

**FA Western Area Intergroup (WAI) Meeting Summary**  
**January 13, 2019**

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

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

**Remaining 2019 Dates:** March 10, 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**

<b>Chair:</b> Heidi V. <a href="mailto:waichair@foodaddicts.org">waichair@foodaddicts.org</a>	<b>Secretary:</b> Nora K. <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> Jim D. <a href="mailto:waioffice@foodaddicts.org">waioffice@foodaddicts.org</a>	<b>Convention Resource:</b> Mery L. <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.**

**January Intergroup Highlights**

**From the Chair**

- Nominations were taken for the position of Chair and Vice Chair. Brandon C. was nominated for Chair and accepted. Fredrika N. was nominated for Vice Chair and accepted.
- A motion was heard on whether or not to change the wording of the tool for Meetings that is read in our meeting format. The fellowship voted to not send this motion through to the World Service Business Convention for consideration.

**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](mailto: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](http://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.

**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.
- World Service Conference members should be selected from your meeting at your February business meeting if your meeting has not done so yet. Be aware that no financial aid applications will be accepted after 2/2.

**From the Public Information Chair**

- Next WebLinks Call: Saturday, February 23rd 1:30 pm PST (4:30 pm EST) Email [Weblinks@foodaddicts.org](mailto:Weblinks@foodaddicts.org) or call Margaret L. at 415-336-5529 for online meeting link, password & agenda. The meeting link & Agenda will be sent out a few days before the call to all who are interested in joining.

**From the Office Chair**

- The office committee holds an orientation meeting during intergroup. If this is your first time attending intergroup we suggest coming to the Office committee.

**Chair: Heidi V.**

- Heidi opened the meeting with five minutes of Quiet Time.
- Closing remarks:  
Transitions.

Food was used for many purposes prior to FA. It took away pain, discomfort, and it also took away joy. It was used for getting high and used to calm frazzled nerves. It was used when bored, agitated, sad and every other feeling in-between. I ate at people, but rarely with people. I ate to feel nothing and ended up feeling self-hatred. I ate to reward and punish myself. As my sponsor always says, "it's our common reaction to life".

One of the most common reasons for me to eat was Channngggee. Food was a transition drug for me. Whether it was a Sunday to a dreaded Monday, a re-entry from Vacation, losing someone, a move, getting married, a break-up or leaving a job.... I used food to "get me through" the change. I always told myself: "I'll start when this hard thing is over" and "this isn't a good time to start so I'll wait until I get settled". What a big, fat lie.

Change is sometimes inevitable and change is HARD. I'm a creature of routine and structure. I like the predictable. And I believe change is even harder for us addicts. An unexpected or even expected change can bring on feelings that feel SO real that I can get physical symptoms that cause stress and illness. The disease plays an ugly role in this process of transition. It tells me that the hard feeling will not pass and that I might as well eat and/or do something to make that feeling go away. Just one, becomes just one more, becomes a day/week/month or yearlong cycle of addictive eating and behavior. The promised relief never occurs for more than a quick moment. Now, not only do I have the original issue at hand but I have added the secondary problem of active food addiction and self-loathing into my veins.

So how do we get through changes and transitions in recovery without eating? Well, first it's a Willingness to feel SOOOO uncomfortable and not eat no matter what. Honesty. I have to tell someone else the feelings going on inside. I have to tell someone how very real it feels, even if I think it's a waste of time or too silly/lame to talk about. Open mind. Ask for help to see things in a different way and be open to God changing my thinking. Pray. Getting on my knees and asking God to change my thinking. If my thinking isn't changed instantaneously then what do we do while waiting? Work our tools to the nth degree...like really work them. Maybe it's an 8-call kind of day? Maybe it's an extra QT kind of day? Extra service? Time and not eating changes my perspective and the change becomes not only bearable but I get to experience peace and serenity that is 1000 percent better than any food. I get to add another adventure of not eating into my faith purse and I can relax and trust that much more. Having been given the willingness to stay abstinent through a plethora of situations as benign as bad hair days and as serious as Cancer have led me to discover that the only thing that never changes is God's unfailing love and that he can use everything for good, if I let him.

