

**FA Western Area Intergroup (WAI) Meeting Summary**  
**April 8, 2018**

**Next Meeting:** May 6, 2018 from 10:30am–12:00pm

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

**Remaining 2018 Dates:** June (none), July 8, August 12, September 9, October 7 (1st Sunday), November 11, December 9

**Board Officers and Committee Chairs**

<b>Chair:</b> Heidi V. <a href="mailto:waichair@foodaddicts.org">waichair@foodaddicts.org</a>	<b>Secretary:</b> Nora K. <a href="mailto:waisecretary@foodaddicts.org">waisecretary@foodaddicts.org</a>	<b>P.I./Media:</b> Su S. <a href="mailto:waipi@foodaddicts.org">waipi@foodaddicts.org</a>
<b>Vice Chair:</b> Brandon C. <a href="mailto:waivicechair@foodaddicts.org">waivicechair@foodaddicts.org</a>	<b>Office:</b> Jim D. <a href="mailto:waioffice@foodaddicts.org">waioffice@foodaddicts.org</a>	<b>Convention Resource:</b> Tammy J. <a href="mailto:waiconventionresource@foodaddicts.org">waiconventionresource@foodaddicts.org</a>
<b>Treasurer:</b> Stella J. <a href="mailto:waitreasurer@foodaddicts.org">waitreasurer@foodaddicts.org</a>	<b>12<sup>th</sup> Step:</b> Erin S. <a href="mailto:wai12thstep@foodaddicts.org">wai12thstep@foodaddicts.org</a>	

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

**April Intergroup Highlights**

**From the Office Committee**

- Next Intergroup meeting will be the first Sunday of the month (May 6) and will only be held in Rooms B & C. Room A is not available that day. The Sunday 8:30am Oakland meeting will also meet in Room B or Room C that morning.

**From the Public Information Committee**

- Next Weblinks International Webinar/Call, May 26th 1:30 pm PST
- Email [weblinks@foodaddicts.org](mailto:weblinks@foodaddicts.org) for online meeting link, password and agenda.
- Next Service Group Support Committee conference call, May 20th, 12:30-3:00 pm PST. Intergroups and local service groups will report. Email Deme at [waisgsc@foodaddicts.org](mailto:waisgsc@foodaddicts.org) for dial-in and access code.

**From the Convention Resource Committee**

- Members with a room reservation for the Business Convention that they no longer need are encouraged to contact the hotel to cancel and release the room to other FA members who still need accommodations.
- Convention information including: hotel reservation, ride and lodging share list, sample meal plan, service opportunities, and communications to WSC voting members, is posted on the Convention page of the FA website.
- To read important information for WSC voting members please see Convention Resource Committee report below.

**Chair: Heidi V.**

- Opened the meeting with five minutes of Quiet Time
- Closed the meeting
- Closing remarks:

**QUIET TIME WORKS**

Has anyone ever told you to “listen to your gut” or “use your intuition”? These common phrases were thrown at me many a time before recovery. In complete honesty my first internal response to anyone suggesting the above was “screw you”. I would get so angry and almost violent because I never could access that quiet, knowing place inside and felt out of control. I was out of touch with a gut instinct or intuitive voice because my pipelines were clogged. Clogged with sugar, flour and negativity. Eating would temporarily numb my fearful feelings but the affects would wear off quickly and so my eating and my life became unmanageable. I was running from myself and running from the truth. When I first joined FA my sponsor was very clear that I needed to do a whole ½ hour of quiet time every morning. During one of my first calls with her I was letting her know how great my quiet time was. I said something like: It was so nice just sipping coffee and doing my nails in peace and quiet....

You can imagine what her response might have been! It was then that I found out quiet time meant sitting completely still for 30 minutes with no distractions, no multi-tasking-nothing. Are you kidding me?? I don't think I've ever sat still for 5 minutes without doing something, let alone a whole 30 minutes!!!!

With my resentful, newcomer attitude I begrudgingly took her suggestion. Lo and behold I realized why I liked to keep busy and numb. It was during that very next quiet I heard a still small voice nudging me to let go of a very toxic relationship...darn it that Quiet Time!!! This is exactly why I didn't want to sit with myself and yet I was told that still small nudge was my Higher Power and this was the start to a new relationship with God. This program is gentle. Nothing happened overnight but I eventually got the clarity and willingness to move on from that relationship.

