

FA Western Area Intergroup (WAI) Meeting Summary
August 12, 2018

Next Meeting: September 9, 2018 from 10:30am–12:00pm
Location: Kaiser Hospital, 3600 Broadway, Oakland, CA 94609
Remaining 2018 Dates: November 11, December 9

Board Officers and Committee Chairs

Chair: Heidi V. waichair@foodaddicts.org	Secretary: Nora K. waisecretary@foodaddicts.org	P.I./Media: Su S. waipi@foodaddicts.org
Vice Chair: Brandon C. waivicechair@foodaddicts.org	Office: Jim D. 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 Chair

- There will be no intergroup meeting in October due to the FA fellowship convention.

From the Vice Chair

- If you get a call from someone looking for a sponsor and you are not available and don't know anyone available please have them email sponsorlist@foodaddicts.org. This is a world service support committee position that will help people find sponsors.

From the Convention Resource committee

- Registration for the Fellowship convention being held in Florida October 12-14 is open and will close September 2.

From the Public Information committee

- Service Group Support Committee conference call is scheduled for Sunday, September 16, 2018 12:30 – 2:00 PM Pacific. Questions or to be added to the email list, contact Deme at waisgsc@foodaddicts.org

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 host 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 before the September Intergroup meeting. Please send your contact information to Dana at waithankathons@foodaddicts.org

Chair: Heidi V.

- Heidi opened the meeting with five minutes of Quiet Time.
- Closing remarks:
 If you've ever been a telemarketer you may have been subject to numerous forms of rejection. Whether it was a snarky comment, being yelled at or just plain being hung up on, it's a deflating experience that isn't great for a sensitive, thin-skinned food addict's self-esteem. Once upon a time I held this role and ate my way right through it. In fact, it was my very last job before entering FA. The cold rejection calls, coupled with a magic storm of other events are what finally propelled me into recovery wholeheartedly.

Of course, to my dismay, when my sponsor introduced the telephone tool my anxiety level escalated. Calling strangers sounded all too familiar and I didn't think I could take any more rejection on my fragile and emotional state. Because I was broken and hurting enough though I took the suggestion. I had not much to say early on. I was still in a fuzzy food fog and tongue twisted when on the phone with long-term members. I'd feel like a complete idiot saying things like "my sponsor is making me make calls" and similar fumbling's. But through showing up and walking through the fear of cold calling, I realized I was never yelled at or hung up on. On the other end of the call I was mostly met with calm, understanding people who were listening to my awkwardness and asked me questions to draw me out of my shell. I felt supported and filled up. So, the phone calls started to replace the food.

I vividly remember one afternoon, shortly after lunch I was at work and so exhausted feeling like I had lead weights behind my eyes and a wet blanket over my head. I just couldn't imagine getting through the rest of the day without food and caffeine. The phone seemed like 1000lbs. Taking the next right action anyway, I called a fellow I knew might pick up and sure enough she did. She told me I was going to get through just these next few hours and that's all I had to do. It lifted my spirits. I was reminded to ask God for the strength and put one foot in front of the other. I did with both God's help and ignoring my disease.

Connection with other fellows became what I craved. I then learned that I could also give back to other food addicts by listening and sharing my own experiences. I learned how to give and receive.

We use the phone to process all the feelings and thoughts that come up because we are not eating and numbing out. I have to be careful because sometimes the disease will tell me lies before I make a call. Here's some of them:

- I don't want to be a burden
- I'm too busy, too tired
- This is not important/I can handle it myself
- The call won't help or work
- No one is going to pick up anyway
- Don't want anyone to ruin my mad.

The voice of the disease lessens as the recovery process is practiced and strengthened.

The various types of calls over the course of a day that fulfill the give and take we need to sustain abstinence. We have:

- The sponsor call which is for me to get my concerns, fear and "obsession d'jours" (as my sponsor calls them) out of my head so I can move forward with peace and hope
- The sponsee calls where we are putting aside my self-centered agendas to be present and available for someone else with God's help.
- The connections where we call a core group of fellows (which happen over time) that I can process first thoughts and feelings with, that build a pause in my day before I take the bite.
- The calls to newcomers or fellows who are struggling which again helps me get outside myself and also gives me perspective that I'm not the only one with issues/problems
- And now, Thank You God we have calls to the frontier. Now (and for free) we can talk to other food addicts in AUS, CAN, CHINA and plenty of other countries to remind us we are never alone and that there's always someone awake during a 24-hour period that can help.

