

MINUTES

General Service Association of ABA Board of Directors Meeting Agenda
January 21, 2024

1. Call to order/prayer (2 minutes)

Open with the Serenity Prayer 12:05pm.

2. Attendance (directors and visitors) - confirm quorum (1/3rd except 2/3rd regarding expenditures over \$500) (2 minutes) 1/3 = 3 people; 2/3 = 6 people.

- **Amy**
- **Tammie N.**
- Kelly L - visiting to
- Keren
- Caren J - SSC
- **Con**
- Stephanie - GSR
- **Alison E**
- **Torrey S**
- **Christina**
- **Chantelle**
- **Joan**

8 board members present

3. Review and adopt agenda for today's meeting (2 minutes)

Torrey makes a motion to adopt. Amy and Con second. No opposition.

4. Review and adopt minutes from November 19, 2023. (3 minutes)

Changes to the last meeting minutes: Torrey was voted onto the board as Secretary.

Con motions to adopt. Amy seconds. No opposition.

5. Bylaw review (4 minutes)

PRESIDENT

14. (a) The President, upon completion of their term, and election of a new President, may remain on the Board in the capacity of Past President for one (1) year.

(b) The President shall oversee the operations of the Society and shall ensure that all orders and resolutions of the Board are carried into effect.

(c) The President shall be an ex-officio member of all committees of the Society.

(d) The President, when present, shall preside at all meetings of the Society. In the

President's absence, the Vice-President shall preside at such meetings. In the absence of both the President and Vice-President, a Chairperson from the Board may be elected at that meeting to preside.

(e) The President shall prepare the agenda for all meetings of the Society.

(f) The President, or their designate, will be the official representative of the Society when dealing with other associations, agencies, and organizations.

(g) The President shall prepare and deliver an annual report on the Society at each Annual General Meeting.

Reminder - **all of the chairs must write an annual report, coming up in March.**

Con inquires about auditing. Will there be the need to audit the books through Feb and March? Con and Shelby were the assigned auditors.

Confirmation that an audit should be done in Feb. Kheri will email everything required and the auditors go through the books. They will choose two separate months, go through them, sign a form and present their findings. Kheri will out to Con/auditors. Torrey to inquire whether Shelby is still available to audit. **Organize with Kheri to ensure this is done in Feb.**

7. Board Director nominations and elections, if applicable. (10 minutes)

N/A

8. Officers Reports

- President's Report — Tammie (4 minutes)

Wishing everyone a Happy New Year. **AGM is approaching (March)**, getting things in line for nominating and voting in a new president and treasurer. At this point in time, Tammie does not think she can stay on as past president but will stay on with her committee commitments.

- Treasurer's Report — (5 minutes)

Losses in Dec and Nov. Deposit for the in-person retreat which contributed to that. Sales are down. Decent donations.

Translation fund. Over \$1200 for translation at the end of December. The Polish documents have been translated, to Tammie's understanding. **Tammie to confirm.**

- Operations Manager's Report — Tammie (2 minutes)

Nothing major except a breakdown of all of the workshops and recordings on the website and their pricing was sent out Jan 9th, 2024. Not everyone received this email/attachment re: the downloads. Kheri will send this email out again and Tammie will post this attachment on the board meeting website so that its easy to find.

Motion to put forth officers reports: Con. Amy seconds. No opposition.

9. GSR Committee Report — (10 minutes)

Stephanie is here representing the GSR. She reports they have more members now. A total of 9 GSRs were at their last meeting! They have consistently had 6 or 7 representatives over the last few months. They have also had a consistent chair. Stephanie reports the meetings list is fairly accurate on the website, the GSR continues to reach out to meetings about bringing up the role of the GSR to their members. They have made a newcomers package for the GSR committee. There are still some concerns that not a lot of meetings are represented. The committee seems to be growing with slow progress.

Stephanie asks if there is a way to have a page for groups to list their specific needs for donations?

Joan responds by bringing up the 7th tradition: *each group ought to be fully self-supporting*. She suggests bearing that in mind when thinking about this topic. Joan is not clear on whether Stephanie is referring to groups or meetings. She suggests reading the green pamphlet on the website that explains the distinction between meetings and groups.

Joan reminds that meetings do not need to be represented. **Only groups need to be represented by a GSR.** To form a group, it must be registered with the central office. There must be a contact person, a method of communicating. Anyone can start or run a meeting. A meeting doesn't form into a group until it's organized, and stable enough that it can sustain the function of a group. This is why it is important to distinguish between meeting and group.

Newcastle meeting - website request to show that it is an online, Zoom meeting, not in-person.

A suggestion comes up to reinvigorate the group inventory process. It has been on pause.

Another suggestion comes up to reestablish a subcommittee of the GSR group to support and mentor groups and meetings becoming groups. Each group is fully self-supporting. This subcommittee used to exist to support meetings and groups. It was called the Group Support Committee.

The next GSR meeting is Feb 3rd. Stephanie will bring all of this information back to the committee. Potentially investigate a Group Support Committee, underneath the GSA to report to the board. It could be an ad hoc committee or a standing committee. Contact the GSA for that packet. Tammie maybe to attend? Feb 3rd Tammie may be able to make herself available. **Kheri would be great to attend.**

10. Standing Committee reports

- Self-Support Committee — (5 minutes)

Not much to report. Jessa sent the info on the newsletter. They are running a 3-month long 'Did you Know' campaign leading up to the AGM to help ABA members learn about the board.

