

General Service Board of Eating Disorders Anonymous Meeting

Saturday, January 8, 2022, 4:00 p.m. EST

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

Recording and Chat Available

Attendees

Total number of attendees: 32

Officers on call:

1. Vice chair Michael S.
2. Interim treasurer Annette H.
3. Secretary Michelle C.

Call to Order

- Michael S. (vice chair) called meeting to order
- Opened with the serenity prayer or prayer of your choice
- Moment of silence for those who still suffer
- Member read steps 1-3 of EDA
- Member read traditions 1-3 of EDA
- Introductions (who you are, meeting you represent)
- Michael S. previewed the meeting agenda

Officer Reports

Secretary's Report

Secretary sent out October minutes several weeks ago. No changes have been requested or made since then. If anyone would like a copy of the minutes, they can email 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. **ACCEPTED MINUTES AS WRITTEN**

Chair Report

Interim chair was not present, but there are a few updates related to the Chair position.

Gisele, an advisor to the General Service Board, stepped up in August to fill a void left when former Chair Michelle P stepped down. We are grateful that Gisele was willing to drop other commitments as needed to help EDA, and we are also grateful for the support of many other people who made it possible for Gisele to focus on urgent matters in her own life that demanded her attention these past few months. The board thanks Gisele for her commitment and courage in stepping up at an especially challenging time.

Gisele is happy to be passing on the baton to Michael S and Lynn G who volunteered to step up as Vice Chair and Chair in 2022.

Vice Chair Report

Michael S. did not have anything to report and will speak more when we discuss motions later.

Treasurer's Report

We are delighted to report that Sandy S from Columbus has volunteered to serve as our General Service Board Treasurer. To prepare for the role, Sandy worked with the interim Treasurer to prepare the Q4 Balance Sheet, Profit and Loss Statement, and Profit and Loss Comparison.

- Total balance in the General Service Board of EDA accounts as of 12/31/2021 was: **\$46,539.82**
- Overall income was up 59% relative to 2020.
 - More people are joining EDA and more groups are making 7th Tradition contributions.
 - Online and Zoom groups are using the Support EDA tab on the EDA website to send contributions: <https://eatingdisordersanonymous.org/support/>
 - Groups can also use Zelle to send 7th Tradition contributions.
 - Step workshop attendees this year and last accounted for a significant portion of overall income.
- We have a bit of cleanup work to do in Quickbooks before our April meeting to make sure all deposits and payments are correctly categorized. There are two issues:
 - There were 3 Zoom account payments, but only one was correctly categorized.
 - There were \$2689.65 in EDA Big Book bulk sales to groups that did not get categorized as book sales and look like 7th Tradition contributions.

Profit and Loss for Q4 2021

October - December, 2021

	TOTAL			
	OCT - DEC, 2021	OCT - DEC, 2020 (PY)	CHANGE	% CHANGE
Income				
Checking account income from 7th Tradition Contributions	32.00	10,777.58	-10,745.58	-99.70 %
PayPal Income from 7th Tradition and Bulk Book Sales	5,939.54	-6,414.20	12,353.74	192.60 %
Sales		0.00	0.00	
Total Income	\$5,971.54	\$4,363.38	\$1,608.16	36.86 %
GROSS PROFIT	\$5,971.54	\$4,363.38	\$1,608.16	36.86 %
Expenses				
EDA Big Book Bulk Sales and Shipping Cost	322.02	450.64	-128.62	-28.54 %
Office Supplies & Software	162.90	410.32	-247.42	-60.30 %
Online Meeting Hosting Expense		50.70	-50.70	-100.00 %
PayPal Fees	225.58	151.47	74.11	48.93 %
Total Expenses	\$710.50	\$1,063.13	\$-352.63	-33.17 %
NET OPERATING INCOME	\$5,261.04	\$3,300.25	\$1,960.79	59.41 %
NET INCOME	\$5,261.04	\$3,300.25	\$1,960.79	59.41 %

