

General Service Board of Eating Disorders Anonymous Meeting

Sunday, April 3, 2022, 4:00 p.m. EST

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

Recording and chat available

Attendees

Total number of attendees: 33

Officers on call:

1. Chair Lynn S.
2. Vice chair Michael S.
3. Treasurer Sandy S.
4. Interim treasurer Annette H.

Call to Order

- Michael S. (vice chair) called meeting to order
- Moment of silence for those who still suffer
- Serenity prayer or prayer of your choice
- Member read steps 4-6 of EDA
- Member read traditions 4-6 of EDA
- Michael S. previewed the meeting agenda

Officer Reports

Chair Report

Lynn S. - I am grateful to have the opportunity to serve a program that has and continues to help me and countless others in such a transformational way. I want to be a part of getting the word out about EDA because there is such a need and I deeply believe in the compassionate message of this program.

I have experience in developing and facilitating a number of groups throughout my life and I think that these skills will be of use in the position of Chair.

As Chair, I hope to continue to build on the good work that has already been done which includes continuing to support and encourage the members of the General Service Board. I also hope to expand the Professional Contact Coordination Committee and to develop a scalable plan for further outreach to the community at large.

Secretary's Report

Secretary sent out January minutes several weeks ago and these are in the Google drive folder. No changes have been requested or made since then. If anyone would like a copy of the minutes, they are posted on the GSB of EDA website at <https://eatingdisordersanonymous.org/gsb/> or 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

Vice Chair Report

Michael S. is focused on increasing GSB communication between meetings, enhancing availability of sponsors throughout EDA, and expanding accessibility. We will be setting up a Slack workspace for the GSB and will be looking for other ways to expand collaboration, discussion, and fellowship between meetings. As far as sponsorship goes, we need to know the reasons for lack of sponsorship before we can address the problem. We don't have a plan of action, but we did identify these problems: we value balance and do not take on too many sponsors at a time (not a bad thing!), sponsees are often not very assertive in looking for a sponsor, there is not a lot of formal or informal encouragement to get sponsor, some people get better and then leave EDA, and messaging about sponsorship may not abate fears about sponsoring and may also be unclear. The accessibility issue will be addressed by the inclusivity committee.

Treasurer's Report

The Q1 Income looks healthy due to an earlier arrival of our EDA Big Book royalty check. We moved \$21,000 from our old EDA Wells Fargo account to our new EDA Chase Checking account.

Profit and Loss for Q1 2022

January - March, 2022

	TOTAL		
	JAN - MAR, 2022	JAN - MAR, 2021 (PY)	% CHANGE
Income			
Checking account income from 7th Tradition Contributions	1,078.00	1,505.47	-28.39 %
PayPal Income from 7th Tradition and EDA Big Book Bulk Sales	4,831.33	5,136.82	-5.95 %
Royalty from EDA Big Books	984.65		
Total Income	\$6,893.98	\$6,642.29	3.79 %
GROSS PROFIT	\$6,893.98	\$6,642.29	3.79 %
Expenses			
Conference Call Software for Meeting Support		149.90	-100.00 %
EDA Big Book Bulk Sales and Shipping Cost	477.88	685.21	-30.26 %
Office Supplies & Software	162.90	130.32	25.00 %
Online Meeting Hosting Expense		50.70	-100.00 %
PayPal Fees	189.77	208.77	-9.10 %
Post Office Box Cost	198.00	181.20	9.27 %
Website Hosting and Security	91.09	91.09	0.00 %
Total Expenses	\$1,119.64	\$1,497.19	-25.22 %
NET OPERATING INCOME	\$5,774.34	\$5,145.10	12.23 %
NET INCOME	\$5,774.34	\$5,145.10	12.23 %

