

SGSC MINUTES

January 20, 2019

The meeting opened at 3:30pm ET with the Serenity Prayer.

ATTENDANCE: (32) Akia W – DC, Aieda – MI, Bronna G – Toronto, Barbie Jo – FL, Bethany – MI, Cayce – OH, Cheryl – FL, Charlotte – CA, Deme S – CA, Diane K – CA, Diane – CA, Eric – MA/FL, Erica – CA, Gracie, AU, Glenny D – ME, Haidee – AU, Helen – ME, Joan J – Alberta, Linda P – MI, Lisa – CA, Linda – Toronto, Marsha –MI, Miriam – GA, Marie L – Toronto, Nancy M – Toronto, Paul B - MA, Pam K –Toronto, Rod – AU, Roberta – PA, Sue – AU, Shirley H - ME, Verna - WA

(If you were on the call and your name is not listed or your information is not correct, please email Pam K at lowry.kokott@gmail.com so your name can be added or the information can be corrected.)

~ Welcome by Paul B, SGSC Chair sgsc@foodaddicts.org 508-648-7898

INTERGROUPS AND CHAPTER REPORTS

Western Area Intergroup (WAI) – meets 2nd Sunday monthly (except June), 200+ people in attendance

Deme S, WAI SGSC Chair, presented the following:

NEDA Week

PI reached out to colleges worldwide to offer FA as a resource to students during Eating Disorders Awareness Week, taking place the last week in February. This year, we contacted 417 colleges with the following results:

- 25 colleges responded to our initial email including colleges from 7 states, Canada and Australia.
- 10 colleges requested literature
- We are in touch with 11 colleges who would like to have FA members do an info session for students and/or counseling staff

If you know of a fellow with 2+ years of abstinence in the following areas, please email Shelby at fablogwatch@gmail.com

- San Marcos, CA
- Owensboro, KY
- Sioux, Iowa
- Annandale-On-Hudson, New York
- Edison, New Jersey
- Alberta, Canada

Hello Shelby,

I am interested in receiving literature that I can have available to give to students that I see that may be struggling with food addiction. Just yesterday I met with a student for the first time that mentioned

having a food addiction and she plans to return so it would be great to provide additional information to her.

Thank you,
Tracy A. Long, MS
Clinical Counselor
Adjunct, Associate Professor
District Clinical Counseling Services
Austin Community College

Local Service Group Information:

- Contra Costa County
 - There are eight in the group so far.
 - Placed four books. Two in Kaiser hospitals. One at Crocket library.
 - One person was checking into placing ads in free newspapers.
 - One fellow was contacting the churches we have meetings at to put adds in their bulletins.
 - We have notices in Craigslist.
 - We are placing trifold in the area in appropriate locations.
 - Next meeting: Tuesday Feb. 12 before the 3:30 Walnut Creek 2nd Avenue meeting
 - Contact Rosemary T.
- Sacramento-Foothills
 - Meets: 4th Saturday of the month 10:45 AM directly after the 9:00 am FA meeting at St. Andrews United Methodist Church, 6201 Spruce Ave., Sacramento
 - Attendees: 6-11 attendees
 - Contact Cynthia B or Lenell
 - Recap:
 - Listing local meetings in Event Bright and on Craig's List
 - Sponsoring racks in area libraries, hospitals, and businesses
 - Contacting local colleges to offer trifold, presentations, and to link FA to their website
 - Researching local newspapers to place PSAs and or articles.
 - Checking out FA books out of library and writing reviews to keep in circulation.
 - Saturday January 26, 2019 meeting was a remote call with Eric M. who shared the Power Point for outreach to the medical community.
- San Francisco
 - Meets: 1x/month on the second Saturday of the month.
 - Attendees: 7 people meet in person and 13 on emails.
 - Contact Amber J for more information
 - Eventbrite - 26 Views this month and 5 RSVPs. Total views: 213
 - Sending out letters to faith community leaders in San Francisco, using a spreadsheet with 15+ contacts from which personalized letters will be written and sent. So far, the group has completed 20 letters to faith communities with a commitment to complete another 10.
- Mid-Peninsula/South Bay
 - Meeting time and place: Quarterly first Saturday of the month at the First Presbyterian Church in Palo Alto from 8-8:45 a.m.
 - Contact Maria R.
 - Attendees: Typically, 6-9 attendees

