

FA Western Area Intergroup (WAI) Meeting Summary
August 13, 2017

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

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

2017 Remaining Intergroup Dates: 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: Erin S. wai12thstep@foodaddicts.org	

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

August Intergroup Highlights

From the 12th Step Committee

- It's time to start planning for this year's Thank-a-Thons, which are special 2-hour meetings held on US Thanksgiving Day. Two speakers qualify, and the focus of the meeting is on gratitude. If your regular Thursday meeting held a Thank-a-Thon last year, please discuss at your next business meeting whether or not your group would like to hold one again this year. Each Thank-a-Thon needs two contacts who have two or more years of abstinence, and who are willing to have their names and phone numbers posted on the FA Website. The deadline for submitting your Thank-a-Thon time, location, and contact information is October 1, 2017. Please send it to Dana at waithankathons@foodaddicts.org
- The Homebound Meeting subcommittee is looking for someone with two or more years of abstinence to serve as the Area Coordinator for the Monterey peninsula area—you do not have to live there to take on this position

From the Public Information Committee

- Public Information now has a calendar posting database, which shows many online events for your meetings to post meeting announcements. Get the link by sending an email to weblinks@foodaddicts.org
- Blogwatch is looking for volunteers with connections to campus resident advising (RA) programs and/or college counseling services. Contact fablogwatch@foodaddicts.org to submit a name or to get additional information
- If you have copies of the *connection* magazine from past months that you no longer need, please bring them to Intergroup, as they are great for use at health fairs to pass out to visitors that come to our table

From the Office Committee

- The Literature Subcommittee is now selling the new "Living Abstinently" pamphlet and the *Twelve Steps and Twelve Traditions*—as a reminder, literature sales are at Intergroup each month from 9:45-10:15am

Chair: Heidi V.

- Heidi opened the meeting with five minutes of Quiet Time
- Heidi's remarks: "For stressful times when negativity gets in my head, I found a pick-me-up through reading the last paragraphs of each story in the Big Book. Although the beginnings of each story are sometimes quite different, the endings are all full of hope and gratitude. It's hard to stay down with such positive inspiration."
- Heidi closed the meeting with the Serenity Prayer

Treasurer: Stella J.

As of July 2017			
Beginning Balance: \$14,597.12			
INCOME		EXPENSES	
Donations:	\$2,843.88	Office:	\$(15.00)
Literature:	\$1,253.91	PI:	\$196.98
Interest income:	\$.07	Travel fund:	\$0
		Donation to WSI:	\$3,000
		Rent:	\$250.00
Total Income:	\$4,097.86	Total Expenses:	\$3,431.98
Net income:		\$(390.40)	
Ending balance:		\$15,277.88	

Vice Chair: Brandon C.

- Seventeen people stood up as available sponsors

Office Committee Chair: Nora K.

- No report this month

Public Information Committee: Su S.

Media Watch

- Sent out 68 contacts
- Received three personal responses
- Interviews: five radio
- Print
 - *These NJ Women Explain What It Was Like to be Addicted to Food*, Dino Flammia, Townsquaremedia.com, 7/4/17
 - *Abstinence and 12 Steps: Recovering Food Addicts Reveal How They Overcame Addiction*, Rachel Thomas, Stuff.co.nz, 7/14/17
 - *Food Addiction: When Eating Becomes a Destructive Illness*, Catherine Lambert, Herald Sun (Australia), 7/29/17
- Personal Responses (Example): Dear Mery, on behalf of Dr. Murray, thank you for your inquiry and interest in our work. We really appreciate you reaching out about your program, Food Addicts in Recovery Anonymous. I will be sure to share your website and program information with our team. Thank you, again, Anna B. (in response to an article titled: *1 in 4 Women and 1 in 6 Men are Obese*)

Weblinks (May/June report)

- New website links: 6
- New college links: 0
- Number of colleges accessing FA website last month: 9
- Visits from college links: 5
- Total website visits last month: 14,129 (desktops 63%; mobile 32%; tablets 6%)
- Total weblinks referral traffic: 994
- Google banner ads viewed: 856,000
- Click-throughs to FA website: 28,000
- Impressions shown from Mandarin AdWords Campaign: 26,000
- Click-throughs from Mandarin AdWords Campaign: 8,000
- Click-through rate: 3.29%

- Top city using FA website: London, England

Blogwatch

- Four comments pending approval
- Bluegrass Community and Technical College expressed interest in sharing information about FA to their students and are currently discussing how best to do that

Community Outreach

- Successful tabling event at the Allen Temple Baptist Church (Oakland)
- Upcoming events include the following: Healthy Living Summit (Oakland), Samuel Merritt University (Oakland), Southeast Family Health Center (San Francisco), and two health fairs in the South Bay
- Diane Pr., co-chair of Community Outreach, met with the San Francisco LSG to discuss PI outreach through school health fairs, medical institutions, employee health fairs, and community wellness events

Convention Resource Committee: Tammy J.

