

General Service Association of Anorexics and Bulimics Anonymous

#116, 3-11 Bellerose Dr.
St. Albert, Alberta
Canada T8N 5C9

Dear Friend,

You are reading this letter because someone who knows you felt moved to ask you to consider participating in a special service opportunity: service on the Board of Directors (General Service Association) for Anorexics and Bulimics Anonymous (ABA). Perhaps you belong to a 12-Step Fellowship, perhaps you are aware of someone who has benefited from the 12-Steps, or perhaps this is your first introduction to this life-saving program.

Using the same program and principles as Alcoholics Anonymous, ABA has helped hundreds of hopeless men and women recover from eating disorders. In ABA, we approach our eating disorder as an addiction and seek a spiritual solution for our obsessions, which we have come to learn are rooted in the same core of self-hatred that lies beneath all addiction. Of course, we always encourage our members to first seek professional treatment for the physical aspects of the illness before embarking on the 12-Step spiritual journey.

ABA is a fellowship that was founded in 1993. Our growth has proceeded along a path similar to that of AA in its early years. Since 2002, when our textbook of recovery was published, our growth has been exponential and has now reached four continents. To maintain the unity in ABA which is critical to our survival, much work needs to be done at a macro-structural level, and that work is the mandate of the ABA's General Service Association (GSA). An information sheet about the GSA is attached to this letter.

We are currently looking for new Board members to serve on the GSA. We need men and women who have experience, talents and time to share – people willing to serve an organization that offers hope and healing for people suffering from eating disorders.

The minimum commitment of Board members is to participate in a monthly two-hour meeting, currently held on the third Sunday morning of the month, however the new elected board can decide if this works or not. Directors participate via Zoom. The Board ideally attempts to take a break during the summer. There are many opportunities for additional service on one or more Committees within the GSA, depending on the available time and talents of the Director.

If you are interested in serving on the GSA, or are uncertain and would like further information before making this commitment, we welcome you to contact our office at the email provided below.

Please consider this opportunity to get involved. We think you will be a valuable member of the Board and will yourself benefit from being part of this great endeavour.

Thank you for your consideration,

With much gratitude,

General Service Association of ABA

E-mail address: gsaoffice@aba12steps.org