In the 9th step promises it reads: We will intuitively know how to handle situations which use to baffle us. I have come upon countless life situations in recovery that at first were beyond baffling. The feelings were excruciating and felt so real I wanted to numb out the pain and discomfort. The food wouldn't give me the answer. No human power could fix it. But seeking God in quiet time has proved to save my life both literally and figuratively. If nothing else, it buys me time and builds a pause into my day before I react from fear or hurt.

The longer I stay abstinent, do my tools and work the steps, that still small voice continues to become a more prominent and loving guide. "Stand still and hurt" or "take it to Quiet Time" no longer feels like a punishment or sentence. The peace and friendship that comes from hanging with HP is the gift that keeps on giving.

- Closed the meeting with the Serenity Prayer

**Treasurer: Stella J.**

<b>As of February 2018</b>			
Beginning Balance: \$17,128.12			
<b>INCOME/GROSS PROFIT</b>		<b>EXPENSES</b>	
Donations	\$2,889.34	Office	\$(89.28)
Literature	\$1,180.53	PI	\$117.90
Interest income	\$.07	Travel fund	\$0
<i>Total Income</i>	<i>\$4,069.94</i>	Donation to WSI	\$3000
Less cost of goods sold	\$1,083.55	Rent	\$250.00
Gross profit	\$2,986.39	<i>Total Expenses</i>	<i>\$3,278.62</i>
Net income		(\$292.23)	
Ending balance		\$12,397.26	

**Vice Chair: Brandon C.**

- 18 people stood up as available sponsors

**Office Committee Chair: Nora K.**

**New meetings:**

- Kerrville, TX Thursday, 6:00 pm
- Monterey, CA Friday, 10:00 am
- Darlinghurst, New South Wales Australia Saturday, 10:00am
- Stockton, CA Tuesday 6:30 pm

**Cancelled Meetings:**

- Folsom, CA Friday 7:00pm

**Location and time changes:**

- Kaysville, UT Wednesday, 6:30 pm now in Layton, UT at 7:45 pm
- American Fork, UT Saturday, 8:00 am was at American Fork City Building and now is at American Fork Presbyterian Church

- Santa Ana, CA Tuesday 7:00 pm at Calvary Church has moved from building B, room 205 to Building G room 2013

### **Public Information Committee: Su S.**

#### **Media Watch**

- Sent out 58 contacts
- Received five personal responses
- Interviews: None

#### **Weblinks**

- New website links: 52
- New college website links: none
- Number of colleges accessing FA website last month: seven
- Visits from college links: nine
- Total website visits last month: 47,324 (desktops 45%; mobile 46%; tablets 9%)
- Social network referrals: 466
- Total Weblinks referral traffic: 2,372
- Google banner ads (Impressions): 604,729
- AdWords Click-through to FA website: 30K
- Mandarin AdWords Campaign clicks to FA site: 1,193
- Impressions shown from Mandarin AdWords Campaign: 54,556
- Click-through rate from Mandarin AdWords Campaign: 3.5%
- Hebrew AdWords Campaign clicks to FA website: 536
- Impressions: 11,665
- Click-through rate: 4.6%
- Top cities using FA website: London (England), NYC, SF, LA, Sydney, Cape Town, Tel Aviv
- Top countries using FA website: USA, UK, Canada, Australia, Taiwan, Israel

#### **Blogwatch**

- 14 Attempts (two from Facebook)
- Seven Appear (1 from Facebook) and six are Pending (two from Facebook)
- Two rejected
- Totals to date: 986 Attempts; 502 Appear

#### **Community Outreach**

- Planning for 2018 health fairs and Information Sessions continues
- Collaboration continues with local service groups
- Recent events:
  - College of San Mateo Health Fair
  - UCSF Center for Obesity, Assessment, Study and Treatment (COAST) and the UCSF “Mini” Medical School—live stream on UCSF TV and tabling with FA literature
- Upcoming events:
  - Six campus health fairs

#### **Service Group Support**

##### **Foothills-Sacramento**

- Meets monthly on 4th Saturday
- Next meeting: Sat. April 28
- Attendees: 8
- March Activity:
  - Contacting Churches where FA meetings are held, to ask about getting FA listed in their newsletters/bulletins.
  - Contacted Faith Unity and Centennial and both agreed to place FA information in their newsletters and bulletins. One pastor asked our FA contact to share her story with the pastor and the pastor is going to share that with the congregation.
  - Another fellow committed to getting in contact with his two churches this month.