Current Total Balance Sheet

As of March 31, 2022

	TOTAL		
	AS OF MAR 31, 2022	AS OF MAR 31, 2021 (PY)	% CHANGE
ASSETS			
Current Assets			
Bank Accounts			
Chase GSB Of EDA Checking (3050)	21,000.00		
PayPal Bank	9,121.01	9,272.53	-1.63 %
Wells Fargo GSB Of EDA Checking (3225)	21,183.15	23,579.89	-10.16 %
Total Bank Accounts	\$51,304.16	\$32,852.42	56.17 %
Other Current Assets			
Undeposited Funds	0.00	0.00	
Total Other Current Assets	\$0.00	\$0.00	0.00%
Total Current Assets	\$51,304.16	\$32,852.42	56.17 %
TOTAL ASSETS	\$51,304.16	\$32,852.42	56.17 %
LIABILITIES AND EQUITY			
Total Liabilities			0.00%
Equity			
Opening Balance Equity	7,401.27	8,411.27	-12.01 %
Retained Earnings	38,128.55	19,296.05	97.60 %
Net Income	5,774.34	5,145.10	12.23 %
Total Equity	\$51,304.16	\$32,852.42	56.17 %
TOTAL LIABILITIES AND EQUITY	\$51,304.16	\$32,852.42	56.17 %

Committee Chair Reports

Membership and Group Supportive Services

Status as of the January GSB meeting: At the January GSB meeting, the M&GSS committee was tasked with verifying that the meetings published on EDA's website were active and that our contact information for these meetings was accurate. At that time, there was no chair for the committee, and it was unclear which of the members listed in the Membership email group were actively working on the committee. Melissa S. volunteered to chair the committee. Dominique volunteered to coordinate the effort to update the meeting list, and a group of participants in the meeting volunteered to do the legwork of visiting meetings to collect updated information.

What has happened since January: Melissa's main activities since January have been to orient herself to the committee and its work and to support Dominique in getting the project of updating the meeting information off the ground. The remainder of this report outlines the current status of the committee and its service projects.

Who is actively serving on the M&GSS committee: The committee now has only three members who have confirmed that they are available to serve. Melissa has asked Annette to remove the inactive members from the Membership email group. Currently active M&GSS committee members:

- Melissa S. (chair)
- Alena A. (co-chair)
- Dominique D.

The Inclusivity Subcommittee has as many as 15 members and is chaired by Elise H. Melissa S. had not yet met with this group prior to the Q2 GSB meeting.

Current service projects of the M&GSS committee:

1. Verification of phone/zoom meeting viability, details, and contact information: Note that due to the ongoing pandemic, Dominique and Melissa decided not to send volunteers to attend face-to-face meetings but instead to focus first on updating the information for phone/zoom meetings.

What's been done since the Jan GSB: Dominique worked with volunteers to fill in the gaps in her list of phone/zoom meeting details and contact information. Now that there is contact information for every phone/zoom meeting, Dominique has stepped down from this project so she can focus on project #2, described below.

The next steps for this project: Alena has agreed to move this project forward. The plan is to send a BCC email to all of the phone/zoom meeting contacts. This should yield some immediate verification, plus messages that bounce or produce unhelpful replies.

How others can help: Based on the response received, Alena will coordinate volunteers (from the list we have from the last GSB meeting) to attend meetings and verify the information for meetings we are not able to verify via email. Alena will update the webmasters if meetings need to be removed from our schedule.

2. Support for new meetings and meetings that ask for help: Dominique is now focused on this. She has been organizing the templates of messages she uses to respond to the queries that the Email Response Coordinators forward to the Membership email group.

Help needed: We are seeking a volunteer (or a couple of volunteers) to “apprentice” with Dominique and learn how to respond to new meetings and meetings seeking support. As far as I know, Dominique is the only person currently doing this service for our worldwide fellowship, so it would be great to get a couple of other members trained to share some of the service burden!

3. Increasing EDA's inclusivity: Elise H. of the Inclusivity Subcommittee has submitted a separate report on the status of the needs assessment survey.

Inclusivity Subcommittee Report

Our needs assessment survey draft was just approved by the Literature Committee, so our next step is to get it set up in Survey Monkey. Once the final Survey Monkey version is approved, we will create a plan for distribution (including a timeframe in which we will be collecting data).

