

FA Western Area Intergroup (WAI) Meeting Summary
March 11, 2018

Next Meeting: April 8, 2018 from 10:30am–12:00pm

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

Remaining 2018 Dates: May 6 (1st Sunday), June (none), July 8, August 12, September 9, October 7 (1st Sunday), 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.

March Intergroup Highlights

From the Chair

- Jim D. has been appointed by the board and graciously accepted to take over as Office Committee chair starting in April.

From the Public Information Committee

- Calendar Posting Database lists many free online event listing sites to post your meeting announcements. Email Weblinks@foodaddicts.org for access. Start posting your meetings today.
- Send your college an email about FA. It only takes 5 mins to fill out a college template letter, email: Weblinks@foodaddicts.org for the [template](#). We will 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

From the Convention Resource Committee

- Please refer to the Convention page of the FA website for detailed WSI Business Convention information.

Chair: Heidi V.

- Opened the meeting with five minutes of Quiet Time
- Closing remarks:

Have you ever heard the expression, “dare to be average”? Or in recovery terms do you often hear, “One among many”? And my all-time favorite is when my sponsor reminds me that I’m just another “Bozo on the bus”. However we hear it and say it, it really means only one thing...Our egos must die. It was probably one of the harder, if not hardest lessons for me to learn as a food addict.

A common disease response to any given situation is I don’t think much of myself, but I’m all I think about. I come from being plagued by what other people think of me.

Prior to recovery I remember after buying my binge foods at the 7/11, I would always worry what the cashier thought of me. I thought they would be staring at my body, thinking about how fat I am and judging me for what I was buying. I’d be consumed with the idea that even after I left the store that they’d go home and tell others about what they saw. This took up so much headspace that I started putting much thought into when to go and even plotted out other 7/11 stores so they wouldn’t see me so often. This is self-centeredness at its finest. Like these cashiers give two hoots about who I am and what I’m eating!!! And if for some reason they did need to judge me it’s more likely moments than a lifetime.

Well into my recovery this kind of thinking has reared its ugly head. About 8 years ago my son who’s now 13 started kindergarten. From that time until the present I have yet to attend a PTA meeting. Besides the fact that it doesn’t interest me, these meetings have always been held at the

exact same time and day of my AWOL. Similar to the 7/11 experience I have plummeted in my thinking many a time. The variations include, worrying what the other mom's and teachers think of me, thinking they're all talking about me, wanting to go so I'd look like a supermom, etc. I am a typical egomaniac with an inferiority complex, at it again.

After years of ignoring those nasty voices and showing up to my AWOL's instead, here's what I'm learning:

- 1) I get more relief now knowing I'm just not that important and that most likely people aren't consumed with my comings and goings
- 2) I get to live and let live. Good for them and good for me. I don't need to tear others down to make myself feel better.
- 3) I get to go to my AWOL to learn how to be a better mom, not a superstar.
- 4) And if for some reason "they" are judging me, talking behind my back, etc. then I'm still Ok. I am enough, I have enough and I do enough.

I strive each and every day to dismiss these first disease thoughts and go deeper to get to the truth and facts. I get much reassurance from my sponsor, fellows, writing and QT. I'm so grateful I'm not consumed by this thinking like I used to be. I continue to get more peace and freedom the longer I don't eat, work the steps and be of service. I'm always reminded that if I don't eat and help another food addict today that I've fulfilled my purpose. This simple outline lets us live without self-loathing and freedom of food obsession.

Neutrality around the food is first and foremost, then neutrality around people, places and things has become a huge motivator. Humility is seeing things as they really are. If we finally see ourselves and each other as the beautiful Bozos that we are, I think God has done a good job!

- Closed the meeting with the Serenity Prayer

Treasurer: Stella J.

As of February 2018			
Beginning Balance: \$17,128.12			
INCOME/GROSS PROFIT		EXPENSES	
Donations	\$4,030.88	Office	\$9.31
Literature	\$989.94	PI	\$250.00
Interest income	\$.07	Travel fund	\$0
<i>Total Income</i>	<i>\$5,020.89</i>	Donation to WSI	\$4,000.00
Less cost of goods sold	\$864.76	Rent	\$250.00
Gross profit	\$4,156.13	<i>Total Expenses</i>	<i>\$4,509.31</i>
		Net income	(\$353.18)
		Ending balance	\$14,179.90

Vice Chair: Brandon C.

- 17 people stood up as available sponsors

Office Committee Chair: Nora K.

New meetings:

- None

Cancelled Meetings:

- Tuesday 7pm Williamstown, Victoria, Australia

Location and time changes:

- None

Public Information Committee: Su S.

