

FA Western Area Intergroup (WAI) Meeting Summary
February 10, 2019

Next Meeting: March 10, 2019 from 10:30am-12:00pm

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

Remaining 2019 Dates: April 14, May 5 (First Sunday because of Mother's Day), No June date due to Business Convention, July 14, August 11, September 8, October 13, November 10, December 8

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: Mery L. 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.

February Intergroup Highlights

From the Chair

- Brandon C. and Fredrika N. were voted in as Chair and Vice Chair at the February meeting. The term will begin on March 1.

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 Treasurer

- Meetings and individuals can now donate online to WAI (as well as WSI). Just type 'donation' into the search box on the front page of www.foodaddicts.org and the link will show up in the results that are returned. After entering donation amount, click 'Add special instructions to the seller' and add meeting city, day of week and time.
- WSI and WAI prefer donations online where possible.

From the Convention Resource Chair

- Registration for the 2019 World Service Business Convention is now open.
- The deadline to register for World Service Business Convention is 3/30 for general attendees and 3/2 for World Service Conference members. Please remember if you are a World Service Conference member you need to register once as a general attendee and once as a World Service Conference member.

From the 12th Step Committee Chair

- Homebound meetings are available for members who are unable to attend meetings due to surgery, injury or illness. Contact the 12th step committee to schedule one.

From the Office Chair

- Please re-register your meeting if you have not done so yet. Re-registration requires your meeting to review the list of requirements at your next business meeting and agree to adhere to them.

Chair: Heidi V.

- Heidi opened the meeting with five minutes of Quiet Time.
- Brandon C. and Fredrika N. were voted in via acclamation for the role of Chair and Vice Chair.
- Closing remarks:
Gratitude.

Gratitude is a state of mind and a way of life that comes from a deep sense of amazement that I am where I am, have what I have and that I don't deserve any of it. Left to my own devices I not only would be morbidly obese, I'd also quite possibly be dead from suicide, or promiscuity or self-neglect. At the very least I would be chronically miserable from my autoimmune diseases and mentally insane from my damaged, hamster wheel thinking. My life is unrecognizable from what it was prior to FA. Before recovery I never knew what gratitude was both by definition and experience. I don't think I ever heard the word, let alone live or breathe it. Today, if I keep my pipelines clean of food and other crutches that keep me from God, I get to have gratitude camp out right in my heart.

Gratitude is also a practice. It's an exercise. I have to be willing to have an attitude adjustment. How do weak muscles get strong? Can I lift weights once a week and see a change in my muscle tone? I wish, but that's just not the case. I need to practice and train my heart and brain daily to have gratitude become part of me. As a newcomer, besides being grateful for losing weight, it was a big stretch to add anything else to my list. Estranged family who had wronged me, boyfriends cheating, academic probation, can't hold down a job, only eating buddies. That was the extent of my small life. I heard "act as if" and "fake it until I make it". I was also told that Gratitude is an action. So how was I supposed to show gratitude if I don't feel grateful? All the tools and disciplines of this program are acts of gratitude. Despite the disease telling us to self-destruct, we practice gratitude by the following actions: Picking up the phone, volunteering to do service, staying abstinent, showing up to meetings, the list goes on. For sure I get to experience the feeling of gratitude but many times it's delayed. So hard for us addicts to wait!!! After many, many right actions gratitude enters and once it's there, then our job is to maintain it.

in hindsight I can look back at my previous life see SO many things I should have been grateful for. But being in my disease I was blinded by self-pity and self-centeredness and couldn't appreciate anyone or anything. Of course, even being abstinent for a longtime, it's impossible to stay grateful 24/7 and it humbles me bigtime when I have a brat attack or go back to old thinking and behaviors. But the actions of a grateful heart keep pulling me out again and I don't sink. I still have problems today but those too go on my gratitude list. You see, I don't need stretch and grow as much when things are going great. Although I'm a feel-good junkie I know some of my most painful experiences have led to a closeness with God and people that's so hard to describe. I recently had to speak up to my husband and I got fearful with dark thoughts. I used the tool of writing and got clear with how I needed to speak and what I needed to say. I felt God as I wrote and was grateful for the help I got with the writing. I was able to be calm when we talked which is always a miracle in my book.

Finally, and most importantly at the top of my gratitude list every single night of my life is abstinence. Without abstinence I wouldn't have anything else to add to my list. I could literally stay up hours on end listing everything abstinence gives me. I once heard about an elderly woman in AA who was riddled with illness of all sorts and her tag line when people asked how she was went something like this, "I'm in a heck of a lot of pain and I'm doing great!" I want to be like her when I grow up. And I get to as long as I stay put, be honest and continue to pray. This recovery journey has been proven to be a rocky one at times but It's rare these days to have more than a few hours go by without gratitude oozing out my pores. My life is surreal and I love that God keeps growing my heart. Thank you for letting me be of service. It's beyond a miracle that I have my act together enough to be able to show up and be available. God is so, so good!

- Heidi closed the meeting with the Serenity prayer.

Treasurer: Stella J.