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

Here is a brief summary of Literature Team activities from Q1 2022 and the start of a plan for Q2 2022.

In Q1 we:

- Updated and sent out a Recovery Tools brochure that will be voted on today for posting to the GSB of EDA website.
- Reviewed and approved creation of a survey for the Inclusivity subcommittee of the Membership and Group Supportive Services committee.

In Q2 we hope to:

- Work with Manuela Q on a Spanish-language translation of the EDA Big Book's appendix B, "A Perspective on Balance." Manuela is looking for support in developing and editing the translation. Are there volunteers with time to support this?
- Complete an initial draft of a new brochure, "An Atheist Works the Steps."
- Complete revisions for the 1st three Traditions.

We have not made progress on the planned updates to the EDA Meeting Guide. Do we have any volunteers willing to pick this up? Here are some of the issues we want to address in the guide:

- Online (Zoom) meetings and their specific challenges (Zoom bombers): There is a lot of good content on the EDA website already under the phone/Zoom meetings tab.
- Sponsorship and "fellow travelers": We have a few things to say about sponsorship. There is a lot already available in existing Traditions. We hope the editor for the EDA Meeting Guide can leverage the Traditions document.
- Anonymity in Social Media: See Tradition 11 and Tradition 12 for content.
- Friends and family support - refer to our brochure, [To Friends and Family of Loved Ones with Eating Disorders](#)
- Additional suggestions from the folks who suggested edits for the EDA Meeting Format. Among these were suggestions for how to budget and how to retain a history of Business Meeting/Group Conscience decisions.

We have had several requests for a brochure on ARFID: Avoidant Restrictive Food Intake Disorder. We do have brochures on other specific forms of eating disorders. Do we have any volunteers willing to commit time, talent, and energy to review existing literature and draft a brochure on ARFID?

Email Response Coordination

The Email Response Coordinator (ERC) Team currently consists of four people: Lora C, Susan R, Ani B, and Maureen H. Lori will be stepping down as an ERC on Wednesday, April 6th. Thank you, Lori, for your awesome service, and we wish you all the best.

Ani has volunteered to take over Lori's day. Ideally, we would like to have more ERCs join the team so that the work load is distributed evenly, and we are all maintaining balance in our roles and responsibilities. I am actively seeking additional ERC members to join this fantastic team!

I am grateful to be of service to EDA, as I truly enjoy it, and it benefits my recovery immensely. I also want to do my best to support this wonderful organization and its people... giving back all that it has given (and continues to give) to me.

Below is the rotation of days, beginning April 6:

- Saturdays and Sundays: Susan
- Fridays and Mondays: Maureen
- Tuesdays, Wednesdays, and Thursdays: Ani

Webmaster Coordination

We have 2 new volunteers on the webmaster team: Ani B and LJ. We are tremendously grateful for their help. We now have training documentation to help train new volunteers and a schedule to make sure emails are responded to in a timely manner. We are still looking for new volunteers. Reach out to wm@eatingdisordersanonymous.org for more information.

Online meetings can now all be found on the main Meetings page. All website links now point there. The old Phone/Zoom meetings page will be removed on April 29. If you have an online meeting, please verify the details on the main Meetings page. Email wm@eatingdisordersanonymous.org if there are any issues with the new listing.

When reviewing, you'll notice all online meetings appear to be located in Philadelphia, PA. This is necessary due to a technical limitation with the software we're using.

There have been multiple requests for us to improve the way that we display time zones and handle time changes. We appreciate your patience with mistakes that we've made as we search for an automated solution. Until a permanent solution is found, please plan on checking your meeting details after a local time change, and please communicate that change to the webmaster team if you don't see it reflected yet on the website.

Sponsorship Coordination

Erin S., chair, was not present. The sponsorship coordinator helps connect sponsors to people in time zones where they can't find sponsors, but the main thing this committee does is answer questions about sponsorship. If you are sponsoring and need help or guidance, please reach out to sponsors@eatingdisordersanonymous.org.