Current Total Balance Sheet

As of December 31, 2021

	TOTAL			
	AS OF DEC 31, 2021	AS OF DEC 31, 2020 (PY)	CHANGE	% CHANGE
ASSETS				
Current Assets				
Bank Accounts				
GSB Of EDA Checking (3225)	22,060.37	23,162.24	-1,101.87	-4.76 %
PayPal Bank	24,479.45	4,545.08	19,934.37	438.59 %
Total Bank Accounts	\$46,539.82	\$27,707.32	\$18,832.50	67.97 %
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	\$46,539.82	\$27,707.32	\$18,832.50	67.97 %
TOTAL ASSETS	\$46,539.82	\$27,707.32	\$18,832.50	67.97 %
LIABILITIES AND EQUITY				
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	18,832.50	13,415.27	5,417.23	40.38 %
Total Equity	\$46,539.82	\$27,707.32	\$18,832.50	67.97 %
TOTAL LIABILITIES AND EQUITY	\$46,539.82	\$27,707.32	\$18,832.50	67.97 %

Profit and Loss Comparison 2020 and 2021

January - December 2021

	TOTAL			
	JAN - DEC 2021	JAN - DEC 2020 (PY)	CHANGE	% CHANGE
Income				
Checking account income from 7th Tradition Contributions	1,810.65	14,154.50	-12,343.85	-87.21 %
EDA Big Books Purchased By Group		1,360.00	-1,360.00	-100.00 %
PayPal Income from 7th Tradition and Bulk Book Sales	21,115.18	0.00	21,115.18	
Royalty from EDA Big Books	1,432.37	3,026.63	-1,594.26	-52.67 %
Sales		0.00	0.00	
Total Income	\$24,358.20	\$18,541.13	\$5,817.07	31.37 %
GROSS PROFIT	\$24,358.20	\$18,541.13	\$5,817.07	31.37 %
Expenses				
Bank Charges & Fees	-0.44		-0.44	
Conference Call Software for Meeting Support	149.90	449.70	-299.80	-66.67 %
EDA Big Book Bulk Sales and Shipping Cost	3,366.36	2,865.79	500.57	17.47 %
Office Supplies & Software	575.58	692.68	-117.10	-16.91 %
Online Meeting Hosting Expense	50.70	202.80	-152.10	-75.00 %
PayPal Fees	810.75	493.32	317.43	64.35 %
Post Office Box Cost	181.20	118.00	63.20	53.56 %
Website Hosting and Security	391.65	303.57	88.08	29.01 %
Total Expenses	\$5,525.70	\$5,125.86	\$399.84	7.80 %
NET OPERATING INCOME	\$18,832.50	\$13,415.27	\$5,417.23	40.38 %
NET INCOME	\$18,832.50	\$13,415.27	\$5,417.23	40.38 %

The funds in the General Service Board accounts pay for:

- Hosting our website (includes a DNS host service, software, WordPress and other

- features, backups, a test site, and security issue remediation/tech support)
- Three Zoom lines
 - EDA Big Book distributions to hospitals and institutions
 - Eventually, we expect to self-publish the EDA 12 Steps and 12 Traditions workbook; there are significant upfront costs for taking this route.
 - We do not currently pay anyone at the GSB level, but in the future we may need someone to help.

And yes, we do have a lot of money saved, and we could be using it for many things. As listed above, the main thing we are saving for is to self-publish our 12 Steps and 12 Traditions book. We do need to distribute funds to other efforts, too, though, since we have so much saved. Michael S. requested that this concern be added to new business.

Committee Chair Reports

Membership and Group Supportive Services

Membership and Group Supportive Services is responsible for following up with people who contact the GSB about establishing new meetings and offering support. We have great resources online at the Create a New Meeting tab (<https://eatingdisordersanonymous.org/start-a-meeting/>) but implementing suggestions can be challenging. Membership and Group Supportive Services team members help meeting leaders put ideas into practice and offer suggestions when issues arise.

We did not have anyone representing the Membership and Group Supportive Services (MAGSS) team. However, during the meeting today, Melissa S volunteered for the role of Chair, and Alena A offered to co-chair. (Regina E had previously volunteered to field crisis emails directed to this group and expressed gratitude to Melissa and Alena.) Dominique D offered thanks to Melissa S, Alena A, Dominique D, and Regina E for their spirit of service and dedication!

Every six months or so, the MAGSS team reaches out to meetings to make sure they are still there. Nothing discourages new members more than attending meetings where no one shows up. It is super important that we keep the listing of meetings updated so no one has to go through that experience.

