

General Service Board of Eating Disorders Anonymous Meeting

Sunday, Jan. 3, 2021, 4:00 p.m. EST

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

Recording available

Attendees

Total number of attendees: 40

Officers on call:

1. Chair
2. Secretary
3. Interim Vice Chair

Call to Order

- Chair called meeting to order
- Opened with moment of silence followed by the serenity prayer
- Member read the 12 steps of EDA
- Member read tradition 1
- Member read concept 1
- Introductions

Officer Reports

Secretary's Report

Secretary sent out October minutes, and they are in the shared Google drive. **ACCEPTED MINUTES AS WRITTEN**

Treasurer's Report

Treasurer was unable to attend, so literature chair stepped in to present the report. The available report was not complete, but the report was tentatively **ACCEPTED** with the understanding that a full report would be sent out after the meeting. The full report was sent after the meeting and is included below:

EDA Transactions, 2020	Sum of Amount
7th Tradition for New EDA Step Study Workshop	\$247.15
7th Tradition for Summer 2020 EDA Step Study Workshop (includes contributions through October)	\$1,475.55
Income from boxes of 24 EDA Big Books (includes S&H)	\$1,328.28
Contribution to the EDA Big Book Step Study Workshop financial scholarship fund	\$72.75
General Service Board of EDA/7th Tradition Contributions	\$5,561.90
General Service Board of EDA/Individual Contribution from EDA Members	\$6,843.15

Transfer fee for moving money between PayPal and Wells Fargo	-\$10.00
GoDaddy website hosting	-303.57
Zoom for BB Step Study	-\$270.00
Zoom meetings (three lines)	-\$449.70
PO Box	-\$118.00
Quickbooks (annual cost)	-\$412.68
Chatzy Premium Room (annual cost)	-\$202.80
Cost of sending boxes of EDA Big Books to groups and Professional Contact Coordinator	-\$2,865.79
Grand Total	\$10,896.24

A note about the EDA Big Books:

- 3 boxes were ordered last year but shipped and charged (\$621.18) in the 1st 10 days of 2020.
- 6 boxes were sent to groups for a total cost of \$1574.90 (compared to an income of \$1328.28).
- 3 additional boxes (cost of \$669.71) were sent to our Professional Contact Coordinator in Sept and October. September box did not arrive.

Chair Announcements

There will be a Sponsorship Panel similar to the one in September, held in April 2021 – date TBD. More info coming soon.

A guide to hosting a step workshop is in the works. A few host committees have contributed a wealth of information regarding planning of Zoom step workshops. We do need to start getting together information on face-to-face workshops. Anyone interested in helping with this guide, please email chair@eatingdisordersanonymous.org. I hope to pick this up in the summer.

If anyone is interested in working on the minutes project where we will be summarizing the historical votes/motions of the GSB, please email chair@eatingdisordersanonymous.org.

The prior vice chair stepped down. We wish her well and thank her for her tremendous service with a number of things, most notably the new family and friends brochure. A previous vice chair has kindly agreed to step up as interim vice chair through March.

Additionally, the webmaster had to step down. We thank her for her service as well. This past quarter she helped up with a number of clean-up items and well as usual maintenance items. We also had other volunteers take over the maintenance of group information. For right now, that team is handling various upkeep issues well.

There are two service positions coming up for election in April: Chair and Treasurer. Those positions are described on the roles sheet, which is accessible on the GSB tab of the website. If you or anyone you know is interested in either role, please email chair@eatingdisordersanonymous.org. I will be emailing the fellowship within the next month regarding these openings and how to submit a nomination.

Thanks to groups who confirmed their meeting over the past holiday season. Thanks, too, to

those who picked up a holiday service commitment and volunteers who maintained the confirmation list and updated the roles sheet (now to be updated again).

Vice Chair Report

Vice chair stepped down. Interim chair was in attendance but did not speak. No report.

