

# General Service Board of Eating Disorders Anonymous Meeting

Saturday, October 2, 2021, 4:00 p.m. EST

Meeting ID: 6394799909; Participant Number: 6394799909; Password: 123456

Copy of the chat available

## Attendees

Total number of attendees: 27

Officers on call:

1. Chair
2. Vice chair
3. Interim Treasurer
4. Secretary

## Call to Order

- Treasurer called meeting to order
- Member read steps 7-10 of EDA
- Member read traditions 7-10 of EDA
- Opened with moment of silence followed by the serenity prayer

## Officer Reports

### *Secretary's Report*

Secretary sent out July minutes several weeks ago. If anyone would like a copy of the minutes, they can email [michellec@eatingdisordersanonymous.org](mailto:michellec@eatingdisordersanonymous.org). If they want to be added to the distribution list of people who receive the minutes (the GSB Announcements distribution), they can email [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org). **ACCEPTED MINUTES AS WRITTEN**

### *Chair Report*

The chair thanked everyone for stepping up to help on committees and in service positions in the last couple of months. The chair greeted our new vice chair, and the vice chair shared his story of recovery and said he was looking forward to serving.

The chair thanked the new membership and group supportive services chair. She couldn't be here today, but she is helping us become stronger as a whole.

The chair introduced the new webmaster coordinator. The new webmaster coordinator explained her history with EDA and technology.

The chair extended thanks to all those who are continuing to serve: secretary, treasurer, literature committee chair, email coordination committee chair, professional contact coordinator, sponsorship coordinator. She invited all committee chairs to introduce their new and current committee members.

## Treasurer's Report

Our current treasurer is only serving in an interim capacity. If you are interested in serving as treasurer, email [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org). Our gross profits for 2021 Q1-Q3 are \$18,436.66. Our primary expenses this year have been for big book bulk sales and shipping costs, and our total net income is \$13,618.99.

Our income is increasing this year. Last year at this time, we had \$24,407.07 in total assets. Now we have \$41,278.78. We might be able to self-publish the 12 Steps and 12 Traditions book (12x12). It is very exciting! All these funds make website hosting, etc. possible. See the tables below for details.

### Profit and Loss for Q3 Only

Profit and Loss  
July - September, 2021

	TOTAL			
	JUL - SEP, 2021	JUL - SEP, 2020 (PY)	CHANGE	% CHANGE
Income				
Checking account income from 7th Tradition Contributions	276.00	280.00	-4.00	-1.43 %
PayPal Income from 7th Tradition and Bulk Book Sales	4,695.33	3,660.40	1,034.93	28.27 %
Royalty from EDA Big Books	1,432.37	1,525.81	-93.44	-6.12 %
Total Income	\$6,403.70	\$5,466.21	\$937.49	17.15 %
GROSS PROFIT	\$6,403.70	\$5,466.21	\$937.49	17.15 %
Expenses				
Bank Charges & Fees	-0.44		-0.44	
Conference Call Software for Meeting Support	149.90	149.90	0.00	0.00 %
EDA Big Book Bulk Sales and Shipping Cost	1,350.32	219.07	1,131.25	516.39 %
Office Supplies & Software	152.04	130.32	21.72	16.67 %
Online Meeting Hosting Expense		50.70	-50.70	-100.00 %
PayPal Fees	188.29	141.69	46.60	32.89 %
Total Expenses	\$1,840.11	\$691.68	\$1,148.43	166.03 %
NET OPERATING INCOME	\$4,563.59	\$4,774.53	\$ -210.94	-4.42 %
NET INCOME	\$4,563.59	\$4,774.53	\$ -210.94	-4.42 %

## Profit and Loss Year-to-Date

Profit and Loss  
January 1 - October 1, 2021

	TOTAL
Income	
Checking account income from 7th Tradition Contributions	1,778.65
PayPal Income from 7th Tradition and Bulk Book Sales	15,225.64
Royalty from EDA Big Books	1,432.37
Total Income	\$18,436.66
GROSS PROFIT	\$18,436.66
Expenses	
Bank Charges & Fees	-0.44
Conference Call Software for Meeting Support	149.90
EDA Big Book Bulk Sales and Shipping Cost	3,044.34
Office Supplies & Software	412.68
Online Meeting Hosting Expense	50.70
PayPal Fees	587.64
Post Office Box Cost	181.20
Website Hosting and Security	391.65
Total Expenses	\$4,817.67
NET OPERATING INCOME	\$13,618.99
NET INCOME	\$13,618.99

