

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

Next Meeting: January 13, 2019 from 10:30am–12:00pm

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

Remaining 2019 Dates: February 10, March 10, April 14, May 5 (First Sunday because of Mother's Day), No June date due to Business Convention, July 14, August 11, September 8, October 13, November 10, December 8

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: Mery L. 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.

December Intergroup Highlights

From the Chair

- Intergroup in January will be one large group to accommodate for discussion and voting on motions for the World Service Business Convention
- Nominations for Chair and Vice Chair will occur at the January Intergroup meeting

From the Vice Chair

- If you get a call from someone looking for a sponsor and you are not available and don't know anyone available please have them email sponsorlist@foodaddicts.org. This is a world service support committee position that will help people find sponsors.

From the Convention Resource Committee Chair

- Registration for the 2019 World Service Business Convention is now open.

From the Public Information Chair

- 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 as we get ready for National Eating Disorders Awareness Day. It only takes a few minutes to fill out the digital college template letter. Email: weblinks@foodaddicts.org for the template.
- 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.
- Nominations for Chair and Vice Chair will occur at the January Intergroup
- Closing remarks:

My family recently got me a little picture book called, "Life in the Sloth Lane. Stop and Smell the Hibiscus". It's full of adorable pictures of these fascinating, slow creatures along with sayings that echo a simple, recovery lifestyle on many levels.

Not sure if anyone has noticed recently but there is a sloth trend on the rise. T-shirts, cell phone cases, Instagram pages, etc. are increasingly popular. I'm wondering if our fast-paced society and culture have finally felt the pain and effects of being in motion too long and have discovered the treasure and necessity of slowing down.

For me, Sloth was one of my nicknames in Highschool. I had a sloth painted on my graduation gown that said "we brake for Sloths". Unfortunately, back then, being sloth like did not mean I was a stop

and smell the roses kind of girl. It meant I lived to sit on the couch and eat addictively. And that was it. In that way I was very sloth like. It's in my DNA to not want to move much. To be waited on, taken care of, sleep and do very little is a temptation I had to fight with my Higher Power's help in early recovery. And even though I've been around awhile this defect of laziness or can creep in (especially when tired) so I'm on high alert when I get a case of Princessitis.

On the flipside this defect has become one of my greatest assets in recovery. After getting abstinent, learning how to live in a right size body, gain neutrality around the food, I then had to re-learn how to live. With continued abstinence, the tools and 12 steps I am beyond grateful for a robust, full life I had never even dreamed possible. Now There are times I get on the rev and the pendulum swings to the side of overactivity. I lose my serenity and connection with God. I can binge on behaviors such as shopping, too much phone use, etc. I can also binge on emotions such as fear and worry.

The great news is, after learning how to weigh and measure our food we can then apply this concept to absolutely anything. I have less and less tolerance for things that aren't in align with my Higher Power. FA and God make it possible for me to be in the world, and not be of the world. I can have a full life and still live in the slow lane.

My sponsor used to say to me regularly, "stand still and hurt" and "get out of the race". One of the greatest fears of every addict...to feel discomfort. My fear was that if I stopped moving and/or thinking that I'd have a small and boring life. Keeping things simple seemed mundane and purposeless. I was so wrong. This is a practical program made perfectly for food addicts. It teaches us balance. I'm not having to sit on a hilltop all day meditating or work an 80 hour week to keep up with the Jones. The truth is while I'm keeping active in service and doing my tools (and staying out of the driver's seat), God is working on my behalf to have a rich and beautiful life. Doesn't that sound awesome?? IT IS!!!

Today I would not claim myself ever to be the most active person. Even last night I was telling one of my kids a story about me skiing when I was younger and he said, "You mean you used to do physical activity?". We all laughed out loud (insert gratitude for thick skin). And Yes, although I quite loathe my heart rate rising, I do take care of myself with weighed and measured exercise for long term mental and physical health and THANK YOU GOD, NOT TO LOSE WEIGHT.

It feels good to be among the living again. There's a buzz in the air right now from the busyness and rush we are all in to get more and to get ahead. Recovery goes against this grain. We try our best to refrain from impulsive decisions. My will is fast and furious. God's will is slow and steady. We pause before we take the bite. Be ok with the pause. Tis the season of slowing down.

- Heidi closed the meeting with the Serenity Prayer

Treasurer: Stella J.

As of last day of November 2018			
Beginning Balance: \$14,814.58			
INCOME/GROSS PROFIT		EXPENSES	
Donations	\$2,201.16	Office	\$650.00
Literature	\$1,146.87	PI	\$3,650.03
Interest income	\$.07	Travel fund	\$0
<i>Total Income</i>	<i>\$ 3,348.10</i>	Donation to WSI	\$0
Less cost of goods sold	\$1,163.65	Rent	\$250
Gross profit	\$2,184.45	<i>Total Expenses</i>	<i>\$4,550.03</i>
	Net income	(2,365.58)	
	Ending balance	\$13,906.88	

Vice Chair: Brandon C.

