

General Service Board of Eating Disorders Anonymous Meeting

Sunday, July 5, 2020, 4:00 p.m. EST

Zoom US (west): 1-408-638-0968; Zoom US (east): 1-646-558-8656

Meeting ID: 2041413017; Participant Number: 2041413017

No recording available

Attendees

1. Chair
2. Email Response Coordinator
3. Interim Secretary
4. Interim Vice Chair
5. Literature Chair
6. GSR Columbus, Sat. 9:30am
7. GSR Del Rey
8. GSR Friday evening Zoom
9. GSR Georgia Monday Zoom
10. GSR Greater Boston Sunday
11. GSR Monday Zoom meeting
12. GSR Phoenix Saturday morning)
13. GSR Sunday 1pm Washington meeting
14. GSR Tuesday night men's meeting
15. GSR Wednesday 7pm Zoom
16. Member
17. Member

Call to Order

- Chair called meeting to order, cannot record, assigns Literature Chair as cohost to figure it out
- Opened with moment of silence followed by the serenity prayer
- Member read the 7th step
- Member read tradition 7
- Member concept 7
- Chair invited new people to introduce themselves

New Business

We started with new business this time because of elections.

Elections

These people have been serving as interim officers for the last three months:

- Vice Chair
- Secretary
- Group Services Chair

1. Vice Chair - Joined EDA in 2011, been sponsoring since she went through the steps, was in two other 12 step programs and is familiar with them. **ELECTED UNANIMOUSLY**
2. Secretary – Joined EDA in 2005, been a regular attendee, leads Sunday meeting. **ELECTED UNANIMOUSLY**
3. Group Services Chair – Had connection issues the entire meeting. We were not able to vote on her position. We will vote on the Group Services Chair position next GSB meeting. **DELAYED**

Swearing in was delayed until after the Actions Committee business was discussed, but by 4:30 p.m., all officers and GSRs stated the swearing in text.

Actions Committee Role and the GSB Process

On important issues that must be solved between GSB meetings, emergency emails are issued, and GSB members must vote by email on those issues within 48 hours. However, some issues are not as urgent and may be handled by what has been called the “Actions Committee.” Chair seeks approval of how the Actions Committee has been handling non-urgent issues between quarterly GSB meetings. The GSB voted to start the committee, but the exact role was not expressly detailed. The purpose of this motion is for the board to approve the customary scope by which the committee has been operating for 9 months.

The Actions Committee receives non-urgent but time-sensitive requests and adds them to a spreadsheet of Actions, maintained on the Google drive. The GSB discusses these issues by email and makes decisions through discussion and email voting. Sometimes, the GSB decides to put the issue on the quarterly meeting agenda. Other non-urgent issues, like when the Newcomers’ Package needed approval and could not wait for the quarterly meeting, may be discussed and decided by email and then simply reported out at the quarterly meeting.

The purpose of the Actions Committee process is not to sidestep the Board. All items discussed by email will be reported to the body as part of the Chair’s report, with a question to the body whether any item discussed be added as an item of new business for consideration by the GSB.

The GSB Chair will assemble comments and distribute and keep summary minutes for their report. A draft will be sent to the Actions Committee distribution list for review and editing before it is given at the GSB.

PASSED UNANIMOUSLY (9 affirmative votes, none opposed)

Publishing Tradition 8 on Website for Member Input

Literature Chair explained that committee has already drafted tradition 8, and some people are using the other new EDA traditions in their in their groups. Anyone who wants to give input should please contact literature@eatingdisordersanonymous.org.

Motion to put Tradition 8 on the website for membership review. No one is opposed. Motion **PASSED UNANIMOUSLY**.

Officer Reports

Secretary's Report

- Chair presented April minutes. **ACCEPTED AS WRITTEN**
- Secretary presented January minutes. They were put together based on notes from two officers. No one else submitted notes. There is no recording. **ACCEPTED AS WRITTEN**

Treasurer's Report

Treasurer reported that our beginning balance that our beginning balance was \$2002.28 and ending balance is \$3338.21 – a 66.2% growth from last quarter to this. YTD Jan-Jun, up 63% as well.