Professional Contact Coordination

This committee has been a committee of one for a long time. Jenni S. has been doing a great job, but Lynn S. wants to expand the committee. We want to come up with strategies to get the word about EDA out to therapists, treatment centers, and other eating disorder professionals. You do not have to be an ED professional to be on this committee. Please contact lynn@eatingdisordersanonymous.org.

Elections

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

- Chair: Lynn G, Seattle, WA – 27 for and none opposed. **Elected**
- Vice Chair: Michael S, Denver, CO – 28 for and none opposed. **Elected**
- Treasurer: Sandy S, Columbus, OH – 27 for and none opposed. **Elected**

Note: We encourage everyone to attend and participate in these meetings, but we do encourage only one member from each meeting group to vote as representative of your meeting group.

Swearing In

All GSB representatives and officers swear in at the Q2 meeting each year. Annette reminded everyone to review the charter and bylaws and reviewed key points of each document. All individuals on the call participated in the swearing in.

Motions and Discussion

Motions

Send Inclusivity Survey to EDA Members

The survey has already undergone many edits from the literature committee. We will put it in Survey Monkey, test it, and then send it out to EDA members. 23 votes for. None opposed.

PASSED

Adopt EDA Recovery Tools Brochure

We cleaned it up and tightened the language. No major changes. We moved to accept the brochure and republish it on the EDA website. 23 votes for. None opposed. **PASSED**

Accept the Hope for Recovery Workshop Materials

The Hope for Recovery Workshop materials are now available on the Audios tab of the EDA website. We made sure we were not referring to outside organizations or breaking traditions in these recordings. They have been very well curated. We moved to accept the audio and handouts on the websites. 23 votes for. None opposed. **PASSED**

Meeting Length Extension

Most EDA meetings are 60 minutes long with 15 minutes before and after the meeting reserved on the Zoom line. That is a total of 90 minutes reserved for each meeting. There have been requests to extend the after-meeting time to 30 minutes and requests to hold meetings that last 90 minutes instead of 60. We propose extending the Zoom meeting reservation limit to 120 minutes instead of 90.

We will create a process to make sure meetings do not overlap. Individual meetings will need to specify whether they need 90, 105, or 120 minutes for their meetings. No current meetings will be bumped to accommodate longer meeting requests. All extension requests must be made for times and Zoom lines that do not interfere with existing meetings. We moved to extend the reservation limit to 120 minutes. 20 votes for. Did not ask for those opposed. **PASSED by majority**

Old Business

Barriers to Sponsorship

Potential barriers to sponsorship seem to include: There are not enough sponsors. People get better and leave. People are not assertive enough about looking for sponsors. The messaging is not clear or supportive of sponsorship. People may not believe they can sponsor or might be afraid to.

Members expressed that they were maxed out on sponsees simply through mentioning in the chat or out loud in meetings that they were available to sponsor. A member asked if we could have a meeting focused on sponsorship. Anyone could start such a meeting. It does not require GSB oversight.

Members seconded the idea that sponsorship is framed as a separate, difficult thing to do in EDA messaging rather than as an essential part of recovery and something you don't have to be perfect or "fully recovered" to do.

Members suggested EDA start a Slack channel focused on sponsorship, especially if we are starting a GSB Slack workspace.

We have held a sponsorship workshop or panel after the 14-week step workshop series a few times. People submitted questions and got them answered. Even though these events were helpful for existing sponsors, it is unclear if these events actually increased the number of sponsors.

One message we need to emphasize is that sponsoring others is part of Step 12. If you have worked the Steps of EDA and have seen improvement in your relationship with yourself, and are relying on God, a Higher Power or higher purpose to provide perspective at least some of the time, you are encouraged to carry the message to others – offering to sponsor them through the Twelve Steps of EDA.