- 10 people stood up as available sponsors

Office Committee Chair: Jim D.

New meetings:

- St. Louis, MO - Monday, 6:30 PM
- Boise, ID - Saturday 8:00 AM

Cancelled Meetings:

- Austin, TX – Wednesday, 7:00 PM

Location and time changes:

- Murrieta, CA - Wednesday, 7:00pm – Changed Time and Location (Now in Fallbrook, CA at 6:30 pm)
- Round Rock, TX – Tuesday, 6:30pm – Changed Location
- Austin, TX - Wednesday Austin, TX has changed to 6:30 PM

Public Information Committee: Su S.

Media Watch

- Statistics:
 - Sent out 37 contacts
 - Received two personal response
- Articles/Interviews: None
- Personal Responses (Example):
 - Thanks - will check this out! A. Janet Tomiyama, Ph.D. Associate Professor Department of Psychology, UCLA Director, UCLA Dieting, Stress, and Health Laboratory

Weblinks

- New website links: 21
- New college website links: four
- Number of colleges accessing FA website last month: 11
- Visits from college links: 16
- Total website visits: 53,000 (desktops 49%; mobile 43%; tablets 8%)
- Social network referrals: 918
- Total Weblinks referral traffic: 2,473
- Google banner ads (Impressions): 536,000
- AdWords Click-through to FA website: 30,000
- Click-through rate: 5.58%
- 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!
- Next weblinks webinar/call is Saturday November 17th

Blogwatch

- 7 Appear
- 0 Pending
- 1 Rejected
- Totals to date: 1111 Attempts; 576 Appear

Community Outreach

- Recent events:
 - Nov 28: SF State University School of Social Work Presentation to the graduate seminar on Addiction.
- Upcoming events:
 - Jan 19 (9am – 1pm): Millbrae Senior Health Fair - Sponsored by the San Mateo Daily Journal at Millbrae Interim Community Center

Service Group Support

- Next conference call Sunday January 20, 12:30 – 2:00pm PST featuring a presentation on the Health Care slide show GoToMeeting style
 - Dial-in numbers are available on the website
 - Questions or to be added to the email list: Email waisgsc@foodaddicts.org
- 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
 - Attendees: 6-11 attendees

- Contact Cynthia B or Lenell
 - Continuing and Recap:
 - Listing local meetings in Event Bright and on Craig's List
 - Sponsoring Racks in area libraries, hospitals, and businesses
 - Contacting local colleges to offer trifold, presentations, and to link FA to their website
 - Researching local newspapers to place PSAs and or articles.
 - Checking out FA books out of library and writing reviews to keep in circulation
 - Next meeting: Saturday January 26, 2019, 11:15 to noon. This is a remote call with Eric M. who give the Healthcare Provider Power Point.
- 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 - 8 Views this month and 3 RSVP. Total views: 146
 - Previous/Ongoing Activity:
 - Information Session at the SF Main Public Library on August 11
 - SGSC members are also working on dropping off FA books in local "Little Free" libraries in the San Francisco Bay Area; posting fliers in community and online calendars; and sending PSA's to local radio, tv, and media outlets.
 - Mid-Peninsula/South Bay – New group
 - Meeting time and place: 1st Saturday of the month at the First Presbyterian Church in Palo Alto from 8-8:45 a.m.
 - Contact Maria R.
 - Attendees: Typically 6-9 attendees
 - Next event, fellowship event on Jan 5th at 11:15 am at Whole Foods (774 Emerson Street at the tables) in Palo Alto. All are welcome and encouraged to attend.
 - Sonoma County
 - Meets: 10:45 a.m. after the Santa Rosa Saturday morning meeting at Encounter Church
 - Attendees: 5 attendees
 - Contact Diane K
 - New/ongoing activity:
 - Sonoma County LSG took responsibility for organizing a Sonoma county Thank-a-Thon this year.
 - 56 attendees
 - 10 attendees identified themselves as attending their first Thank-a-Thon
 - One person identified herself as being at her first FA meeting.
 - After the holidays, our LSG plans to resume outreach to FA members and the community.

Convention Resource Committee: Mery L.