General Service Board of Eating Disorders Anon		
Profit and Loss		
April - June, 2020		
	To	
	Apr - Jun, 2020	January- March, 2020
Income		
7th Tradition Contribution	700.39	2,396.53
EDA Big Books Purchased By Group	230.00	1,130.00
PayPal Sales	2,753.80	
Royalty from EDA Big Books	307.00	1,193.82
Total Income	\$ 3,991.19	\$ 4,720.35
Gross Profit	\$ 3,991.19	\$ 4,720.35
Expenses		
Conference Call Software for Meeting Support	149.90	149.9
EDA Big Book Cost	224.51	1,971.57
Office Supplies & Software	125.50	43.44
Online Meeting Hosting Expense	16.90	50.7
PayPal Fees	119.27	80.89
Website Hosting and Security	16.90	303.57
Post Office Box Cost		118
Total Expenses	\$ 652.98	\$ 2,718.07
Net Operating Income	\$ 3,338.21	\$ 2,002.28
Net Income	\$ 3,338.21	\$ 2,002.28

General Service Board of Eating Disorders Anon		
Profit and Loss Comparison		
January - June, 2020		
	To	
	Jan - Jun, 2020	Jan - Jun, 2019 (PY)
Income		
7th Tradition Contribution	3,096.92	2,389.93
EDA Big Books Purchased By Group	1,360.00	920.00
PayPal Sales	2,753.80	
Royalty from EDA Big Books	1,500.82	1,067.88
Total Income	\$ 8,711.54	\$ 4,377.81
Gross Profit	\$ 8,711.54	\$ 4,377.81
Expenses		
Conference Call Software for Meeting Support	299.80	162.79
EDA Big Book Cost	2,196.08	1,315.01
Information Dissemination		200.00
Office Supplies & Software	168.94	47.80
Online Meeting Hosting Expense	67.60	101.40
PayPal Fees	200.16	82.79
Post Office Box Cost	118.00	102.00
Reimbursement for Book Shipments		50.00
Test of PayPal Service		5.00
Website Hosting and Security	320.47	
Total Expenses	\$ 3,371.05	\$ 2,066.79
Net Operating Income	\$ 5,340.49	\$ 2,311.02
Net Income	\$ 5,340.49	\$ 2,311.02

General Service Board of Eating Disorders Ar Balance Sheet As of June 30, 2020			
	As of Jun 30, 2019		To
	As of Jun 30, 2020	(PY)	
ASSETS			
Current Assets			
Bank Accounts			
GSB Of EDA Checking (3225)	9,406.68	3,290.54	
PayPal Bank	10,225.86	7,431.75	
Total Bank Accounts	\$ 19,632.54	\$ 10,722.29	
Other Current Assets			
Undeposited Funds	0.00		
Total Other Current Assets	\$ 0.00	\$ 0.00	
Total Current Assets	\$ 19,632.54	\$ 10,722.29	
TOTAL ASSETS	\$ 19,632.54	\$ 10,722.29	
LIABILITIES AND EQUITY			
Total Liabilities			
Equity			
Opening Balance Equity	8,411.27	8,411.27	
Retained Earnings	5,880.78		
Net Income	5,340.49	2,311.02	
Total Equity	\$ 19,632.54	\$ 10,722.29	
TOTAL LIABILITIES AND EQUITY	\$ 19,632.54	\$ 10,722.29	

