

Hello Everyone!

We held a General Service Board of EDA meeting on Sunday, October 6. The General Service Board of Eating Disorders Anonymous is an organization set up to help EDA groups carry the message of recovery to those who still suffer. We meet on the first Wednesday of every month.

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

Attendees:

- Annette H. – Literature Chair / Monday Night Group in Phoenix, AZ
- Cale O. – Secretary // Saturday Morning Meeting in Mesa, AZ
- Christine – Monday Night EDA Group in Reno, NV
- Federico – Monday Night EDA Meeting in New York, NY
- Jackie – Thursday Night EDA Group San Diego, CA
- Kendall – Saturday EDA Group in New York, NY
- Liz – Sunday 11 a.m. Meeting in San Diego, CA
- Lynn – Monday Night Zoom Meeting
- Maddie – Tuesday Night in Palm Beach Gardens, FL & Sunday Night Meeting in Del Rey Beach, FL
- Michelle – Chair of the Membership and Group Supportive Services Committee
- Michelle C. – Washington State (not representing a specific group)
- Peter – Iowa (not representing a meeting)
- Phoenix – Southern California (not representing a meeting)
- Regina – from San Diego, representing Saturday morning Zoom meeting
- Sarah H. – Chair, from Reno, NV
- Sierra – Peaceful Recovery Group on Tuesday Evening in Seattle, WA
- Veronica – Thursday Night Meeting in Del Rey Beach, FL

Agenda items for the meeting of October 6, 2019:

- **Change in leadership:**
 - Due to a new and wonderful work commitment and ongoing family obligations, Julie is stepping into Vice Chair role, and Sarah is stepping up to accept the role of Chair.
 - Welcome to new volunteer Treasurer Bentley H. from Texas.
 - Annette H. thanked Sarah for stepping up to take on the role of Chair, and noted that when we took a vote on this position the result was a tie. She also expressed enthusiasm for our new Treasurer Bentley H., and noted that she received rave reviews from her references. In addition, Annette H. shared that we are having a hard time with our Wells Fargo banking account. There are apparently scandalous

activities, so making changes to the account has been difficult. However, that is getting worked out.

- **GSB meeting time and cadence recheck:**

- Does it work to meet on 1st Sundays of the quarter from 3-5pm Eastern work for the current EDA Board? If so, leave it alone; if not propose something that works for you.
 - Annette likes idea of quarterly meeting – but certain things such as literature approval that she'd like to fast-track.
 - Cale asked to move the meeting back by one hour
 - Sarah H agreed moving it back by one hour would be beneficial because there is an EDA meeting that uses the Zoom line right before the GSB meeting. It would be beneficial to that group if we allowed them more time for fellowship on the Zoom line after their meeting.
 - Michelle reiterated the need for a way to fast-track approval process for literature. She said it becomes difficult for business to get done when we only meet once a quarter. She wondered if a more regular meeting would better serve the fellowship.
 - Annette said a delegation from the GSB to serve as a “pre-approval committee” would be helpful to approve literature and other more time-sensitive matters.
 - Two suggestions: Move meeting back one hour // Create subcommittee that has authority to approve things such as literature
 - Michelle said she is concerned about our ability to have a true group conscience if discussions take place outside the official GSB meeting.
 - Maddie made a **MOTION** to move the quarterly GSB meeting to 1 p.m. PST // 4 p.m. EST
 - Annette **SECONDED** the Motion
 - **MOTION PASSED UNANIMOUSLY**
 - Cale said it would be wise to have a defined group – such as officers + other service members -- to make decisions in a timely fashion. Committee could be comprised of 8 people or so.
 - Michelle pointed out the part of the bylaws that grants the GSB power to delegate decision-making authority on certain matters. She said the committee should be comprised of the GSB officers plus three additional members. She made the **MOTION** to create a GSB Action Committee that includes the Officers of the GSB plus three additional members.
 - Cale **SECONDED** the MOTION
 - **MOTION PASSED UNANIMOUSLY**
 - Maddie asked for clarification on the approval process.

