

Hello Everyone!

We held a General Service Board of EDA meeting on Wednesday, June 5. The General Service Board of Eating Disorders Anonymous is an organization set up to help EDA groups carry the message of recovery to those who still suffer. We meet on the first Wednesday of every month.

We strongly encourage every EDA group to elect a General Service Representative (GSR) to represent and vote at GSB meetings.

Attendees:

- Annette H. – Phoenix, AZ
- Cale O. – Phoenix, AZ
- Cameo – Memphis, TN
- Carol – Bellingham, WA
- Christine – Reno, NV
- Gretchen – Phoenix, AZ
- Jackie – San Diego, CA
- Julie M. – Lancaster, PA
- Kelsey – Palm Beach Gardens, FL
- Kendall – New York, NY
- Sam – Boston, MA
- Sarah H. – Reno, NV

June 5, 2019 General Service Board meeting agenda topics:

MOTION: TO APPROVE the May 2019 minutes

- Motion was **APPROVED** unanimously

Update on Chair Goals for 2019-2020: (Julie M.)

1. Developing and supporting a common language among groups across the nation
2. Support for groups from the GSB to adhere to integrity of EDA literature
3. Twice a year: group/meeting development trainings hosted using a teleconference model
4. Increasing sponsorship and service as part of working Step 12 Working steps 10-12 is foundational to recovery and maintaining it. A focus area to look at is what happens to members in the fellowship when they move through all 12 steps on their own: what about service to others

5. Providing more support for families and friends of those struggling with eating disorders ▪ Literature ▪ A support model that is similar to but not the same as the ALANON model o Body kindness as a construct to weave into EDA literature
7. Focus on how we fellows in EDA can support weight and food neutrality
8. Address body kindness—kindness to the one thing that holds and hosts our souls

Update on Vice Chair Goals for 2019-2020: (Sarah H.)

1. Modernizing the EDA website
2. Leveraging the experience, strength and hope of members with long-term full recovery to support EDA members
3. Completing a draft of the EDA Twelve and Twelve
4. Focusing on the healthy growth of new and existing EDA groups
5. Investigating intellectual property rights as pertain to EDA literature

New Business

EDA email distribution list:

- Vice Chair gave an update about our mailing distribution lists.
- One problem is that you can't "Reply-All" without getting a mail delivery error email in return. Even so, the emails still go through.
- During the May meeting, we decided to have the announcements list and a GSR list as two separate lists.
- Proposal: Have Nancy serve as the *General Information and Mailing List Contact Liaison*
 - Will contact mailing list recipients via email to ensure their active role in the program.
 - Will answer incoming general information emails from info@.
 - Will add or delete individuals from mailing lists, per request, as appropriate.
 - Will defer to membership chair, vice chair or chair with any questions they may have.
 - Requirements: Consistent and reliable access to email. Knowledge of the program and its resources Able to answer emails in a timely manner
- MOTION: Add to the Goals List a General Information and Mailing List Contact Liaison.

- DISCUSSION
 - Annette H. mentioned that we already have an “unsubscribe” option at the bottom of our GSB announcement emails. She asked what the purpose is to reducing the list.
 - Chair said the goal is to streamline the lists, and have tighter knowledge of who is on the lists. She suggested the GSB Announcements might stay open to all parties, leaving it up to the individuals to unsubscribe.
 - Annette brought a **MOTION** to ensure the new Mailing List Contact Liaison work with Sherry-Ann to make sure all new groups get added to the website.
- **MOTION:** Add a *General Information and Mailing List Contact Liaison*
 - Will contact mailing list recipients via email to ensure their active role in the program.
 - Will answer incoming general information emails from info@.
 - Will add or delete individuals from mailing lists, per request, as appropriate.
 - Will defer to membership chair, vice chair or chair with any questions they may have.
 - Requirements: Consistent and reliable access to email. Knowledge of the program and its resources Able to answer emails in a timely manner
 - Ensure all new groups get added to the GSB mailing lists
 - Annette **SECONDED** the Motion
 - The **MOTION PASSED** unanimously

Intellectual Property Rights Update:

- File application with USPTO.
- \$225 filing fee
- Image is submitted with application and fee. If approved by the USPTO, we will need to show proof of use (website should be a good proof of use, or EDA literature).
- USPTO will notify us if the EDA logo is already in use by another organization.
- Copyrights are available for media, which we may want to look in to in the future.
- The EDA logo would be best suited for class 045, which is for spirituality and self-help.
- QUESTION to Treasurer: Given our budget, is the \$225 filing fee feasible at this time?
 - Acting Treasurer said “everything is fair game.” She got clarification that the \$225 is a one-time filing fee. She asked if anyone would really infringe on our logo.
 - Vice Chair said it was a really good question, and requested more time to think about her answer.
- Discussion was **TABLED** for the next GSB Meeting.

