

# General Service Board of Eating Disorders Anonymous Meeting

Sunday, July 10, 2022, 4:00 p.m. EST  
Meeting ID: 6394799909; Password: 123456  
Recording and chat available

## Attendees

Total number of attendees: 42

Officers in attendance:

1. Chair, Lynn S.
2. Vice chair, Michael S.
3. Treasurer, Sandy S.
4. Secretary, Michelle C.

## Call to Order

- Lynn S. called meeting to order
- Moment of silence for those who still suffer
- Serenity prayer or prayer of your choice
- Regina E. read steps 7-9 of EDA
- Paula read traditions 7-9 of EDA
- Lynn S. previewed the meeting agenda

## Officer Reports

### *Chair Report*

Updates:

- There is a new atheist and agnostics meeting at 7:30-8:30 EST on Fridays.
- Our new sponsorship coordinator is Regina E. Thank you to Erin S. for her years of service in this position. Erin S. has moved to the literature committee.
- New webmaster Ed R is taking over for Annie M. Thank you to Annie M. for your service.
- The inclusivity survey is ready to launch.
- Email Response Coordination committee needs one more person to help.

Thank you to all the committees for their hard work and dedication to EDA. It is inspiring to see us come together like this. Last year at this time, we were really in need of people to take on service positions, and people have certainly stepped up.

### *Vice Chair Report*

We are setting up Slack with different channels for different committees and other volunteers to stay in contact between GSB meetings. Alena has been instrumental in getting Slack set up. Google Docs will be integrated into Slack as well, and we will host a couple of training sessions. If you want to be part of those training sessions or want more information, watch out for emails from Alena containing more information and training times.

## Treasurer's Report

We have started a Chase account so we can access our account throughout the country. We have now split out the sales of big books from other expenses. We still have some issues with categorization and the initial \$1,000 transfer of funds from Wells Fargo to the newer Chase account that we're working on. Annette will be working on the final transfer of funds from Wells Fargo to Chase and will close the old account.

Annette also set up a treasurer Kanban chart to help us keep track of the outstanding tasks we are working on.

There is a \$2 increase in the list price of the big book (will be \$19 total) going into effect soon, but the price will probably still be discounted in Amazon.

We have more than \$54,000 saved. We are most likely going to use that money for self-publishing our books, like the 12x12. We also want to organize EDA conferences. We also want to talk about using some of this to sponsor a table at an upcoming National Eating Disorders Association (NEDA) event.

Our income is a little less this year than last year because we are not doing as many workshops.

### Profit and Loss for Q1-Q2 2022

January 1 - July 4, 2022

	TOTAL	
	JAN 1 - JUL 4, 2022	JAN 1 - JUL 4, 2021 (PY)
Income		
7th Tradition Income from PayPal	4,159.00	
Checking account income from 7th Tradition Contributions	1,276.00	1,802.45
EDA Big Books Purchased By Group	950.00	
PayPal Income from 7th Tradition and EDA Big Book Bulk Sales	4,831.33	10,573.42
Royalty from EDA Big Books	984.65	
Total Income	\$12,200.98	\$12,375.87
GROSS PROFIT	\$12,200.98	\$12,375.87
Expenses		
Conference Call Software for Meeting Support	299.80	299.80
EDA Big Book Bulk Sales and Shipping Cost	1,706.15	1,694.02
Office Supplies & Software	743.80	260.64
Online Meeting Hosting Expense		50.70
PayPal Fees	407.74	401.62
Post Office Box Cost	198.00	181.20
Website Hosting and Security	367.77	391.65
Total Expenses	\$3,723.26	\$3,279.63
NET OPERATING INCOME	\$8,477.72	\$9,096.24
NET INCOME	\$8,477.72	\$9,096.24

## Current Total Balance Sheet

As of June 30, 2022

	TOTAL	
	AS OF JUN 30, 2022	AS OF JUN 30, 2021 (PY)
<b>ASSETS</b>		
Current Assets		
Bank Accounts		
Chase GSB Of EDA Checking (3050)	20,990.00	
PayPal Bank	13,251.21	14,278.01
Wells Fargo GSB Of EDA Checking (3225)	20,193.64	22,437.18
Total Bank Accounts	\$54,434.85	\$36,715.19
Other Current Assets		
Undeposited Funds	0.00	0.00
Total Other Current Assets	\$0.00	\$0.00
Total Current Assets	\$54,434.85	\$36,715.19
<b>TOTAL ASSETS</b>	<b>\$54,434.85</b>	<b>\$36,715.19</b>
<b>LIABILITIES AND EQUITY</b>		
Total Liabilities		
Equity		
Opening Balance Equity	7,401.27	8,411.27
Retained Earnings	38,128.55	19,296.05
Net Income	8,905.03	9,007.87
Total Equity	\$54,434.85	\$36,715.19
<b>TOTAL LIABILITIES AND EQUITY</b>	<b>\$54,434.85</b>	<b>\$36,715.19</b>

### **Secretary's Report**

Secretary sent out April minutes several weeks ago, and they are in the Google drive folder. 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](mailto:michellec@eatingdisordersanonymous.org).

