

FA Western Area Intergroup (WAI) Meeting Summary
May 7, 2017

Next Meeting: July 9, 2017 from 10:30am–12:00pm

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

2017 Remaining Intergroup Dates: July 9, August 13, 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: Elaine L. wai12thstep@foodaddicts.org	

Chair: Heidi V.

- Heidi opened the meeting with five minutes of Quiet Time
- Opening remarks: Andrew is filling in for Vanessa this month. Some of you may know, but Vanessa’s dad was in an extremely severe car accident while visiting Vanessa last week and continues to need prayers as he is still in the ICU in critical condition. Also, I just want to remind everyone that we are not to be saving seats. It’s been discussed in previous years at Intergroup, as it seems to cause discord amongst fellows. If anything, newcomers should be allotted the first few rows, along with Committee Chairs and the hearing impaired. If you’ve been around a long time, try taking seats further back in order to make the newer folks feel welcomed and a part of
- Closing remarks: As you may have noticed, we are meeting the first Sunday of this month because next Sunday we are celebrating Mother’s Day. Not all of us are mothers or have mothers. Some may have a hard relationship with their mother or have lost a mother, or some may never have even known their mother. And in other cases, you may have longed to be a mother or are scared of becoming one. In recovery, we get to re-evaluate old, lost, broken, and new relationships. The woman who gave birth to me is the woman I wanted out of my life before FA. Abstinence and doing the 12 Steps changes our personality. I have grown to love and accept my mother for who she is, not who I think she should be. And although I am grateful for this reunion, I know the most important “family”—the family that fills my empty well—is right here in these rooms. If you take a moment and look around, you will see we are way more alike than we are different. There are deep hurts and hardened hearts needing to be healed, but there is also a plethora of love and recovery. Before I could go back and step foot into my mother’s presence, I had to reach out many times over to my fellows as a source of strength, hope, truth, and peace. This new family around us will give to us and take from us, and with God’s help, we will eventually be made anew. Happy Mother’s Day, Father’s Day, and every day in between! Due to the Business Convention and Father’s Day, we will not be having Intergroup in the month of June. We will see you all on July 9
- Heidi closed the meeting with the Serenity Prayer

Treasurer: Stella J.

As of April 2017			
Beginning Balance: \$12,601.89			
INCOME		EXPENSES	
Donations:	\$4,489.46	Office:	\$43.45
Literature:	\$1,066.99	PI:	\$495.66
Interest income:	\$.07	Travel fund:	\$0
		Donation to WSI:	\$3,000
		Rent:	\$250.00
Total Income:	\$5,496.52	Total Expenses:	\$3,789.11
	Net income:		\$796.03
	Ending balance:		\$13,471.40
	Cost of goods sold:		\$911.38

* NOTE: office expenses include an insurance refund of \$957

Vice Chair: Brandon C.

- Twelve people stood up as available sponsors

Office Committee Chair: Nora K.

New meetings:

- Saturday 9am Oxnard, CA
- Wednesday 9am Santa Rosa, CA

Cancelled Meetings:

- Saturday 10:30am Mankato, MN
- Wednesday 7pm San Mateo, CA

Location and time changes:

- Tuesday 7pm Paddington, New South Wales, Australia now in Darlinghurst
- Saturday 8am Oakland, CA new location 3600 Kaiser Hospital Lower Level Room A

Public Information Committee: Su S.

Media Watch

- Sent out 62 contacts
- Received five personal responses
- Article: "Overeating 4 Comfort," *Sharing Solutions Magazine*, issue dated 8 April 21, 2017, authored by Sujata Devadas
- Personal responses: Dear Mery. Thank you for reaching out and for sharing your site. I will take a look at it. -Tona
- Response from Dr. Tonatiuh Barrientos mentioned in the article "Diabetes in Mexico: A Challenge to Improve Diet and Exercise"
- Hi Mery. Thanks for getting in touch. My name is Sian, and I work at Beat. Given your email below, I thought you might be interested in enlisting your meeting groups on our HelpFinder directory. The Beat [HelpFinder Directory](#) is a database of UK services providing support to people affected by eating disorders and problem eating. HelpFinder lists both statutory services and non-statutory services including voluntary organizations, private healthcare providers, counsellors, and therapists. The HelpFinder pages are one of the top five most viewed pages on the Beat website. The pages are also used by our Helpline staff five days a week to refer callers to local services. We also now provide the eating disorders listing information for the [NHS choices](#) website, so your listing will appear on HelpFinder and NHS Choices. You can sign up online on the HelpFinder website [here](#) or return the attached booking form. For more information please contact me or send an email to helpfinder@b-eat.co.uk. Let me know your thoughts. Best wishes, Sian (Sian Johnston, External Affairs Support Officer, Tel: 01603 753326 | www.b-eat.co.uk)
- In response to a letter sent concerning an article titled "Doctors Tell Eating Disorder Patients to Come Back When They are Thinner"