There is a misconception that you have to have achieved a certain “level” of recovery to sponsor. We need to sponsor to help ourselves change. Sponsorship builds and strengthens your own recovery.

We don't formally endorse step buddies anymore, but step buddies do help many people. There have been cases where it was harmful, but some people have found having a step buddy rather than a sponsor to be helpful. There are ways to do it healthfully.

Fostering a Service Mentality

Tabled.

New Business

Tough Group Leader Issues

Members have contacted the Board asking for suggestions for how to respond to the following difficult situations:

- When a group leader violates the anonymity of a group member
- When a leader responds harshly to a newcomers who seem unaware of Traditions

We do have a brochure, [EDA Guide to Difficult Situations with Meetings and Sponsorship](#), which may be useful for any group facing these or other concerns.

Please note that the General Service Board exists to serve EDA groups and EDA as a whole in carrying the message of full recovery to all with a desire to hear it. While the GSB may delist groups that refuse to engage in a group conscience process and are so far afield of Traditions that there is clear impact to other groups and to EDA as a whole, the GSB has no authority to insist any EDA group follow any particular process or course of action.

The GSB can send an emissary to a meeting to encourage members to call a group conscience or who can speak at a group conscience to ask the group about what they are doing and how they understand the traditions. The GSB, however, does not govern the individual groups. Groups should call their own group conscience meetings whenever necessary to address problems as well as at regular intervals to ensure everyone has a chance to reflect on ways the group could work better to carry the most clear and compelling message of recovery possible.

Members said they need more communication about what the group conscience process is and that it is available to anyone. We also clarified that the GSB does remove listings for meetings that are found to definitely be breaking traditions.

Other Ideas

Sponsorship is a good ongoing conversation. Taking it to Slack sounds good.

Have a speaker jam where people can share what they are doing in their groups.

Spanish-language translation of the big book has been approved, and we are starting on Appendix B. We do need volunteers to help with translating or editing.

The GSB Slack workspace is in the works. We are excited for this new communication channel.

Closing

We closed with the serenity prayer or prayer of your choice.

The next GSB meeting will be on Sunday, July 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 6:00 PM EST.

Motions Summary

- Send inclusivity survey to EDA members. **PASSED**
- Adopt EDA Recovery Tools brochure. **PASSED**
- Accept Hope for Recovery Workshop materials. **PASSED**
- Extend Zoom meeting reservation limits from 90 minutes to 120 minutes. **PASSED**

Tabled Issues

- We did not talk about how to foster service in EDA, but we did talk about sponsorship, which is one important kind of service.

Service Needs Summary

- 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.
- Membership and Group Supportive Services is looking for 1-3 volunteers to “apprentice” with Dominique to learn how to respond to new meetings and meetings seeking support. Dominique is the only person currently doing this service for our worldwide fellowship, so your help would be invaluable. Email membership@eatingdisordersanonymous.org.
- The Email Response Coordination committee wants more email response coordinators to join the team. Volunteers would respond to emails written to the info@ email address on the day(s) of the week they volunteer for. Email info@eatingdisordersanonymous.org for more information and to volunteer.
- Literature committee needs help with the following. If interested, email literature@eatingdisordersanonymous.org:

- Creating an ARFID brochure
- Translating and editing Spanish version of the Big Book Appendix B: A Perspective on Balance
- Updating the EDA meeting guide
- Submitting written meditations for our EDA meditations book at <https://eatingdisordersanonymous.org/meditations/>
- We are expanding the Professional Contact Coordination committee to spread the word about EDA to more therapists, treatment centers, and other ED professionals. If interested, email lynn@eatingdisordersanonymous.org.
- Please sign up for existing committees. Most have no cap on the number of members and always need help.

Additional Notes and Action Items

- When we start a GSB Slack workspace, consider including a sponsorship-focused channel.
- Email membership@eatingdisordersanonymous.org to update primary contact information for your meeting.
- Mention service opportunities to your meetings.
- 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 (Michelle C) on April 17, 2022.