

FA Western Area Intergroup (WAI) Meeting Summary
July 8, 2018

Next Meeting: August 12, 2018 from 10:30am–12:00pm

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

Remaining 2018 Dates: September 9, November 11, December 9

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: 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 Chair

- There will be no intergroup meeting in October due to the FA fellowship convention.

From the Public Information Committee

- The next WebLinks International Webinar/Call is Saturday, August 18th 1:30 pm PST. Email weblinks@foodaddicts.org for online meeting link, password and agenda. The meeting link and agenda will be sent out three days before the call to all who are interested in joining.
- Calendar Posting Database lists many free online event-listing sites to post your meeting announcements. Email weblinks@foodaddicts.org for access and start posting your meetings today.
- Send your college an email about FA. It takes only five minutes to fill our a college template letter. Email weblinks@foodaddicts.org for the template. We'll send it!
- If you see a blog (or article with comment section) about food addiction, email blogwatch@foodaddicts.org and we will post a Board approved comment.

Chair: Heidi V.

- Heidi opened the meeting with five minutes of Quiet Time.
- Closing remarks:
The Tool of sponsorship

The definition that resonated with me was: A person who vouches or is responsible for another person. And this exactly why I wanted absolutely no part of the job. The idea of giving up my time and energy to help another person did not appeal to me one bit. I liked food, not people! My big Ego did not want the daunting task of being ill-equipped and unable to fix/solve everyone's problems. Begrudgingly (because I was told to) I did start to sponsor with a hesitant and impatient attitude that most of, if not all my sponsees felt on the other end of that phone.

Little did I know at the time that sponsoring was going to open up my entire world on knowing how to relate with so many different kinds of people and that all my relationships in life would be sweeter just by being there and engaging with my sponsees. Yes, it was a big responsibility, but I could no longer just be greedy with my own recovery and hoard away the goods that had been passed on to me.

In my early days of sponsorship I had it all backward. Fix and control people to get them to do exactly what I thought they should do and all would be well. Although deep down my pure intent was to have my sponsees experience the peace and freedom I was receiving, I was wildly wrong in how I went about delivering my own personal journey.

Today My commitment and passion for doing God's will and passing on recovery continue to be the driving Force, BUT years of dissecting my disease in AWOL's and staying abstinent have led me to

know that all I have to do as a sponsor is to help someone not eat today, keep my own tools and disciplines in order, and pass on the program with way it was passed down to me.

Here's the Simple but not always easy deal: If I have been abstinent at least 6 months, am working all my tools to the best of my ability and am being completely honest about the condition of my program with my sponsor than I am ready. What a relief to realize I needed no doctorate, no PhD, no high paying job to make me a good sponsor. To not have to have the answers for people all the time was and is a huge weight off my shoulders. It's so good to trust that if they work their tools that they too will make a connection with a HP to help them along the way.

As a sponsor I can listen, encourage, be honest (sometimes brutally) and thank you God, be present. This unique practice has enabled me to apply all these principles to my husband, children, family and just about anyone who enters my life. Sponsorship is by far and large my favorite tool. It's an honor and privilege to be able to serve others in this special way. I consider my sponsees gifts and have learned how to love others in a healthy way. There's nothing like a sponsor/sponsee bond.

My sponsor is my role model. For the past 22 years she's taken calls over bad hair days, dating crazies, job gains/losses, a marriage proposal, kid freak-outs, health diagnoses up the kazoo and the list goes on. She leads more by who she is than what she says. By my own connection with God and by her steadfast example I am no longer a food person but a people person. I can only hope and pray that her love and faith continues to slowly trickle down into my heart and may all of us continue to pay it forward.

- Heidi closed the meeting with the Serenity Prayer

Treasurer: Stella J.

As of June 2018			
Beginning Balance: \$13,805.36			
INCOME/GROSS PROFIT		EXPENSES	
Donations	\$3,633.37	Office	\$393.45
Literature	\$706.72	PI	\$239.16
Interest income	\$.07	Travel fund	\$90.70
<i>Total Income</i>	<i>\$4,340.16</i>	Donation to WSI	\$3,000.00
Less cost of goods sold	\$682.29	Rent	\$250.00
		Tax and License	\$10.00
Gross profit	\$3,657.87	<i>Total Expenses</i>	<i>\$3,983.31</i>
	Net income		(\$325.44)
	Ending balance		\$14,369.38

As of July 2018			
Beginning Balance: \$14,369.38			
INCOME/GROSS PROFIT		EXPENSES	
Donations	\$2,804.71	Office	\$0
Literature	\$0	PI	\$0
Interest income	\$.07	Travel fund	\$1,040.40
<i>Total Income</i>	<i>\$2,804.78</i>	Donation to WSI	\$0
		Tax and License	\$25.00
Less cost of goods sold	\$0	Rent	\$0
Gross profit	\$2,804.78	<i>Total Expenses</i>	<i>\$1,065.40</i>
	Net income		(\$1,739.38)
	Ending balance		\$13,878.22

Vice Chair: Brandon C.