General Service Board of Eating Disorders Ar Balance Sheet As of June 30, 2020			
	As of March 31, 2020		To
	As of Jun 30, 2020	(PY)	
ASSETS			
Current Assets			
Bank Accounts			
GSB Of EDA Checking (3225)	9,406.68	9,338.79	
PayPal Bank	10,225.86	1,551.81	
Total Bank Accounts	\$ 19,632.54	\$ 10,890.60	
Other Current Assets			
Undeposited Funds	0.00		
Total Other Current Assets	\$ 0.00	\$ 0.00	
Total Current Assets	\$ 19,632.54	\$ 10,890.60	
TOTAL ASSETS	\$ 19,632.54	\$ 10,890.60	
LIABILITIES AND EQUITY			
Total Liabilities			
Equity			
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Retained Earnings	5,880.78	5,880.78	
Net Income	5,340.49	2,002.28	
Total Equity	\$ 19,632.54	\$ 10,890.60	
TOTAL LIABILITIES AND EQUITY	\$ 19,632.54	\$ 10,890.60	

Vice Chair Announcements

Vice Chair yielded the floor until the webmaster report to speak.

Chair Announcements

Our webmaster has stepped down. We wish to extend him a big thank you for his service. The Interim Vice Chair is acting as interim webmaster. We are considering separating the webmaster role into two roles: one that is less technical and dedicated to maintaining meeting list information, and another that is more technical and will deal with development, security, and hosting issues (among others). Basic requirements for either position:

- Maintains existing GSB of EDA website
- Administers web accounts (i.e. email lists, web site development, etc.)
- Coordinates website development efforts
- Ensures the website is ADA compliant
- Having worked through the first 6 steps with a sponsor is also recommended

Vice Chair noted – As interim webmaster, she has been responding to emails and checks emails every day and gets emails in the webmaster account every day or every other day. It is not a ton of emails. It takes 5-20 minutes out of the day. Some of the other aspects are more time consuming, but the position doesn't have to be an everyday thing. Took 30 minutes to learn. The person must be detail oriented.

Literature Chair shared her experience – Served as webmaster for many years. Two aspects: 1) Maintaining info about meetings – this involves a lot of work and is challenging and time consuming, coordinating with groups, inviting new groups to join the GSA. The technical aspects for maintaining the meeting lists info are light since the WordPress site is simple. 2) The rest of the job is more technical and involves working with hosting providers like GoDaddy and their security teams. We purchased a security package that must be coordinated. We have an SSL certificate, but we're having some difficulty there. Chair has reached out to someone for help with this. We also need to work with online groups to find a better chat forum. There's no technical support for the chat system we are using now. We could use Google Chat for free 501(3)c, and

Literature Chair feels we should move to it. Technical aspects will be challenging if you haven't done it before, but it's not dramatic. Literature Chair invites anyone with experience with website maintenance to volunteer.

Chair reiterated that we need a technical webmaster and a meetings webmaster. This could be two people. Anybody interested in these positions can email wm@eatingdisordersanonymous.org.

Member asked a question about Zoom bombing and whether that was one of the security issues we were trying to solve. The Response from the Literature Chris was no. The issue was odd text actually posted on the website. We have to shut that down.

Chair said Zoom meeting issues are being looked into by someone who is not a member of EDA, but is in the 12 steps. We can pay this person to help us take care of Zoom meeting issues and other security problems. If we need to vote on it, we will get an emergency email.

We are planning the sponsorship workshop coming up: Sunday 5:30 pm EST, hopefully starting on September 25th. More information on that to come.

Chair and Vice Chair will soon begin planning a Zoom sponsorship panel to follow the workshop. MGSC will report on specifics of group outreach, but we are piggy backing on those efforts to get an accurate list of group contacts/GSRs to increase confidence in the host codes we are distributing upon request.