During the meeting, we asked if those present on the call would be willing to reach out to three meetings each; all of the current MAGSS members are also supporting other essential GSB functions such as updating meeting listings and responding to EDA email correspondence. We really need help reaching out to meetings.

The response was heartwarming. Many offered to help. Melissa and Alena both agreed to help coordinate the assignments. Dominique D, who created a Google sheet of meeting contacts in the past, offered to help support Melissa and Alena. Huge thanks to all who volunteered, and to all who offered to help coordinate!

Inclusivity Subcommittee Report

Our current status is that we are developing a survey of questions which aim to determine the sense of inclusivity currently within EDA and if there is an appetite or need for more – whether that be through literature, recorded stories, accessibility, additional welcoming and support of diverse backgrounds, special composition meetings, etc. The GSB Literature Team is to review

the survey before we share with GSB for final approval. From there, we will determine next steps based on survey results.

If anyone is interested in joining this subcommittee or has thoughts on inclusivity in EDA, we would love others to join or share during their meetings – please distribute our email inclusivity@eatingdisordersanonymous.org during your meetings.

Literature Report

The Literature Committee is a small but mighty team! In Q4 2021, the Literature Committee:

- Updated the Special Composition Meetings in EDA brochure and sent it to our fellowship with a proposal to adopt the edited version. The updated brochure addresses concerns raised at the last GSB meeting:
 - EDA's General Service Board (GSB) **does** list meetings that differentiate from other meetings based on demographics (i.e., minors, LGBTQ+, men, women, non-binary) because “dual identification” – where a person with an eating disorder also identifies as a member of another demographic group – can foster hope and recovery. The GSB **does not** list meetings that limit participation based on symptoms of the problem (i.e., type of eating disorder) or differences in the specifics of the solution (i.e., conception of God/Higher Power/higher purpose), because to do so would undermine EDA unity.
 - EDA meetings focus on the EDA program, and each group is autonomous except as affects other groups or EDA as a whole.
 - It is up to each group's *group conscience* to decide how best to carry the message of full recovery from eating disorders.
 - Every group should respect that an eating disorder is a symptom of underlying issues with perspective.
 - We have a broad variety of tools to help us establish and maintain a transformation in perspective, and we should not reject novel ideas.
 - EDA encourages everyone to take advantage of whatever support and resources are available but does not endorse or promote any outside organizations, entities, or products.
- Posted audio recordings of the EDA Big Book to the EDA website at <https://eatingdisordersanonymous.org/edabigbook/#BBAudios>. We are looking for a volunteer to order the audios so they flow in the correct order, or combine them into a single audio, so they can be heard without interruption -- this is especially important for drivers, who would otherwise need to pull over to get the next audio started.
- Audited recordings of the Hope for Recovery Step Workshop that concluded on December 13th, 2021.
 - The Hope for Recovery Step Workshop was sponsored by the Saturday Serenity meeting of EDA, which drew together some of EDA's finest -- including voice and audio editing professionals, as well as a diversity of panelists and speakers -- to create a powerfully positive and hopeful experience for participants from across the globe.
 - The Literature Committee affirms that the content and delivery of the workshop are very high quality, that the materials are consistent with EDA's core principles and practices, that the audios present a unique, rich, and contextualized opportunity for EDA members who may not have had the experience of working the steps with a sponsor to gain insight into how EDA members recover from their eating disorders.

- The Literature Committee recommends that the GSB list the Hope for Recovery materials for review and comment on the GSB's audios tab. As with all EDA publications we encourage feedback on these materials from EDA members.
- In Q1 2022 the Literature Committee will update and send out a revised Recovery Tools brochure. Many thanks to all who contributed edits!

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. Heather F., the current chair of this committee, will be stepping down in February, and Susan R. will be stepping up as chair. There will then be four email response coordinators, but there is no need for additional email response coordinators at this time.

This committee fields all the emails that go to the info@eatingdisordersanonymous.org address.

Webmaster Coordination

Annie M., the chair of this committee, was not able to attend today. This committee has been working to make the online page format match the regular meeting page so that they can all be managed and accessed as one. This will be very convenient and more usable. If you have changes you need to make to your meeting listing, email wm@eatingdisordersanonymous.org.

