

**FA Western Area Intergroup (WAI) Meeting Summary**  
**November 12, 2017**

**Next Meeting:** December 10, 2017 from 10:30am–12:00pm

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

**2017 Remaining Intergroup Dates:** NA—see website for 2018 Intergroup dates

**Board Officers and Committee Chairs**

<b>Chair:</b> Heidi V. <a href="mailto:waichair@foodaddicts.org">waichair@foodaddicts.org</a>	<b>Secretary:</b> Vanessa C. <a href="mailto:waisecretary@foodaddicts.org">waisecretary@foodaddicts.org</a>	<b>P.I./Media:</b> Su S. <a href="mailto:waipi@foodaddicts.org">waipi@foodaddicts.org</a>
<b>Vice Chair:</b> Brandon C. <a href="mailto:waivicechair@foodaddicts.org">waivicechair@foodaddicts.org</a>	<b>Office:</b> Nora K. <a href="mailto:waioffice@foodaddicts.org">waioffice@foodaddicts.org</a>	<b>Convention Resource:</b> Tammy J. <a href="mailto:waiconventionresource@foodaddicts.org">waiconventionresource@foodaddicts.org</a>
<b>Treasurer:</b> Stella J. <a href="mailto:waitreasurer@foodaddicts.org">waitreasurer@foodaddicts.org</a>	<b>12<sup>th</sup> Step:</b> Erin S. <a href="mailto:wai12thstep@foodaddicts.org">wai12thstep@foodaddicts.org</a>	

**Intergroup Contacts: Please print and read the text in the box below *in full* at your business meeting.**

**November Intergroup Highlights**

**From the Chair**

- The list of Intergroup dates for 2018 is now available on the FA website under the Service Group Support tab—from the tab, click on “Western Area Intergroup”

**From the Vice-Chair**

- It is a recommended best practice *not* to cancel meetings on major holidays whenever possible—often those are the dates when newcomers and current members of FA need a meeting the most

**From the Convention Resource Committee**

- The 2018 World Service Business Convention will take place from June 1-3, 2018 at the Double Tree by Hilton in Danvers, MA—a letter to WSI Contacts about registration, hotel, and other information will be sent in December
- All meetings should elect a World Service Conference (WSC) voting member at their December or January business meeting—if you’re interested in serving as a WSC voting member, review the WSC member document on the FA website under the “Business Convention” tab for abstinence requirements, deadlines, and responsibilities for the position
- It is recommended that FA meetings not set aside funds to send members to the Convention. If your meeting is collecting money for this purpose, please read “Document 8: From a Traditions Perspective” on the FA website for WSI’s position regarding this practice
- Information about needs-based financial aid for WSC voting members is available on the FA website—if interested, send your completed application to [waiconventionresource@foodaddicts.org](mailto:waiconventionresource@foodaddicts.org)

**From the 12<sup>th</sup> Step Committee**

- The Outlying Area Speaker List is for meeting Secretaries/Speaker Getters in outlying areas to find speakers with 90 days or more of continuous abstinence who are willing to travel 1-3 hours outside of the Bay area to qualify. It is updated quarterly and sent out to all who have signed up to receive it. Contact [waispeakerlist@foodaddicts.org](mailto:waispeakerlist@foodaddicts.org) if you’d like to be added to the distribution list

**Chair: Heidi V.**

- Heidi opened the meeting with five minutes of Quiet Time
- Heidi’s remarks: “As the WAI Chair, I have a simple and yet fulfilling role. Other than some streamlining, communicating, and delegating, the majority of the service happens right here at Intergroup. Every month, I get to sit back, watch, and listen to how much prayerful, thoughtful work is being done by all of you. Whether it’s during the Intergroup meeting or work done on your own time, there’s so much that needs to be done—and it gets done. We are a highly functional group with a common goal: to stay abstinent and to help another food addict. With that in mind, let’s leave on a page out of the “Big Book” that reminds us to how to stay on this path and be grateful: ‘And during these sometimes joyful and/or challenging holidays, let’s remember to practice gratitude because a grateful heart doesn’t eat’ (p. 395, 3<sup>rd</sup> Edition, *Alcoholics Anonymous*).’ “Have a safe, happy and abstinent thanksgiving.”
- Heidi closed the meeting with the Serenity Prayer

