

**FA Western Area Intergroup (WAI) Meeting Summary**  
**December 10, 2017**

**Next Meeting:** January 14, 2018 from 10:30am–12:00pm

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

**Complete list of 2018 Dates:** January 14, February 11, March 11, April 8, May 6 (1st Sunday), 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> Vanessa C. <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> Nora K. <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.**

**December Intergroup Highlights**

**From the Public Information Committee**

- The Calendar Posting Database lists free, online sites to post your meeting announcements. Send an email to [weblinks@foodaddicts.org](mailto:weblinks@foodaddicts.org) for access
- Send your college an email about FA. It only takes five mins to fill out a college template letter. Contact [weblinks@foodaddicts.org](mailto:weblinks@foodaddicts.org) for the template, and the PI Committee will send off the completed version
- If you see a blog or other type of article with a comment section about food addiction, send an email to [blogwatch@foodaddicts.org](mailto:blogwatch@foodaddicts.org), and the Public Information Committee will post a WSI Board-approved response

**From the 12<sup>th</sup> Step Chair**

- *connection* is looking for articles on the topics of First 90 days, No Matter What, Lighten Up, and On the Frontier and encourages to make the articles longer, as those that have been submitted recently have been on the shorter side—the word limit is 1300 words
- The FA office is responsible for handling subscriptions—if you are having a problem with your yours, send an email to [office@foodaddicts.org](mailto:office@foodaddicts.org), not to the *connection* email address
- *connection* Rep call dates for 2018 will be announced soon
- The Homebound Committee brings FA meetings to members who are unable to attend a regular FA meeting due to a physical illness or injury. If you or someone you know is in need of a homebound meeting, contact [waihomebound@foodaddicts.org](mailto:waihomebound@foodaddicts.org)
- To get a copy of the Frontier Member List, contact [frontierlist@foodaddicts.org](mailto:frontierlist@foodaddicts.org). If you live on the frontier and want to be added to the list, type “Frontier Member List” into the search box on the FA website and follow the prompts

**From the Convention Resource Committee**

- If meetings haven’t done so already, World Service Conference (WSC) voting members should be elected at the January business meeting. If you’re interested in serving as WSC member, please read “Document 7: Service Positions - Description of Responsibilities” and the World Service Conference (WSC) Member Manual on the FA website under the Business Convention tab
- FA meetings should not set aside funds to send WSC members to the Convention. If your meeting is collecting money for this purpose, please read “Meeting Guidelines Document 8: From a Traditions Perspective” on the FA website for WSI’s position regarding this practice
- Needs-based financial aid is available for WSC members who qualify. The application is available by sending an email request to [waiconventionresource@foodaddicts.org](mailto:waiconventionresource@foodaddicts.org)
- For more information about the Convention, please ask your IG Contact for the full report or find it on the FA website by typing “WAI Intergroup Summary” into the search box

**From the 12<sup>th</sup> Step Committee**

- The Outlying Area Speaker List is for meeting Secretaries in outlying areas to find speakers with 90 days or more of continuous abstinence who are willing to travel 1-3 hours outside the Bay area to qualify. It is updated quarterly and sent out to all who have signed up to receive it. Contact [waispeakerlist@foodaddicts.org](mailto:waispeakerlist@foodaddicts.org) if you’d like to be added to the distribution list

**Chair: Heidi V.**

- Heidi opened the meeting with five minutes of Quiet Time
- Heidi’s remarks: “As we are in the midst of the holidays and wrapping up the year, I’ve had time to reflect on the crazy, food-filled life I led before program. This year I had a funny but revealing memory of the lengths I went to for my drug. I was only a young girl, maybe 7 or 8. Every year when we’d decorate our tree, I remember being so frustrated by this one ornament. It was just an old candy cane. Nothing special about it other than it was shaped like a wreath and coated in thick shellac! Oh, this was just plain torture! Every year I’d hope that somehow I could eat that candy cane and didn’t understand why anyone would do this to me. Well, after several years of this, I couldn’t take it anymore. Yes, you smart food addicts probably know what comes next. I ate that 5-year old candy cane. Straight through the shellac! I bet many if not all of us can relate to similar versions of this insanity. I can laugh at it now because I have been abstinent through seasons without having to partake in the sugar highs and lows that go with them. The shame, humiliation, and embarrassment that live inside these experiences were not funny at all. The supposed “most wonderful time of year” became so very dark and lonely. The gifts of sweet relationships, peace, and freedom that come with abstinence and recovery cannot be attained by white knuckling like I tried as a kid and young adult. The result always ended up similarly to the candy cane story. These memories are a humble reminder that if I don’t work the tools of this program, I am *self-will run riot*. I need the strength of a Higher Power to stay abstinent. God and this program can take the holidays. God and this program know how tough the holidays can be. Despite any circumstance, both joyful and hard, I know only this to be true: it’s God’s will for me to be abstinent and to be of service. And I know this is enough. Be safe, and we will see you next year!
- Heidi closed the meeting with the Serenity Prayer

**Treasurer: Stella J.**

<b>As of November 2017</b>			
Beginning Balance: \$17,252.72			
<b>INCOME/GROSS PROFIT</b>		<b>EXPENSES</b>	
Donations	\$2,835.95	Office	\$0
Literature	\$778.28	PI	\$3,525.00
Interest income	\$.07	Travel fund	\$0
<i>Total Income</i>	<i>\$3,614.30</i>	Donation to WSI	\$3,000.00
Less cost of goods sold	\$690.97	Rent	\$250.00
Gross profit	\$2,923.33	<i>Total Expenses</i>	<i>\$6,775.00</i>
Net income		(\$3,851.67)	
Ending balance		\$14,110.99	