- Heidi closed the meeting with the Serenity prayer.

**Treasurer: Stella J.**

<b>As of last day of November 2018</b>			
<b>Beginning Balance: \$ 13,906.88</b>			
<b>INCOME/GROSS PROFIT</b>		<b>EXPENSES</b>	
Donations	\$ 3,707.35	Office	\$ 965.94
Literature	\$ 716.74	PI	\$ 946.00
Interest income	\$.07	Travel fund	\$ 0
<i>Total Income</i>	<i>\$ 4,424.16</i>	Donation to WSI	\$ 3,000.00
Less cost of goods sold	\$ 681.61	Rent	\$ 250
Gross profit	\$ 3,742.55	<i>Total Expenses</i>	<i>\$ 5,161.94</i>
Net income		(1,419.39)	
Ending balance		\$ 12,150.90	

**Vice Chair: Brandon C.**

- 10 people stood up as available sponsors

**Office Committee Chair: Jim D.**

**New meetings:**

- Watertown, South Dakota – Saturday 9:00 AM
- Eastbound, WA – Monday 5:00 PM
- Edmonton, Alberta, Canada – Tuesday, 7:00 PM

**Cancelled Meetings:**

- Los Angeles, CA – Tuesday, 7:00 AM

**Location and time changes:**

- Hampton, Victoria, Australia – Tuesday, 7:00 PM – Changed Locations
- Denver, CO – Saturday, 8:00 AM – Changed Location (same building)
- Oakland, CA – Tuesday, 7:00pm – Changed Location
- Oakland, CA – Thursday, 7:00pm – Changed Location
- Vallejo, CA – Thursday, 7:00 PM- Changed Location (same building)
- La Mesa, CA – Monday, 7:00 PM- Moved to Wednesday night
- Grass Valley, CA – Wednesday, 1:00 PM – Moved to Nevada City
- San Francisco, CA – Sunday 8 am – Changed location

**Public Information Committee: Su S.**

**Media Watch**

- Statistics:
  - Sent out 23 contacts
  - Received no personal responses
- Articles/Interviews: None
- Personal Responses: None

**Weblinks**

- New website links: 33
- New college website links: 1
- Visits from college links: 6
- Total referral traffic last month: 881
- Social network referrals: 361
- Facebook Referral (users): 296
- YouTube: 33
- Twitter: 14
- Total Website traffic (visits) last Month: 21,000
- Desktops 53%
- Mobile 39%
- Tablets 8%

**Blogwatch**

- 24 Attempts
- 13 Appear
- 5 Pending
- 6 Rejected
- Totals to date: 1135 Attempts; 589 Appear

**NEDA Week (National Eating Disorders Awareness Week)**

PI reached out to colleges worldwide to offer FA as a resource to students during Eating Disorders Awareness Week, taking place the last week in February. This year, we contacted 417 colleges with the following results:

- 25 colleges responded to our initial email including colleges from 7 states, Canada and Australia.
- 10 colleges requested literature
- We are in touch with 11 colleges who would like to have FA members do an info session for students and/or counseling staff

If you know of a fellow with 2+ years of abstinence in the following areas, please email Shelby at

fablogwatch@gmail.com

- San Marcos, CA
- Owensboro, KY
- Sioux, IA
- Annondale-On-Hudson, NY
- Edison, NJ
- Alberta, Canada

### **Community Outreach**

- Upcoming events:
  - Millbrae Senior Health Fair (San Mateo)
  - CA Department of Public Health, Stats Dept. (San Mateo)
  - SF State University, School of Social Work graduate course on addiction