As of last day of November 2018			
Beginning Balance: \$ 12,150.90			
INCOME/GROSS PROFIT		EXPENSES	
Donations	\$ 5,520.07	Office	\$ 3,974.05
Literature	\$ 1,080.20	PI	\$ 0
Interest income	\$.07	Travel fund	\$ 0
<i>Total Income</i>	<i>\$ 6,600.34</i>	Donation to WSI	\$ 0
Less cost of goods sold	\$ 1,070.96	Rent	\$ 250

Gross profit	\$ 5,529.38	Total Expenses	\$ 4,224.05
Net income		(1,305.33)	
Ending balance		\$ 14,281.90	

Vice Chair: Brandon C.

- 6 people stood up as available sponsors

Office Committee Chair: Jim D.

New meetings:

- Provo, UT – Tues 7:00 PM

Cancelled Meetings:

- Watertown, South Dakota – Saturday 9:00 AM

Location and time changes:

- Fruitland, ID – Thursday, 7:00 PM – Changed Locations
- Tomball, TX – Monday 1:15pm – Changed Location
- Oakland, CA – Tuesday, 7:00pm – Changed Location
- Santa Ana, CA – Friday, 6:00pm – Changed Rooms in same building
- Napa, CA – Monday, 7:00 PM- Changed to Wednesday night
- Stockton, CA – Tues 6:30 PM- has changed days and location
- San Francisco, CA – Sunday 8 am – Changed locations and time 7:45 AM
- San Francisco, CA – Monday 7:00 PM – has changed locations

Public Information Committee: Su S.

College Outreach

- Planning three college events on the East Coast; one in the Bay Area; one in Kentucky; and one in Canada for National Eating Disorders Awareness Week

Media Watch

- Statistics:
 - Sent out 133 contacts
 - Received four personal responses
- Articles/Interviews: None
- Personal Responses (Examples):
 - Thanks for your note. I'm familiar with FA, having been a member of OA myself!
Good luck in the work you do.
All my best,
Sunny
Sunny Sea Gold
Content & Strategic Communications
Author of Food: The Good Girl's Drug
 - Hello -
Yes, I'm quite familiar with FA. Thank you for reaching out.
If there is any way that I can support your organization, please let me know.
I have a TED talk about changing the food environment, which connects food back to issues of addiction, which is the field in which I got my start as a researcher. The talk might resonate with FA members. <https://www.youtube.com/watch?v=wTNIHyjip94>
Be well!
Laura

Laura A. Schmidt, PhD, MSW, MPH
Professor, Philip R. Lee Institute for Health Policy Studies, Department of Anthropology, History and Social Medicine, and Global Health Sciences

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Weblinks

- New web site links: 9
- New college website links: 0

- Visits from college links: 2
- Total referral traffic last month: 1,398
- Social network referrals: 689
 - YouTube: 14
 - Twitter: 23
 - Facebook Referral (Sessions): 628
- Total Website traffic (visits) last Month: 21,000
 - Desktops 53%
 - Mobile 39%
 - Tablets 8%

Blogwatch

- 28 Attempts
- 19 Appear
- 7 Pending
- 2 Rejected
- Totals to date: 1163 Attempts; 608 Appear

Community Outreach

- Recent events:
 - Millbrae Senior Health Fair (San Mateo)
 - CA Department of Public Health, Stats Dept. (San Mateo)

Service Group Support

- NEXT CONFERENCE CALL: Sunday, March 17, 12:30 PM – 2:00 PM Pacific.
 - Featuring presentations by LSGs across the nation
 - Dial-in Numbers:
 - 641-715-3818 for US
 - 641-715-3816 for Canada
 - +61 (0) 3 8672-0100 for Australia
 - Access Code 997569#
 - Questions or to be added to email list:
 - Email waisgsc@foodaddicts.org
- ONGOING ACTIVITIES:
 - Encourage LSGs to order the new Healthcare Brochure healthcarebrochure@foodaddicts.org
 - Long distance sponsor list: sponsorlist@foodaddicts.org
 - Utilize WAI Community Outreach co-chairs and area coordinators for
 - Evaluations
 - Best practices
 - Getting your info session on the community outreach calendar/see potential schedule conflicts
 - Speaker list
 - PI Kit
- Contra Costa County
 - Meets: 1x/month at the Tuesday 3:30 2nd Avenue meeting in Walnut Creek and on Wednesday before the 9:30 a.m. Alamo meeting. Next dates are February 12 and 13 respectively
 - Attendees: eight
 - Contact: Rosemary R.
 - Placed four FA books
 - Placed notices on Craigslist
 - Establishing trifold racks
 - Checking to place ads in free newspapers
 - Contacting churches that have local FA meetings to announce those meetings in their bulletins
- 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
 - Attendees: Typically, 6-11
 - Contacts: Cynthia B or Lenell