Committee Chair Reports

Actions Committee Report

Reminder of what the actions committee is: Elected members of the GSB meet in between GSB Board meetings as needed. We submit a report to the Board summarizing any decisions that were made during the quarter (between official GSB meetings). Any item submitted to the actions committee may be added to the GSB meeting agenda as new business, where it will be treated like any other motion—requires a second and is followed by discussion and a vote.

The actions committee met this past quarter for a sharing session and to cover a few items of business. The recap covers everything not covered by other open items which will be presented by Literature.

1. The actions committee wants to discuss the adoption of an open/closed distinction between meetings according to the following definition: "If you think you have an eating disorder and are interested in learning more about Eating Disorders Anonymous, you are welcome at any meeting—open or closed. If you are interested in attending a meeting for another reason (as a student, a professional, or a caring friend or family member of an ED sufferer attending who needs support), please attend 'open' meetings and then only as an observer. It is up to individuals to determine if they are 'qualified' to attend, based on the criteria from Tradition 3."
2. The committee wants to discuss adding a disclaimer on the EDA website where meetings are listed to that all who attend our meetings understand that meetings are open unless specifically identified as closed.

History: The standard for EDA has been different from other 12-step fellowships. In EDA, meetings are considered "open," which means anyone, including observers, can attend, unless they are specifically marked as "closed," which means that observers may not attend. This standard has been discussed a few times in the last two decades.

General recommendations: If someone is disruptive, disrespectful, or abusive, the person should be silenced or removed from the EDA meeting, and a group member should follow up with that person afterward. However, each group may have its own process and standards and may choose to handle difficult situations however suits the needs of the group as determined by the group conscience process. One point of confusion may be that in EDA meetings, no one is required to identify themselves as having an eating disorder unless the EDA group has specifically decided otherwise. We have a brochure that covers the topic of self-labelling (<https://eatingdisordersanonymous.org/wp-content/publications/EDA%20FAQs.pdf>). We also cover the topic of "identifying" in rather exhaustive detail in the draft Traditions document in Tradition Six at <https://eatingdisordersanonymous.org/wp-content/publications/Twelve%20Traditions%20of%20EDA%201-10%20DRAFT.pdf>.

Anonymity is covered in the standard meeting format. We do hope all who attend our EDA

meetings are prepared to abide by our statements about respecting anonymity. How this is to be expressed for Zoom meetings should be a consideration for members attending. We are responsible for our own anonymity.

Idea for New Business

We encourage you and your group to take this topic up at its next business meeting, so everyone understands the nature of the meeting and feels safe. If your group decides to become a closed meeting, please email wm@eatingdisordersanonymous.org so the designation can be added.

Discussion

Members were concerned about the terms “open” and “closed.” Many members felt that a disclaimer of some kind would be good, but many felt we should be more specific in the language used. For instance, we could specifically say: “All meetings are open to everyone, including students, researchers, family, friends, and other observers except those indicated with an asterisk. We ask that only those with eating disorders or who think they might have an eating disorder attend meetings with an asterisk.” We could also use terms like “welcome to all” and “not open to students, researchers, and other observers.” The term “member” also seems to be confusing.

The main ideas seemed to be that members have an aversion to the word “closed” and that members feel that only “closed” meetings (using different language) should be marked. We also need time to rethink and discuss the open/closed disclaimer

In the end, we put forth this motion: Meetings that are not open to students, professionals, or family/friend observers may be indicated by an asterisk on the website, and the disclaimer we will currently include will be: “Unless otherwise noted in the meeting description, all EDA meetings are open to anyone looking for information and support for their own recovery process. Meetings open to students, professionals, friends, and family (observers) are marked with an asterisk.”