### **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
  - Attendees: 6-11 attendees
  - Contact Cynthia B or Lenell A.
  - Recap:
    - Listing local meetings in Event Bright and on Craig's List
    - 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 out FA books out of library and writing reviews to keep in circulation
  - Saturday January 26, 2019 meeting was a remote call with Eric M. who shared the Healthcare Provider Power Point.
- 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 - 26 Views this month and 5 RSVPs. Total views: 213
  - Sending out letters to faith community leaders in San Francisco, using a spreadsheet with 15+ contacts from which personalized letters will be written and sent. So far, the group has completed 20 letters to faith communities with a commitment to comple another 10.
- Mid-Peninsula/South Bay – New group
  - Meeting time and place: 1st Saturday of the month at the First Presbyterian Church in Palo Alto from 8-8:45 a.m.
  - Contact Maria R.
  - Attendees: Typically 6-9 attendees
  - 18 Eventbrite views in last month
  - Held fellowship and brainstorming event attended by seven fellows on Saturday, January 5 with a follow up on February 2nd.
- Sonoma County
  - Meets: 10:45 a.m. after the Santa Rosa Saturday morning meeting at Encounter Church
  - Attendees: 5 attendees
  - Contact Diane K

### **Convention Resource Committee: Mery L.**

- The 2019 Business convention will take place on Friday May 31-Sunday June 2 in Danvers MA.
- If your meeting has not already done so, please elect someone to serve as World Service Conference Voting member. Full position description, responsibilities, and requirements can be found in the WSC member manual on the FA Website. If you are a WSC Voting member, you must attend all business sessions and plan on being present for the entire convention.

- Needs based Partial Financial aid is available for the World Service Conference Voting members who qualify. The aid application is available by contacting [waiconventionresource@foodaddicts.org](mailto:waiconventionresource@foodaddicts.org). Applications are due February 2.
- WSC members must register twice. First for the convention and second as the WSC member. WSC member Registration deadline is March 2.
- Convention Registration is now open you can register online at the FA website. General registration for attendees is March 30.
- 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.
- Reminder to Save the Date for the 2019 Fellowship Convention to be held in Tampa, Florida October 25-27
- Details for both conventions can be found on the FA Website.

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

### **Connection subcommittee**

- The subcommittee is in very strong need of the following:
  - Artwork for the Connection
    - There are two different ways you can play a part in connection's artwork. Please begin by sending an email to [connection@foodaddicts.org](mailto: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 artwork for 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
      - Simple or symbolic art or photographed close-ups of simple objects such as keys, clocks, hands, hearts, phones, flowers, bottles, etc. would be much appreciated. It can be abstract or convey an idea as well! Be creative! Nature and flowers work too.
  - Articles
    - Lighten Up articles desperately needed - describes the lighter side of being a food addict
    - We could still use Frontier articles. Please encourage anyone you know on the frontier 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. Please flesh out your stories more. There are writing coaches if help is needed. Of course, we don't want to discourage anyone from sending whatever length you can, so it's just a suggestion.
  - Any issues 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.

### **Homebound Meetings/12<sup>th</sup> step**

- We offer Twelve Step Calls to people not currently in FA but who are interested in hearing about FA.
- We also bring a homebound meeting to FA members who are working with a sponsor. They are unable to attend their regular meetings due to a physical condition or surgery. Homebound meetings are usually held in someone's home for one hour, but can occur at a hospital or care facility.
- There was one homebound meeting in December with a total of 43 for the year.
- The homebound committee can provide a homebound meeting format and homebound meeting guide which are used to plan and facilitate the meeting. It is recommended to contact the committee at least one week prior to needing a homebound meeting and more time is even better. A homebound committee member will be in contact and help plan the meeting.
- Please share with your sponsees and other fellows that homebound meetings are available.
- Email [waihomebound@foodaddicts.org](mailto:waihomebound@foodaddicts.org) with any questions.
- Please announce homebound meetings at your business meetings if the IG person has not done so.

### **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](http://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](http://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