. Upcoming Meetings

Board Meeting February 16th 12 PM EST, Zoom ID 8995-586-5708

PW serve2020

AGM Sunday March 16th - Board positions available, ALL ABA members can vote

12 PM EST, Zoom ID 8995-586-5708 PW serve2020

GSR March 1st 2:30 EST, Zoom ID 883-1435-6561, PW Surrender

Speaker Series 2/20 at 6 pm UK "The Life Coach", Zoom ID; 489 6933 411 PW 1234