

General Service Board of Eating Disorders Anonymous Meeting

Sunday, July 11, 2021, 4:00 p.m. EST

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

Recording available

Attendees

Total number of attendees: 28

Officers on call:

1. Chair
2. Secretary

Call to Order

- Chair called meeting to order
- Opened with moment of silence followed by the serenity prayer
- Member read step 7 of EDA
- Member read tradition 7
- Member read concept 7
- Introductions of new attendees

Officer Reports

Secretary's Report

Secretary sent out May minutes a few weeks ago. The minutes are in the shared Google drive.

ACCEPTED MINUTES AS WRITTEN

Chair Report

Thank you all for being here and welcome!

The officers and Literature Committee have taken an active role in addressing inclusivity and diversity for some time. Much of this has arisen from direct challenges and uncomfortable situations that we painstakingly have walked through and worked on with consistency and diligence. These are not issues to be added to our radar and they have not been sitting on our radar. A lot of hard work, beyond the considerable responsibilities of keeping the wheels on the wagon, have been and continue to be areas of considerable effort.

This brings me to my next point.

We have open positions at the Board level and committee level – details below. We have webmaster volunteers filling in for some committee work and we are extremely grateful for their service. Wearing two hats goes against our principles. That is why I have declined to add another hat to my own head and produce a Treasurer's report.

The following statements in gray were not read because of time constraints, but they are being

included here because they are a part of the written chair report:

For a long time, my goal has been to foster group cohesion, a term I use to convey the idea that a group is two things beyond a place where new people find recovery. These are: 1) a spiritual entity in and of itself with a purpose; 2) the fundamental service unit of EDA, related and reflective of principles contained in our Traditions and Concepts.

Group cohesion is also what I see as fundamental (as in building block – basic level and essential component) for the future of EDA. I am not sure how to imbue a sense of responsibility for EDA as a whole in the Fellowship otherwise. I have received no inquiries regarding the open positions stated above or assisting with updating the meeting guide. Perhaps what is needed to inspire a sense of responsibility is not group cohesion, perhaps it is something else.

Where things stand: Annette is willing to serve as the Literature Chair until our 12&12 is complete. I am serving as chair for 22 more months. Michelle C. is serving as Secretary for 10 months. Again, we have no Vice Chair, Treasurer/Alt Treasurer, a chair or members of the Membership and Group Supportive Services Committee. Several people serving on our fabulous email response team and as webmasters already have served one of their two-year commitments. I have not received **any** inquiries into any open service positions or into helping with updating the meeting guide.

As things stand and assuming the trends continue, EDA outside of the group structure will shed trusted servants. Soon, we will need to explore what options we have. It's fair I think – that if the Fellowship is not willing to participate in certain services, to assume they are not considered important. There are other avenues as well. Before I suggest anything definite, it will go through Actions and formal motions and background will be submitted to the Fellowship. In the meantime, please announce the open positions and discuss with your groups what you all want for the future of EDA.

Currently all Actions items from the past quarter are being presented as motions.

Literature Report

In May, the Literature team committed to the following program of action:

- Update suggested meeting format as per suggestions received through May 17th, 2021. This is done and will be voted on today.
- Update the EDA Meeting Guide to address areas not previously covered:
 - Online (Zoom) meetings and their specific challenges (Zoom bombers): There is a lot of good content on the EDA website already under the phone/Zoom meetings tab to work from. Please refer to it as needed.
 - Sponsorship and "fellow travelers": We have a few things to say about sponsorship. There is a lot already available in existing Traditions.
 - Anonymity in social media: See Tradition 11 and Tradition 12 for content.
 - Friends and family support: Refer to our family and friends brochure.
 - Some additional suggestions from members: Mention suggestions for how to budget and how to retain a history of business meeting/group conscience decisions.
- Contact Turner Publishing about possible German and Chinese translations:
 - Contact initiated; discussions to follow. Resource was out of town for over a month.