If you want to be added to the distribution list of people who receive the minutes (the GSB Announcements distribution), email [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org).

### **ACCEPTED MINUTES AS WRITTEN**

## **Committee Chair Reports**

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

Currently active M&GSS committee members:

- Melissa S. (chair)
- Dominique D.
- Marjon H.
- Regina E.
- *Inclusivity Subcommittee Chair*: Elise H.

Current service projects of the M&GSS committee:

1. *Verification of phone/zoom meeting viability, details, and contact information*: A barrier to

updating the phone/zoom meeting list was that Membership's list of contact information was kept in a repository separate from the web schedule of meetings, so Membership's list of meetings kept getting out of date. A major milestone since the last GSB is that Ed and Annette figured out a way to store private contact information with each meeting's public schedule information in WordPress, while keeping the private information invisible to the public. Melissa has now transferred all of the contacts (mostly for phone/zoom meetings) that the MGSS committee had to WordPress, so now our contact list is connected to the Web schedule. Melissa also followed up with all the meetings that had private contact information removed from our web schedule to ask if they had public contact information. Regina E. is now visiting phone/zoom meetings to get updated contact information.

2. *More efficient system for supporting new meetings:* The ERC, Webmaster, and Membership teams agreed on a new system for which team responds to member queries about new meetings. The purpose of the new system is to increase the efficiency of communication with members trying to establish new meetings and to ease the burden on the Membership team (which is one of the smaller committees). When a member inquires about starting a new meeting, ERCs immediately respond by directing them to the relevant how-to pages on our website. When members write in with information to be posted about a new meeting and/or ask for a zoom line to use for a new meeting, the Webmaster team works directly with the member to post the information and/or get them their zoom line. The ERCs and Webmasters copy the Membership team on these emails, and then Dominique and Marjon follow up to offer additional support.
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**

We recently finished creating our needs assessment survey in Survey Monkey, and it will soon be posted on the EDA website under the News/Announcements section. We are also considering other distribution strategies, including sending the link directly to each meeting's contact person. If you have any suggestions for survey distribution or simply want to know more, please email us at [inclusivity@eatingdisordersanonymous.org](mailto:inclusivity@eatingdisordersanonymous.org).

The survey did go through the literature committee and was approved to post.

#### ***Inclusivity survey background and link:***

Eating Disorders Anonymous is a fellowship of individuals who share their experience, strength, and hope with each other in an effort to solve their common problems and support one another in recovery. All are welcome here regardless of age, body size/weight, gender, class, race, ethnicity, disability, sexual orientation, mental and/or physical health history. The only requirement for membership is a desire to recover from an eating disorder.

The aim of this survey is to understand whether EDA members feel underrepresented (and, if so, in what ways) so that the fellowship can better serve all who seek recovery.

Link to survey: <https://www.surveymonkey.com/r/832YBB2>

### ***Literature Report***

Current Literature Team membership:

- Annette H

- Elizabeth S
- Emily G
- Frank A
- Janet V
- Jayne R
- Jennifer M
- Katie C
- Lisa M
- Regina E

This quarter we worked on and submitted the following documents which will be voted on today:

- The revised [EDA Suggested Meeting Format](#) clarifies that sponsoring others (taking them through the Twelve Steps of EDA) is part of Step Twelve. This revised document is a replacement.
- Two new brochures, [For the Newcomer](#) and [Sponsorship in EDA](#) (2 documents), are intended to replace the older *Newcomer Booklet* and *New to the Twelve Steps and Sponsorship* brochures. The new brochures are both easier to print and easier to read than the earlier documents while providing clarifying details that were previously lacking.
- [More on Eating Disorders](#) and [EDA Meeting Readings](#) (2 documents) update a word from "most" to "many" -- a change that is in line with EDA's stance against overgeneralization. These documents are to replace the existing ones.
- A new document, [FAQ for Healthcare Providers](#), is intended to replace two other documents (Info for Professionals, and EDA FAQ for Professionals) currently available on the EDA website.

We started work on two brochures that have been sent out for Literature Team review and feedback:

- Can EDA work for an atheist?
- Working the Twelve Steps of EDA as an atheist

We also commenced an update to the EDA Meeting Guide. Revisions will include:

- Online (Zoom) meetings and their specific challenges (Zoom bombers). (We will also update the Zoom Meeting Tips so the material is consistent.)
- Sponsorship and "fellow travelers": the meeting guide should match our current literature on sponsorship.
- Anonymity in Social Media: we will leverage our draft Tradition 11 and Tradition 12 material for content.
- Friends and family support - we will 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/Guide: how to budget and how to retain a history of Business Meeting/Group Conscience decisions.

