

FA Western Area Intergroup (WAI) Meeting Summary
September 10, 2017

Next Meeting: October 8, 2017 from 10:30am–12:00pm

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

2017 Remaining Intergroup Dates: 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: Erin S. wai12thstep@foodaddicts.org	

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

September Intergroup Highlights

From the Public Information Committee

- To order the current Healthcare Brochure for your meetings, send an email to healthcarebrochure@foodaddicts.org. Include the day, time, and location of your meeting, and your name and mailing address. You may request up to 50 copies
- The new Calendar Posting Database shows national and local online events for your meetings to post meeting announcements. To get the link, send an email to Margaret at weblinks@foodaddicts.org. Be sure to include the city where your meeting is located
- Blogwatch is looking for volunteers to contact colleges for the 2018 National Eating Disorders Awareness (NEDA) Week. Last year, Blogwatch sent over 5,000 emails to college counseling centers and healthcare providers at schools and universities. If you can do 15 minutes of service to reach out to your college, Weblinks will provide an email template for you to personalize, and the Weblinks subcommittee will do the rest. Send an email to blogwatch@foodaddicts.org if you're interested or have any questions
- The Community Outreach subcommittee is accepting copies of past issues of *connection* to use at upcoming health fairs. Bring them to Intergroup or contact the co-chairs at communityoutreach@foodaddicts.org if you have questions

From the Service Group Support Committee

- If you know a healthcare provider that would like to have an FA book, please send an email to the FA WSI office at fa@foodaddicts.org with their physical address, and an FA book will be sent out

From the Convention Resource Committee

- If a meeting has a motion it would like to present to the Conference, it needs to be submitted to the WAI Board no later than 5:00pm PT on November 5, 2017 in order to be considered. The proposed motion will be reviewed by the WAI Board, and if approved, it will be forwarded to the WSI Board for final review. If you have any questions, contact Brandon at waivicechair@foodaddicts.org

From the 12th Step Committee

- The Homebound Meeting subcommittee is looking for someone with two or more years of abstinence to serve as the Area Coordinator for the Monterey peninsula area. You do not have to live in the area or attend the homebound meetings there to take on this position. Contact waihomebound@foodaddicts.org if you are interested or have any questions

Chair: Heidi V.

- Heidi opened the meeting with five minutes of Quiet Time
- Heidi's remarks: "As we watch and are possibly experiencing all the happenings in the world right now, I keep thinking about change and how I don't often welcome it graciously, especially when the change is sudden and/or not pleasant. It can be something as small as hot weather or something as big as an unforeseen medical diagnosis. It might be occurring directly toward me or I may be painfully aware of what others are going through. It could be a change I created myself or a change I'm completely powerless over. It may even be something joyous and exciting! Regardless, change is hard. And I believe it's harder on us addicts. We tend to be more sensitive than the average Joe. Before FA, I used sugar, flour and quantities as a transition tool. In hindsight, it's quite clear food was never a useful tool but a drug that numbed me just enough to get me through whatever change I was going through. Inevitably the food only exacerbated situations and added plenty of self-loathing on top of that. Today I try to "roll with the punches," as our recovery literature teaches us. Sometimes I do it with much grace and other times just fumbling. I specifically remember driving to visit my grandma in the hospital a few years ago and realized I wanted to stop and get her some flowers from the grocery store. I had a sudden urge to go buy a bigger apple than the one I had packed. I recognized quickly that I didn't want to feel my sadness and possible discomfort seeing her in the condition she was. My disease was alive and well, telling me that a bigger apple would "take the edge off." I'm so very grateful that I didn't have to react to that notion and trusted my HP to carry me through and be present with my grandma. t the end of each day, with all the changes and variables that take place in our lives, the one thing that is fixed, steadfast and true is our abstinence. Let us never take that for granted. It is our very foundation that can weather any storm."
- Heidi closed the meeting with the Serenity Prayer

Treasurer: Stella J.

As of August 2017			
Beginning Balance: \$15,277.88			
INCOME/GROSS PROFIT		EXPENSES	
Donations	\$3,197.29	Office	\$0
Literature	\$1,136.07	PI	\$516.18
Interest income	\$.07	Travel fund	\$0
<i>Total Income</i>	<i>\$4,333.43</i>	Donation to WSI	\$0
Less cost of goods sold	\$1,065.26	Rent	\$250.00
Gross profit	\$3,268.17	<i>Total Expenses</i>	<i>\$766.18</i>
Net income		\$2,501.99	
Ending balance		\$15,747.11	

Vice Chair: Brandon C.

- Fifteen people stood up as available sponsors

Office Committee Chair: Nora K.

New meetings

- Monday 7pm Sachse, TX

Cancelled Meetings

- Sunday 8:30am Monrovia, CA

Location and time changes

- Wednesday 9:30am Walnut Creek, CA new location

Public Information Committee: Su S.