Vice Chair Report

Newly elected Vice Chair has been getting up to speed on the Vice Chair duties as well as how the GSB functions. Other officers have been immensely helpful in getting her caught up. Current projects:

- Motions Booklet to keep track of our history of Motions that have been passed by the GSB so we have a historical and easy reference of what has occurred. An EDA member had previously started working on this, but she has not responded over the past couple of months. We will be pushing forward without her. I am looking for volunteers to help with this project. We were thinking groups or individuals could volunteer their time to go through past minutes and put the motions into the template. We will send out an email to the fellowship for a call for service to assist with this, but anyone interested in this meeting can email jessicak@eatingdisordersanonymous.org.
- Info@eatingdisordersanonymous.org has consistently received requests from family and friends about what to do about their loved one with an eating disorder. Vice Chair and a member of her family have been part of the AI-Anon fellowship (12 step group dedicated to helping those who have a loved one who suffers from alcoholism) for a long time, so they volunteered to work up a draft of a brochure to submit to the literature committee. People interested in helping with the family-oriented brochure can email literature@eatingdisordersanonymous.org.
- See notes in Chair Announcements and Webmaster Report for more information about duties in this area.

Committee Chair Reports

Literature

Activities

- We prepared and sent out a draft of Tradition 8. There is a motion to add it to the drafts on the EDA website. The drafts we post there are to elicit your feedback.
- We have had several suggestions to improve the Traditions and are very grateful to have these. Please keep them coming! Your feedback on the Traditions draft material (posted on the EDA website on the Publications tab) is very valuable and helpful.
- Meditations
 - Meditations have gotten a lot of submissions this quarter -- more than any other so far! Many thanks to the literature committee and meditations committee for their work to consolidate into a single document.
 - Connie W has been responding to submissions to the meditations and we are very grateful for her kindness and spirit of inclusion.
 - **Many people submitted meditations that were substantially longer than what would fit into a daily reader format. We LOVE these submissions, however, will need to edit them into multiple reflections in order to fit.**
 - A member has offered to help with edits (Thank you!); however, to prevent disappointment and frustration among those who submit materials for consideration, **we have moved to suggest a 220 word-count limit on meditations.** If sending in a meditation, please use a quote from EDA literature (attributed) as the source of reflections.
 - We have been working with WordPress forms to collect meditations, and a version of this is now (thanks to coordination with our interim webmaster) now available on the EDA website under the Meditations tab.
 - We are starting to talk to Turner Publishing, who makes the EDA big book available. They are interested in working with us on the daily reader. Literature Chair will submit more info to the GSB as it comes in. This is just tentative.

Requests

- We would like to invite everyone to submit materials to the literature committee that could be used to help create a brochure for families and friends of people with an eating disorder. There is a need we are not addressing, folks. Can anyone help? If so, please email literature@eatingdisordersanonymous.org.
- We welcome help with all other literature-related projects. If you are interested in helping on a more formal basis, please email literature@eatingdisordersanonymous.org.

A member noted that the meditation submission page allows for 4000 characters for both the quote and the meditation, which might be way too long. Literature Chair does not want to dissuade people from submitting just because their submission might be too long. Member and Literature Chair clarify that, ideally, the quote and the meditation TOGETHER should not exceed 220 words, but in some cases (for long quotes), some allowances may be made. More to come.

Email Response Coordination

Committee member reported that they currently have four mail response coordinators who respond to most inquiries within 24 hours. Sometimes they need to do research, so the question doesn't get answered as quickly as they would like. And sometimes it takes more than one email to complete the inquiry. However, they have coordinators covering weekdays and one coordinator who lives in Australia that covers evenings. One coordinator just left, and they are looking for one

new member to cover weekends. The term limit is two years, but the person can decide at one year whether or not they want to continue. If you are interested, email info@eatingdisordersanonymous.org.

Professional Contact Coordination

Chair reports – We have a professional contact coordinator, and she is doing awesome work. But she is not on the call.

Webmaster

- See Chair Announcements for information about the need for a new webmaster.
- Vice Chair is serving as interim webmaster and has been looking at alternatives for online meetings, including Google chat. Progress has been made.
- Some of the technical problems with the website, unsubscribe links and online meeting will be addressed soon. There is someone who is willing to help who the Vice Chair knows, but he is not a member of EDA and cannot be our official webmaster. We would need to pay for his services, so the Vice Chair is asking for an estimate for his services. The estimate will likely be submitted to the Actions Committee. This outside expert will be working with the Literature Chair in her capacity as Member at Large.