Between my calls it's easy to forget our purpose is to stay abstinent and help another food addict. The amnesia that comes with this disease is very real and this program, the calls and God are what we use to combat it.

Is every phone call perfect? Absolutely not, but as God thickens our skin and softens our hearts we get exactly what we need each and every time. .

- Heidi closed the meeting with the Serenity Prayer

Treasurer: Stella J.

As of June 2018			
Beginning Balance: \$13,878.22			
INCOME/GROSS PROFIT		EXPENSES	
Donations	\$3,879.65	Office	\$20.76
Literature	\$1,434.07	PI	\$0
Interest income	\$.07	Travel fund	\$0
<i>Total Income</i>	<i>\$5,313.79</i>	Donation to WSI	\$3,000.00
Less cost of goods sold	\$1,368.24	Rent	\$250.00
Gross profit	\$3,945.55	<i>Total Expenses</i>	<i>\$3,270.76</i>
Net income		(674.79)	
Ending balance		\$ 15,284.06	

Vice Chair: Brandon C.

- 10 people stood up as available sponsors

Office Committee Chair: Jim D.

New meetings:

- Whittier, CA Friday 9:30am
- Burbank, CA Wednesday 7pm

Cancelled Meetings:

- Modesto, CA Monday 6:30pm
- Concord, CA Thursday 7pm

Location and time changes:

- Fair Oaks, CA Tuesday 7pm changed locations to Sacramento, CA
- Portland, OR Monday 6:30pm changed locations
- Fruitland, ID Thursday 7pm changed locations
- Tacoma, WA Thursday 9:30am changed locations
- Stockton, CA Wednesday 7pm has changed times to 6:30pm

Public Information Committee: Su S.

Media Watch

- Statistics:
 - Sent out 30 contacts
 - Received 3 personal responses
- Articles:
 - "Food Obsessed: Struggles over weight loss, gain a problem for many" VC Reporter July 25, 2018
- Personal Responses (Examples):
 - Thanks for your great message! ... I will keep your additional information as we continue to work with people with every possible relationship to food. Best wishes, Stephanie Brown, PhD Addiction Institute

Weblinks

- New website links: 20
- New college website links: 1
- Number of colleges accessing FA website last month: 5
- Visits from college links: 8
- Total referral traffic last month: 1,379
- Social network referrals: 599
- Total Website traffic (visits) last Month: 51,944
 - Desktops 37%
 - Mobile 58%
 - Tablets 5%
- Google banner ads (Impressions): 430,000

- AdWords Click-through to FA website: 24,600
- Click-through rate: 5.72%

Blogwatch

- 29 Attempts
- 19 Appear
- 7 pending
- Totals to date: 1071 Attempts; 550 Appear

Community Outreach

- Recent events:
 - August 11th Allen Temple Baptist Church (Oakland)
 - August 11th Information Session, Main Branch of SF Public Library (San Francisco)
- Upcoming events:
 - Kaiser Clinical Health Educators presentation (diabetes support) - Postponed to new tentative date: August 21st
 - Marin Senior Fair, Marin Center Exhibit Hall - Wednesday, October 24th
 - Mills Health Center 100 S. San Mateo Drive (San Mateo) Co-Presentation to recovery groups (AA, NA) at the Detox Center, partnering with Gamblers Anonymous (GA) Saturday, September 8th
 - SF State University - Presentation to students in an addiction class

Service Group Support

- 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
 - Next meeting: Sat. Aug 25
 - Attendees: 6-11 attendees
 - Contact Cynthia B or Lenell
 - No updates
- 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 - 8 Views this month and 3 RSVP. Total views: 146
 - Previous/Ongoing Activity:
 - Information Session at the SF Main Public Library on August 11
 - SGSC members are also working on dropping off FA books in local "Little Free" libraries in the San Francisco Bay Area.
- Mid-Peninsula/South Bay – New group
 - Meeting time and place: 3rd Saturday of the month at 10:30 at the First Presbyterian Church in Palo Alto following the 9am Saturday morning meeting.
 - Contact Maria R.
 - Attendees: Typically 6-9 attendees
 - No updates

Convention Resource Committee: Tammy J.