- Create a "Special Composition Meetings" brochure:
 - This is going to be discussed and voted on at today's meeting.
- Update the Traditions document using feedback provided up through May 2nd (expecting this could take significant effort), starting May 17th.
 - Tradition 1 revisions are underway.

In addition to the actions agreed upon in May, we have also contacted Turner Publishing about the Kindle/Nook (eformat) page numbers not aligning with the EDA Big Book printed edition. This was supposed to have been taken care of last month, but a recent check suggests otherwise. Follow up will occur in July.

If you have any suggestions for EDA literature (existing or new projects), please email literature@eatingdisordersanonymous.org.

Treasurer's Report

We currently do not have a treasurer. Please email info@eatingdisordersanonymous.org if interested in this or any service position.

Vice Chair Report

We currently do not have a vice chair. Please email info@eatingdisordersanonymous.org if interested in this or any service position.

Committee Chair Reports

Membership and Group Supportive Services

One top priority for the Membership and Group Supportive Services committee is encouraging meetings to send GSRs to be part of the quarterly GSB meetings. We could also use more volunteers on this committee. Email dominiqued@eatingdisordersanonymous.org to be part of this.

Email Response Coordination

No representative from the committee was present, but they are doing a great job. The three people on this committee respond to inquiries written to info@eatingdisordersanonymous.org.

Professional Contact Coordination

No updates. Our professional contact coordinator works hard for us and helps us make professional connections. They are not usually present at GSB meetings.

Business

Swearing In

All board representatives and officers said the swearing in statement, as we do before motions each meeting.

The chair explained that we are instituting a 2 minute limit on individual comments and that we should let all people speak (who want to speak) before commenting again. We will also use

thumbs up or thumbs down as well as hand raises to count votes.

Motions

Revised Meeting Format

New meeting format was emailed to membership. Since then, we changed one part from “Please refrain from mentioning numbers or plans that might trigger newcomers” to “Please refrain from mentioning numbers or plans that might trigger those who may be struggling.” Members expressed appreciation and approval. No one opposed. **PASSED UNANIMOUSLY**

Special Composition Meetings Brochure

We have drafted a Special Composition Meetings Brochure. Since the draft was finished, there has been a suggestion that we revise the document to address those who identify with a non-abstinence focused 12-step group, such as ACOA or Al-Anon. This new revision will be taken up by committee and addressed at the October GSB. For now, the motion is to accept the Special Composition Meetings brochure as written.

Members expressed appreciation for the brochure and its alignment with traditions. A member commented that the first part of the brochure seems to suggest that special composition meetings are discouraged, but as the brochure goes on, that is not the case. The member suggested a reworking of the initial part of the brochure. We voted on the text as-is with the understanding that the literature committee is going to keep revising this and taking suggestions, bringing new versions to GSB to vote. Please write literature@eatingdisordersanonymous.org with any suggestions. **PASSED UNANIMOUSLY**

Audio Recordings – Soliciting Audio Recordings of Experience, Strength, and Hope

This motion is to get approval to begin collecting recordings of our own members sharing their experiences of recovery, editing those recordings to align with the EDA steps and traditions and principles, and then posting them on the Audios section of the EDA website. These are all new recordings that we want to collect. This is part of our inclusivity effort, and we want to feature people from a variety of backgrounds.

Members expressed appreciation for the focus on inclusivity. It was also suggested that we first vote on a set of criteria about what is and is not acceptable.

Ultimately, the conversation ended up centering around the fact that we do not have people serving in key service positions and that the board and some committees are understaffed. We do not currently have people in place with the time to work on this recording effort. The group seemed to agree that we need to focus on filling essential service positions and that the recording effort, though worthwhile, should be tabled until essential needs are met. We need a vice chair, treasurer, webmaster coordinator, and more individuals to help with membership and group services.

