

FA Western Area Intergroup (WAI) Meeting Summary
April 9, 2017

Next Meeting: May 7, 2017 from 10:30am–12:00pm

Location: Kaiser Hospital, 3600 Broadway, Oakland, CA 94609

2017 Remaining Intergroup Dates: June (no meeting), July 9, August 13, September 10, October 8, November 12, December 10

Board Officers and Committee Chairs

Chair: Heidi V. waichair@foodaddicts.org	Secretary: Vanessa C. waisecretary@foodaddicts.org	P.I./Media: Su S. waipi@foodaddicts.org
Vice Chair: Brandon C. waivicechair@foodaddicts.org	Office: Nora K. waioffice@foodaddicts.org	Convention Resource: Tammy J. waiconventionresource@foodaddicts.org
Treasurer: Stella J. waitreasurer@foodaddicts.org	12th Step: Elaine L. wai12thstep@foodaddicts.org	

Intergroup Contacts: Please print and read the text in the box below *in full* at your business meeting.

April Intergroup Highlights

From the Chair

- Due to Mother’s Day, we will have our next monthly Intergroup meeting on May 6, which is the first Sunday of the month, and due to the Business Convention, we will *not* be having Intergroup in the month of June

From the Convention Resource Committee

- Hotel rooms are completely sold out at the Doubletree by Hilton in Danvers, MA. If you still need a place to stay, please call one of the two hotels that are close by in the town of Peabody, MA: the Hampton Inn and the Homewood Suites. If you booked a room at the Convention hotel that you no longer need, please send email to convention@foodaddicts.org rather than canceling directly with the hotel. If you’re looking to share a room, you can log into your personal profile on the FA website and then click on the “Ride & Lodging” link listed at the top right of the page.
- If you registered for the Convention, you should have received an email on April 2 that provided detailed information about it, including a draft agenda, the motions that will be presented, and an announcement about a conference call that will be held for Voting Members on May 18 and May 20 to learn more about the motions. If you did not receive that email, please contact convention@foodaddicts.org

From the Public Information Committee

- The next WebLinks conference call will be on Saturday, May 20 at 12:30pm PT. All are welcome to join. Please contact weblinks@foodaddicts.org for dial-in information and to get the recording and video from the February call, which explained how to reach out to local colleges.

From the Service Group Support Committee

- The next SGSC conference call will be on Sunday, May 21 at 12:30pm PT. Intergroups and Chapters will be reporting. For dial-in information, please send an email to waisgsc@foodaddicts.org.

From the 12th Step Committee

- The next *connection* conference call will be on Sunday, May 21 at 12:00pm PT. For dial-in information, please visit the *connection* website or send an email to waiconnection@foodaddicts.org

Chair: Heidi V.

- Heidi opened the meeting with five minutes of Quiet Time
- Heidi's remarks: "In the midst of spring I often think about new hope and new life. It's a time of reflection, contemplating my very dark past, and standing in awe of this new life that continues to blossom and grow. If there's ever a moment of hopelessness and/or dread that our pasts were for nothing, I find something that inspires me to look at things from a different perspective. Reading the Big Book in 2-page increments year after year lets me discover things I may have missed from the last time I read it. This year what jumped out at me and what I haven't been able to stop thinking about comes from The Family Afterward. Let's leave on this quote and go out with new hope and new life: 'Cling to the thought that, in God's hands, the dark past is the greatest possession you have—the key to life and happiness for others. With it you can avert death and misery for them.'" –*Alcoholics Anonymous*, p. 124, 3rd Edition
- Heidi closed the meeting with the Serenity Prayer

Treasurer: Stella J.

