

FA Western Area Intergroup (WAI) Meeting Summary
May 6, 2018

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

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

Remaining 2018 Dates: August 12, September 9, October 7 (1st Sunday), November 11, December 9

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: 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.

May Intergroup Highlights

From the Chair

- There will be no intergroup meeting in June due to the FA business convention.

From the Convention Resource Committee

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

Chair: Heidi V.

- Brandon took over Chair duties this month
- Brandon opened the meeting with five minutes of Quiet Time.
- Closing remarks:
 Why am I here at Intergroup today? When I started program and my sponsor suggested for me to go to Intergroup (I rolled my eyes) but took the suggestion anyway. I showed up and was drafted into service right away putting chairs out before and after the meeting. and so started my journey of service at Intergroup.

Shortly into my recovery the dots were connected for my path to finding program. I had a friend who had cut out a meeting announcement and put it on her fridge for 9 months, then made her way to a meeting and 7 months later she had noticeably lost a lot of weight, I asked her how, she told me very little and guided me to the next meeting.

I came to find out that one of the long term members had come to Intergroup and learned how to put meeting announcements in her local area through the Public Information committee. That member took her sponsors suggestion on coming to Intergroup (I'm assuming), did service and the way was made for me. I will always be grateful for that member, Intergroup and for all of you here today for just being here and being abstinent.

Thank you God for Service.

- Brandon closed the meeting with the Serenity Prayer

Treasurer: Stella J.

As of January 2018			
Beginning Balance: \$17,128.12			
INCOME/GROSS PROFIT		EXPENSES	
Donations	\$3,940.28	Office	\$126.00
Literature	\$584.24	PI	\$0

Interest income	\$0.07	Travel fund	\$0
<i>Total Income</i>	<i>\$4,524.59</i>	Donation to WSI	\$3,000.00
Less cost of goods sold	\$583.76	Rent	\$250.00
Gross profit	\$3,940.83	<i>Total Expenses</i>	<i>\$3,376.00</i>
Net income		(\$564.83)	
Ending balance		\$13,805.36	

Vice Chair: Brandon C.

- 14 people stood up as available sponsors

Office Committee Chair: Jim D.

New meetings:

- Cathlamet, WA Thursday, 5:30pm
- Santa Ana, CA Friday, 6pm

Cancelled Meetings:

- Fallbrook, CA Monday 7pm
- San Antonio, TX Wednesday 7pm
- Dallas, TX Thursday 7pm

Location and time changes:

- Sandy, UT Thursday, 7pm now in Murray, UT
- West Jordan, UT Tuesday, 10am has changed time to 9:30am

Public Information Committee: Su S.

Media Watch

- Statistics:
 - Sent out 80 contacts
 - Received five personal responses
- Interviews:
 - Wellness Radio with Dr. Jeanette (podcast) BlogTalkRadio.com 4/5/18
- Personal Responses: None

Weblinks

- website links: 14
 - New college website links: none
 - Number of colleges accessing FA website last month: four
 - Visits from college links: seven
 - Total website visits last month: 45,668 (desktops 44%; mobile 46%; tablets 9%)
 - Social network referrals: 580
 - Total Weblinks referral traffic: 2,550
 - Google banner ads (Impressions): 533,755
 - AdWords Click-through to FA website: 27,900
 - Mandarin AdWords Campaign clicks to FA site: 821
 - Impressions shown from Mandarin AdWords Campaign: 19,148
 - Click-through rate from Mandarin AdWords Campaign: 4.3%
 - Hebrew AdWords Campaign clicks to FA website: 556
 - Impressions: 11,674
 - Click-through rate: 4.8%
 - Calendar Posting Database lists many free online event-listing sites to post your meeting announcements. Email Weblinks@foodaddicts.org for access.
 - Email: Weblinks@foodaddicts.org to fill out the college template letter. Weblinks will send it!
 - If you see a blog (or article with comment section) about food addiction, email: Blogwatch@foodaddicts.org and a board-approved comment will be posted.
 - Next weblinks webinar/call is Saturday May 26th.