## Current Total Balance Sheet

Balance Sheet  
As of September 30, 2021

	TOTAL			
	AS OF SEP 30, 2021	AS OF SEP 30, 2020 (PY)	CHANGE	% CHANGE
<b>ASSETS</b>				
Current Assets				
Bank Accounts				
GSB Of EDA Checking (3225)	22,513.29	10,713.20	11,800.09	110.15 %
PayPal Bank	18,765.49	13,693.87	5,071.62	37.04 %
Total Bank Accounts	\$41,278.78	\$24,407.07	\$16,871.71	69.13 %
Other Current Assets				
Undeposited Funds	0.00	0.00	0.00	
Total Other Current Assets	\$0.00	\$0.00	\$0.00	0.00%
Total Current Assets	\$41,278.78	\$24,407.07	\$16,871.71	69.13 %
<b>TOTAL ASSETS</b>	\$41,278.78	\$24,407.07	\$16,871.71	69.13 %
<b>LIABILITIES AND EQUITY</b>				
Total Liabilities			\$0.00	0.00%
Equity				
Opening Balance Equity	8,411.27	8,411.27	0.00	0.00 %
Retained Earnings	19,296.05	5,880.78	13,415.27	228.12 %
Net Income	13,571.46	10,115.02	3,456.44	34.17 %
Total Equity	\$41,278.78	\$24,407.07	\$16,871.71	69.13 %
<b>TOTAL LIABILITIES AND EQUITY</b>	\$41,278.78	\$24,407.07	\$16,871.71	69.13 %

## ***Vice Chair Report***

No vice chair report this time.

## **Committee Chair Reports**

### ***Membership and Group Supportive Services***

We have a new chair and two new committee members. We had one meeting this quarter, 9/04/2021, due to the late start filling positions including my own as chair. The former membership chair provided us with invaluable information and several templates that will tremendously help our cause. We discussed how to respond to email inquiries efficiently and comprehensively.

Our goal for this quarter is to increase the number of contacts for listed meetings. We plan to visit Zoom meetings and ask members for this information in order to achieve this goal. We are also going to encourage groups to elect a general service board representative (GSR) and send representation to the GSB meetings. We will be supplying the Website Committee with any information helpful to updating their contacts list. Note: Email [membership@eatingdisordersanonymous.org](mailto:membership@eatingdisordersanonymous.org) to update contact info for your meeting.

We are extremely supportive and welcoming of the sub-committee on inclusivity and are very grateful for the opportunity to serve.

### ***Literature Report***

In our third quarter, membership in the Literature team expanded by four. We now consist of 11 members.

The Literature Committee took guidance from our July GSB meeting and updated the *Special Composition Meetings in EDA* brochure to better address several topics. We've requested and received feedback from affected groups and are nearing completion of the updated document, which will be sent out in time for a vote at our January GSB meeting.

For a variety of reasons, the Literature Committee has not yet incorporated suggested edits for the Twelve Traditions into a revised draft. Many members of the Literature Committee are engaged on other committees or involved in the current Step Workshop. We hope to get back to this work soon.

The Literature Committee is delighted to announce and recommend the audio version of the EDA Big Book now available on the EDA Big Book link, <https://eatingdisordersanonymous.org/edabigbook/#BBAudios>. All the main chapters, all the appendices, and all but six stories are now available in audio format. Many thanks and kudos to the committee EDA member who spent countless hours working on these amazing recordings, and to all who helped review them for content completeness and accuracy.

We are working on an initiative to make the Big Book audio recordings flow together more smoothly in sequence for those who are listening from their cars; we don't want anyone fumbling to find the next recording.

Also on deck are audio recordings of the EDA Step Workshop currently in progress. We hope these will be available to post on the GSB Audios tab soon after the workshop completes.