- 18 Eventbrite views in last month
- Held fellowship and brainstorming event attended by seven fellows on Saturday, January 5 with a follow up on February 2nd.
- Sonoma County
 - Meets: 10:45 a.m. after the Santa Rosa Saturday morning meeting at Encounter Church
 - Attendees: 5 attendees
 - Contact Diane K

Eastern Area Intergroup (EAI) – meets 1st or 2nd Sunday (depending on holidays) monthly, 40+ people in attendance

Cayce K, EAI Service Support Subcommittee Chair, presented the following report:

EAI holds monthly meetings in West Roxbury, MA at 10:45am on Sundays. If you can't be there in person you can join via GoToMeeting or by phone.

You can also join committee meeting by phone prior to the body meeting, at 9:45am - 10:30am. The committees that meet are: PI, 12 step, and Teens & Twenties. Prior to the PI meeting, you can attend in person or call into a meeting where members of the PI committee are available to answer questions for PI Reps or any other fellow with PI-related questions. This meeting is 30 minutes and starts at 9:15am.

There will be a joint public information session sponsored by Braintree, Sharon, and Weymouth meetings in MA on 3.3.19 at 2pm. The EAI has found the one or more meetings coming together to plan information sessions to be very effective.

There is an email address for inquires on the new FA Healthcare Sildeshow: healthcareslideshow@foodaddicts.org. Eric will be happy to take you through the process of presenting.

Currently, there are 10 monthly local service group meetings in EAI: Metro Atlanta, GA; Southeast, MI; Charlotte, NC; DC Area; Rochester, NY; Ithaca, NY; Philadelphia, PA; Louisville, KY; West Michigan; and Southwest, FL. Please contact Cayce K. At eaiservicesupport@foodaddicts.org with updates!

For LSGs and chapters with EAI we will be having a conference call starting in the spring that will be similar to the WSI conference call. Please stay tuned for a formal announcement in the month EAI report. Also, Cayce is looking for a few subcommittee members, please email her at eaiservicesupport@foodaddicts.org if you are interested!

Lastly, for those fellows that are interested, EAI will hold six 1-hour long conference calls to discuss questions, thoughts, and ideas about the upcoming motions presented last Sunday to the EAI body. EAI reps should have received an email with the motions that will be voted on at the Feb 10th EAI meeting. Please announce these calls and provide a copy of the motions to members at you

Maine Chapter – meets monthly on a Sunday

Shirley H, Maine Chapter Chair, presented the following

FA Maine Chapter of EAI Report Summary October 2018-January 2019 Activities

There are 23 meetings affiliated with the Maine Chapter.
The Chapter meets the third Sunday of each month (except August)

PI:

- FA Booth at Portsmouth Naval Shipyard Health Fair. Members from 9 different meetings staffed all day event. The health fair is attended by approximately 500 workers. 104 people stopped at the FA Booth to have a conversation and ask questions, many more stopped to pick up literature. At the end of the day 477 meeting directories, 96 information booklets and 36 Healthcare Brochures were distributed to fair attendees and healthcare providers.
- Health Care Provider Slide Show was presented to 10 second year medical students and faculty advisor at the University of New England School of Osteopathic Medicine.
- A PI Session was held on January 12th in Midcoast Maine. Eight meetings worked together, using the Florida Model. The meeting members pooled time, funds and resources. The meetings planned and coordinated the event with two conference calls. The coordinated effort allowed a lot of work to get done with minimal individual effort. Spent \$676.50 on media announcements in newspapers and on radio to raise awareness. Two newspaper interviews (one was a front page story prior to the event, one is still to be published in a health and wellness supplement). Also raised awareness with flyers and trifold. The session was held at 2 pm on a Saturday afternoon. 47 people attended, 8 newcomers.
- Another PI Session is scheduled for January 26th. Three meetings are working together using the same model.
- The Chapter provides FA Banners, FA tablecloth and materials for PI Sessions and FA booths. The materials provided by the Chapter include the Meeting Directory, the EAI FA Information (Waiting Room) Booklet, the Healthcare Professional Brochure and FA Racks.
- Starting Conference Call access to the monthly PI Committee Meetings in February