PASSED

Literature Committee

In the last three months we:

- Completed the last three traditions for the 12 Traditions portion of the proposed EDA 12 Steps and 12 Tradition and posted it online
- Reviewed and submitted for approval by the General Service Board:
 - New brochure for Friends and Family
 - Updated Helpful Hints for the Holidays
 - Updated "New to Sponsorship and the Twelve Steps"
 - Updated the Suggested Meeting Format
- Started a three-times-per-week writing meeting for the meditations committee, which has resulted in a lot of great progress, with dozens of additional meditations flowing in – kudos to all the folks working on that
- Completed the agenda we'd set forth for our fourth quarter of 2020

Other work the literature committee did was put up for approval during New Business below.

Membership and Group Supportive Services Committee

The current contact list for Zoom meetings

The Zoom contact list is virtually up to date, but we are missing some contact information. We

have a member who has begun to help me with some of this and he has done some great work. It is difficult for one person, from one time zone, to try to attend all the meetings on the list. **We are looking for any EDA members who would like a new project for 2021. It would require the member to attend the meeting for which we do not have any contact information other than the meeting time/location.** Email membership@eatingdisordersanonymous.org to help.

Website meeting list updates

Zoom: In my first report in September of 2020, we had 72 zoom meetings a week listed on the website, and I am so excited to say that we now have a 102 meetings a week!

The only day that is a little low on meetings is Fridays, in case anyone is looking to start a new meeting. The times that are kind of bare are 5:00 a.m. to 10:00 a.m., 10:00 a.m. to 3:00 p.m., and 3:30 p.m. to 5:30 p.m. EST on Fridays.

Live: We now have a volunteer who helps with updating the live meetings. She has worked diligently to update the contact list for the current active live meetings.

We have worked together as a team to help field questions regarding changes to live and Zoom meetings, especially with the recent COVID pandemic. I imagine we will be working together a lot more as more meetings go from Zoom to live again.

- Maintaining Excel spreadsheet of ~180 live meetings (some are duplicates)
- New live meetings: 2
- Updated live: 13
- New Zoom: 2
- Updated Zoom: 3

Holiday: We also have another volunteer, who has helped with reaching out and attending as many meetings as possible for the purpose of creating a holiday meeting schedule. Her report: The past 7 weeks I have attended as many Thursday and Friday meetings that were in my awake hours to ask if the meeting would be happening on the holidays (all holidays this season fall on either a Thursday or Friday). A volunteer helped with meetings during her sleep time. I created a schedule of all meetings that we could ascertain were going ahead. “

Group Outreach Goals for 2021

1. Continue updating the contact list and meetings on the website, with volunteer help
2. Continue to answer emails related to meetings
3. Send out letters to groups to include:
 - A description of “open versus closed” (wording to be determined) meetings and update the Zoom meeting list online to indicate those meetings that are not open to observers
 - A statement stressing the importance of having a GSR for the meetings that are currently listed and encourage groups to elect a GSR
 - GSB minutes link and EDA news

Thank you for this opportunity to get involved, in support of my recovery, and of this amazing fellowship!

Webmaster

The webmaster did such great work for us but had to step down. We thank her for her cheerful

service, and we also want to thank the whole team of of people who have stepped up to take over webmaster responsibilities. These minutes will not include specific names to protect anonymity, but if you want to know the names, please contact wm@eatingdisordersanonymous.org.

- Two individuals are maintaining the EDA Zoom/Phone meetings. We've gone from 72 to 102 meetings per week this quarter.
- Another member is maintaining web information for face-to-face meetings
- One more member picked up support for our Chatzy meetings and is helping the moderator of moderators for the New Beginnings Chatzy meetings investigate Discord as an alternative platform.

We now have the four members above serving as webmaster. They all receive the wm@eatingdisordersanonymous.org emails.

We also compiled and sent out a list of webmaster responsibilities, and were a little astonished at how much there is. We filled four pages without going into any detail at all, so we are very grateful that this role is now being shared among multiple volunteers. Thank you!

