

FA Western Area Intergroup (WAI) Meeting Summary
July 9, 2017

Next Meeting: August 13, 2017 from 10:30am–12:00pm

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

2017 Remaining Intergroup Dates: September 10, October 8, November 12, December 10

Board Officers and Committee Chairs

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

July Intergroup Highlights

From the Vice Chair

- Please note that the Intergroup phone list and available sponsor list are distributed to FA members within one week after Intergroup—if you would like to be added to either list, please send an email to waivicechair@foodaddicts.org

From the Public Information Committee

- The next Weblinks international phone call/webinar will be Saturday, August 19 at 12:30pm PT. Contact weblinks@fooaddicts.org or call Margaret L. at 415-336-5529 to get the online meeting link, password, and call agenda, which you will receive three days prior to the call

From the Convention Resource Chair

- The next FA World Service Business Convention will be held June 1-3, 2018 in Danvers, MA
- The next FA Fellowship Convention will be held October 12-14, 2018 at the Saddlebrook Resort in Tampa, FL

Chair: Heidi V.

- Heidi opened the meeting with five minutes of Quiet Time
- Heidi added some levity to the meeting by sharing one-liners she wrote, which only food addicts in recovery could really appreciate:
 - You know you're a food addict in recovery when...
 - ...you start ranking apples from best to worst...AND you know their names (seriously, who cared about apples before FA?!)
 - ...your kid is on the playground and asks another kid who their mom's sponsor is and what meetings their mom goes to
 - ...a family member asks why you haven't finished that blue book yet!
 - ...hot water is your favorite beverage
 - ...the word "scale" doesn't make you want to punch someone
 - ...you collect fruit stickers next to your kitchen sink or find them in random places around your house and on your clothes
 - ...you NEVER have moldy vegetables in your fridge
 - ...plain yogurt tastes amazing
 - ...when you say thank you to your sponsor after s/he has pointed out something hard to hear about yourself
- Heidi closed the meeting with the Serenity Prayer

Treasurer: Stella J.

As of May 2017			
Beginning Balance: \$13,471.40			
INCOME		EXPENSES	
Donations:	\$2,707.99	Office:	\$350
Literature:	\$759.19	PI:	\$94.60
Interest income:	\$.07	Tax & license:	\$10
		Donation to WSI:	\$4,000
		Rent:	\$250
<i>Gross profit:</i>	<i>\$3,467.25</i>	<i>Total Expenses:</i>	<i>\$4,704.60</i>
Net income:		\$(1,966.63)	
Ending balance:		\$11,206.81	
Cost of goods sold:		\$729.28	

As of June 2017			
Beginning Balance: \$11,206.81			
INCOME		EXPENSES	
Donations:	\$3,431.47	Office:	\$0
Literature:	\$0	PI:	\$0
Interest income:	\$.07	Travel fund:	\$0
		Donation to WSI:	\$0
		Rent:	\$0
<i>Gross profit:</i>	<i>\$3,431.54</i>	<i>Total Expenses:</i>	<i>\$0</i>
Net income:		\$3,431.54	
Ending balance:		\$14,597.12	
Cost of goods sold:		\$0	

Vice Chair: Brandon C.

- Fifteen people stood up as available sponsors

Office Committee Chair: Nora K.

New meetings:

- Wednesday 9am Santa Rosa, CA

Cancelled Meetings:

- Saturday 8:30am Greenbrae, CA

Location and time changes:

- Saturday 9am La Jolla, CA new meeting location
- Monday 7pm Cameron Park, CA new meeting location
- Thursday 6:30pm Albuquerque, NM changed to Saturday 9am with new location
- Thursday 6:30pm Sacramento, CA new meeting location

Public Information Committee: Su S.**Media Watch**

- Sent out 94 contacts
- Received four personal responses
- Interviews: one television; three radio
- Sent FA Book and literature to Lisa Davis, host of "It's Your Health"

WebLinks

- New website links: 40
- New college links: 1
- Number of colleges accessing FA website last month: 17
- Visits from college links: 32
- Total website visits last month: 187,501 (desktops 67%; mobile 29%; tablets 4.3%)
- Total weblinks referral traffic: 4,418 visits from sites
- Google banner ads viewed: 1.9 million
- Click-through to FA website: 53,400
- Impressions shown from Mandarin AdWords Campaign: 781,000
- Click-through from Mandarin AdWords Campaign: 2,200
- Click-through rate: 2.85%
- Top city using FA website: London, England

Blogwatch

- No report this month

Community Outreach

- Planning continues for upcoming health fairs and trainings

Convention Resource Committee: Tammy J.

- 2017 World Service Business Convention took place on June 2-4, 2017 in Danvers, MA
- An email was sent to all WSI contacts with a letter to be read at July business meetings containing Convention highlights
- Please see the World Service Business Convention Report available at the FA website for full details
- The next FA World Service Business Convention will be held June 1-3, 2018 in Danvers, MA
- The next FA Fellowship Convention will be held October 12-14, 2018 at the Saddlebrook Resort in Tampa, FL

Service Group Support Committee Chair: Deme S.