As of March 2017			
Beginning Balance: \$18,898.28			
INCOME		EXPENSES	
Donations:	\$3,100.79	Office:	\$(905.16)
Literature:	\$1,022.96	PI:	\$0
Interest income:	\$.07	Travel fund:	\$0
		Donation to WSI:	\$12,000
		Rent:	\$250.00
<i>Total Income:</i>	<i>\$4,123.82</i>	<i>Total Expenses:</i>	<i>\$11,344.84</i>
	Net income:	\$(8,077.75)	
	Ending balance:	\$10,730.30	
	Cost of goods sold:	\$856.73	

* NOTE: office expenses include an insurance refund of \$957

Vice Chair: Brandon C.

- Eleven people stood up as available sponsors

Office Committee Chair: Nora K.

New meetings:

- Saturday 8am Fork, Utah
- Monday 7am South Jordan, Utah
- Wednesday 6:30pm Kaysville, Utah

Cancelled Meetings:

- Thursday 7pm Corte Madera, CA

Location and time changes:

- Wednesday 6:30pm Fresno, CA now at 7:00pm
- Thursday 9:30am Fircrest, WA now in Tacoma, WA
- Tuesday Double Day, New South Wales, AUS now in Paddington New South Wales, AUS

Public Information Committee: Su S.

Media Watch

- Sent out 86 contacts
- Received two personal responses
- Interviews: one radio interview with KORE-FM (Seattle, WA) 3/18/17
- Personal responses received:
 - Hi Mery. Thanks so much for reaching out to us! We are really excited to know that Dr. Tran's message is getting out there for people to see! We would be happy to take a look at and share any information that you may have about your programs. Thank you, Julia Fuller, MS, Chief

- Health Officer, Med-Fit Medical Weight Loss, Denver Weight Loss Clinic.com
- Dear Mery. Thank you for your interest in our service and for providing information about you're your organization. Kind regards, The Feedback Support Team

WebLinks

- New website links: 16
- New college website links: 3
- Number of colleges accessing FA website last month: 11 spread across 9 of the United States
- Total WebLinks referral traffic last month: 2, 047 visits from sites
- Impressions from the Mandarin AdWords Campaign: 258,928
- WebLinks has released a new database of locations for online newspapers and events calendars called the [Calendar Announcement Resource](#), where local PI reps can post their local calendar announcements. The link to this resource is available through weblinks@foodaddicts.org. All online papers and events in the database are organized by city and state for easy access. Just click on the link and start your calendar announcement!

Blogwatch

- No report this month

Community Outreach

- Successful tabling events were held at the College of San Mateo (CA) health fair and the Taking Care of Your Diabetes Conference (CA)
- Planning continues for upcoming health fairs and trainings throughout Northern CA

Convention Resource Committee: Tammy J.

- 2017 World Service Business Convention will take place June 2-4, 2017 at the Double Tree by Hilton in Danvers, MA
- Online registration for the Convention is now closed, but on-site registration is available for a small additional fee. For information on hotel rooms and to see a sample agenda and meal plan, please visit the "Business Convention" page on the FA website
- An email from World Service went out to all WSI contacts, Convention registrants, and WSC Voting members containing important Convention information. WSI strongly encourages all WSC Voting members prepare themselves for the convention by reviewing the information contained in that email. The information is also available on the Convention page at the FA website
- Members who need a hotel room or have a reservation they know will not be used are encouraged to send an email to convention@foodaddicts.org
- Volunteers are needed for Convention to help out. If you are interested in doing service, please follow the link on the FA website Convention page

Service Group Support Committee Chair: Deme S.

- A Local Service Group (LSG) consists of two or more FA members from more than one FA meeting who combine resources to do service. The primary purpose of the LSG is to operate at the local level to spread the word about FA to the still-suffering food addict and others such as family, medical professionals, clergy, and employers
- This month the SGSC started meeting with the PI committee to look at what PI Reps and LSGs can do to make it easier to reach the still-suffering food addict
- The next SGSC conference call will be on May 21 at 12:30pm PT; Intergroups and the Maine Chapter will be reporting.
 - Dial-in number: 641-715-3818
 - Access code: 997569#
 - International dial-in numbers:
 - UK: +44 (0) 330-606-0180
 - Australia +61 (0) 38672-0100
 - Canada: +1641-715-3816
- If you are interested in the SGSC/LSGs, please send an email to waisgsc@foodaddicts.org. You will be added to the distribution list to receive meeting agendas and minutes from SGSC activities. There is no abstinence requirement to join. There is a lot of interest and activity going on in the WAI LSG's—get involved!