- Annette said that in the case of the Literature Committee's Newcomer Packet, this approval process would have allowed a group of 7 people preliminary approve it. Once approved by the subcommittee, it would have been published on the EDA website in August (instead of October).
- Peter in Iowa asked what the quorum for the group would be if the would group cannot meet, and if there would be equal representation from each committee to ensure all business is brought up appropriately.
 - Sarah said we could have the GSB Officers plus a few others, plus a few others. She said there would be equal representation.
 - Regina suggested we elect Members At Large to join the Officers on this subcommittee.
 - Annette said that, historically, we have required all literature that is up for approval must be submitted at least 48 hours in advance. That would also be the case with this subcommittee. If not every member was able to attend this subcommittee meeting, they can either submit a proxy with their votes. If they don't submit a proxy, it would be assumed their vote(s) would be in alignment with what the majority decide.
- Peter had another question: Would it be required by the Action Committee to submit its minutes to the GSB as a whole?
 - Michelle said we should add to the motion that a simple majority should be acceptable for the decisions by this subcommittee, rather than a Two-Thirds majority. She also was in favor of sending minutes / decisions from this subcommittee to the whole GSB.
- Sarah said she would like the Officers of the GSB to decide when – and in what format, such as phone call or email – is best to hold this subcommittee meeting(s) offline / after this GSB meeting.
 - Annette said that the Officers include Chair, Vice Chair, Secretary and Treasurer as well as the Chairs of each Committee (Literature, Meetings & Membership, etc.). She also noted that the only decisions that are required by the GSB bylaws to have a Two-Thirds majority are when we approve Advisors to the Board, or if we are deciding whether to approve any amendment to the Bylaws themselves. She said she likes this approval board idea, and that it works for her to have another discussion on this matter via email with the Officers and Committee Chairs.

● **Motions:**

- Motion to disband waiting list for Sponsors. Presentation from Chair, further discussion from Membership and Group Supportive Services Committee Chair.
 - Michelle, Chair of the Membership and Group Supportive Services Committee, said that, after much discussion, her group has determined the waiting list was not the best option – but it is the best we have. Her group is not in favor of disbanding the waiting list.
 - Chair Sarah, who previously served in the role of Sponsorship Coordinator, said that she found that most people who write into Sponsors@eatingdisorders.org were not actually sponsors willing to sponsor newcomers but that 86% of those who reached out were just people who need sponsors. Other people were looking for information, and only 4% were actually available sponsors. Additionally, she found that from the people she spoke to, only 12% of the people on the waiting list actually completed working the 12 Steps with a sponsor from the waiting list. She noted that this waiting list does help people in rural areas who can't get sponsors by attending in-person meetings, but also pointed out that, increasingly, people have been successful in finding sponsors through phone meetings. She asked feedback from the Board
 - Peter said that he found his sponsor through the waiting list, but that he also had trouble with it. He asked if it would be easier to maintain if the waiting list was in a spreadsheet format that was available to those who requested it. From there, interested parties could call or email available sponsors.
 - Sarah said that idea has been proposed in the past but that the vast majority of sponsors were against the idea of having their information sent out in a spreadsheet.
 - Regina said she lives in a big city (non-rural) but that there are no meetings. She said she worked really hard to find a sponsor through phone meetings, attending workshops, etc., and that she eventually found success in finding a sponsor. It was an ordeal, she said, but it can be done. She also noted that she has taken about four people through the 12 Steps from the waiting list – and that the waiting list is better than nothing. She does not like the idea of “micromanaging” the list by determining how many people actually work the 12 Steps. She also noted that AA has a program in place to help people in rural communities find sponsors.
 - Chair asked Regina to obtain more information about how AA handles this process, and present

the information to the
 Sponsorship@eatingdisordersanonymous.org
 email.

- Michelle, Membership Chair, said AA's program is called Remote Communities – and it's a newsletter. She said the EDA already does what AA does, in the sense that we have many resources (such as phone and online meetings). However, she said AA's Remote Communities has a Committee Chair and that she is willing to help Regina obtain that person's contact information.
- Sierra said that she was on the waiting list for a very long time, and eventually found a sponsor through other means. However, she noted that she has been on the list of available sponsors for quite some time and that she has only been given one sponsee. She asked: when we're saying there's this dire need for sponsors, are we also notifying the available sponsors on the list often? She said she doesn't get notified often.
 - Sarah said it's the responsibility of the available sponsor to say they are available to take on additional sponsees. She also said there is a monthly email that goes out.
- Michelle from Washington State said she received a sponsor within 24 hours of going on the waiting list, and that she is now sponsoring people from the waiting list. She is very passionate about keeping the waiting list. She said she's never in the same meetings as her sponsor, and that she rarely hears people in the online and phone meetings say that they are available to sponsor. She said she has taken five people list in recent months, and that it's a great resource for EDA members. She said: Please keep it!
- Annette said she has a lot of respect and admiration for the people who are in charge of helping people find sponsors. She also said that the information on the EDA website is there to encourage people to write into the Sponsorship email if they are available to sponsor other EDA members. She added that Gisele, founder of EDA, has said in past meetings that it's important for people to have face-to-face contact. Annette admitted to not being the best at following that guidance, but that she sees the value in having direct contact between sponsors and sponsees. She also noted that the waiting list may not be the greatest thing, but it's the best EDA has.