I am thrilled with all the progress the Literature and other GSB teams have made this quarter: WOW! That said, I would love to follow up with Manuela on the Spanish language version of "Appendix B: A perspective on balance." Shame on me for dropping the ball there.

Literature committee is using a tool called Trello (trello.com) that uses a Kanban-style structure to manage projects. If other committees are interested in using it, please contact us for more info at [literature@eatingdisordersanonymous.org](mailto:literature@eatingdisordersanonymous.org).

## ***Email Response Coordination***

Lynn reported for Susan R, chair of email response coordination.

The Email Response Coordinator Team currently consists of four people: Susan R, Maureen H., Gabriel R, and Robin M. Susan does Saturday, Sunday, Tuesdays, and Wednesdays. Gabriel does Thursdays, and Maureen does Mondays and Fridays. Robin just joined and is in training now to get familiar with the kinds of emails that we receive. She is also taking time to browse and become more acquainted with the information on the website. I am grateful for this fantastic team of people!

Ideally, I'd like to continue recruiting additional ERCs to join the team so that the workload is distributed evenly, and we are all maintaining balance in our roles and responsibilities. I am actively seeking additional ERC members to join the team. Email [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org) if you want to join the team, and please announce in your meetings.

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.

## ***Webmaster Coordination***

Zoom bombers:

- Responded to Zoom bombers in our meetings with suggestions to the membership. Thank you to Melissa S for forwarding emails to GSRs and contact list.
- Suggested all meetings have a host (or someone with the host code).
- Edited all the meeting links in the Meetings App to still require the manual entry of a password.
- Have not had many reports of bomber activity lately.

Meeting list:

- Supported Melissa S and her team as they update the Meetings App lists of GSRs and contacts.
- Worked with webmaster team to update meetings and make entries more consistent.

Committee organization:

- Worked with Annette and the new webmaster team volunteers: Brigitte P, Alena A, and Nicki F.
- We will be meeting on a semi-regular basis to discuss how things are going, suggest improvements to the website and meetings app, and to bring on and train new team members.
- We are using Slack to enhance team communications and Trello as a way of organizing project work (Alena A set both workspaces up). Alena would like to host an introduction and training session for those interested.

Suggestions for future work:

- Host a zoom bomber training session that is possibly recorded to help the membership respond to bombers.
- Define roles and responsibilities on the webmaster team to insure all aspects of EDA's

web & Zoom presence receive adequate support and updating.

- Make sure the membership has adequate support in conducting their meetings.
- Establish a help-desk ticketing system so longer-term requests are not lost as they are handed from one webmaster to another, or from one team to another, so they can be followed up. (We are currently looking at the free version of FreshDesk).

Current concerns:

- We don't always know if something has been handled. Sometimes there is a long email chain that gets disjoined, and it is hard to know if the issue is resolved as we hand off from webmaster to webmaster and team to team.
- Not all hybrid meetings show up as online and in-person in the meetings list. We need to understand the behavior better and re-configure these meetings.
- We want to display all meetings in local time and probably also Eastern time as a reference.

Brigitte has created a new, streamlined version of the top menu of the EDA website. If you want to see it, go to: <https://i4n.6ff.myftpupload.com/>.

If you have any issues with the website or have any questions, please email [wm@eatingdisordersanonymous.org](mailto:wm@eatingdisordersanonymous.org).

### ***Sponsorship Coordination***

Regina E. reported that there has not been much activity at the sponsorship email address. We assume people are getting their needs met through contact with others in EDA. If you need support or advice to help you sponsor more effectively, email [sponsors@eatingdisordersanonymous.org](mailto:sponsors@eatingdisordersanonymous.org).

### ***Professional Contact Coordination***

Thanks to Regina E. for consolidating the two prior documents into on FAQ for Healthcare Providers. This will be much easier to send out/hand out as we do outreach.

The Committee has met three times and includes Jayne, Lisa M., Jenn M, Jenni S, Alliser A., Melissa B, Shannon S, and Karen B.

Mostly, we have been brainstorming but now have a commitment to make at least five outreach contacts a month, more or less, depending on the month for each of us.

We are looking into having a booth at the NEDA conference in September and/or a walk in November.

We have contacted NEDA to help us get the message out. We are all committed to five outreach emails per month. We also have a template letter to send out to tell people about EDA. Is this still the email: [lynn@eatingdisordersanonymous.org](mailto:lynn@eatingdisordersanonymous.org).