Actions Committee

- Do we want time limits on meetings and workshops on Zoom? We informally recommend/allow a 15 minute window before and after meeting, but we may need to formally limit it. Is the problem limited or more widespread? This issue is dispatched to MGSC to handle along with the extensive group outreach they voted on last weekend to make sure we have correct contact information for meeting groups.
- Decided on a process for the committee. See details in the New Business section above.
- Decided to keep passwords public for meetings on Zoom but to add information in the hosting tips that explain how to kick people out or kill video/audio in case of Zoom bombing. We also suggest meeting hosts consider mentioning at the top of the meeting that people can be kicked out for certain behavior.
- Reaffirmed the importance of one-to-one sponsorship rather than group sponsorship based on our group experience.
- Decided to allow specialty meetings on the Zoom page with a hidden password if they have their own line.
- We need to reach out to current group contacts, and MGSC voted to take this task on on 06/28/2020.
- Decided to provide up to \$300 to the sponsorship workshop coming on Sept. 25, but we are adding a special link to the website for this and future workshops so that members may contribute if they desire. We also agreed that future workshops of all kinds should be self-supporting, charging registration fees to attendees. The GSB will still pay up-front stipends to workshops who need support before registration fees start rolling in.
- On 06/28/2020, MGSC voted to spearhead a roadmap/guide for planning and hosting workshops. MCSG will draft proposals for which amounts and types of stipends may be offered and will present this to the GSB.

No one dissents on any issues. GSB has reached consensus on these issues.

Membership and Group Supportive Services

The MGSC met:

- 7 pm EST on: 4/12/20
- 5 pm EST on: 5/17/20
- 4:30 EST on: 6/28/20

The Alternate Chair, Sponsorship, New Group Outreach, and Secretary were in attendance.

Announcements:

- Another member has taken on the role of New Group Outreach.
- The committee voted unanimously (3-0) to provide up to \$300 to the September 25 sponsorship workshop and to spearhead a roadmap for hosting future workshops.

Sponsorship

There were 61 on the sponsor waiting list at the beginning of March and 92 at the end of June. The wait time is approximately 6 to 7 months. Active sponsor count was last confirmed in May at 41, plus 4 added in June for 45.

New Group Outreach

The first face-to-face meeting in months applied for posting on the website. They received the standard welcome and introduction to choosing a GSR. As a side note, **we are looking for a Google Excel sheet containing the past year's new meetings list. If anyone knows of its whereabouts kindly let the Membership Chair know.** It was on a Google drive. The Membership Chair can be reached at membershipchair@eatingdisordersanonymous.org.

Tabled Projects

We need more hands for a few projects:

- (Zoom) Round Up
- EDA Retreat
- Newcomers Meeting
- Sponsorship Outreach

Open Positions:

The open positions are:

1. General Members
2. Group Outreach Coordinator (a new position)
3. Secretary
4. Alternate Chair

Anyone interested, email membershipchair@eatingdisordersanonymous.org.

MGSC Meeting Date and Time

MGSC meets every fourth Sunday at 4:30 pm EST through September. Meeting information is on the Zoom meeting listing on the website.

The next meeting will be Sunday, July 26, 2020, at 4:30-5:30 pm. All are welcome.

We will continue to have the existing Interim Chair of MCSG operate as Interim Chair of MCSG since she is not here for official election.

What is on your mind?

- A member suggested having a page online where we list currently available service positions that is easy to access and share with groups. Chair reported that she has previously sent out notices by email about service opportunities, but Chair and Literature Chair agreed that having a place where service opportunities are listed is a great idea. A summary will be compiled and submitted to Literature for review. There is also a summary of service opportunities at the end of these minutes.
- A member brought up the issue of people in Zoom meetings using the Raise Hand feature instead of speaking up. People on the phone cannot see this, and the order of who should speak is unclear. Chair affirmed that individual groups should call a group conscience meeting (for 15 minutes before or after the meeting) to discuss and vote on what the group thinks is fair. Chair shared that in her experience any regular member of a meeting can call a group conscience. Secretary shared that in her experience members call the group conscience for the *next* week and briefly describe the issue so that the group can be informed and other members may attend.