12th Step:

- Offers home meetings to home bound fellows
- Chapter sells FA Conference Approved Literature at cost at each Chapter Meetings . The Chapter absorbs the shipping cost.
- Writing Session was held in October in Southern Maine. The Committee is currently planning a session for meetings in Northern Maine.
- Two FA Road Trips to a meeting on the Maine Frontier
- 12th Step Committee keeps an updated list of fellows throughout the Chapter. This list is provided bimonthly to the Chapter Contacts for each meeting

Office Activities:

- Emails Monthly Highlights to Chapter Contacts. The Highlights announce upcoming events, service activities and Chapter resources available to the meetings
- Updates Maine Meeting Directory
- Updates Maine Page on the FA Website

Chapters are able to make motions to WSI. The Chapter is currently reviewing a motion received from the FA Maine Chapter Fellowship

Healthcare Slide Show Presentation – Eric M

Eric M presented the Healthcare Slide Show to the call participants. Highlights of Q&A:

- A script is being worked on currently to go with the slide show
- It is acceptable, maybe even preferable, to mention food by name when presenting slide show
- Slides will be reviewed to better represent our fellowship (ie bulimia, undereating)
- Paul B presented slides to a group of mental health professionals which worked well (slides, qualification and Q&A 20 minutes. Format worked well.
- Lisa (California) stated the slides illustrated the story well and, although concerned about technology, it worked well.
- WSI can send a Power Point projector to some places to be used. Difficult outside of North America.
- **Contact Eric with any questions/comments/concerns. Phone number and email below.**

Information Eric Sends to Fellows Interested in Presenting Slide Show:

“Glad to hear you are interested in the FA slide show for Health Care Providers (HCP). It has been available since the business meeting in June of 2018 and FA members have used it on average a few times a month since then. The audiences have been everything you can imagine; MDs, nurses, addiction counselors, etc.

Because the slide presentation is such a big departure from any PI work we have done in the past, FA had some reservations to it when we were going through the FA approval process. To get approval FA WS PI made some commitments. We agreed we would only give the slides to an FA member who actually has an HCP audience to show it to, even if the audience is only one HCP. We also agreed to the following guidelines:

- 1) The slide presenter should have at least 5 years abstinence and have completed two AWOLs.
- 2) The slides will not be changed in any way without getting approval for the change.
- 3) There will always be at least two FA members at the Information meeting. The second person will do a qualification. The second person should have at least 2 years abstinence and have completed 1 AWOL.
- 4) Some time will be allotted to a question and answer period.

If you have not seen the slides or even not seen them recently and would like to be familiar or more familiar with them before you try to get HCP audiences for the slide show, don't hesitate to contact me at 781-775-9584 or healthcareslideshow@foodaddicts.org. I live in Massachusetts which is Eastern Time Zone of USA. I will gladly show you them live with a freeconferencecall.com web link which I will email to you.

Don't hesitate to contact me just to discuss the slide show.

When you have an audience of HCPs, we will send you a questionnaire. Once you complete and return the questionnaire, I will get permission from WS PI to release the slides to you.”

WSI Service Group Support Committee
Conference Call Schedule - 2019

(Third Sunday of the Month)

DATE	TIME	CALL TYPE
January 20	3:30 – 5:00 ET	Intergroup/Chapter Report
March 17	3:30 – 5:00 ET	LSGs
May 19	3:30 – 5:00 ET	Intergroup/Chapter Reports
June		No Conference Call
July 21	3:30 – 5:00 ET	LSGs
September 15	3:30 – 5:00 ET	Intergroup/Chapter Reports
November 17	3:30 – 5:00 ET	LSGs

WSI SGSC CORE MEMBERS

Paul B, Chair, SGSC@foodaddicts.org 508-648-7898

Akia W, LSG Rep, akiaweaver@gmail.com 757-729-0121

Cayce K, EAI Service Support Subcommittee Chair, misskc725@aol.com 216-392-6801

Deme S, WAI SG Support Chair, deme.sakkis@gmail.com 510-604-1210

Pam K, SGSC Secretary, lowry.kokott@gmail.com 416-577-1666

Shirley H, Maine Chapter Chair, shirleywoolwich@gmail.com 207-837-8053