**Vice Chair: Brandon C.**

- Twenty people stood up as available sponsors

**Office Committee Chair: Nora K.**

**New meetings:**

- None

**Cancelled Meetings:**

- Friday 7pm Folsom, CA

**Location and time changes:**

- Sunday 8am Sydney, Australia

**Public Information Committee: Su S.**

**Media Watch**

- Sent out 73 contacts
- Received seven personal responses
- Interviews: “A.A. Style Program Helping Food Addicts Turn Life Around,” WNYT, Albany, NY, Benita Zahn, Health Reporter (11/17/17)
- “For Some, Thanksgiving Indulgence Triggers Food Addiction,” ABC News, Philadelphia, PA, Ali Gorman, RN (11/22/17)
- Personal response: “Hello. Wow, we are very impressed with the email Mery sent after someone saw

Phil Werdell's name mentioned in a recent article about food addiction. This is not the first time we have received a response similar to this from FA. The response from your Public Information committee was prompt, thoughtful, and provides information about how to contact FA. While we find support for our individual food addiction recovery in a different 12-step organization, we have high regard for FA and refer many of our clients to your organization. We subscribe to the *connection* – which we love – and have purchased many gift subscriptions for friends. We do not know if OA has a Public Information response team similar to FA, but we certainly hope so. We support your work and hope you have a great day! Sincerely, Phil Werdell and Mary Foushi, ACORN Food Dependency Recovery Services, [www.foodaddiction.com](http://www.foodaddiction.com)

### **Weblinks**

- New website links: 13
- New college website links: two
- Number of colleges accessing FA website last month: eight
- Visits from college links: 15
- Total website visits last month: 51,000 (desktops 46%; mobile 46%; tablets 7%)
- Total weblinks referral traffic: 1,823
- Google banner ads (impressions): 744,000
- AdWords click-through to FA website: 29,000
- Mandarin AdWords Campaign clicks to FA site: 4,700
- Impressions shown from Mandarin AdWords Campaign: 199,000
- Click-through rate from Mandarin AdWords Campaign: 2.9%
- Hebrew AdWords Campaign clicks to FA website: 1,600
- Impressions: 34,000
- Click-through rate: 4.56% (up from 4.1%)
- Top city using FA website: London, England

### **Blogwatch**

- 13 Attempts (three from Facebook)
- Six appear and six are pending (three from Facebook)
- One rejected
- Totals to date: 921 attempts; 463 appear

### **Community Outreach**

- We have one upcoming health fair, Wednesday, January 24, 2018 at the California Department of Public Health, Sacramento, CA
- We are scheduled to do a brief introduction on FA to a gathering of San Francisco primary care providers at their January quarterly meeting
- A connection was made with the Associate Director at the Alcohol and Drug Studies Program at City College of SF. They are interested in having FA present to their Drug and Alcohol certificate program students. The program addresses all forms of addiction, including food addiction
- Collaboration continues with Local Service Groups

### **Service Group Support**

- San Francisco
  - Meets in-person 1x/month, 2nd Saturday of the month, for 45 minutes
  - Seven people attend and 13 participate via email
  - Eventbrite: five views this month and two RSVP's. Total views: 77
  - Calendar postings: posted meeting to Craigslist and three additional sites from the Calendar Postings database
  - One member checked out an FA book from the library and returned it
  - The focus for December is to get Information Sessions at California Pacific Medical Center, the new Google Community Resource Center, and San Francisco public libraries
- Sonoma
  - Four people met via teleconference
  - Continuing to place books in libraries, trifold in libraries and health-related businesses, and initiating and maintaining electronic postings on Craigslist
  - In collaboration with Community Outreach, Sonoma LSG is reaching out to Kaiser Permanente and Sutter Hospitals to organize information-sharing events

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

- The 2018 World Service Business Convention will take place June 1-3, 2018 at the Double Tree by Hilton in Danvers, MA
- WSI Contacts should have received and shared with their meetings a WSB Convention announcement from the Convention Committee. If you did not receive this letter and would like a copy sent to you, please email [WAIconventionresource@foodaddicts.org](mailto:WAIconventionresource@foodaddicts.org)
- Elections for WSI officers and committee chairs will take place at the Convention. Information regarding position descriptions and the application form as well as general Convention information, meal plan, registration, and hotel info will be sent to WSI Contacts this month and posted to the FA website
- This year the Convention will see the return of The Forum. This is an opportunity for discussion on several topics to help strengthen individual recovery and meeting health
- For Convention-related questions, send an email to [waiconventionresource@foodaddicts.org](mailto:waiconventionresource@foodaddicts.org)

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

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

- There were five homebound meetings held in November, three of which were held in Toronto, where they had never before held a homebound meeting
- Last month two people called the FA 800 number with inquiries about FA and in particular homebound meetings. One was a social worker from Kaiser who wanted help for a client and another was interested in hearing about FA. Both people said they are unable to attend regular meetings
- Please do not arrange homebound meetings on your own. Contact [waihomebound@foodaddicts.org](mailto:waihomebound@foodaddicts.org) and for help and information
- Please announce the availability of homebound meetings and 12th Step Calls at your monthly business meetings

#### **Frontier Committee**

- All members listed on the Frontier Member List receive an updated list monthly via email
- The Frontier Member List is distributed to WSI Contacts monthly and is made available in hard copy on meeting literature tables. Please see the WSI Contact for your meeting if you do not find the Frontier Member List on your meeting's literature table

#### **Thank-a-thons**

- 655 FA members attended WAI Thank-a-thons (16 in total)
- There were 21 newcomers and 21 family members/guests

#### **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](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