Email Response Coordination

We currently have three email response coordinators (ERCs). At this time, that is all that we need. We have been answering the emails within approximately a 24-hour period. We haven't run into any problems. My term and the term of another ERC will end Feb. 2022. The ERC who started two months ago has a choice to stay for a year or two. Our newest ERC just started and says she would like to serve for two years.

Professional Contact Coordination

We have one. Yay! No updated. She's working hard for us.

New Business

Swearing In

All general service board members said the swearing in statement.

Motions

- Revisions to Helpful Hints for the Holidays brochure – Major revisions were to reinforce the benefits of engaging with people and less emphasis on food. Member shared that they liked the new brochure. Voted to accept brochure. No opposition. **PASSED**
- To Family and Friends brochure – This has been requested many times. This is a significant, important brochure. Members expressed how much they liked this brochure. Voted to accept brochure. No opposition. **PASSED**
- Motion to post draft of traditions on the website and leave up for comment. Comments will be used to make additional revisions and then post it again for final comment. We are waiting for 3 months, updating them based on suggestions, and then leaving them out again for another 3 months for final suggestions. After that, it will go through copyediting with the publisher. We are looking for more thematic or content revisions, not grammar changes. This is a publication for OUR group. Motion is to leave this up for review. No opposition. **PASSED**

- Consider whether the new tradition-related publication should be a 12 Steps & 12 Traditions (12x12) book or a standalone tradition book. The traditions are already quite long, and we have guidance for working the steps in the big book and the EDA workbook. But still, there is a need for a single place to go to for both steps and traditions. Suggestion is to prepare for a 12x12 book and wait to publish until we have the content for it. Members expressed that just a traditions book wouldn't be as popular and also mentioned that we could create our own thing that is slightly different from a 12x12. Members want to include information from step workshops. Motion is to wait to make an official "book" until we have enough for a 12x12 or some kind of combo book as opposed to moving forward with a standalone tradition book. No opposition. **PASSED**
- Revised suggested meeting format: A new suggested meeting format was proposed to eliminate some existing problems with the current suggested format. There was much discussion about the suggested meeting format, but the group voted to publish the new format because it fixes issues with the current suggested format. **PASSED**. However, the following suggestions need to be considered so that the suggested format can be improved even more.
 - The point was made and repeated that per the EDA 4th Traditions, each group can take the suggested format and tune it through Group Conscience review to meet the needs of the group. The suggested format does not need to be perfect.
 - Have separate formats for in-person vs. online/Zoom vs. chat room meetings (chat room meeting format is different).
 - For online/Zoom and chatroom formats, include reference to the 7th Tradition (Support) tab on the GSB of EDA website.
 - For online/Zoom meetings, address the issue of cross-talk in the chat (mixed feelings on this).
 - For online/Zoom meetings address the issue of people eating while on camera (again this merits discussion).
 - For online/Zoom meetings, suggest the host be visible as this creates a more welcoming presence, while acknowledging that this can be difficult if using a phone to host and read the meeting format.
 - Address the issue of commenting too much on each person's milestones and shares.
 - Add "take a moment to reflect on those who need our support" before the Serenity prayer .
 - Add "phone calls build bonds of trust between caller and callee" to the section discussing phone calls.
 - Add notes in italics for the host (and also anyone who picks up the suggested meeting format for fine-tuning). Be sure to include:
 - Space for jotting down who is filling the rotating roles (at minimum):
 - Chair
 - Literature person
 - GSR
 - Treasurer
 - Meeting membership chair who tracks people's phone numbers/addresses and makes sure everyone knows how to connect to others
 - Decisions made during Group Conscience meetings
 - Notes about *why* we say what we do