Member Anna S. mentioned that the new Announcements page is fantastic.

Sponsorship Coordination

Erin S., chair, was 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 people most of the time, but we can help people in time zones or geographic locations where meetings are not as readily available. We mostly spend time helping support people who are sponsoring others and provide tips on finding a sponsor for yourself.

Professional Contact Coordination

No updates. Our professional contact coordinator, Jenni S, regularly holds weekend workshops at treatment centers and shares about EDA with staff and participants. She typically brings along and delivers EDA Big Books to treatment professionals. When possible, Jenni invites a member of a local EDA group to "bring a meeting" to workshop participants. The most recent example of this was a weekend retreat in Wickenburg this past December.

The GSB regularly votes to keep Jenni supplied with EDA Big Books. We are grateful for her help.

Discussion and Motions

Swearing In

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

Motions

“Special Composition Meetings in EDA” brochure

- Please note that this brochure affirms that EDA meetings focus on the EDA program and

reassures us that each group is autonomous except as affects other groups or EDA as a whole.

- It is up to each group's *group conscience* to decide how best to carry the message of full recovery from eating disorders.
- Every group should respect that an eating disorder is a symptom of underlying issues with perspective. We have a broad variety of tools to help us establish and maintain a transformation in perspective, and we should not reject novel ideas. EDA encourages everyone to take advantage of whatever support and resources are available but does not endorse or promote any outside organizations, entities, or products.

Four groups reported that they had voted to approve this brochure.

One group decided to abstain from voting because they couldn't decide whether or not they wanted to approve the brochure.

21 voted to approve the brochure. No one opposed. **PASSED** with one abstention.

New Business

General Service Board Elections

General Service Board **roles and role responsibilities** (with typical expectations for amount of service expected) are posted to the EDA website [here](#).

General Service Board Elections are coming up in April. Several Board Officer roles (Chair, Vice-chair, Secretary, and Treasurer) are up for election, and we are delighted to have a few nominees:

- Lynn G, Seattle, WA - Chair
- Michael S, Denver, CO - Vice Chair
- Sandy S, Columbus, OH - Treasurer

Membership and Group Supportive Services

The Membership and Group Supportive Services committee chair position is currently open. Regina E. has graciously volunteered to serve on as as-needed basis to deal with emergent issues until a Chair position is filled.

Melissa S. volunteered to participate in that committee and possibly chair it. Alena offered to co-chair. Dominique will help transition to the new chair. Shari S. volunteered to be part of the committee.

In the chat, many people volunteered to go to meetings or contact meeting contacts to make sure contact information is accurate and that the meeting is still meeting. Contact the secretary at michellec@eatingdisordersanonymous.org if you need the chat log. This list was also sent by email on Jan. 9.

New Email Response Coordination Chair

The EDA Response Coordination committee chair is transitioning February. Kudos to Heather F for doing such an outstanding job over the last two years, and a huge shout-out to Susan R. for stepping up as our new ERC chair!

Webmaster Committee Members Needed

We need additional webmasters to help maintain the website, update meetings, and pitch in with

other tasks as needed. The effort required is about two hours a week. You do not need to have advanced technical skills to do it, just a willingness to learn and time available to help.

Please do not hesitate to volunteer for any role, or to nominate others. Committees are usually happy to have additional members! Service to others is a key part of recovery. We help ourselves by helping others.

Moving GSB Meeting from Saturday to Sunday

We used to meet on the first Sunday of the quarter but changed it to Saturday accommodate our interim chair. Now, we are ready to change back. Voted to have the quarterly GSB meeting at meeting at 4-5 PM EST on the first Sunday of the quarter/month.

21 voted in favor. No votes opposed. **PASSED**

Inclusivity Survey

Elise H. reported that the purpose of the committee was to address individual experiences people had with feeling uncomfortable or unrepresented as people of color, people with disabilities, or members of other marginalized communities. The committee wants to get a needs assessment for all of EDA. They want to see if people don't feel included or welcome and understand what or if there are problems and how those problems should be addressed.

To accomplish these goals, the committee wants to issue a short survey to the membership.