Closing

Next GSB meeting will be on October 4, 2020.

Meeting closed at 5:41 p.m. EST.

Motions Summary

- Proposal 1: Interim Vice Chair to be voted in as Vice Chair. **PASSED**
- Proposal 2: Interim Secretary to be voted in as Secretary. **PASSED**
- Proposal 3: Interim Group Services Chair to be voted in as Group Services Chair. **DELAYED TO NEXT MEETING**
- Proposal 4: Actions committee should continue to discuss non-urgent but time-sensitive issues with the GSB by email in between quarterly meetings. Any decisions made will be recorded in a document on the Google Drive and will be presented in the quarterly GSB meeting for further discussion. **PASSED**
- Proposal 5: Publish drafted version of Tradition 8 on the website for membership review. **PASSED**

Service Needs Summary

- Technical webmaster and a meetings webmaster. This could be one or two people. The technical role deals with security, hosting, and other complex issues. The meetings role is responsible for maintaining the meeting list and its associated contact info, which requires good communication skills but not much technical knowledge. Anyone interested in either or both positions can email wm@eatingdisordersanonymous.org. Duties/requirements:
 - Maintains existing GSB of EDA website
 - Administers web accounts (i.e. email lists, web site development, etc.)
 - Coordinates website development efforts
 - Ensures the website is ADA compliant
 - Having worked through the first 6 steps with a sponsor is recommended
- Motions archive – We are created a record of all motions presented at GSB meetings and

need people to go through previous meeting minutes to collect the motions. Email jessicak@eatingdisordersanonymous.org to help.

- Family-focused brochure – We are working with members of Al-Anon to create a brochure for family members and loved ones of those with eating disorders. Email literature@eatingdisordersanonymous.org to help.
- Submit short meditations to be included in an EDA daily reader. Choose a quote from EDA literature and write a short meditation. The quote and meditation together should be no longer than 220 words, although slightly longer submissions will be accepted. These can be submitted on the Meditations tab on www.eatingdisordersanonymous.org.
- We have an immediate need for one email response coordinator to respond to a wide variety of email inquiries about EDA on the *weekends*. If you are interested, email info@eatingdisordersanonymous.org.
- Membership and Group Services needs help with: (Zoom) Round Up, EDA Retreat, Newcomers Meeting and Sponsorship Outreach. For more information, email membershipchair@eatingdisordersanonymous.org.
- Membership and Group Services needs people to serve in the following open positions: General Members, Group Outreach Coordinator, Secretary, and Alternate Chair. For more information, email membershipchair@eatingdisordersanonymous.org.

Additional Notes and Action Items

- The password for the meeting was not sent out. Only the meeting ID and the participant ID were sent out. Chair sent out a correction just before the meeting, when the issue was discovered, and we discussed remembering to include a password reminder next quarter.
- No recording option was available even though Chair claimed host. It was discovered that the account had been locked by the webmaster who has stepped down, so this needs to be addressed for the next meeting.
- We need to remember to swear everyone in at the top of the meeting next time (perhaps right after vote on Group Services Chair?).
- The role document needs to be updated: <http://eatingdisordersanonymous.org/wp-content/publications/GSB%20Roles%202020.pdf>
- Make sure people aren't abusing the Zoom meeting room times (using it beyond 15 minutes before or after). This was reported as an issue, but it does not seem to be a pervasive one. Keep an eye on it, and let MGSC know, as they are currently considering the issue.
- If you know where the list of new meetings for the last year is located (it was on the Google drive), let the Membership/Group Services Chair know at membershipchair@eatingdisordersanonymous.org.
- We want to add a list of service opportunities on the EDA website. Chair will type up what was submitted and send to the Literature committee for approval to be included on the web.

Prepared by the Secretary on July 18, 2020. Revised August 18, 2020.