The newsletter is searching for members worldwide to write a submission about the topic of the month. Please email Jessa at: jessaatheart@gmail.com for more details.

Amy commends the committee for the great work they are doing.

In the Oct newsletter there is a breakdown of what was needed.

- Literature and Outreach Committee — (5 minutes)

Final edits of the meditations continue. Introduction and preface are being worked on as well as the cover. Getting close! No questions about the meditation book.

Stephanie asks a question about printing the ABA book. She says Martin has information about a publisher in South Africa to solve the issue with the high shipping costs to his area. He connected with the office about it. Tamime confirms it was brought up. Amazon doing print on the demand shouldn't be much of an issue. Same with Lulu. Amy and Tammie to find out more info by talking to Martin.

- Ad hoc Hebrew Translation Committee — (5 minutes)

kerena65@gmail.com Keren's email for any questions

Since the last meeting they have translated the eighth and ninth stories. Translator has also translated the tenth, but didn't have the ability to continue past that. They have exactly the amount to pay for the tenth story. On their side, they have calculated what they need to continue. Without the 10th story they need \$1560 CAD for the remaining translation.

They continue to work, do the final touches, ensure everything is how it is supposed to be.

Amy comments that its great they know how much they need. According to report \$1258 CAD is required to finish the translation.

Was it made clear what the individual who donated \$1000 wanted the donation to be used for? **Tammie to find out.** Once we have the pertinent information about this donation, we will be able to provide half of that amount to the Hebrew translation group.

Once verified that the amount in the translation fund is accurate, Amy's motion is to donate \$625 to the Hebrew translation. Eight board votes. Unanimous. To be verified right away and then more support will be sent to the Hebrew translation group.

The Board requests copies of the invoices from the Hebrew translation (the receipts).

Verify. Would like to have clarity. Would be great to find out if we have enough funds to get the Hebrew translation finished. **So that we can put it into the newsletter.**

Need to determine whether the \$1000 needs to be added into the translation fund, or its already been added in. **To determine asap so we may put in the newsletter.**

- Retreat and Conference Committee — (5 minutes)

A theme was decided upon: **Embraced by Fellowship: A Retreat of Connection.**

The committee could use more members and eventually could use people to help out with practicalities. We meet every second Sunday of the month. The main achievement of this last meeting was deciding on the theme. They also focused in depth on the budget. The committee will create flyers in the near future to share pricing information and more details about the retreat.

- Public Information Committee — (2 minutes)

Alison is present on behalf of the committee. Nothing much to add to the notes/reports.

Two major highlights:

1. They have a podcast appearance coming up on the [Reco Podcast](#). There will be a live recording on Feb 2nd. Kathryn M has been spearheading this project. Joan will be interviewed there. **Tune in!** Be part of the live recording! Topic chosen: *ABA's unique definition of the drug and sobriety*. The focus will be on what our drug is, what sobriety is and what distinguishes us from every other eating disorder fellowship. The interview will be centred around Joan's story. It will consist of a 25 minute share and 25 min Q&A period.

Tammie comments the podcast is a great opportunity to get ABA's message out there.

2. The PIC has created a version of the meeting flyer in a smaller image format to be shared in spaces such as Whatsapp. This is to increase their digital outreach efforts. They are still finalizing the image. **If anyone would like a copy of the image, please send Alison a message.**

Joan adds that she has been contacting treatment centres who have not obtained a second edition of our ABA text. She has been calling and leaving messages (voice mail and with secretaries). She has been having trouble connecting via phone/physical message. **Amy to help out with this once she returns to Victoria. If phone outreach doesn't work, Torrey is happy to help via email outreach.**

- GSO and Personnel Committee — (5 minutes)

Discussion re: downloads postponed until Feb. Other than that nothing really new. **Tammie to schedule an upcoming committee meeting with Amy and Chrstina.**

- Website Committee — (3 minutes)

Not much to report. The only addition to Tammie's report: suggestion to change meetings into more of a calendar type of format to see day by day taking place. **Tammie has no problem changing that.**

Torrey inquires about verbiage on the ABA landing page. Curious why 'recovery' is used instead of 'sobriety'. Joan shares that the board wanted to use language to keep ABA more accessible to newcomers. They felt that 'recovery' was more understandable/relatable than 'sobriety'. Once the newcomer attends some meetings and reads the book, 'sobriety' makes sense. But initially, the thought was that 'sobriety' on the landing page might be puzzling for the newcomer.

The website verbiage is to be left as is.

- Bylaw Committee — on pause
- Safety Committee — on pause
- Group Inventory Committee — on pause

11. Old Business:

Cost of workshop and retreat audio downloads. A lot of work goes into editing the audio. How shall we determine the cost of the downloads moving forward.

To carry over to Feb. To give board members enough time to properly view this.

12. New Business:

None

Feb 18th next board meeting.

Third Sunday in March: **March 17th, 2024. AGM.** To put in the newsletter.

We will have to notify every group **in writing about the date of the AGM.** 21 days in advance. **Confirm that number in the bylaws.** The office/Kheri will send out.

Newsletter to include a reminder that non-ABA members are allowed on the board too. The board is enriched by having outside influence.

Kheri (or Tammie? Not sure) to reach out to board members in her report. To see who is continuing on in March. Reminding them where they're at in their two year terms.

Motion to adjourn everyone. No seconder required.

Close with the 'We' version of the Serenity Prayer.