

FA Western Area Intergroup (WAI) Meeting Summary
January 8, 2017

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

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

2017 Remaining Intergroup Dates: March 12, April 9, May 7, June (TBD), July 9, August 13, September 10, October 8, November 12, December 10

Board Officers and Committee Chairs

Chair: Sue H. waichair@foodaddicts.org	Secretary: Vanessa C. waisecretary@foodaddicts.org	P.I./Media: Su S. waipi@foodaddicts.org
Vice Chair: Patricia M. waivicechair@foodaddicts.org	Office: Nora K. waioffice@foodaddicts.org	Convention Resource: Tammy J. waiconventionresource@foodaddicts.org
Treasurer: Stella J. waitreasurer@foodaddicts.org	12th Step: Elaine L. wai12thstep@foodaddicts.org	Service Group Support: Brandon C. waisgsc@foodaddicts.org

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

January Intergroup Highlights

From the Chair:

- Nominations for the positions of Chair and Vice Chair were taken this month and will be voted on at the February Intergroup meeting

From the Convention Resource Committee

- Registration for the 2017 World Service Business Convention from June 2-4, 2017 in Danvers, MA is now open. For information on how to register, registration deadlines, booking hotel rooms, and meal plan options, please visit the "Business Convention" page on the FA website
- Please choose your meal plan carefully when registering, as you will not be able to make changes after payment is made. Although it is possible to register for the Convention on-site for a small late fee, no meal plans will be sold at the Convention—that must be done online by the Convention registration deadline of March 31
- All meetings should elect a World Service Conference (WSC) member if they have not already done so. The WSC member registration deadline is March 4
- For additional Business Convention details, please refer to the full Intergroup Summary posted on the FA website by typing "WAI Intergroup Summary" into the search box

From the Public Information Committee

- If you are a Public Information (PI) rep for one of your meetings or are interested in learning more about how to spread the message of recovery through public information, please come to the PI Committee Intergroup meeting for a 30-minute workshop on how to do effective PI service
- The next Weblinks conference call is scheduled for Saturday, February 18 at 12:30pm PST—to get the US and international dial-in numbers and the access code, please send an email to weblinks@foodaddicts.org

Chair: Sue H.

- Sue opened the meeting with five minutes of Quiet Time

- Sue's parting words were the following: "Thank you all for being here as we begin working together this year to spread the word to other food addicts about FA. I found a quote from The Twenty-Four Hours a Day book that I thought was good to remember as we continue living this wonderful way of life. It reads as following: 'Our secret of abundant living is the art of giving. The paradox of life is that the more you give, the more you have. If you lose your life in the service of others, you will save it. You can give abundantly and so live abundantly.'"
- Sue closed the meeting with the Serenity Prayer

Treasurer: Stella J.

As of December 2016			
Beginning Balance: \$12,907.32			
INCOME		EXPENSES	
Donations:	\$3,338.78	Office:	\$2,125.60
Literature:	\$790.77	PI:	\$71.71
Interest income:	\$.07	Travel fund:	\$0
		Donation to WSI:	\$0
		Rent:	\$250.00
<i>Total Income:</i>	<i>\$4,129.62</i>	<i>Total Expenses:</i>	<i>\$2,447.31</i>
Net income:		\$509.54	
Ending balance: \$13,416.86			
Cost of goods sold:		\$1,172.77	

* These are balances based upon accrual method of accounting, not cash basis.

Vice Chair: Patricia M.

- There were approximately 170 people in attendance
- Thirteen people stood up as available sponsors

Office Committee Chair: Nora K.

New meetings:

- Corona, CA Thursday 7pm
- Mankato, MN Saturday 10:30am
- Porirua, New Zealand Saturday 8am

Cancelled Meetings:

- San Francisco, CA Tuesday 7pm

Location and time changes:

- Thousand Oaks, CA Friday 8:30am now in Agoura Hills, CA

Highlights Section:

- None

Public Information Committee: Su S.

Media Watch

- Sent out 73 contacts
- Received 5 personal responses
- Articles published:
 - "Binge Eaters on Cape Found a Way to Cope," Cape Cod Times, December 11, 2016
 - "Our View: Food Addiction Puts Nation's Obesity Problem in Perspective," Opinion Piece, SouthCoastToday.com, December 20, 2016
 - "A Three-Dimensional Approach to Food Addiction," San Francisco Medicine, December 2016

Weblinks

- New websites: 19

- New college website: 1
- Number of colleges accessing FA website last month: 7
- Visits from college links: 11
- Total website visits last month: 42,821
- Google banner ads viewed: 815,525
- Top city using FA website: London, England
- Top cities referral traffic (weblinks): Moscow, St. Petersburg, San Francisco, Toronto, LA, NYC, Melbourne, Boston, Charlotte

Blogwatch

- New blog posts: four attempts, two appear, two pending

Community Outreach

- Planning continues for upcoming health fairs and trainings

Convention Resource Committee: Tammy J.