- Chair called for additional discussion, or a second to the motion. No one seconded the motion, so the Chair ultimately **REJECTED the MOTION**.
- **Officer reports:**
 - Chair's statement
 - Reflections on our alignment to the plan we set down in April of this year
 - Chair said she had a goal for Intellectual Property this year, that she will be setting aside for now. She said there would need to be a committee to work on Intellectual Property and that, given no one is interested in being a part of this committee, it is not realistic for EDA to pursue this goal at this time. She also said we are still working on the 12 Steps & 12 Tradition literature – which Annette will update us on later.
 - Vice Chair's statement
 - Vice Chair Julie M. was not on the call this month, and therefore there was no report from the Vice Chair.
 - Treasurer's Report
 - Annette gave this report
 - Annette said she wanted to reflect on our expenses year to date, which included: Certified Mail to connect with Treasurer (\$32); EDA Referral Annual Subscription (\$200); EDA books shipped to people who have ordered them with discounts (\$3,103.47); Cancelled subscription to Microsoft Office – but, before we did we spent \$47.80 on a monthly subscription for the first four months of 2019; the Post Office Box (\$50); Reimbursement for EDA Big Books that were sent to Membership & Supportive Services Committee Chair (\$50); and we expended \$5 to test a reimbursement function for something else; Total Zoom cost (\$312.69);
 - Total Withdrawals: \$3,852.96
 - Deposits made year-to-date:
 - 3,985.97 through 7th Tradition Contributions, in addition to \$739.69 for subscriptions by individuals who contribute to the GSB on a monthly basis, which totaled \$739.65)
 - Number of Discounted EDA Big Book orders included \$2,692.23 (about \$300 roughly less than what we expended)
 - Received Royalty payment for books sold (not at a discount) which totaled: \$1,067.88
 - TOTAL DEPOSITS: \$8,485.55
 - Net change from January 2019 to Sept. 30, 2019 was a positive \$4,632.59
 - Chair made **MOTION** to accept the Treasurer's report, which **PASSED UNANIMOUSLY**

- Regina asked how much money EDA has in the bank.
 - Closing Balance: \$13,043.86 as of Sept. 30, 2019
 - Secretary's Report
 - Cale has no report.
- **Committee chair report**
 - **Membership and Group Supportive Services**
 - Report was presented by Membership and Group Supportive Services Chair, Michelle
 - Michelle said her committee is made up of four members, and that they meet on the fourth Sunday of each month. She said the scope of the committee is available online, and that she's happy to provide additional information to anyone who is interested.
 - Primary goal at the beginning of this year was to help those on the sponsorship waiting list find a sponsor, working on improving group cohesion, and ensuring that the information about meetings online is accurate. For the last several months, this committee has been addressing these issues.
 - Recently, this group decided to suggest modifications to the Service tab online – this has been submitted to the Literature Committee for review.
 - This group also formed a Monthly EDA Group "Roundtable," which will meet on the first time Oct. 13, 2019, with the aim to address any questions EDA members have about the fellowship, GSB, and any other related topics including group conscience, etc.
 - Committee also discussed ending the waiting list, which we discussed as the GSB earlier in the meeting and decided against doing.
 - At the last GSB meeting, this committee was charged with contacting all the groups that were listed for face-to-face meetings on the website three times. Groups were, in fact, contacted three times and those that did not respond were removed from the list.
 - Another task this group is in charge of is welcoming new groups, and letting them know about the quarterly GSB call.
 - The information from the Sponsorship Coordinator, which is put together monthly is as follows:
 - In May, we had three new sponsors available and 29 people waiting for a sponsor
 - In June, we had one new sponsor joined with 41 people waiting on the list
 - In July, another new sponsor came on and 60 were waiting