**Treasurer: Stella J.**

<b>As of October 2017</b>			
Beginning Balance: \$17,178.52			
<b>INCOME/GROSS PROFIT</b>		<b>EXPENSES</b>	
Donations	\$3,721.67	Office	\$263.86
Literature	\$948.58	PI	\$111.65
Interest income	\$.07	Travel fund	\$0
<i>Total Income</i>	<i>\$4,670.32</i>	Donation to WSI	\$2,000
Less cost of goods sold	\$811.98	Rent	\$250.00
Gross profit	\$3,858.34	<i>Total Expenses</i>	<i>\$2,625.51</i>
Net income		\$1,232.83	
Ending balance		\$17,252.72	

**Vice Chair: Brandon C.**

- Twenty people stood up as available sponsors

**Office Committee Chair: Nora K.**

**New meetings:**

- Thursday 7pm Fresno, CA

**Cancelled Meetings:**

- Sunday 7pm Agoura Hills, CA
- Wednesday 6pm Trenton, MI
- Wednesday 7am Spokane, WA

**Location and time changes:**

- Saturday 9am Santa Rosa new location
- Tuesday 6pm Rancho Cucamonga, CA now 6:30pm
- Sunday 9:15am Vancouver, BC now Saturday 2pm
- Tuesday 6:30pm Longview, WA new location

**Public Information Committee: Su S.**

**Media Watch**

- Sent out 56 contacts
- Received four personal responses
- Interviews: three radio (Germany, UK, Australia)
- Personal Responses
  - “Interesting that you would send me this message. I have been a member and abstinent in FA for the last 15 and a half years. I wrote my memoir under a pen name and described my recovery from food addiction, but I didn’t mention FA by name due to anonymity concerns. I wrote that I found a 12-step program that worked for me. However, I am full of gratitude for FA every day. Thank you for your interest.” (From “Michelle,” author of book titled: *Forbidden Memories*)

- “Thanks. We have had a food addict person come to meet with the staff before and found it helpful.” (From Beth Mayer, LICSW, Executive Director, MEDA (Multi-service Eating Disorder Association, in an article titled “Event Sheds Light on Binge Eating Disorder”)

### **Weblinks**

- New website links: 12
- New college links: 0
- Number of colleges accessing FA website last month: eight
- Visits from college links: 22
- Total website visits last month: 58,135 (desktops 46%; mobile 46%; tablets 8%)
- Total Weblinks referral traffic: 2,050
- Google banner ads viewed: 752,000
- AdWords click-through to FA website: 31,000
- Impressions shown from Mandarin AdWords campaign: 171,000
- Click-through from Mandarin AdWords campaign: 5,100
- Click-through rate: 2.97%
- Impressions shown from Hebrew AdWords campaign: 30,000
- Hebrew AdWords campaign clicks to FA website: 1,200
- Top city using FA website: London, England

### **Blogwatch**

- 14 Attempts (three from Facebook)
- Six Appear and six are pending (three from Facebook)
- One rejected
- Totals to date: 921 attempts; 463 appear

### **Community Outreach**

- We had several successful events since last Intergroup:
  - College of San Mateo (CSM) health fair, 10/25
  - Skyline College health fair, 10/25
  - Panel discussion entitled, “Fighting Addictions,” sponsored by the Senior Commission on Aging in San Leandro, 10/26
  - SF Southeast Family Harvest and Wellness Fair, 10/28
  - Marin County Employee Health Fair, 11/1
  - Rossmoor Health Fair, 11/2
- On the horizon:
  - Samuel Merritt Information Session was postponed due to mid-terms
  - Planning meeting with SF Health Network postponed to 12/14
  - Quarterly Primary Care Providers meeting in January 2018
  - American Heart Association walk, Marin, date TBD
  - Marin County Senior Wellness, date TBD