It was expressed that we needed clarity on whether this is a motion to *start work* on this project or if it is a motion to *approve the idea*. Based on the conversation, there was a motion to amend the motion to be to *approve the idea* of this recording project. The motion was seconded.

15 voted in favor of approving the idea of making these recordings, acknowledging that we currently don't have the staffing to complete it. **PASSED**

Soliciting recording of members discussing milestones and other specific issues

This motion is related to obtaining specific kinds of recordings where members discuss milestone or specific issues people have questions about. The literature chair indicated that the same issues discussed in the previous motion are present here. **TABLED**

Preamble Change

We want to change the wording in the EDA meeting preamble from “men and women” or “individuals” to “people.” As a reference, AA changed its preamble to “group of people.” We discussed the possible implication of the word “people” and asked GSRs to return to their groups to discuss the wording they would prefer. Ultimately, we decided to go ahead and vote. **PASSED**

Starting an Inclusiveness Committee

The motion is to officially authorize the Accessibility Committee with no mandate to action. The committee would exist as an organized committee that would report to GSB. Specifically, men and racial minorities are underrepresented in EDA compared to the demographics of people with eating disorders in general. It was suggested that this could be part of the membership committee when that committee is fully staffed. Ultimately, this motion was withdrawn in light of pressing needs for existing board and committee leadership. **WITHDRAWN**

What’s on Your Mind?

The chair and other members expressed concern about the empty service positions that exist. Please look at the General Service Board tab on the EDA website for explanations of the roles currently available. Please announce these service needs in your meetings and write info@eatingdisordersanonymous.org if you have any questions or requests.

We went through the Roles document on the EDA website and discussed the roles and the various committees, which include Membership and Group Supportive Services, Literature, Email Coordination.

Literature opportunity: The meditations publication subcommittee has formed. It is not a fast project. Please continue to ask for submissions to this publication in your meetings.

Webmaster coordinator opportunity: The webmaster responsibilities are fairly simple; however, the webmaster coordinator needs to be someone with systems experience and some solid IT background so that they can coordinate more complicated work.

Member expressed interest in the vice chair position.

We already have a sponsorship coordinator to help support people who need help with sponsorship.

Member volunteered to be the membership and group supportive services coordinator.

Closing

Next GSB meeting will be on October 3.

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

Meeting closed with we version of serenity prayer at 5:57 p.m. EST.

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Motions Summary

- Accept revised meeting format as written. **PASSED**
- Accept special composition meetings brochure as written. **PASSED**
- Approve the idea to solicit audio recordings of members speaking about their experience, strength, and hope; edit those recordings; and post them on the EDA website, acknowledging we do not have the staff to begin this effort yet. **PASSED**
- Approve the idea to solicit recordings of members discussing milestones and other specific issues. **TABLED**
- Accept wording change from “men and women” or “individuals” to “people” in the EDA preamble. **PASSED**
- Start an official inclusivity committee. **WITHDRAWN**

Service Needs Summary

- Treasurer position is open. Email info@eatingdisordersanonymous.org if interested.
- Vice chair position is open. Email info@eatingdisordersanonymous.org if interested.
- Literature meditations subcommittee needs more submissions and help editing the meditations book. If interested, email literature@eatingdisordersanonymous.org.
- The Membership and Group Services committee is looking for members and leaders. Please email chair@eatingdisordersanonymous.org to help.
- Membership and Group Services 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.
- Webmaster coordinator position is open. Email info@eatingdisordersanonymous.org if interested.
- We need more email response coordinators to help on weekends.
- Interim or permanent chair is needed. Email info@eatingdisordersanonymous.org if interested. (Opening announced after GSB meeting.)

Additional Notes and Action Items

- Mention open service positions to your meetings. Go to the [General Service Board page](#) on the EDA website and click on the Roles link for descriptions of board roles. Click on “Open General Service Board service opportunities” for more about committee positions.

Minutes prepared by the secretary on July 23, 2021.