Media Watch

- Sent out 75 contacts
- Received three personal responses
- Interviews: two radio and one TV
- A personal response received: Dear Dana. Thank you for your mail telling me about Food Addicts in Recovery Anonymous. Actually, the article you read was a blog written by me as I am a practicing Dietitian in New Delhi, India. Being a Dietitian, I would want to know more details about this program,

and how I can benefit the community with this plan. Looking forward to your response. Regards, DT.
Shreya Katyal, Diets and More

Weblinks

- The new AdWords Campaign in Hebrew was launched. So far, we have had over 1,300 visits from Hebrew speakers, and over 44,000 impressions were viewed by searchers
- New website links: 11
- New college links: 0
- Number of colleges accessing FA website last month: three
- Visits from college links: eight
- Total website visits last month: 31,942
- Total weblinks referral traffic last month: 1,064
- Google banner ads viewed: 772,000
- Click-throughs to FA website: 8,000
- Impressions shown from Mandarin AdWords Campaign: 5,498
- Click-throughs from Mandarin AdWords Campaign: 8,000
- Click-through rate: 3.2%
- Top city using FA website: London, England

Blogwatch

- No report this month

Community Outreach

- Planning continues for health fairs and Information Sessions throughout the Greater San Francisco Bay Area

Convention Resource Committee: Tammy J.

- The 2018 World Service Business Convention will take place June 1-3, 2017 at the Double Tree by Hilton in Danvers, MA

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
- Library book check-out challenge update: last month we talked about how libraries often expunge library books after a period if they're not checked out. Thank you to those that checked out a book from your local library! Thank you also to those who responded with your findings when checking out
- The next SGSC conference call is Sunday September 20 at 12:30pm PT; Intergroups and the Maine Chapter will be reporting
- Guest speaker Margaret L. on Weblinks
 - 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: Erin S.

***connection* Magazine**

- Brainstorming/writing sessions take place during the Committee Meeting at intergroup
- The *connection* committee is planning to start a new section in the magazine just for people on the Frontier.
- The *connection* is in need of the following types of articles: How fellows stay abstinent on the Frontier, First 90 Days, Lighten Up, and No Matter What. Artwork is needed as well
- The next *connection* Rep Call is on Sunday, Sept 17 at 3:00 pm ET / 12:00pm PT. The call-in number is 605-475-4000, and the passcode is 273053#

Homebound Meetings/12th Step Calls

- The purpose of this subcommittee is to assist the FA member who is unable to attend a meeting due to a physical illness or surgery, and to make 12th step calls
- Three homebound meetings were held in August: two in Salinas for the same fellow and one in San Francisco. All were successful and well-received
- We are looking for a Homebound Area Coordinator for the Monterey Bay area. You do not need to live in the Monterey Bay area or attend the homebound meetings there to do this service. There is a two-year abstinence requirement. Contact waihomebound@foodaddicts.org if you're interested or want more information
- A phone script is currently being drafted to use when making follow-up calls to hospitals and facilities that received letters from us in 2016. If you know anyone that may be interested in FA but who cannot attend a meeting due to illness or injury, please contact this waihomebound@foodaddicts.org
- In order to arrange a homebound meeting or 12th Step call, please contact waihomebound@foodaddicts.org or call Linda Grace at 925-324-2807. She will put you in touch with an area coordinator who will assist you in planning a meeting. Please do not plan a homebound meeting without contacting this subcommittee because we keep a running account of the number of homebound meetings held per month. An updated version of the format for homebound meetings will be sent to you prior to the meeting
- Please make sure that your intergroup Contact announces at your monthly business meetings that homebound meetings and 12th Step Calls are available

Frontier

- The Frontier Subcommittee is working on helping others understand what it is like to not have any in-person meetings. Some fellows have no visual of what meetings are like on the Frontier
- The definition of the "FA Frontier" has recently been changed
 - Old definition: 100 miles from an FA meeting
 - New definition: FA members far away from an established fellowship
- 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 highlights resources available for building a fellowship around them and for getting involved in service. Some highlighted tools include the Tools pamphlet and the FA book. Another part of the mission is to raise awareness amongst the fellowship as a whole about the varied challenges facing frontier members so that members in meetings may be of greater service to those on the frontier, such as how to make international calls
- The next Frontier Resource Call will be on Sunday, September 24 from 1.30-2.30 pm ET / 10:30-11:30am PT. An announcement about it will be coming soon

Thank-a-thons

- Thank-a-Thons are 2-hour meetings held in the US on Thanksgiving Day. Two speakers qualify, and the focus of the meeting is on gratitude. If your regular Thursday meeting held a Thank-a-Thon last year, please discuss at your next business meeting whether or not your group would like to hold one again this year. Each Thank-a-Thon needs two contacts who have two+ years of abstinence, and who are willing to have their names and phone numbers posted on the FA Website. The deadline for submitting your Thank-a-Thon time, location, and contact information is October 1, 2017. Please send it to Dana at waithankathons@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](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