- Update the EDA Reminder to include something more specific than “plans or numbers” so that members know that discussions of specific foods or diets may not be welcome (merits discussion).
 - Update the EDA Reminder say “may trigger others” rather than “may trigger newcomers” to be more inclusive.
 - Update references to "4EDA.org" to "eatingdisordersanonymous.org" as this sounds more professional. (We originally shortened to make it easier to remember and type.)
 - Some of this information should perhaps be included in the meeting guide.
 - Please note that each of these suggestions merits discussion within our Literature team.
- Revisions to sponsorship pamphlet: Revisions are minor and were done to align the brochure with the information on the Sponsorship page of the website, which was approved at a previous GSB meeting. It was decided that these changes were fixes to errors and so didn't need to go to a vote. However, members started a discussion about setting boundaries and sponsorship and how that is addressed in our materials. Perhaps our sponsorship materials need some additional work. If any more changes are made, they will be brought through the literature committee and sent to membership for approval.

What's on Your Mind?

Meeting is over time. Please email chair@eatingdisordersanonymous.org if you have things on your mind that you want to share.

The step workshop is coming up. If you want more information on how to sign up and attend, email info@eatingdisordersanonymous.org.

We need to revise the date for the next GSB meeting because it falls on a significant holiday.

Closing

Next GSB meeting will be on a date we determine because the original date falls on Jewish holiday.

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

Meeting closed at 6:11 p.m. EST.

Motions Summary

- On the meetings pages, we will include a disclaimer that says: “Unless otherwise noted in the meeting description, all EDA meetings are open to anyone looking for information and support for their own recovery process. Meetings open to students, professionals, friends, and family (observers) are marked with an asterisk.” **PASSED**
- Publish revisions to Helpful Hints for the Holidays brochure. **PASSED**
- Publish the new To Family and Friends brochure. **PASSED**
- Post draft of traditions on the website and leave up for review. **PASSED**
- Wait to make an official traditions-related “book” until we have enough for a 12x12 or some

kind of combo book as opposed to moving forward with a standalone tradition book.

PASSED

- Publish revised suggested meeting format, with the understanding that more updates will be made in the next few months and brought up for review. **PASSED.**

Service Needs Summary

- Review these:
- Membership wants help attending meetings to obtain contact information. To assist and get a list of meetings for which we don't have contact information, email membership@eatingdisordersanonymous.org.
- Motions archive – We still need people to help with compiling this list of motions. Email chair@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.
- The Membership and Group Services committee is looking for members. Please email chair@eatingdisordersanonymous.org to help.
- We need someone new to manage the EDA speaker feed podcast (<https://www.stitcher.com/podcast/anchor-podcasts/eating-disorders-anonymous-eda-speaker-feed>). The speaker feed is not maintained by the GSB but is a help to members of our community. Please contact literature@eatingdisordersanonymous.org to ask for the contact info of the person maintaining the speaker feed if you are interested.
- Please listen to the new EDA big book audio files on the EDA Big Book tab of the website, and send any feedback (positive or constructive) to literature@eatingdisordersanonymous.org.

Additional Notes and Action Items

- Send literature@eatingdisordersanonymous.org any revision suggestions you have for the suggested meeting format, which is posted on the website.
- The literature committee needs to revise the meeting guide that accompanies the suggested meeting format.
- The chair needs to reschedule the next GSB meeting so that it does not fall on a holiday.
- Webmaster needs to add this disclaimer to the meetings pages: "Unless otherwise noted in the meeting description, all EDA meetings are open to anyone looking for information and support for their own recovery process. Meetings open to students, professionals, friends, and family (observers) are marked with an asterisk."
- Discuss definitions of open/closed with your group, and if your group decides it does NOT want to be open to observers, notify wm@eatingdisordersanonymous.org.
- Literature team should consider how boundaries are discussed in the sponsorship brochure and web page and see if more updates are needed.
- If you are thinking of starting a Zoom meeting, Friday would be a good day. The times that are kind of bare are 5:00 a.m. to 10:00 a.m., 10:00 a.m. to 3:00 p.m., and 3:30 p.m. to 5:30 p.m. EST on Fridays.

Minutes prepared by the secretary on January 7, 2021.