- Service Group Support Committee (SGSC) focuses on supporting Local Service Groups (LSGs) in their activities to reach the still suffering food addict.
- An LSG consists of two or more FA members from two or more FA meetings who combine resources to do service. The primary purpose of the LSG is to operate at the local level to spread the word of FA to the still-suffering food addict and others such as family, medical professionals, clergy, and employers.
- Next SGSC conference call is Sunday, September 20 at 12:30pm PT; Intergroups and Chapters will report
 - Dial-in: 641-715-3818
 - Access code is 997569#
 - International dial-in numbers:
 - UK: +44 (0) 330-606-0180
 - Australia +61 (0) 38672-0100
 - Canada: +1641-715-3816
- 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. There is no abstinence requirement to join. There is a lot of interest and activity going on in the WAI LSG's—get involved!

- San Francisco LSG Update
 - Meets 1x/month in person for 45 minutes after Saturday 9am meeting
 - Five participants attending in person and 11 on email
 - Working on the following items:
 - Reached out to eight media contacts via phone and email to gauge interest in FA and see if they would be interested in an article about FA or providing a public service announcement. One LSG member received an email back from a woman from KQED that was very interested in learning more about FA. LSG members turned that contact over to PI for further follow-up
 - Used a calendar spreadsheet they received from WebLinks (weblinks@foodaddict.org) to post meetings in local online classifieds. Examples include [Reddit.com](https://www.reddit.com), SF Station, CA Foundation Fund, What2du, SF Gate, Red Tricycle, SF Weekly, Do the Bay, Women's Calendar, Events near here.
 - Next steps for July are to check in with the SF Area Coordinator for Community Outreach and see if they could use our help researching health fairs in the SF community that we may want to attend
 - Their Eventbrite posting has analytics embedded in it so we can see how many times their meeting has been viewed. SF 9am Saturday meeting has been viewed 27 times. Recently posted all the SF meetings to Eventbrite and one has received five views and another meeting received one RSVP. Working on changing the wording of the meeting to be more visible to people that are searching for a weight loss solution

12th Step Committee Chair: Erin S. ***connection* Magazine**

- Please share with fellows that *connection* is in need of the following articles: Lighten Up, No Matter What, First 90 Days, and stories about doing program on the frontier

Homebound Meetings/12th Step Calls

- The purpose of this committee is to assist FA members by bringing an FA meeting to their home or care facility when a member is unable to attend a meeting due to a physical illness or surgery
- The other purpose of our committee is to make 12th Step Calls; we provide support to a person who is not currently an FA member but is interested in FA and unable to attend a meeting due to a physical condition
- In order to arrange a homebound meeting or 12th Step call, please contact waihomebound@foodaddicts.org or call Linda Grace at 925-324-2807. She will put you in touch with the Area Coordinator who will assist you. Please do not plan Homebound meetings without contacting this committee
- There have been 21 Homebound Meetings so far this year, and there were three in June. A homebound meeting was recently organized on very short notice for someone recovering from knee surgery. Everyone enjoyed the fellowship and participating in the meeting, and it was especially meaningful because the person having the meeting just got her 90 days, so she was able to share for the very first time. There were four people at the meeting, so she felt comfortable sharing in the intimate setting and said it will help her open up at regular meetings. Another FA member had surgery at UCSF, which was far away from his meetings. He didn't know anyone in the area, but a homebound meeting was scheduled on very short notice. He was so grateful for this fellowship and support, and said it was like a breath of fresh air for him. One of the people attending the meeting said it was an honor to do service. The homebound member was then transferred from UCSF to Merced for rehab, where he didn't know anyone and where there are no FA meetings. FA members from four different cities were willing to bring him a meeting, have fellowship, and share a meal. Also, the homebound member was having difficulty obtaining abstinent food at the rehab center, so one of the meeting attendees actually gave him her dinner so that he would have an abstinent dinner. She was able to go home and put together another meal for herself, but this is the sort of service that is truly amazing. The homebound member said he was so grateful and that he felt like he had been visited by angels.
- If homebound meetings are not announced at your monthly business meeting, anyone can stand up and do so. This will help spread the word about this vital service. Please contact waihomebound@foodaddicts.org with any questions

WAI Outlying Area Speaker List

- This list is used by meeting speaker getters/secretaries in outlying areas to help find speakers with 90 days or more of continuous abstinence for their meetings. It contains contact information for members who are willing to travel 1-3 hours outside the Bay Area to qualify at a meeting. Contact waispeakerlist@foodaddicts.org to be added to the list
- The clipboards went around for review and updates as necessary, and also to allow members to add their name if they are interested in doing this service

Frontier Support Call Series

- The WSI 12th Step Committee is excited to announce the fourth in our four-part series of 2017 Frontier Support Conference Calls!
- The term “Living on the Frontier” refers to members living at least 100 miles from an FA meeting
- Please join us for the next call on Sunday, July 30, at 1:30pm ET
- Dial-in information will be available on the FA website on the “living on the Frontier” page: <https://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