- In August we had three new people come on as sponsors, and we had 47 people waiting
 - By the end of September, we still had 47 people on the waiting list and two new sponsors joined
 - Peter asked how many total people are on the waiting list, as well as how many available sponsors
 - Michelle said there are 47 on the waiting list and 11 active sponsors as of the end of September.
 - Chair made a **MOTION** to accept the report
 - Annette **SECONDED** the MOTION
 - **MOTION PASSED UNANIMOUSLY**
- **Literature**
- Literature Chair Annette provided the report
 - Since the last GSB meeting, the committee edited and submitted to the GSB for approval three documents:
 - New Membership Pamphlet
 - New to 12-Step Sponsorship edits
 - Edits to the EDA suggestions to recovery brochure
 - We removed the references to Step Buddies from EDA Workshop literature. Will make a MOTION to approve the removal of Step Buddies references
 - Received recommendation from Membership Services Committee to update the “Services” Tab on the EDA Website. As per the committee’s review recommendations, Annette suggests we approve the changes
 - Will submit for review in December the first Six Traditions in the 12 Steps & 12 Traditions book
 - Laura in Mexico is working on copy for a brochure about “what to do if a loved one is suffering from an eating disorder.”
 - There was quite a bit of excitement about writing content having to do with body positivity to weave into EDA literature, however we have not yet seen any proposed drafts of copy
 - Annette asked all EDA members to write to Literature@eatingdisordersanonymous.org with any content they may have regarding body positivity or body kindness.
 - She also asked for content relating to how we should respond to “fat-shaming” comments that may be made by well-intentioned people, as well as copy that pertains to treating our bodies with respect, kindness and compassion, as well as anything about what “body positivity” and “body kindness” means to you.
 - Our goal is to put together a brochure on each of the topics above.

- Discussed and approved Escalations Language, which is a work and progress. She hopes to have a draft to the GSB by December.
 - **MOTION:** Accept the Newcomer Booklet that was sent out in July
 - Maddie SECONDED the motion
 - **MOTION PASSED UNANIMOUSLY**
 - **MOTION:** Accept the EDA “Suggestions for Recovery” edits
 - The MOTION was SECONDED, and **PASSED UNANIMOUSLY**
 - **MOTION:** Accept the “New to 12 Steps & Sponsorships” brochure edits
 - The MOTION was SECONDED, and **PASSED UNANIMOUSLY**
 - **MOTION:** Remove Step Buddies references from EDA Steps Workbook
 - The MOTION was SECONDED, and **PASSED UNANIMOUSLY**
 - **MOTION:** Approve the recommended changes to the “Services” tab on the EDA website. The edits included changes that expand on existing content, as well as other minor edits. None of the changes were “even remotely controversial.”
 - The MOTION was SECONDED and **PASSED UNANIMOUSLY.**
- **Other Committee Reports / Other Items**
- Annette recognized Regina for coordinating the currently-running 12-Step Workshop, which is held on Saturdays via Zoom. She also thanked all of those who are responsible for the Membership and Group Supportive Services Committee.
 - Peter asked if there was a committee on have website aesthetics because he sees many opportunities for small improvements to the website.
 - Annette said to send recommendations at the Literature@eatingdisordersanonymous.org for content-related improvements
 - Annette wanted to highlight the new EDA group cohesion meeting and noted that it will take place on another line so it won’t conflict with the other meeting
 - Annette reminded everyone that we are working on a Meditation booklet, and asked that if anyone has a meditation they’ve found useful in their recovery to please send to Meditations@eatingdisordersanonymous.org
 - Annette asked for any available sponsors to write to Sponsors@eatingdisordersanonymous.org

- Chair reminded everyone about EDA's discounted book rate. More information on that below.
- Chair reminded everyone you can reach the GSB Officers at info@eatingdisordersanonymous.org if you have any questions. We are super available and around to answer any questions, or if you ever want to talk. All of the officers should receive your email. You don't have to wait for the quarterly meeting to voice a concern.
- Peter said the Men's Meeting on Zoom at 10 a.m. EST is struggling with its attendance, and encouraged all groups to let the men within their groups know about it.

- Chair closed the meeting 1:42pm PST

New and noteworthy!

- **A Zoom-enabled EDA Step Workshop is currently underway:** *Please pass the word to your groups!*
 - Workshop meets Saturdays at 7PM eastern, 4PM pacific. No prerequisites. Same Zoom dial-in as for the GSB meeting.
- **A Zoom-enabled Group Cohesion meeting:**
 - Meets every second Sunday at 3PM eastern. No prerequisites. Same Zoom dial-in as for the GSB meeting. Please contact Michelle at membershipchair@eatingdisordersanonymous.org with questions.

Reminders and Continuing Items:

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

To submit a meditation for consideration:

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

EDA Sponsorship: we are in urgent need of EDA sponsors.

What can we do to foster and support sponsors?

Answers:

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

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