### **Break**

1:53 – 1:58 PM

## Motions

### New EDA brochures for approval

- EDA Suggested Meeting Format (added a blurb on sponsorship to help clarify that you need not be “fully recovered” to sponsor) – None opposed. **PASSED**
- EDA More on Eating Disorders (reduces unnecessary generalizations) – None opposed. **PASSED**
- EDA Meeting Readings (includes updated More on Eating Disorders) – 28 votes for. None opposed. **PASSED**
- Sponsorship in EDA (separated this content out of the newcomer brochure and contains new content, clarifies content around changing a sponsor, provides context around sponsorship relationships that continue after working the steps) – Member noted that the final sentence is unclear, and Adam provided a new option. *We will change the final sentence and correct a typo on the front page that will be corrected.* 32 votes for. **PASSED.**

NOTE: We did debate including some text in the brochure directing people to ask unavailable sponsors for referrals/connections. Only 10 people (a minority) voted to keep the text as is, so the literature committee will craft new text for that paragraph, which we will vote on at the next meeting.

- EDA for the Newcomer – 26 votes for. **PASSED**
- FAQ for Healthcare Providers (combines two other brochures for professionals and healthcare providers to clarify what EDA is and how we differ from other 12-step programs, addressed some problematic language) – Based on our discussion, *we will remove “EDA members do not give advice regarding eating” from the document.* With that line removed, we had 26 votes for. **PASSED**

### Change time of quarterly GSB meetings

We want to accommodate people in countries across the globe. When can we reschedule this meeting? Also, we could move the meeting from Sunday to Saturday. People expressed that Saturday had been poorly attended. Member suggested we alternate the meeting time by quarter. Members proposed other meeting times. Motioned to **send a survey to assess people’s preferred time for the meeting.** 26 votes for. **PASSED**

### Spend \$250 for an EDA booth at the NEDA Conference

We want to have a table at the NEDA conference in September in Denver. We need to make sure we have people to work the booth. We will not be promoting or trying to get people to become members. We are instead just disseminating information about who we are to professionals. AA and OA often do similar activities. 28 votes for. **PASSED**

## New Business

We ran right up to our allotted time and did not have time for new business. We tabled the following issues:

- Update and discussion on proposed changes to the EDA Website (including new top menu)
- Continued discussion on how we promote Sponsorship in EDA
- Continuing to foster and encourage a service mentality in EDA

If you want to look at the new, streamlined EDA website menu, which Brigitte worked to improve,

go to: <https://i4n.6ff.myftpupload.com/>

## Closing

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

The next GSB meeting will be on October 2 at 4-6 EST. We will be sending out a survey to determine the best time to team and 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.

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## Motions Summary

- Proposed edits to EDA brochures: EDA Suggested Meeting Format, More on Eating Disorders, EDA Meeting Readings, Sponsorship in EDA (accepted with a few planned changes), EDA for the Newcomer, FAQ for Healthcare Providers (accepted with one planned edit). **PASSED**
- Send survey to assess which time people want our quarterly GSB meetings to be. **PASSED**
- Spend \$250 for an EDA booth at the NEDA Conference. **PASSED**

## Tabled Issues

- Update and discussion on proposed changes to the EDA Website (including new top menu)
- Continued discussion on how we promote Sponsorship in EDA
- Continuing to foster and encourage a service mentality in EDA

## Service Needs Summary

- 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](mailto:info@eatingdisordersanonymous.org) for more information and to volunteer.
- Invite your groups to take our inclusivity survey. Feel free to pass this link around or post it in meetings: Link to survey: <https://www.surveymonkey.com/r/832YBB2>.
- If you have ideas for how to disseminate EDA's inclusivity survey or want to help with the inclusivity subcommittee, please email [inclusivity@eatingdisordersanonymous.org](mailto:inclusivity@eatingdisordersanonymous.org).
- Please sign up for existing committees. Most have no cap on the number of members and always need help. If you see a committee you want to be part of but don't know how to contact them, email [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org).

## Additional Notes and Action Items

- Invite your groups to take our inclusivity survey. Feel free to pass this link around or post it

in meetings: Link to survey: <https://www.surveymonkey.com/r/832YBB2>.

- Alena will be sending out an email about Slack training sessions soon.
- Check out a proposed new, streamlined version of the top menu of the EDA website here: <https://i4n.6ff.myftpupload.com/>. Email [wm@eatingdisordersanonymous.org](mailto:wm@eatingdisordersanonymous.org) if you have any suggestions.
- Literature team will craft new wording for the sponsorship brochure that mentions asking unavailable sponsors for referrals or connections to other potential sponsors.
- Lynn or Annette will send out a survey asking when people would like the quarterly GSB meetings to be held.
- Email [membership@eatingdisordersanonymous.org](mailto: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](mailto:actions@eatingdisordersanonymous.org).

Minutes prepared by the secretary (Michelle C) on July 24, 2022.