The Meditations Subcommittee has catalogued and categorized about 200 meditations on EDA literature thus far. Each submission is getting a personal response. We are hoping to amass about 1,000 meditations before we start organizing the work into book format. In the meantime, while the responses are being added to the collection, the Meditations Subcommittee has suspended regular meetings. We will get back to this later.

I would very much like to thank all our literature team members for their thoughtful contributions. EDA literature belongs to all of us, and I am delighted to be working with so many excellent writers and editors.

#### **Action Items for the Literature Committee:**

- Update the EDA Suggested Meeting format to include a statement about sponsorship being part of Step 12. (A revision has been submitted to the Literature Committee for review.)
- The Literature Committee will be glad to review the survey to ensure the questions are neutral and ensure that the survey can be posted to the GSB website.
- The Literature Committee has volunteered to help review announcements about the **Winter Holidays "Give Yourself the Gift of Tools"** meetings being offered on December 25th and January 1st so we can get these posted on the GSB website.

Thank you all very much for all your support and encouragement, and for a great GSB meeting!

#### ***Email Response Coordination***

We have five email response coordinators. We are able to respond to all emails within 24 hours and enjoy the service. Our committee members are all terrific. We are looking for another email response coordinator.

#### ***Webmaster Coordination***

The literature chair has provided a tremendous amount of support and leadership for us as the new Webmaster Coordinator is coming up to speed, and our committee members are doing tremendous work.

We're updating the website as requests come in. Meeting times and locations are still changing on a fairly regular basis with the changing COVID situation.

We've begun compiling a backlog list of potential improvements to the site. Top priorities include:

- Consolidating the meetings to one list on the main meetings page.
- Making zoom meetings easier to access with a link on the page that takes you right into the meeting.
- Accommodating multiple time zones—our ongoing issue is that the technology we're using wasn't designed to list meetings across different time zones. We're researching solutions on how best to handle multiple time zones.
- Fixing display issues—some people are reporting issues with the way the website displays on mobile devices.
- Making general improvements to the look/feel of the site—consistency of format, font, clean navigation, etc.

## ***Sponsorship Coordinator***

Not present. The sponsorship coordinator is here if you know people who are in locations where they can't find sponsors. We don't find sponsors for everyone, but we can help people in time zones where meetings are not as readily available.

## ***Professional Contact Coordination***

No updates. Our professional contact coordinator works hard for us and helps us make professional connections. They are not usually present at GSB meetings.

## **Business**

### ***Swearing In***

All GSB representatives and officers swear in at the Q2 meeting each year.

### ***Motions***

#### **Inclusivity Committee**

This motion is to create a subcommittee of the membership and group services committee devoted to inclusivity efforts. The initial goals of this committee are gather and disseminate stories of recovery from a diverse range of EDA members, ensure the EDA website reflects a message of inclusivity, and to conduct an organization-wide survey about inclusivity and diversity among EDA groups.

This motion was brought forward at the July GSB meeting, but we decided we didn't have the support to create a new committee at that time. (Many key board and committee positions were vacant.) The proposal for the committee was then withdrawn.

As of now, essential positions have been filled, so the subcommittee is being proposed again. The membership and group services committee supports the formation of this subcommittee, and four or five people are already willing to serve on this subcommittee.

#### ***Discussion***

A member reported that when this subcommittee was proposed at the Monday night Phoenix meeting, 19 hands (the majority) agreed to support the subcommittee.

Literature chair said she wanted to encourage people go after projects they believe in, and we want to support people in these kinds of endeavors.

Vice chair is a member of this proposed subcommittee and asked members to share why this is an important pursuit and how it connects to our primary purpose of recovering from our eating disorders.

A member of the subcommittee shared that although EDA is getting more diverse, we are heavily white and women, which is in alignment with many stereotypes about eating disorders. They are concerned that people who have different identities may not see their own experience reflected as much in the literature or even in meetings. They want people to be able to resonate with our stories of recovery. They don't want to cancel or remove any stories. They just want to get more stories and experiences of recovery out there.

Member asked if part of the effort will be to include more on overeating and binge-eating disorder. Members of the subcommittee responded that differing manifestations of eating disorders are part of the inclusivity efforts and that we want to include things like ARFID that were not widely recognized when EDA formed. The first subcommittee project will be to conduct a survey to see what people want and need. We will not encourage separate meetings based on eating disorder type (see the *Special Composition Meetings* brochure), but we do want to highlight the diversity of experiences. This subcommittee is being intentional about finding out what people want instead of just telling them what we think they need. They are trusted servants and do not govern.