Member asked for clarification of the problem the committee is trying to solve. Elise responded that some people have said they feel uncomfortable talking about race or disability and the ways people feel marginalized. Part of it is the environment, feeling, or climate of the meetings themselves.

It was also pointed out that in AA literature and stories of recovery, people do intentionally mention aspects of their identity like race. Right now, you can't tell in EDA stories whether or not certain identities are represented. We might want to be more intentional about revealing aspects of identity to foster more inclusivity while preserving EDA unity.

Members expressed that they feel meetings are generally welcoming but also that we want all people to feel comfortable. Members said that it probably is hard for people to see themselves in the stories and the meetings. People who are nonbinary or trans have even higher rates of eating disorders than women, so these are issues we need to address. Members also mentioned specific body-size and age concerns.

The survey will be distributed at meetings through GSB officers, and we will be talking about other ways of getting it out in the meeting.

Annette proposed setting money aside for a paid version of Survey Monkey if it is needed (one that allows more than 10 questions or more analytic capabilities). Those in attendance voted to extend money if needed to upgrade Survey Monkey. 21 voted for. No one opposed. **PASSED**

To further discuss these issues, ask questions, or get involved, contact inclusivity@eatingdisordersanonymous.org.

Fostering a Service Mentality in EDA Members

Tabled for the next meeting.

Helping People Feel Comfortable Sponsoring Others

Tabled for the next meeting.

How to Spend EDA's Current Financial Reserve

We currently have more than \$46,000 saved. This issue is tabled for the next meeting.

Other Discussion

Arizona meeting has voted to keep with EST year round.

Melissa suggested more sponsoring workshops run by the GSB. Others expressed support.

Michael S. mentioned needing better communication within the organization between meetings.

The meeting ended with a chat about our most recent step workshop. Sandy S. reported. Hundreds of people signed up, and about 70-90 folks came. People found sponsors through the workshop, and others are still asking when the next workshop is. The workshop is recorded, and people are listening to the recordings on the EDA website. Because we had so much help with the workshop and the recording and editing process, we were able to publish the recordings within only a couple months. Thank you to everyone who helped.

Regina mentioned that there are also bonus videos available on the website, which are people's stories of recovery.

Much appreciation to all those who lent their skills to these efforts.

We missed: Vote to include the Hope for Recovery audios onto the site.

Closing

We closed with the serenity prayer.

The next GSB meeting will be on Sunday, April 3, at 4-5 PM EST. We will send an announcement out before that meeting.

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

Meeting closed at 6:05 PM EST.

Motions Summary

- Accept and publish the "Special Composition Meetings in EDA" brochure. **PASSED**
- Move the quarterly GSB meeting back to 4-5 PM EST on the first *Sunday* of the quarter/month (rather than Saturday, when we met the last two times). **PASSED**
- Set money aside for a paid version of Survey Monkey that allows more than 10 questions and includes more robust analysis if it is needed for the inclusivity survey. **PASSED**

Tabled Issues

- We still need to vote to put the Hope for Recovery audios on the website.

- We did not talk about how to foster service in EDA.
- We did not discuss strategies for helping people feel more comfortable sponsoring others.
- We did not discuss ways to spend EDA's financial reserve (other than the 12 Steps and 12 Traditions workbook).

Service Needs Summary

- The literature committee is looking for 1-3 people who could help organize and combine the [audio recordings of the EDA Big Book](#) so that they are easier to listen to all together, especially for people listening while driving. There are many ways this could be accomplished (e.g., creating playlists, combining audio files). If you can help, please email literature@eatingdisordersanonymous.org.
- We need additional members of the webmaster committee to help for 1-2 hours each week. A technical background is not needed; most activities are easy to teach. Email wm@eatingdisordersanonymous.org to help.
- Literature's 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. (We had several people volunteer to help on this in the meeting, but we could still use more.)

Additional Notes and Action Items

- Email membership@eatingdisordersanonymous.org to update primary contact information for your meeting.
- Mention service opportunities to your meetings.
- The GSB, the membership committee, and the sponsorship committee should talk more about holding additional sponsoring workshops (not just panels).
- If you know of ways that would help you as a member feel more connected between GSB meetings, let us know at actions@eatingdisordersanonymous.org.

Minutes prepared by the secretary on January 21, 2022.