Website Updates Review

- Test site: <http://g66.54d.myftpupload.com/>
- No literature or content has been updated. Only cosmetic changes were made, such as fonts and overall design.
- DISCUSSION
 - Carol said her group is so excited about the changes, and everyone thinks its gorgeous.
 - Annette said that “Sarah Blows My Mind,” having redone the site two times. She did a phenomenal job.
 - Sam from Boston also shared that she loves the old site, saying it’s much more appealing. She asked if there was an opportunity to update the content.
 - Chair said the GSB is open to improvements to the content. All you have to do is take it to the Literature Committee.
 - Literature Chair said there are many opportunities for enhancements, which we are looking to do after we transition to the new site.
- **MOTION:** General Service Board to approve the new website, pending final adjustments from Sarah, and to make the switch from the old website immediately.
 - Annette **SECONDED** the Motion
 - **MOTION PASSED** unanimously

Discussion: Should we allow sponsors to have more than a “few” sponsees?

- There is an abundant need for sponsors. With that in mind, should we allow sponsors to have more than a “few” sponsees.
- There is language and in the EDA book, re: how many sponsees one sponsor should have to monitor the potential burn out of a sponsor.
- Request: Under active sponsorship, people who have completed their Sixth Step, would be encouraged to begin sponsoring people from the waiting list. We would expand the language on the Web and in Literature.
- DISCUSSION: To request that the general service board consider that under active sponsorship people who have completed their sixth step be encouraged to sponsor someone from the waiting list. Encouragement to be in the form on expanding the language on the web and in literature (pamphlets), where sponsorship is discussed, to add a simple statement like “if you’ve made it through your sixth step, are actively working the steps with an EDA sponsor, and are interested in serving as a sponsor to someone new from the waiting list, please contact [sponsors@eatingdisordersanonymous\(dot\)org](mailto:sponsors@eatingdisordersanonymous(dot)org) to be of service via sponsorship.”
 - Kendall asked where this would be posted.
 - Chair said it would be posted online, and in literature.
 - Vice Chair said thinks the decision to sponsor should be at the discretion of each individual. She also noted the decision should be made with the

help of a sponsor. She doesn't think the GSB should dictate when/how people should begin sponsoring.

- Annette H. said she has been involved in EDA since its second month. She said that asking people to begin sponsoring after they've completed Step Six is not in keeping with EDA's traditions and experience. She highly suggested that people begin sponsoring when they get Step Twelve. She also said the reason we have a suggested limit is because people have taken this too far. Sponsoring more than three people is really difficult for anyone. Any more than that, it would feel like a professional commitment. The concern is making this too much of a vocation, rather than service. She said we should keep in mind the concept of "balance." She would highly discourage people from taking on more than three sponsees at one time.
- Kendall said she agrees that we should limit the number of sponsees a person can take on at one time. She also agreed we should allow people to reach their 12th Step before they take on sponsees.
- Chair said she has experience working with a number of sponsees, and that it's easy to get overwhelmed. She said she kept her treatment team involved, and that she made a deal with them that if her sponsoring got to be too much, she would scale back. She feels there needs to be guidelines, but the guidelines in place seem to prevent EDA from growing.
- Kelsey said she feels that we shouldn't limit the number of sponsees sponsors can have. Her sponsor was sponsoring many women at one time, and she feels she wouldn't have recovered if her sponsor didn't take her on. EDA has taught her that her guidelines come from her Higher Power.
- This topic will be picked up at the next GSB meeting. The Chair asked us to go back to our home groups to discuss this item. This has been **TABLED**.

MOTION TO APPROVE : Drafted edited roles sheet to add to website add the treasurer roles. The change makes it so that the Treasurer does not have to be a CPA in order to serve in this role.

- Annette said we are having trouble finding a CPA to fill this role. That's why we are looking to remove the requirement.
- Cale **SECONDED** the MOTION
 - The **MOTION PASSED** unanimously

MOTION: Proposal to shift the GSB to one, two hour a quarter meeting effective post June. Use June as the Q3 meeting and then do Q4 October.

- Q1 January
- Q2 April
- Q3 July
- Q4 October
- Sunday 3-5 PM EST post the other two ZOOM Sunday meetings.