Media Watch

- Sent out 57 contacts
- Received three personal responses
- Interviews: None

Weblinks

- Dial-New website links: 57
- New college website links: one
- Number of colleges accessing FA website last month: three
- Visits from college links: five
- Total website visits last month: 47,480 (desktops 50%; mobile 41%; tablets 9%)
- Total Weblinks referral traffic: 1,626
- Google banner ads (Impressions): 59.1K
- AdWords Click-through to FA website: 25.8K
- Mandarin AdWords Campaign clicks to FA site: 2,783
- Impressions shown from Mandarin AdWords Campaign: 88.504K
- Click-through rate from Mandarin AdWords Campaign: 4.38%
- Hebrew AdWords Campaign clicks to FA website: 632
- Impressions: 14K
- Click-through rate: 4.57%
- Top cities using FA website: London (England), SF, NYC, Cape Town, Tel Aviv, LA, Sydney
- Top countries using FA website: USA, UK, Canada, Taiwan, Australia, Israel

Blogwatch

- 14 Attempts (three from Facebook)
- Seven Appear and seven are Pending (three from Facebook)
- Zero rejected
- Totals to date: 948 Attempts; 477 Appear
- We got email responses from 12 colleges regarding NEDA Week. One response from a healthcare professional at the University of Miami's Medical School asked if she could go to a meeting. Other responses include seven colleges within EAI and five within WAI.

Community Outreach

- Planning for 2018 health fairs and Information Sessions continues
- Recent events: City College of San Francisco (SF) classroom Information Session for two instructors and 15-20 students in the CCSF Alcohol and Drug Studies certificate program; health fair at Fremont Prince of Peace Church and School (Fremont, CA); and the all-day conference: Taking Control of Your Diabetes (Sacramento, CA)
- The subcommittee is looking for an area coordinator for the SF East Bay. Two-year abstinence is required but one does not need to live in the SF East Bay to serve. This person will partner with the co-chair and area coordinator to identify volunteers, assemble literature, and attend events, when available
- Collaboration continues with local service groups

Service Group Support

Foothills-Sacramento

- Meets monthly on 4th Saturday
- Attendees 8 in person
Next meeting Saturday, March 24 at St. Andrews United Methodist Church at 10:45am.
Contact Cynthia B or Lenell
Current activities:
 - Contacting churches where FA meetings are held to see if they are willing to post a blurb about FA in their church bulletin
 - Posting tri-folds at Starbucks (with permission)
 - 10-min Connection writing workshop for LSG attendees

Sonoma County

- Meets the last Friday of the month, 4pm via teleconference
- 2 attendees in Feb

- Contact Diane K for more information
- Current Activities
 - Physician's brochure - A fellow received an email for a physician's request for trifolds. The physician learned about FA through the healthcare brochure and hearing a fellow's personal FA story. Request to doctor was fulfilled. LSG will reach out to Community Outreach to see if further follow-up is beneficial
 - Trifolds - new locations such as health centers and refilling racks

San Francisco

- Meets 1x/month; 2nd Saturday of the month.
- 4 people in person; 13 on emails.
- Contact Amber J for more information Successful collaboration with Community Outreach at CCSF
- Current Activities
 - Successful collaboration with Community Outreach at CCSF

Convention Resource Committee: Tammy J.

- Online registration for the WSI Business Convention open until March 31, 2018 8:59 PT. Remember to choose meal plan option carefully as changes cannot be made once payment is submitted
- Convention information including hotel reservation, ride and lodging share list, sample meal plan, and service opportunities is posted on the FA website.
- The Forum will take place Friday June 1st 1-4 PM. Breakout sessions planned will highlight topics to support personal recovery and meeting health.
- Hotel rooms block at the FA rate are sold out, but there are a limited number of rooms available at a slightly higher rate.
- The 2018 FA Fellowship Convention will take place on Friday October 12-14th at the Saddlebrook Resort in Tampa, Fla.

12th Step Committee Chair: Erin S.

Connection

- We could still use Frontier articles, all sections are in need so please write
- The first Frontier Focus section will be in the upcoming July/August issue! Please encourage anyone you know on the frontier to write about what it is like to live on the Frontier.
- We've noticed that the articles we are getting have been very short lately, almost half as long as the allotted word limit. So we want to encourage folks to flesh out their stories some more if they feel they can
- Writing coaches are always available.
- 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.
- Connection Rep call information is on the website: The next call is Sunday March 18th at 3 pm EST.

Homebound Meetings/12th Step Calls

- The Homebound Committee brings FA meeting to members who are unable to attend a regular FA meeting due to physical condition or surgery
- There were 7 HB meets in February, two were for two people recovering from surgery and two were for a fellow who is homebound due to continued physical disabilities
- Three HB meetings were held for someone who has been homebound for a very long time. In less than 2 months in FA, this member is able to walk and be without oxygen and will be able to attend in person meetings shortly
- Although it's not an official part of the Homebound Committee, people often come forward to shop, bring meals and help the HB person when needed. Always amazing to see this fellowship show up for each other
- The 12th Step Call Committee provides support to a person not currently in FA but who is interested but unable to attend a meeting due to a physical condition
- It is easy to inquire about or initiate a HB meeting. Anyone can email waihomebound@foodaddicts.org and someone will be in touch to help
- Please announce the availability of Homebound Meetings and 12th Step Calls at your monthly business meeting

Gratitude in Action

- The A quarterly publication of the WSI 12th Step Committee that is designed to inspire and support FA members to do service, which, along with abstinence and gratitude, is one of the pillars of our program.
- Please do your part by reading Gratitude in Action, sharing with others what service means to you, and contributing your experience for consideration in future editions of this fellowship-wide newsletter. (Copies are available on the FA website at www.foodaddicts.org/newsletters or by subscribing through your account preferences on the site.)
- To send in submissions or feedback to Gratitude in Action contact 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