Blogwatch

- 20 Attempts (three from Facebook)
- Ten Appear (3 from Facebook) and nine are pending (three from Facebook)
- One rejected
- Totals to date: 1006 Attempts; 512 Appear

Community Outreach

- April health fair events took place at the College of Alameda, Merritt College, Skyline College, Laney College, Sacramento City College, and Dominican University
- Upcoming Events include: CA Dept of Health Care Services (DHCS), Sacramento; P.I. Panel for the Diabetes Support Group at Kaiser Permanente, Vallejo; and a health fair at the Allen Temple Baptist Church, Oakland

Service Group Support

- Sacramento-Foothills (new LSG!)
 - The Newest LSG – started meeting in January.
 - 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. May 26
 - Attendees: 11
 - The LSG created a Google doc to share with each other to track activity.
 - Agreed on the following 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
 - Ongoing/previous activity:
 - Follow up with hospitals
 - Letters
 - Speak at Lunch and Learns or employee meetings
 - Network within FA for direct contact in hospitals instead of sending mail that could get overlooked.
 - Hospital health fairs
 - Contacting Churches where FA meetings are held, to ask about getting FA listed in their newsletters/bulletins.
 - New actions:
 - Church follow up for announcements in church bulletin.
 - Follow up with nurse at Folsom Lake College who requested tri-fold rack
 - Discussed Craig’s List postings and using Event Brite.
 - Sponsor a rack: Outreach in Folsom and El Dorado Hills
 - Brainstormed possibilities for books and racks. High school counselors’ offices, libraries, hospitals
 - Remind meetings that we have the nice health professional tri-folds to take to doctors.
- San Francisco
 - Meet 1x/month on the second Saturday of the month.
 - 7 people meet in person and 13 on emails.
 - Eventbrite - 2 Views this month and 4 RSVP. Total views: 128
 - Past Month:
 - Our main focus has been coordinating an Info session with the SF Public Libraries. Looking at June 23 or 30. We brainstormed ways to publicize the event to reach newcomers.
 - Reaching out to local contacts from past San Francisco health fairs that expressed interest in FA. We are offering trifolds, FA Books, info sessions/speakers, and weblinks.
 - Looking at a draft letter created by Blogwatch to brainstorm how they might be able to use some of the language for LSG purposes.
 - We are also working on dropping off FA books in local libraries.
- Sonoma
 - Meet via ‘FreeConferenceCall.com’ monthly
 - Meets the last Friday of the month, 4pm via teleconference
 - 2-6 participants on average
 - No new activity

Convention Resource Committee: Tammy J.

- The Forum will take place Friday June 1st 1-4 PM. Breakout sessions planned will highlight topics to support personal recovery and meeting health.
- WSC voting members are encouraged to review the documents for WSC members on the website before the convention.
- There will be two conference calls for WSC voting members to discuss the motion being presented at this year's convention.
 - Thursday 5/10/18 at 4:30 PM PT
 - Saturday 5/12/18 at 8:00 AM PT
- The Friday 10 AM Chelsea, MA meeting will take place at the Doubletree Hotel in Danvers on June 1st.
- 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

- What is Connection Magazine?
 - Written, edited and illustrated by FA members, Connection shares stories from FA members' broad experience of food addiction and their recovery.
 - The magazine publishes 10 issues a year, with two combination issues January/February and July/August. You can order digital or print copies and print copies will come in an anonymous envelope.
 - Magazine contains the following topics: Qualification, Feature, No Matter What, First 90 Days, Lighten Up and Frontier Section looking for articles on the topics of First 90 days, No Matter What, Lighten Up, and On the Frontier and encourages to make the articles longer, as those that have been submitted recently have been on the shorter side—the word limit is 1300 words
- The Quick Facts:
 - How to order Connection? Online
 - You need 90 days of continuous abstinence in order to submit art or articles.
 - Can I get help writing an article and can someone edit?
 - Yes, writing coaches available, as well as editors who will be happy to help you polish your article. Contact information for Writing Coaches is on the Connection. There is a 1300-word limit
 - How do I submit
 - submit online or send article to connection@foodaddicts.org