#### **Sonoma County**

- Meets the last Friday of the month, 4pm via teleconference
- Attendees: 2-6
- • 2-6 participants
- March activity:
  - following up on a member's personal physician inquiry regarding FA. We followed up on this member's inquiry by contacting one of our area coordinators, and by emailing the member an online FA outreach tool, and the area coordinators' contact information (see attachment and the email below).
  - 2 LSG members volunteered together for an East Bay health fair.
  - Ongoing projects: maintaining 7 tri-fold racks in the community

### **San Francisco**

- Meets 1x/month; 2nd Saturday of the month.
- We have 6 people that meet in person and 13 on emails.
- March Activity:
  - Eventbrite - 20 Views this month and 1 RSVP. Total views: 126
  - Reached out to a local SF library and they put us in contact with the North Beach and Main Library branches. They are both interested in hosting a PI session and we are currently coordinating dates to host.
- Upcoming Activity:
  - Planning a Connection Writing Session for one of our LSG meetings.
  - PI Session at St. Marks

### **Convention Resource Committee: Tammy J.**

- On-site registration for the FA Business Convention June 1-3, 2018 is \$55. Meal-plan purchase is no longer available.
- The Forum will take place Friday June 1st 1-4 PM. Breakout sessions planned will highlight topics to support personal recovery and meeting health.
- WSC voting members are encouraged to review the documents posted on the Convention page of the FA website prior to attending the convention. Included is information regarding WSB applications and the three motions to be presented to the Conference.
- WSC voting members are highly encouraged to attend at least one of the prep conference calls to review and discuss the proposed motions being presented. These will take place on:
  - Thursday 5/10/18 at 4:30 PM PT
  - Saturday 5/12/18 @ 8 AM PT
- The Literature Committee welcomes any feedback, suggested edits, and comments on the proposed "20 Questions" revisions. Send feedback to literature@foodaddicts.org by 8:59 PM PT on 4/30/18.
- The 2018 FA Fellowship Convention will take place on Friday October 12-14th at the Saddlebrook Resort in Tampa, Fla.

### **12th Step Committee Chair: Erin S.**

#### **Connection**

- Connection is looking for articles on the topics of First 90 days, No Matter What, Lighten Up, and On the Frontier. We are encouraging fellows to make the articles they are submitting longer, as those that have been submitted recently have been on the shorter side—the word limit is 1300 words
- A Frontier Focus section of the Connection will be coming out in the upcoming July/August issue. If you can encourage those you know that live on the frontier to continue to write and submit articles for that section, we can continue to support that section of the connection.
- Any issues you may have with subscriptions need to be addressed to the FA office, not the connection committee email address. Emails can be sent to fa@foodaddicts.org
- Connection Rep call information is on the website. The next call is Sunday May 20th at 3 pm. The dial-in number is 605-475-4000, passcode 273053#

#### **Homebound Meetings/12th Step Calls**

- The Homebound Committee brings FA meetings to members who are unable to attend a regular FA meeting due to a physical condition or surgery
- There were 6 HB meetings in March. Three were for people unable to leave home due to physical conditions and 3 for people recovering from surgery. This is a text from a fellow who had a homebound meeting this month. "Thank you for organizing these meetings. " I recently had two hb meetings. One

meeting had four, the other had seven local fellows. This was a great way to keep program close after recouping from surgery. I was not able to drive to my weekly meetings. It was truly a gift to have this option and I am grateful it was made offered to me by my sponsor and a fellow from one of my meetings.

- The 12th Step Call Committee provides support to a person not currently in FA but who is interested but unable to attend a meeting due to a physical condition
- It is easy to inquire about or initiate a HB meeting. Anyone can email [waihomebound@foodaddicts.org](mailto:waihomebound@foodaddicts.org) and someone will be in touch to help
- Please announce the availability of Homebound Meetings and 12th Step Calls at your monthly business meeting

#### **FA Frontier Resource Calls**

- Support FA members who live on frontier. FA Frontier Resource Calls provide concrete suggestions and encouragement to help frontier members learn that contented abstinence and fellowship are possible for isolated members.
- Each FA Frontier Resource Call will focus on a specific subject. To accommodate people living in varying time zones, two parallel calls on the same subject take place.
- Time Zone #1 accommodates those in US/Europe/Africa.
- Time Zone #2 accommodates those in Asia/Australia/New Zealand.
- Time Zone 1 call has passed, time zone two is coming up at the end of the month for anyone that is interested.
- Time Zone #2: Sunday, April 29th, 8:00-9:00 am Asia/Australia/New Zealand which is Sat April 28th, 3pm, PST

#### **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](http://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