One member presented an argument that when a person of color group formed, people of color stopped attending his regular meetings. This could be something to pay attention to as we work on inclusivity. We should continue encouraging diversity in all our groups.

One member supported the idea and asked how the surveys would be distributed. The subcommittee members said the idea wasn't fully formed, but they would probably attend meetings and put the survey in the chat. They will also ask it be announced in meetings. The survey could also be sent to the GSB Announcements distribution.

Member brought up the stigma attached to being overweight (i.e., that if you are in a larger body, you are not recovered). She would like more stories that include her experience of recovering into a larger body.

Member mentioned that we want disability to be included in inclusion criteria. Group rep said that disability and definition one area they want to include.

Chair reminded everyone that the goal should not be to create separate meetings. The subcommittee members assured everyone that creating siloed groups is not the goal. They are firstly concerned about the literature and about the audio recordings available on the website. The subcommittee does not want to do anything to create separation.

Member said she's glad to hear about disability inclusion, and she wanted to mention inclusion for other mental illnesses. Subcommittee representatives said these are good points. This group isn't just about race – it is about all these other things. They are committed to “both-and.” We want all sorts of people in all our meetings. Member said they are happy EDA is talking about diversity so that it is not just a word. We have to define what it means for us as an organization.

We voted on the creation and support of an inclusivity subcommittee, with future actions to be approved by the organization. 20 votes for. None opposed. **PASSED UNANIMOUSLY**

### **Sending EDA Big Books to Iceland**

An EDA group in Iceland has requested that EDA send them a box of 24 EDA big books. The shipping costs to order less than a box at a time are prohibitive, but they don't have enough money for a full box. They want to give away books to facilities and practitioners. The literature chair proposed to send a box of 24 books to them, with them providing whatever financial contribution they can and us footing the rest of the bill (the majority of the bill.)

One box of books costs approximately \$240, plus shipping. A couple of members reminded everyone that EDA has more than \$40,000 currently saved.

It was stressed that we cannot do this for everyone and that this should not set a precedent. Iceland is a specific situation in a particularly remote location.

It should be noted that the Iceland group already offered to pay what they can.

Member pointed out that there are a lot of EDA members in the US who might be going to other countries on business or for other reasons. We could try getting members to take books to far-away locations if at all possible. The chair encouraged the member to look into this.

Member said the seventh tradition is important. She encourages people in the Iceland group to donate what they can, and that's enough. We want to support recovery. It's not about the money. Member pointed out that the shipping is hard to people outside the US. We need to support those overseas groups.

Member mentioned that the book is also available on Kindle.

We voted on sending a box of 24 books to the Iceland group, with the Iceland members paying what they can and EDA GSB footing the rest. 14 hands for. No one opposed. **PASSED UNANIMOUSLY**

## **New Business**

### **Creating Opportunities to Foster Service**

How can we expand opportunities for service? Any ideas? Any small ways people can serve?

Member said that in many of the groups there is one person with all the responsibility. Suggested more of a rotating schedule of service.

Literature chair acknowledged we don't have a strong history of service. There are things about the service-focus of some other 12-step groups that offended early EDA members because their approach to service felt very consequence-oriented: "Do service or die!" We gained some freedom by eliminating the rather catastrophic "do or die" mentality but also lost out on something valuable: more motivation for service.

We are planning to talk much more about service in the new 12x12. The plan is to have more emphasis on service in the future without bringing a draconian system.

Vice chair suggested getting more meeting contact information so that we can more directly support groups and let them know how they can serve. We need to support the membership committee's efforts in this area.

Member suggested designating an activity person in each group to help foster togetherness outside of meetings. Another member said this would turn her off and that we should avoid formulas. We should allow groups to do what will work for this.

We also need to encourage people to be comfortable with silence when asking people to serve. Just wait for someone to jump in. We learn by doing.

In meetings, really talk about service and what it does for you. Make it clear how it supports recovery. The accountability of taking on service commitments really helps a lot of people.