WebLinks

- New website links: 8
- Visits from college links: 15
- Total WebLinks referral traffic last month: 2,097 visits from sites
- Impressions shown from the Mandarin AdWords Campaign: 78,147
- Click-through from Mandarin AdWords Campaign: 2,427
- WebLinks has released a new database of locations for online newspapers and events calendars called the [Calendar Announcement Resource](#) where local PI reps can post their local calendar announcements. The link to this resource is available through weblinks@foodaddicts.org. All online papers and events in the database are organized by city and state for easy access. Just click on the link and start your calendar announcement
- Anyone with language skills in German, Hebrew, French, or Spanish is welcome to join the Adwords foreign language campaign. Your help will be much appreciated
- If you have contacts within sororities or are willing to help contact sororities to help get the word out about FA, please contact Margaret L. weblinks@foodaddicts.org

Blogwatch

- Four posts; two approved and two pending

Community Outreach

- Cañada College, Redwood City 4/18
 - Gave out 17 trifolds. Spoke with faculty, students, and event vendors. One instructor took five trifolds to pass along to her students
- Skyline College, San Bruno 5/3
 - Director of Nursing shared her story about trying to control her weight post-pregnancy and expressed interest in the FA program
 - A student who had a brain tumor shared how she struggles with weight and depression
 - A student shared how she obsessively counts calories
 - A student in the respiratory unit deals with sleep apnea. Two of the fellows talked about how they also had sleep apnea when they were heavy but that their sleep apnea is gone now that they've lost weight
- Laney College, Oakland
 - Restore Women's Wellness Centers asked if someone from FA could speak at one of their June meetings. Community Outreach is following up
- Dominican University employee health fair 4/28
 - Excellent turnout
 - 44 trifolds handed out
- Merritt College Community Health Fair, Oakland 4/25
 - 22 trifolds handed out
- Sacramento City College, Sacramento 4/20
 - 20 trifolds handed out
- Community Outreach is working on upcoming events: a panel at Samuel Merritt University as part of their Community Learning Series for healthcare professionals and a lunch-and-learn at Kaiser Permanente in Santa Rosa

Convention Resource Committee: Tammy J.

- The 2017 World Service Business Convention takes place June 2-4, 2017 at the Double Tree by Hilton in Danvers, MA
- The Friday 10:00 AM Chelsea, MA meeting has a one-day location change. On June 2 only it will take place at the Whidden Memorial Hospital. Location details are available at the FA website. Members are invited to bring their lunch for fellowship after the meeting
- An email was sent to all WSC voting members regarding the WSC Member conference call. Information for this call can be found on the FA website Convention page called "Email #4" under information and documents
- WSI strongly recommends that Voting Members prepare themselves for the Convention; please review the WSC Member Manual and see the Convention page on the FA website for important information
- The hotel where the Convention takes place is sold out of rooms. Please refer to the Convention page on the website for alternate options or the Ride and Lodging List. Log in to your personal profile page and follow the Ride and Lodging list link.
- If you have a hotel room you won't be using, please send an email to convention@foodaddicts.org

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
- Any FA member can join an LSG. In order to protect our personal recovery, it is suggested that a member speak with their sponsor before participating, especially if a member has less than 90 days of abstinence
- A member of the LSG should have 90 days of continuous abstinence and be working with an FA sponsor in order to take on a temporary service position in an LSG
- Sometimes an LSG forms simply as a natural outgrowth of two or more PI reps and other members working together to coordinate a PI function. If this is the case, be sure to connect with the PI Subcommittee
- The next SGSC conference call is May 21 at 12:30pm PT; Intergroups and the Maine Chapter will be reporting
 - 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!

12th Step Committee Chair: Elaine L. connection Magazine

- Please share with fellows that *connection* is in need of the following type of articles: Lighten Up, No Matter What, First 90 Days, and stories about doing program on the frontier
- There will be a *connection* writing session and a *connection* art session at the Business Convention on Friday afternoon June 2
- The next *connection* conference call is Sunday, May 21, 2017. The dial-in number is 605-475-4000, and the passcode is 273053#

Homebound Meetings/12th Step Calls:

- The purpose of the Homebound Committee is to assist FA members by bringing an FA meeting to his/her home or care facility when he/she is unable to attend regular FA meetings due to a physical illness or surgery
- The purpose of 12th Step Calls is to provide support to a person who is not currently an FA member but who is interested in FA and unable to attend a meeting due to a physical condition
- If you or someone you know needs a Homebound meeting or a 12th Step Call, please send an email to waihomebound@foodaddicts.org, and you will be put in touch with your Area Coordinator. Please do not plan a Homebound meeting on your own, as we like to keep track of them, and we also have specific guidelines and formats to follow. It's also beneficial to get feedback after the meeting
- Our committee is working on finding ways to spread the word that we make 12th Step Calls. The most effective method is by word of mouth, so if you know of anyone who might be interested, please send an email to waihomebound@foodaddicts.org
- We are currently working on compiling phone numbers of the 200 hospitals and care facilities that were sent letters about FA. In the near future, we will follow up with phone calls to the appropriate people at these organizations
- Last month four Homebound meetings were held. We are currently planning a Homebound meeting for someone traveling from their home to San Francisco for a long-awaited surgery. This person expressed a lot of gratitude for this help during a stressful time and is looking forward to the meeting, fellowship, and support. I would like to thank everyone who coordinated and/or attended a Homebound meeting
- If Homebound meetings and 12th Step calls are not announced at your monthly business meeting, anyone can stand up and do so. Please send an email to waihomebound@foodaddicts.org if you have any concerns or questions

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