

INTRODUCTION TO WESTERN AREA INTERGROUP OF FOOD ADDICTS IN RECOVERY ANONYMOUS (FA-WAI)

Food Addicts in Recovery Anonymous (FA) has local Intergroups to help meetings carry the message of FA recovery to others. Our local intergroup is the Western Area Intergroup (WAI). This gift of recovery has been generously given to us as members of FA. In turn, we gratefully do what we can to pass it on. We hope you will connect with us for the support, help and unity offered by Intergroup.

FA-WAI ACTIVITIES

The purpose of FA-WAI is to further the FA program in accordance with the Twelve Steps and Twelve Traditions of FA, to maintain a communication center for FA groups, to provide unity for FA groups in the Western Area, and to educate the public about the FA program.

FA-WAI meets once a month in Oakland, California, at the Oakland Medical Center (Kaiser) from 10:30am to 12:00pm. There are two parts to our Intergroup meeting: from 10:30am-11:10am we work in committees to plan activities; from 11:15am-12:00pm, all members gather for the large-group, general Intergroup meeting where we hear WAI Board and Committee reports, FA announcements, and conduct other WAI business.

All FA members are welcome to come to Intergroup meetings. Some FA members are able to come regularly and join a committee. Other FA members serve in their local area in other ways such as by being an Intergroup Contact for their meeting or connecting with media contacts to announce local FA meetings.

FA-WAI COMMITTEES

OFFICE COMMITTEE

This committee manages and maintains communication and meeting information for FA-WAI, such as:

- Maintains the FA-WAI meeting registration records
- Manages, maintains, and responds to inquiries generated on the FA-WAI phone message lines
- Coordinates and manages the FA literature “store” open to the membership before the monthly Intergroup meeting

PUBLIC INFORMATION/MEDIA (PI) COMMITTEE

This committee conveys information about FA's existence and about the FA program to the general public and to clergy and health care professionals. Its activities include:

- Helping place announcements of FA meetings in local newspapers
- Developing and organizing FA and the Health Care Professional brochures intended for members to share with their health care professionals
- Coordinating tables at health fairs at colleges and in the community
- Coordinating speaking sessions at schools and with professional organizations

Any inquiries about newspaper articles, radio or TV interviews should go through this committee in order to discuss how to communicate with the press about FA while keeping within the FA Traditions.

12TH STEP COMMITTEE

This committee supports the message of recovery within our FA fellowship, both locally and in outlying areas. Its activities include:

- Arranging personal visits (12th Step Calls) and bringing meetings to homebound members
- Maintaining and distributing a list of individuals willing to speak at meetings 1-3 hours outside the San Francisco Bay Area (Outlying Area Speaker List)
- Encouraging support of members “on the frontier” (members living 100 miles/161 km or more from the nearest FA meeting) by promoting awareness of the Frontier Phone List (list of members who have no meetings in their area), and the Frontier Sponsor List (list of members who are willing to assist members on the frontier to find a sponsor)
- Developing original writing and artwork for FA's publication, *connection* magazine

SERVICE GROUP SUPPORT COMMITTEE

This committee conducts simple acts of service at the local meeting level to attract the still-suffering food addict to meetings. Members on the committee are from all over Northern California.

Local Service Groups (LSG) perform some of the following acts of service:

- Placing FA Books in libraries
- Placing Meeting Trifolds at doctor, dentist, massage therapist, and other health care offices, gyms, etc.
- Supporting service efforts of the FA-WAI PI & 12th Step Committees

FA-WAI COMMUNICATIONS

Communication between FA-WAI and meetings is done via email to each meeting's Intergroup Contact. Regular communications include a monthly [summary of the Intergroup](#) meeting minutes, and Committee and Subcommittee Chair contact information.

At monthly business meetings, Intergroup Contacts are responsible for reporting on Intergroup activities highlighted in the [WAI Intergroup Summary](#). This service keeps meetings and members informed about committee activities and opportunities where members can be of service.

FA-WAI CONTACTS

FA-WAI Address:

- FA-WAI, PO Box 475067, San Francisco, CA 94147-5067

FA-WAI Phone Numbers:

- 415-248-9347
- Toll free: 800-600-6028 (meant for new members only)

FA-WAI Website:

- For more information on Intergroup meetings and activities, visit the FA-WAI section of the website at <http://www.foodaddicts.org/western-area-intergroup>

FA-WAI Board Officers:

- Chair: waichair@foodaddicts.org
- Vice Chair: waivicechair@foodaddicts.org
- Treasurer: waitreasurer@foodaddicts.org
- Secretary: waisecretary@foodaddicts.org

FA-WAI Committee Chairs:

- Public Information (PI): waipi@foodaddicts.org
- Twelfth Step: wai12thstep@foodaddicts.org
- Office: waioffice@foodaddicts.org
- Service Group Support: waigsc@foodaddicts.org
- Convention Resource: waiconventionresource@foodaddicts.org