- San Francisco LSG: working on contacting local media outlets to spread the word about FA. Obtained a list from Cision, and are using the PI Kit's language when reaching out. Starting with radio/TV/online outlets that are specific to health, wellness, and nutrition, and passively letting them know about FA to see if they are interested in more information. Continuing to post meetings in online calendar websites, and have had received three responses to Eventbrite within the last couple of months. Newcomers are clearly seeing our posting.
- Foothills-Sacramento LSG: an FA member dropped off an FA book at the Penn Valley library, and it is in review
- Sonoma County LSG: saturated public libraries, secondary schools, and colleges in Sonoma County with FA books (Two high schools in Petaluma have expressed interest in the book; will deliver in the coming week.) Working on a survey for meeting-level PI reps to see how we might be of assistance. Keeping the Craigslist event calendar current with meeting announcements. Keeping several racks filled with trifolds. Reached out to the local Mothers Club to see if they would be interested in having trifolds or a speaker and are awaiting a reply. Printing trifolds for any Sonoma County meetings who wish to participate in low-cost printing.

12th Step Committee Chair: Elaine L.
connection Magazine

- The *connection* is in need of more "Lighten Up" articles. A Lighten Up article relates a humorous situation FA members have encountered while in recovery. These articles are typically short—maybe two or three paragraphs. Please send your submissions to connection@foodaddicts.org The next *connection* conference call is Sunday, May 21, 2017. The dial-in number is 605-475-4000, and the passcode is 273053#

Homebound Meetings/12th Step Calls:

- Last month quite a few people added their names as volunteers to attend Homebound Meetings in their area. Please send an email to waihomebound@foodaddicts.org if you are interested
- The Homebound/12th Step committee is currently compiling phone numbers of facilities and health care professionals that were sent letters last year offering to make 12th Step Calls to anyone interested in FA but who cannot attend an FA meeting due to a physical illness or injury
- As often happens when doing service, we gain so much and feel fulfilled and grateful afterwards. There were two Homebound Meetings held in February. One of our Homebound Area Coordinators helped organize their first Homebound Meeting and was afraid it would be hard or take a lot of time, and it actually came together very easily. Both meetings were for fellows who were recuperating from knee surgery. After one of the meetings, a fellow said that she really appreciated the meeting, as she had been feeling disconnected. The Homebound Area Coordinator said it was a great experience to be able to serve and is looking forward to the next one.
- Please remember to announce Homebound Meetings at your monthly business meeting. Please contact waihomebound@foodaddicts.org with any questions or before you plan a meeting so that we can help facilitate and send the Homebound meeting format and guidelines. We also keep a record of when, where, and how many meetings occur each month. If this type of service appeals to you, please join us next month at our committee meeting

Speaker Travel Fund

- No report

Suggested Seventh Tradition Donation Recommendation: 75% to WSI and 25% to WAI

- For WSI, send checks to FA/WSI, Attn: Treasurer, 400 West Cummings Park, Suite 1700, Woburn, MA 01801. If sending checks from outside the U.S., please send donations in U.S. funds or U.S. post office check. Checks are preferred from meetings within the U.S, but donations from countries outside the U.S. may be made online as follows: foodaddicts.org>login>donations
- For WAI, send checks to FA/WAI, Attn: Treasurer, PO Box 475067, San Francisco, CA 94147-5067 USA / *PLEASE INCLUDE THE MEETING CITY, DAY OF THE WEEK, AND TIME ON YOUR CHECK