- 8 people stood up as available sponsors

Office Committee Chair: Jim D.

New meetings:

- Waipahu, HI Wednesday 8am
- Murrieta, CA Wednesday 7pm

Cancelled Meetings:

- Concord, CA Thursday 7pm
- San Antonio, TX Wednesday 7pm
- Dallas, TX Thursday 7pm
- Modesto, CA Monday 6:30pm

Location and time changes:

- West Jordan, UT Thursday 9am now meets at 9:30am
- Bremerton, WA Wednesday 7pm now meets Saturday 8am at new location
- Cathlamet, WA Thursday 5:30pm now meets 6pm

Public Information Committee: Su S.

Media Watch

- Statistics:
 - Sent out 120 contacts
 - Received nine personal responses
- Interviews:
 - "Too Fat and Getting Fatter", Aisha Dow, The AgeDigital Edition (major newspaper in Melbourne, Australia), 20 June 2018
 - Conscious Talk podcast, 30 May
- Personal Responses (Examples):
 - Thank you so much for the information on your absolutely vital organization. I will note this for our not-for-profits on the resource pages so that people can find the critical support needed.
 - Hi, thank you so much for reaching out with this information. I wasn't familiar with your organization, but will keep it in mind for future articles. I appreciate you taking the time to give me a heads-up.
 - Thank you. I appreciate your email and the good work that you are doing.
 - ...thank you very much for your email and for bringing to my attention your organization. I am very interested in food addiction, especially in the experiences of people as they start to refrain from consuming foods that have caused them problems.
 - Thank you so much for this information, I know of it and I have FA,s "big book ". I will mention this to my colleague in USA.

Weblinks

- New website links: 68
- New college website links: none
- Number of colleges accessing FA website last month: three
- Visits from college links: seven
- Total website visits last two months: 44,823 (Users: desktops 40%; mobile 51%; tablets 9%) (Sessions: traffic 70,394 total; desktops 35%; mobile 56%; tablets 8%)
- Social network referrals: 966 (Facebook 862; Pinterest 35; YouTube 24; Instagram 14; Twitter 2)
- Total Weblinks referral traffic: 2,367
- Google banner ads (Impressions): 282,884
- AdWords Click-through to FA website: 14,784 (AdWords down 50% in this period due to new guidelines issues)
- Click-through rate: 5.23%

Blogwatch

- 26 Attempts
- 109 Appear
- Six pending
- Totals to date: 1042 Attempts; 521 Appear

Community Outreach

- Upcoming events include: a health fair at the Allen Temple Baptist Church (Oakland); Kaiser Clinical Health Educators presentation (Vacaville); Marin Senior Fair (Marin Center Exhibit Hall)
- WAI PI and WAI SGSC hosted another in a series of conference calls to collaborate with fellows in the Pacific Rim who have requested help with PI outreach.

- **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
 - Next meeting: Sat. July 28
 - Attendees: 6-11 attendees
 - Contact Cynthia B or Lenell
 - Google doc created to share with each other to track activity.
 - Agenda format:
 - Serenity Prayer
 - Introductions (all members) First name and City.
 - Read bullet #1 from the guidelines (shared reading). "What is a Local Service Group and what is its purpose?"
 - Review last month's agreed upon service activities.
 - Discuss new service activities
 - Previous/ongoing activity:
 - Craigslist posting about FA and available meetings is being updated every Friday
 - Church Follow ups: we are following up on 2 churches that hold FA meetings to see if they'll allow info about FA in church bulletin. 1 pastor will allow tri-fold display
 - FA book has been placed in Marshall Medical Center Library
 - Tri-folds have been dropped off at 3 different new locations, waiting on approval
 - Folsom Lake Library: FA book has been checked out 2x since January
 - We are exploring Folsom/Sacramento Kaiser to see what possibilities FA could have as a connection there
 - Remind meetings that we have the nice health professional tri-folds to take to doctors.
- 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 - 10 Views this month and 4 RSVP. Total views: 138
 - Previous/Ongoing Activity:
 - Main focus to coordinate an Info session with branches of the SF Public Library The local service group booked a date and were approved for the SF Main Library on August 11th @ 2pm. There is time to promote the event. It's already up on the FA website! We are currently coordinating speakers and posting the event in online calendars.
 - Working on dropping off FA books in local "Little Free" libraries in the bay area.
- Mid-Peninsula/South Bay – New group
 - Meeting time and place: 3rd Saturday of the month at 10:30 at the First Presbyterian Church in Palo Alto following the 9am Saturday morning meeting.
 - Contact Maria R.
 - First meeting in April and have had a total of 3 to date.
 - Attendees: Typically 6-9 attendees
 - Current initiatives
 - Getting set up
 - Picked 10 meetings from Burlingame to San Jose to focus on
 - Participants read materials on website and attended Forum and other SGSC events at Convention to get more ideas
 - Currently updating local trifold to reflect our 10 meetings in preparation for a trifold push event
 - Team members build awareness for the LSG by announcing at their meetings
 - Brainstormed activities. We are adding to the list and adjusting our priorities based on our experience with outreach and learnings from Convention.