- January conference call with Eric M. for overview of the Healthcare Provider power point.
 - Listing local meetings in Event Bright and on Craigslist.
 - Sponsoring Racks in area libraries, hospitals, and businesses
 - Contacting local colleges to offer trifolds, presentations, and to link FA to their website
 - Researching local newspapers to place PSAs and/or articles.
 - Checking FA books out of libraries and writing reviews to keep them in circulation
- San Francisco
 - Meets: 1x/month on the second Saturday of the month.
 - Attendees: Seven people meet in person and 13 on emails
 - Contacts: Amber J. of Jim D.
 - 26 Views this month and 5 RSVPs. Total Views: 213
 - Sending the Letter to the clergy out to local San Francisco churches. We have compiled a spreadsheet with 15+ contacts and will be sending personalized letters this month
- Mid-Peninsula/South Bay – New group
 - Meets quarterly on the first Saturday of the month from 8-8:45 a.m. at the First Presbyterian Church in Palo Alto.
 - Attendees: Typically, six to nine
 - Contact: Maria R.
 - 18 Eventbrite views in the last 30 days.
 - Cancelled Feb 2 Fellowship time in Palo Alto due to inclement weather
- Sonoma County
 - Meets: After the 9:00 am Santa Rosa Saturday morning meeting
 - Attendees: Five participants
 - Contact: Diane K.
 - Planning to participate in an April 27 health fair for seniors in Santa Rosa, 9 - noon. We discovered this opportunity by googling “health fairs near me” and found it on EventBrite

Convention Resource Committee: Mery L.

- There is still time to register for the 2019 Business convention that will take place on Friday May 31-Sunday June 2 in Danvers MA.
- Online registration closes March 30th, Onsite registration at the convention will be available for \$15 more at the door.
- When Registering for the Convention, be sure to pick the meal plan you need before payment is submitted. You will not be able to make changes after payment is made and meal plans will not be sold on site. You can find draft convention Meal Plan online.
- World Service Conference Voting members must register twice. First for the convention and second as the World Service Conference member. World Service Conference Voting member Registration deadline is March 2.
- Interest in the Business Convention has been so strong they have sold the original block of rooms, only rooms with King beds are left at this point.
- We request that if anyone has a room they don't need to please cancel the reservation so someone else can get that available room.
- Reminder to Save the Date for the 2019 Fellowship Convention to be held in Tampa, Florida October 25-17
- Details for both conventions can be found on the FA Website.

12th Step Committee : Erin S.

Connection subcommittee

- The subcommittee is in We are in very strong need of the following:
 - Artwork for the Connection
 - Send 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
 - Things to think about when submitting to the Connection.
 - 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, we LOVE simple or symbolic art or photographed close-ups of simple objects such as keys, clocks, hands, hearts, phones, flowers, bottles, etc. Can be abstract or convey an idea as well! Be creative! Nature and flowers work too.
 - Lighten Up articles desperately needed - describes the lighter side of being a food addict
 - We could still use Frontier articles. Please encourage people you know on the frontier to write for this section.
 - We've noticed that the articles we are getting have been very short lately, almost half as long as the allotted word limit. Writing coaches are available to help in anyway.
- Any issues that may be going on with subscriptions need to be addressed to the FA office, not the connection committee email address. We get a lot of those and there's nothing we can do to help with that.
- Connection Rep call information for 2019 will be posted soon on the Connection Tab.

Homebound Meetings/12th step

- We offer Twelve Step Calls to people not currently in FA but who are interested in hearing about FA. Due to a physical condition, they are homebound
- The other part of this committee is bringing a HBM to FA members who are working with a sponsor. They are unable to attend their regular meetings due to a physical condition or surgery
- HBM are usually held in someone's home for one hour, but can occur at a hospital or care facility
- There were 7 HBM in January, with meetings held in hospital rooms and in homes. The recipients were so grateful for the meeting and made comments such as "Being at home and away from meetings and work, made me feel so isolated and alone. Having fellows come and share a meeting and lunch and fellowship afterwards really lifted my spirits". Another member repeatedly says, that "FA is saving my life and these meetings are an answer to prayers during my surgeries"
- In non-emergency situations, it is very helpful to contact us one to two weeks in advance of needing a HBM to make the necessary arrangements
- There are 12 HB committee members called Area Coordinators that help plan HBM. There are 9 Area Coordinators for cities and regions in CA and one each for Houston, Texas, Seattle, Washington and Utah. We are always looking for additional Area Coordinators for other places so please contact waihomebound@foodaddicts.org if this service interests you
- Thank you to Linda Y for doing a wonderful job for many years as the Area Coordinator for Napa/Sonoma by planning HBM and helping so many people. Thank you to Linda and Leona for stepping into this position
- Please remember that HBM are available to all of us and please remember to announce these at your business meetings

Speaker Travel Fund

- No report

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

- For WSI: make donation online at foodaddicts.org>login>donations or 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 in U.S. funds.
- For WAI: make donations online at foodaddicts.org. Type 'donation' in search box. After entering donation amount, click 'Add special instructions to the seller:' and add meeting city, day of week and time; or send checks to FA/WAI, Attn: Treasurer, PO Box 475067, San Francisco, CA 94147-5067 USA, Include meeting city, day of week, and time on check
- Please note that WSI and WAI prefer donations to be submitted on line if possible.