- A second Convention-related email was sent to all WSI contacts this past week. This email included a letter to be read at your next weekly meeting, and information to be printed and copies made for your literature table. If your WSI contact is not receiving these emails, please check to make sure the email address in their personal profile is correct, that they have selected to receive emails from WSI, and that FA emails are not going to their spam folder
- Elected WSC members must have at least five years of continuous abstinence and have completed at least one AWOL. Position descriptions, responsibilities, and requirements can be found in the WSC Member manual on the FA website
- Voting members need to register twice—once as a WSC member and once for the Convention itself
- Needs-based partial funding for WSC member is available for qualifying members. The application for financial aid is available at the FA website or by contacting the Convention Resource Committee at waiconventionresource@foodaddicts.org
- Document 8, "Meeting Guidelines," provides guidance for and outlines principles associated with providing funding to WSC members. WSI discourages individual meetings from taking separate collections to provide financial assistance for WSC members
- Hotel reservations are not included in the registration price, but there is a link on the FA website that can direct you to a page where you can reserve a room
- There is a public list for those who wish to share a ride or lodging for the Convention. You can find this by logging onto your personal profile page and clicking the "Ride & Lodging" link in the "Quick Links" box to the right
- There is a quick link located on the Business Convention web page for those interested in doing service at the Convention, including being a greeter or helping with registration

Service Group Support Committee Chair: Brandon C.

- The next SGSC conference call will be on January 15 at 12:30pm PST; Intergroups & Chapters will be reporting
- The US dial-in is 641-715-3818, and the access code for all 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
- Met by committee this month
- The three LSGs (Sonoma, San Francisco, and Contra Costa Counties) gave updates on when and how they meet and what they are working on
- The WAI LSG's continue placing FA books in local libraries:
 - Dec: 20 books in review | 63 books approved | 104 circulation
 - Jan: 20 books in review | 62 books approved | 115 circulation

12th Step Committee Chair: Elaine L. **connection Magazine**

- The *connection* is in need of more “Lighten Up” articles. Please submit to connection@foodaddicts.org. There are guidelines to help you with your story and writing coaches are available to assist you
- A great resource for *connection* reps or anyone looking to get involved with the *connection* is at connection.foodaddicts.org/connection-reps/
- The next bi-monthly conference call is Sunday, March 19 at 3pm ET/12 PT (for 20-30 minutes). The dial-in number is 605-475-4000, and the passcode is 273053#
- The upcoming conference call dates for the *connection* are as follows:
 - Sunday, May 21
 - Sunday, July 16
 - Sunday, September 17
 - Sunday, November 19

Homebound Meetings/12th Step Calls:

- There were a total of 23 homebound meetings in 2016. The purpose of homebound meetings is to assist FA members by bringing an FA meeting to a home or care facility when a member is unable to attend a regular FA meeting due to a physical illness or surgery. They were organized by Area Coordinators and FA members. Comments from both the homebound member and those attending were as follows: “Very rewarding,” “Helped me stay abstinent,” “Warm and wonderful meeting,” “Grateful for the service,” “Made me feel less isolated and alone”
- Is the word getting out there about homebound meetings? The Intergroup Contact or anyone else can announce the following at the monthly business meeting: "Homebound meetings are available to FA members who are unable to attend regular FA meetings due to physical injury or illness." Please send an email to waihomebound@foodaddicts.org with any questions or concerns
- There was one 12th Step call this year. The purpose of the visit was to provide support to someone who is not currently in FA but who is interested in potentially joining but is unable to attend an FA meeting due to a physical condition or injury. Earlier in the year, there was a mass mailing to 200 facilities in the Bay Area. Its purpose was to get the word out to professionals that FA will make 12th Step calls. Although we have not received any direct calls as a result of the mailing, we feel we have "planted a seed." Please remember that the best way is by word-of-mouth, so if you know of anyone who is interested in FA but can't attend a meeting, please send an email to waihomebound@foodaddicts.org
- The 12th Step Committee is looking to expand Area Coordinators in other parts of WAI. If you are interested or know of a fellow who would be interested in this service, please send an email to waihomebound@foodaddicts.org.

Frontier Support Call Series

- The WSI 12th Step Committee is excited to announce the second annual series of Frontier Support Conference Calls!
- The theme for this year's Support Call series will be “Ways to Build a Fellowship on the Frontier.” Frontier members and their sponsors are encouraged to join the workshop-style series where specific guidelines and step-by-step actions will be shared regarding building a fellowship while living on the frontier
- The first conference call will take place Sunday, January 29, 2017 from 2:30-3:30pm ET and will cover the topic: “Basics of FA: Staying Abstinent on the Frontier”
- Information regarding joining the call will be emailed directly to Frontier members who are on the Frontier Phone List. The information is also available on the FA website on the “Living on the Frontier” page: www.foodaddicts.org/living-on-the-frontier.

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