### **Service Group Support**

- San Francisco
  - Eventbrite: five views this month and two RSVPs—total views: 77
  - Posted meeting on Craigslist and three additional meetings from the calendar postings spreadsheet
  - Working on getting an Information Session at CPMC, the new Google Community Resource center, and SF public libraries
- Sonoma
  - Didn’t meet this month, as fellows were dealing with wildfires and focusing on staying abstinent
- Updates from the FA book library check-out challenge:
  - Monterey County – a new book is confirmed to be in circulation
  - Roseville – FA book was recently submitted
  - Castro Valley – book has been checked out eight times
  - Deme has more copies of the sheet of libraries with books if you’d like to check out a book this month, and she also has a few extra books if your LSG would like to donate one but can’t afford it. Contact [waisgsc@foodaddicts.org](mailto:waisgsc@foodaddicts.org)

### **Convention Resource Committee: Tammy J.**

- See highlights section for report

### **12th Step Committee Chair: Erin S.**

#### **Homebound Meetings/12th Step Calls**

- Is the word getting out there? If you or someone you know is unable to attend a regular FA meeting due to illness or surgery, and would like to have a homebound meeting, contact [waihomebound@foodaddicts.org](mailto:waihomebound@foodaddicts.org) Please do not organize a meeting on your own, as this committee will provide information needed and help coordinate the meeting
- There were two homebound meetings in October and several inquiries for future meetings
- The 12th Step Calls Committee provides support to a person who is not currently an FA member but is unable to attend a meeting due to a physical condition. If you know of anyone in this situation, please contact this committee, remembering that "Each day, somewhere in the world, recovery begins when one alcoholic talks with another alcoholic, sharing experience strength and hope."
- Elaine volunteered to be the Area Coordinator for the South Bay
- If you have two years of abstinence and are interested in being an Area Coordinator for homebound meetings, contact Linda Grace at [waihomebound@foodaddicts.org](mailto:waihomebound@foodaddicts.org)

#### ***connection***

- *connection* is written, edited, and illustrated by FA members and includes stories from FA members' broad experience of food addiction and recovery. Ten issues are published each year with two combination issues: January/February and July/August
- You need 90 days of continuous abstinence in order to submit art or articles
- *Connection* is broken out into the following sections:
  - Qualification
  - First 90 Days
  - No Matter What
  - Lighten Up
  - Feature articles
- Writing coaches and editors are available to help you with your article. Contact information for Writing Coaches is on the *connection* reps page on the FA website
- You can submit articles and art online via the *connection* page on the FA website
- Subscriptions come in paper and digital form—enroll directly through the website
- The next *connection* rep call is on Sunday, November 19 at 3:00pm ET / 12pm PT

#### **Frontier Committee**

- The Frontier Committee mission statement:
  - To make it clear for every frontier member, regardless of circumstances, how recovery from the disease of food addiction is possible
  - To highlight the resources available to recovering frontier members, for building a local fellowship, and for getting involved in service
  - To raise awareness amongst the fellowship as a whole of the wide variety of challenges facing frontier members
- The next Frontier Resource call is on November 19 at 1:30pm ET / 10:30am PT
  - Topic: phone calls from a frontier perspective
  - Dial-in information is available on the FA website
  - If you would like to be part of the Frontier Committee or have questions, please contact [frontier@foodaddicts.org](mailto:frontier@foodaddicts.org)

#### **Thank-a-thons**

- 30 Thank-a-Thons throughout the United States were scheduled this year
- The 13 states included California, Georgia, Kentucky, Massachusetts, Maryland, Michigan, New York, North Carolina, Ohio, Oregon, Pennsylvania, Texas and Utah.
- A flyer listing the locations was sent out to WSI contacts and is also available on the FA Website by clicking on For Members / 12th step / US Thank-a-Thon announcement. This flyer should be placed on the literature table at your meetings
- Contact [waitthankathons@foodaddicts.org](mailto:waitthankathons@foodaddicts.org) with 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](http://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