- All World Service contacts should have received and shared with their meetings the World Service Board Convention Announcement from the convention committee.
- The 2018 Business convention will take place on Friday May 31-Sunday June 2 in Danvers MA.
- Convention Registration opens next Saturday, December 15, you can register online at the FA website. There you will also find Hotel Information and a draft Convention Meal Plan.
- When making travel plans, consider the arriving early on Friday May 31st to attend the Convention Forum from 1-4.
- Either at the December or January business meeting at each of your local meetings a World Service Conference Voting member should be voted in. This voting member represents the fellowship, not the individual meetings. There are abstinence and AWOL requirements. These requirements can be found on the FA website. Keep in mind this service position involves financial costs for travel, registration, and accommodations.
- Meetings should not set aside money to Send World Service Members to convention. If your meeting is doing this please read Doc 8: From a Traditions Perspective for more information.

- Needs based Partial Financial aid is available for the World Service Conference Voting members who qualify. The application is available by contacting waiconventionresource@foodaddicts.org
- Elections for several WSI officers and committee chairs will take place at the convention. If you would like more information regarding elected positions please refer to the FA Website.
- Due to positive response, we are pleased to announce there will be a fellowship convention next year in Tampa Florida. It will take place Friday October 25-Sunday October 27 at the Saddlebrook Resort in Tampa, FL. Registration will open in June. Please contact convention@foodaddicts.org for more information

12th Step Committee : Erin S.

Thank-at-hon Subcommittee

- In Western Area Intergroup, we had 16 Thank-a-Thons with a total of 643 people in attendance. Among that total, it was reported that we had 17 newcomers. There was a variety of 60 people attending their 1st Thank-a-Thon, and/or were family members & guests. I would like to thank all of you who gave service, and participated in this wonderful event!

Frontier Subcommittee

- The subcommittee just launched the "Digital Newcomer Packet" on the FA website.
 - When you first go to an FA meeting, wondering what it's all about, you're given a newcomer packet. The digital version is for prospective FA members who don't have meetings, but are curious about FA.
 - If you know someone who doesn't have meetings, but would like to know more about FA, you can direct them to the Digital Newcomer Packet.
 - They will find a phone list of greeters, and a sampling of FA literature and MP3s.
 - The easiest way to find the Packet is to enter "Digital" in the search bar of the FA website.
- Frontier Resource Call #2
 - Time Zone #2 Sunday, January 27th, 8.00-9.00am AEDT (Saturday, January 26th, 4.00-5.00pm EST)
 - Dial-In numbers are available on the website
 - If you live on the frontier, sponsor someone living on the frontier, or are interested in doing service to support members living on the frontier, please join us.

Connection subcommittee

- The subcommittee is in very strong need of the following:
 - Artwork for the Connection
 - Please begin by sending an email to connection@foodaddicts.org with a .jpg example or two of your art or photography and put your name and state in the subject line
 - Things to think about when submitting artwork for the Connection:
 - The pain and misery of food addiction, being under/overweight, mental obsession, over exercising, weighing and measuring, traveling, the tools, first 90 days, the rewards and promises that come with recovery
 - Simple or symbolic art or photographed close-ups of simple objects such as keys, clocks, hands, hearts, phones, flowers, bottles, etc.would be much appreciated. It can be abstract or convey an idea as well! Be creative! Nature and flowers work too.
 - Articles
 - Lighten Up articles desperately needed - describes the lighter side of being a food addict
 - We could still use Frontier articles, please encourage anyone you know on the frontier to write about what that's like so we will have plenty of articles to keep that going.
 - We've noticed that the articles we are getting have been very short lately, almost half as long as the allotted word limit. Please flesh out your stories more. There are writing coaches if help is needed.. Of course, we don't want to discourage anyone from sending whatever length you can, so it's just a suggestion.
 - Any issues 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 next connection call will be Sunday January 20 at 3:00pm. Dial-In numbers are available on the website.

Homebound Meetings/12th step

- The Homebound, 12th Step Call Committee has a two fold purpose.
 - We offer Twelve Step Calls to people not currently in FA but who are interested in hearing about FA. Because of a physical condition, they are HB.
 - Second part of this committee is bringing a HBM to FA members who are working with a sponsor. They are unable to attend their regular meetings due to a physical condition or surgery.
- HBM are usually held in someone's home for one hour, but can occur at a hospital or care facility.
- There were 2 HBM in November with a total of 41 for the year.
- This year the HB Committee has worked very hard to update the HBM Guide which is used to facilitate planning a HBM.
- It is recommended to contact the committee at least one week prior to needing a HBM and more time is even better. Area Coordinators check in after the hbm for feedback on the meetings and to see if they need further help.
- It's easy to initiate or inquire about a HBM. Email waihomebound@foodaddicts.org and a committee member will call you back with help and information.
- Please do not initiate a HBM on your own as help and assistance is provided and please announce the availability of Homebound Meetings at your monthly business meeting.

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