- Concerns about diluting the committee info to be shared: committees as an option could mail out their minutes monthly even send out a monthly newsletter.
- Bylaws do not call for monthly meetings the leaders of the meetings are on the ground
- DISCUSSION:
 - Annette asked for clarification: this would take place on the FIRST SUNDAY of the month.
 - Cale asked what the motivation for the change is.
 - Chair said the motivation is to increase participation, as well as find a time that works for more people. Lastly, the goal is to provide opportunity for longer discussions
 - Gretchen said this is a great idea
- Cale SECONDED the MOTION
 - The **MOTION PASSED** unanimously (3 abstained)
 - The next GSB meeting will take place on the First Sunday of October, 2019.

MOTION: Due to communications by newcomers and their family members concerning attempts to attend face-to-face meetings listed on our website only to find that the meeting is not held or has been closed, we propose:

- That each meeting be contacted and asked to respond confirming that their group is still active. The contact will be given ten days to respond to every contact. If after three attempts to contact the meeting (by email, phone, texting, written correspondence), there is no response, the meeting will be removed from the online listing by the EDA webmaster.
- This would be done as part of MGSC group outreach.
- In the spirit of Concept 3: While the text of the email is within the scope of the committee, we are reporting that the email being sent would something like:

“Dear Meeting Representative,

It has come to our attention that there are EDA meetings which are no longer active still listed on the EDA website. For this reason you are being contacted to confirm that your meeting is active. Please respond to this email within the next 10 days to ensure your meeting continues to be listed on the EDA website. Please include the location, date and time of your meeting and any updates you want to make on the EDA website regarding your meeting.”

- Sarah SECONDED the Motion
 - **MOTION PASSED** unanimously

Committee Reports

Literature: Annette H. provided Minutes and a run-down of this committee's last meeting.

- EDA speaker podcast
- New comer pamphlet
- 12 and 12

Treasurer:

- Fiscal Update/ 7th tradition payments via Paypal
- Prudent reserve numbers Paypal and checking accounts
 - Two years worth of operating expenses, to be determined by the GSB
 - That comes out to about \$2,000 - \$2,500
- cost of sending out free big books to groups- whether this seems like an affordable option for EDA in the future. MMSSC
- Review resume for proposed Treasurer
 - We have asked for references
 - This will be voted on during the next GSB meeting
 - Annette will check the references

MOTION: Meeting extended an extra 10 minutes

- The motion was SECONDED
- Sarah OPPOSED the MOTION
- The **MOTION PASSED**.

Meeting and Membership Supportive Services:

- Regina read the minutes from the last meeting.
- EDA Sponsorship: we are in urgent need of EDA sponsors. What can we do to foster and support sponsors? Answers:
 - Conduct an EDA Step Workshop in your area
 - Encourage sponsees to start sponsoring
 - Write to sponsors@eatingdisordersanonymous.org if you are able to sponsor someone online or by phone.
- We currently have 28 people on the waiting list
- Sponsor ROLE- what a sponsor versus a maintenance sponsor - there is currently not a distinction between the two roles - spreadsheet speaks to where are we with need and filling it hold off until September MSSC Combs through this they are currently working on "temporary status" for newcomers at the local level face to face contact email language goes

Reminders and Continuing Items:

EDA Daily Meditation Book: 365 meditations for every day of the year

To submit a meditation for consideration:

- Please include a quotation from the EDA Big Book or other EDA literature at the top of your meditation.
- Following each quote, include your personal reflection on the quotation.
- Please remember to be concise – the quote plus reflection should fit onto one small page (think of *Daily Reflections* or *Inner Harvest*).
- Send your submission via email to meditations@eatingdisordersanonymous.org **or** click on [EDA Meditations](#) and add your meditation to the bottom of the existing Google Doc.
- Please do not edit or delete anyone else's submissions. All entries will be reviewed and edited before being submitted for consideration by the literature team.
- We would love everyone to submit one or more meditations for consideration.

EDA Sponsorship: we are in need of EDA sponsors.

What can we do to foster and support sponsors?

Answers:

- Conduct an EDA Step Workshop in your area and
- Encourage sponsees to start sponsoring
- Write to sponsors@eatingdisordersanonymous.org if you are able to sponsor someone online or by phone.

Great news: if your group is willing to **order 24 or more books through the GSB, you can get a 50% discount.** If you use the PayPal link on the [GSB website EDA Big Book tab](#) (this only applies to EDA groups!), the cost is \$230 *including shipping*. **This means each book costs \$8.75, delivered.**