- WSI Fellowship Convention takes place October 12-14, 2018
- Convention information posted at the FA website
- Online registration deadline September 2, 2018 at 9PM, but you can still register onsite for a small late fee. Meal plan will not be available..

12th Step Committee Chair: Erin S. connection

- We are in very strong need of Artwork for the Connection. There are two different ways you can play a part in connection's artwork. Either way, please begin by sending an email to connection@foodaddicts.org with a .jpg example or two of your art or photography and put your name and state in the subject line.

- When submitting artwork for the Connection, perhaps think about the pain and misery of food addiction, being under/overweight, mental obsession, over exercising, weighing and measuring, traveling, the tools, first 90 days, the rewards and promises that come with recovery. Also, the connection loves simple or symbolic art or photographed close-ups of simple objects such as keys, clocks, hands, hearts, phones, flowers, bottles, etc. They can be abstract or convey an idea as well! Be creative! Nature and flowers work too.
- Lighten Up articles are desperately needed - describes the lighter side of being a food addict
- We could still use Frontier articles encouraging people who know anyone on the Frontier, Please continue to encourage people to write about what that's like so we will have plenty of articles to keep that going.
- We've noticed that the articles we are getting have been very short lately, almost half as long as the allotted word limit. So we want to encourage folks to flesh out their stories some more if they feel they can. Reminder, there are writing coaches if you are in need of help. Of course, we don't want to discourage anyone from sending whatever length you can, so it's just a suggestion. Any issues you might have with subscriptions need to be addressed to the FA office, not the connection committee email address. The Connection gets a lot of those and there's nothing they can do to help with that. Connection Rep call information is on the website
 - dial-in number is 605-475-4000, passcode 273053#
 - Next Call is On Sunday Sept 16, 2018 3pm EST/12pm PT

Homebound Meetings/12th step

- The Homebound Committee brings FA meetings to members who are unable to attend a regular meeting due to a physical condition or surgery. HB meetings are usually held in someone's home for one hour, but can also be held at a hospital or Care facility. They should not be scheduled to conflict with a regularly scheduled FA meeting or to conflict with mealtimes.
- There were 4 meetings this month with a total of 34 for the year
- It's easy to inquire about or initiate a HB meeting. Anyone can email waihomebound@foodaddicts.org and you will be contacted with information and Eli.
- This committee has been very hard at work to revise the Homebound Meeting Guide. It has been updated submitted to the board for review and approved. This guide gives Homebound participants the information they need to prepare for the homebound meeting.
- It's best to reach out at least one week before needing a HBM to allow enough time for the Area Coordinator to help organize the meeting. Please do not plan A HBM without contacting this committee. We can facilitate this process and offer help and information.
- This is what one fellow shared after having two HBM in her home: " My accident resulted in a serious injury which required surgery and a long recovery period. The accident itself was a frightening and vulnerable experience. I continue to heal and get stronger with my FA recovery coming first. As I get closer to full physical recovery, I've come to rely on the FA fellowship more than ever. So far, Homebound Meetings have been one of the most dear and loving experiences in my FA journey. In such an intimate setting, I've shared my concerns and hopes without fear. Saying that I'm grateful seems so inadequate to express what I'm feeling about this HB service."
- The 12 Step Call Committee provides support to a person not currently in FA but is interested in FA but unable to attend a meeting due to a physical condition. If you know of anyone who needs this please contact us at waihomebound@foodaddicts.org.
- Please announce the availability of HB Meetings and 12th Step Calls at your monthly meeting.

Gratitude in Action

- GIA (Gratitude in Action) is a free, quarterly email publication of the WSI 12thStep Committee, offering tools and resources within FA to inspire us to do service. You can receive copies by email when you register on the website
- You can view past issues of Gratitude in Action online at www.foodaddicts.org/newsletters
- You can subscribe to Gratitude in Action by updating your email preferences in your personal profile on www.foodaddicts.org
- To send in a submission or feedback to Gratitude in Action go to GIA@foodaddicts.org

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