If a group is continually unable to get people to serve or help (other than one main person),



maybe the group shouldn't exist? Really consider the health of the meeting.

Make sure we help each other learn where we can serve. Even just asking for a chair the week in advance is a good place to start. Develop a core group of people who serve in your meeting.

Consider having a training session and a shared drive for all service positions. Take even just 15 minutes after a meeting to explain what some of the small services are that you can do.

### **Getting More People to Feel Comfortable with Sponsorship**

We could make a change to the standard meeting format that says something like: Remember that for most people the 12<sup>th</sup> step means sponsoring others. Other members said we must be cautious about adding anything to the standard format. We really need to think about what we want to say regarding sponsorship.

People are scared of sponsoring. It can be daunting. We have to recognize this and help people along. We maybe need more sponsorship panels again.

Member mentioned that EDA is fortunate to have a whole section in the big book on sponsorship. It can be emphasized that people can simply follow those instructions.

It seems to be difficult for people who had or have eating disorders to share. We want to isolate. We need to recognize that being with others, helping others, getting outside ourselves, and doing things that make us feel uncomfortable are empowering.

More suggestions were shared in the Zoom chat. If you would like a copy of the chat from this EDA meeting, email [michellec@eatingdisordersanonymous.org](mailto:michellec@eatingdisordersanonymous.org).

### **Overlapping Online Meetings**

There are three Saturday 7pm meetings. Shouldn't we avoid having meetings at the same time?

It used to be our policy not to overlap online meetings, especially when we did not have very many. We still prefer not to overlap meetings, but sometimes, it cannot be prevented. Many of the overlaps have been caused by in-person meetings moving to Zoom during COVID. Some are still not sure if they want to return to in-person meetings. Whatever the case, we try to enforce 15 minutes of break on a Zoom line before and after meetings.

### **Sponsoring a Winter Workshop/Marathon/Extended Meeting**

For Christmas Day and New Years Day, we want one dedicated Zoom line available for an extended meeting/workshop for two hours (2-4 PM EST) on both those days.

The organizers invite other meetings to sponsor this meeting as well; for instance, your meeting could chair a half-hour time frame.

The theme for the extended meeting/workshop is on using the tools of the program.

The EDA Zoom lines are limited to 100 people, and we may have more than that. It is proposed we get a separate Zoom line with a higher capacity for that specific event (we usually do this for workshops). We can purchase a dedicated 500-person-capacity line for \$50. We can do this just one month, starting just before Christmas.

We voted on hosting both 2-hour workshops (on Christmas Day and New Years Day) and to pay

the \$50 for the dedicated 500-person line. 17 hands for. No one opposed. **PASSED UNANIMOUSLY**

## Closing

We really want to see someone from each meeting come to this meeting. You can learn from other meetings, so please come!!

The next GSB meeting will be in January, probably on a Saturday again to accommodate board members. We will send an announcement out earlier before that meeting.

Please take the info discussed in this meeting to your group.

Meeting closed at 5:52 p.m. EST.

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## Motions Summary

- Form an inclusivity subcommittee operating within membership and group supportive services. **PASSED**
- Send a box of 24 EDA big books to Iceland, with the Iceland EDA group paying what it can and EDA GSB paying for the rest. **PASSED**
- Hosting a winter workshop for 2 hours on both Christmas Day and New Year's Day, and paying \$50 for a dedicated Zoom line that can hold 500 people for one month to accommodate the workshop. **PASSED**

## Service Needs Summary

- Treasurer position is open. Email [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org) if interested.
- Literature meditations subcommittee needs more submissions for the meditations book. Please submit meditations here: <https://eatingdisordersanonymous.org/meditations/>.
- Membership and Group Services wants help attending meetings to obtain contact information. To assist and get a list of meetings for which we don't have contact information, email [membership@eatingdisordersanonymous.org](mailto:membership@eatingdisordersanonymous.org).

## Additional Notes and Action Items

- Email [membership@eatingdisordersanonymous.org](mailto:membership@eatingdisordersanonymous.org) to update primary contact information for your meeting.
- Mention open service positions to your meetings.
- We now have an Announcements page on the EDA website, where we can advertise workshops and other events. (The page does not support RSS.)

Minutes prepared by the secretary on Oct. 9, 2021.