- Outreach
 - Community Outreach
 - Posted the 10 meetings on Eventbrite.
 - Did an inventory of books in local libraries and determined that most were covered. Might need to see if they'd been checked out in the last year or check them out but that didn't seem like a priority.
 - Put together a Google sheet of local community and health organizations to reach out to. Next step is to have people volunteer for which they will contact for trifolds and/or info sessions.
 - PI reps encouraged to remind fellows via announcements to take Health care brochures and Faith Community letters and share with their contacts.
 - Ask the organizations where we hold meetings to post about the meetings in their newsletters, on websites and via trifolds on site. So far, First Presbyterian Church where the Sat Palo Alto meeting is held, has agreed to post trifolds in two areas of their church.
 - Health Outreach
 - Reached out to PAMF (Palo Alto Medical Facility). First efforts were rebuffed as they thought there was a conflict in recommended treatment with what is proposed by their nutrition department. Plan to reach out to the head of PAMF to suggest FA as an option for people for whom nutrition counseling has failed and to make internists and addiction specialists more aware through an info session and materials. No timing set for this yet.
 - Reached out to Stanford health center but no response yet. Need to follow up. Also want to connect with Stanford Medical School.
 - Brainstormed that reaching out through Psych and Addiction services might be helpful as they include people more receptive to the 12 steps.
 - Local physical therapist group agreed to host a trifold rack.
 - Fellowship Outreach & Activation
 - At last meeting got enthusiastic response to the idea of a Fellowship & Trifold event that someone heard about from another LSG at Convention. The idea is to gather fellows for a picnic lunch and ask each to take four trifolds and post them somewhere in their community. Liked the idea of fellowship, service, awareness building within the fellowship for easy ways to do service and a fun way to engage more people who might not be able to attend the LSG meeting on Saturdays. We will be working on this event this summer.

Convention Resource Committee: Tammy J.

- No report this month.

12th Step Committee Chair: Erin S.
connection

- A Digital Strategies Sub-committee has been formed that will focus on making our digital subscription more easily accessible and working on other ideas to improve our website.
- Please continue to encourage anyone you may know that lives on the frontier to write about what that is like so we will have plenty of articles to keep the new Frontier Section of the Connection going.
- Continuing to encourage fellows to increase their stories lengths. Reminder that writing coaches are available. Don't be shy to elaborate on your stories. Of course, we don't want to discourage people from sending whatever length you can, it's just a suggestion.
- Any issues you may have 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.
- The connection committee here locally at intergroup continues to focus on what is blocking us from writing and submitting more articles. We have a call list called, "Commit to Submit" where we partner up with other members on the Connection Committee which has improved the amount of article submissions. Also, anyone who wants to sign up on a list, receives a call or a text reminding them before the next Intergroup to do something Connection related, write an article, submit an article, purchase a Connection subscription, log on to the Connection website and navigate it, etc.

- Connection Rep call information is on the website
 - dial-in number is 605-475-4000, passcode 273053#
 - Next Call is On Sunday Sept 16, 2018 3pm EST/12pm PT

Homebound Meetings/12th Step Calls

- The Homebound Committee brings FA meetings to members who are unable to attend a regular meeting due to a physical condition or surgery. HB meetings are usually held in someone's home for one hour, but can also be held at a hospital or Care facility. They should not be scheduled to conflict with a regularly scheduled FA meeting or to conflict with mealtimes.
- There were 5 meetings in May and June, 4 in California and one in Houston Texas.
- It's easy to inquire about or initiate a HB meeting. Anyone can email waihomebound@foodaddicts.org and you will be contacted with information and Eli.
- The 12 Step Call Committee provides support to a person not currently in FA but is interested in FA but unable to attend a meeting due to a physical condition. If you know of anyone who needs this please contact us a waihomebound@foodaddicts.org.
- Please announce the availability of HB Meetings and 12th Step Calls at your monthly meeting.

Gratitude in Action

- GIA (Gratitude in Action) is a free, quarterly email publication of the WSI 12thStep Committee, offering tools and resources within FA to inspire us to do service. You can receive copies by email when you register on the website
- You can view past issues of Gratitude in Action online at www.foodaddicts.org/newsletters
- You can subscribe to Gratitude in Action by updating your email preferences in your personal profile on www.foodaddicts.org
- To send in a submission or feedback to Gratitude in Action go to GIA@foodaddicts.org

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