Homebound Meetings/12th Step Calls

- We offer Twelve Step Calls to people currently not in FA but are interested in hearing about it and due to a physical condition, they are homebound. If you know of anyone needing this service, please let us know.
- This committee also brings Homebound meetings to FA 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 occur at a hospital or care facility.
- There were 9 HB meetings in April with a total of 26, compared to 15 for the same time period last year.
- Utah and Houston, Texas had their first homebound meetings this past month.
- It is easy to inquire about or initiate a HB meeting. Contact Linda Grace at 925-324-2807 or email waihomebound@foodaddicts.org
- It's best to reach out at least one week before a Homebound meeting is needed to allow enough time for the Area Coordinators to help organize the meeting. Of course if something happens suddenly, we will do our best to help. Please do not plan a Homebound meeting without contacting this committee. • There are 10 Area Coordinators in CA representing the Central Valley, the East Bay, Marin County, the Peninsula, Sacramento, Salinas/Monterey Bay, San Francisco, Sonoma/Napa and the South Bay and Southern California. We also have Area Coordinators in Texas, Utah and Seattle, Washington. We are always looking for people to do this service in other parts of WAI such as San Diego, Oregon, Idaho, Colorado. Please contact waihomebound@foodaddicts.org if you have any questions or wish to do this service.
- Recently, Ramona P, one of our Committee Members became an Area Coordinator for Utah because she has a sponsee there and the fellowship is growing quickly. She has since traveled to Utah and attended a Homebound Meeting.

- Comments that people shared with us after their HB meetings. “Thanks for your time and energy in preparing this amazing resource for those recovering from surgery. The meeting was great! I appreciated all those that showed up for me.” “This was a great way to keep program close while recouping after surgery and was unable to drive. It was truly a gift to have the option of a HB meeting.” “Thank you for bringing HB meetings to me even though I live an hour and a half hours away. It brought me hope and inspiration.”
- “I struggled with meetings and when I arrived, I was so glad to do service”. Another said, “ he HB meeting felt like a breath of fresh air”. Recently a fellow shared that the HB meeting was so delightful and intimate and just what she needed. She is literally taking her recovery one day at a time.
- Homebound Meetings are incredibly helpful to members and this committee is available to work out the details. Please share this information with your sponceses and help spread the word by announcing HB Meetings at your monthly business meeting if that hasn’t occurred. If this type of service appeals to you, I encourage you to attend the HB Meetings-12th Step Call Committee at the next IG Meeting.

Frontier Committee

- The Frontier Subcommittee’s mission is:
 - To make it clear for every frontier member, regardless of circumstances, how recovery from the disease of food addiction is possible. It's not that straight forward if you come in on the frontier - how do you do FA? It's very dependent on who you get as a sponsor. We want to spell it out on the frontier web pages, through the resource calls, and the frontier newsletter.
 - To highlight the resources available to recovering frontier members, for building a local fellowship, and for getting involved in service. Abstinence is the number one form of service, so we help frontier members build strong connections to the fellowship. In turn we encourage them to be of service as it's vital to recovery on the frontier. Starting meetings and doing service at WSI level.
 - To raise awareness amongst the fellowship as a whole, of the wide variety of challenges facing frontier members. The more folks in meetings can imagine what it's like not having FA fellowship around you, not seeing FA abstinence, the more they'll be able to help frontier members.
- Would you like to help?
 - Sponsor someone on the frontier. Experienced sponsorship makes all the difference for a frontier member, consider signing up for the long distance sponsor list.
 - On the website home page, under FA, to the left of the word menu, you will see three small lines, click on that. Under meetings, click on No Meetings in your area? This will bring you to the Living on the Frontier Page. Look at the wording, Here are some helpful resources. There you can click to receive a copy, or to add your name to the long distance sponsor list.
 - Pick up phone calls with obscure or unknown numbers - it may be a newcomer from Arkansas or China!
 - We need help on the frontier committee - Willingness and enthusiasm are key ingredients. PowerPoint, google docs

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