- No report this month

Service Group Support Committee Chair: Deme S.

- Service Group Support Committee (SGSC) focuses on supporting local service groups (LSGs) in their activities to reach the still suffering food addict.
- LSG Challenge of the Month! Checking out FA books from libraries.
- New Local Service Group: MARINA, CA, meets once a week on Tuesday at 7 PM and typically has 10 to 12 members in attendance; trying to get the word out to help their local meeting, which is a little more than two years old, grow; posted ad with approved FA template in Monterey County Weekly, a free popular community paper; tried to encourage the local libraries to include our gray book with limited success; discussed maintaining a rack with literature at a local college, but have not followed up with this yet.
- Next SGSC conference call is Sunday September 20 at 12:30pm PT; Intergroups and Chapters reporting and guest speaker Margaret L on Weblinks
 - Dial-in: 641-715-3818
 - Access code is 997569#
 - International dial-in numbers:
 - UK: +44 (0) 330-606-0180
 - Australia +61 (0) 38672-0100
 - Canada: +1661-673-8605
- 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

12th Step Committee Chair: Erin S.

connection Magazine

- The *connection* is in need of articles from members on the Frontier about how they work the program in remote areas
- We are also looking for art submissions, and written submissions for the “Lighten Up,” “No Matter What,” and “First 90 Days” sections; please send your submissions to waiconnection@foodaddicts.org
- The next connection rep conference call is Sunday 9/19 at 12pm PT; the dial-in number and passcode can be found on the FA website under *connection*

Homebound Meetings/12th Step Calls:

- The purpose of this subcommittee is to assist the FA member who is unable to attend a meeting due to a physical illness or surgery, and to make 12th step calls
- A phone script is currently being drafted to use when making follow-up calls to hospitals and facilities that received letters from us in 2016. The purpose of the letters and calls is to share information about FA and 12th Step Calls. However, we know the best way to find out about FA is through word of mouth, so if you know anyone that may be interested in FA but who cannot attend a meeting due to illness or injury, please contact this waihomebound@foodaddicts.org
- In order to arrange a homebound meeting or 12th Step call, please contact waihomebound@foodaddicts.org or call Linda Grace at 925-324-2807. She will put you in touch with an area coordinator who will assist you in planning a meeting. Please do not plan a homebound meeting

without contacting this subcommittee because we like to keep a list of homebound meetings that take place, and we also provide updated homebound meeting formats and guidelines that are very helpful

- Area Coordinators have two or more years of abstinence and attend the Homebound and 12th Step Committee. Thank you Leona for being the new Area Coordinator for the South Bay
- Please help spread the word by announcing homebound meetings at your monthly business meetings

Frontier Support Call Series

- The four-part series of the Frontier Support Calls was just completed. The information was put together using the content from a 2010 *Gratitude in Action* newsletter article as a framework. The article, entitled "The ABC's of Growing a Fellowship," provided suggestions and experience aimed at Frontier members to help them establish an FA group in their area. The calls were attended by Frontier Members, current and past, who shared experience, strength, and hope on the suggestions included in the article
- In January, the support call consisted of experienced members sharing on the importance of abstinence as a foundation
- In March, the support call focused on members sharing their experience going to AA meetings when there were no FA meetings in their area, instructions for creating a personal trifold, and ideas for how to spread the word about FA
- In May, the call consisted of sharing and suggestions for developing and posting flyers, developing an announcement for local publications, and ideas for sharing recovery and responding to interested callers
- In July, members discussed making connections, going from one to two members, sponsoring, and establishing a meeting
- The subcommittee is planning on continuing this service with ongoing Frontier Support Calls.
- In the future, the calls will be held at two different times: one suitable for the US and the other for Australia, China, and eastern parts of Europe due to the fact that previous calls were all in the middle of the night for that side of the hemisphere
- If you would like to be involved in the Frontier Support Calls, please contact Lou, the Frontier Resource Coordinator, at 585-705-4477.

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