

FA Western Area Intergroup (WAI) Meeting Summary
September 9, 2018

Next Meeting: November 11, 2018 from 10:30am–12:00pm

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

Remaining 2018 Dates: December 9

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 S. 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 Chair

- There will be no intergroup meeting in October due to the FA fellowship convention.

From the Vice Chair

- Deadline for submission of motions for the 2019 World Service Business convention is Dec 15. Submissions should be emailed to waivicechair@foodaddicts.org
- 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.

Chair: Heidi V.

- Heidi opened the meeting with five minutes of Quiet Time.
- Closing remarks:
We read the tool of service at every meeting and it's one of the most important tools of our program. A life of sane and happy usefulness. Taken straight out of the promises of the program from the Big Book of AA.

I heard a slogan once years ago that goes, "take what you like and leave the rest". Leaving out usefulness sounded like a good choice to me. All the other promises sounded awesome! Freedom from financial insecurity, knowing peace, etc. But Helping, serving, working, giving of my time and energy was not in my DNA, or so I thought. It not only sounded distasteful but impossible. I was all about self-gratification on every level, preferably instantaneous gratification. Usefulness sounded painful, boring and glum. I glazed over and neglected to focus on 2 VERY important adjectives that came before usefulness. Sane and Happy. there must be some mistake. I didn't understand that helping others and enjoying it could occur at the same time. It just didn't make any sense.

On the rare occasion, I was asked to serve in any capacity it was through gritted teeth and dripping with a face of begrudging inconvenience. The only other times I stretched out a hand was if I was going to get something in return, to make myself look like a giver or to buy someone's attention and/or affection.

Our Just for today card says that "as you give to the world, so the world will give to you". I didn't buy it for a minute. Take, take, take and keep taking because it's going to go away so I need to hoard it all to myself. Protecting my food, my time, my energy, my love and my money was always my first priority. I got really bored and sick of myself. I wasn't great company and I ended up with only a few empty eating buddies that I cared nothing about. When I fell into the rooms of FA, bloodied and beaten down by my addiction I was ready for change.

Little did I know that Service was going to have to be central in my life if I wanted to recover from food addiction. I'd have to expand outside the world of me, myself and I and give of myself to others. I kid you not, the thought made me feel physically ill. But God is patient and this program is gentle. I was given this program in small steps and it eventually pried my heart wide open. I had to fake it until I made it. Starting with being abstinent was just enough because I was giving hope to those who would come after me. Then it was setting up and putting away chairs, taking calls, taking on service positions and eventually sponsoring. Life was showing more peace and order. As I became more of a functioning member of society I could take on lots of various positions some which even entailed dealing with money, picking speakers, leading business meetings, etc. I learned about being honest and trustworthy. My sponsor would often say, when in doubt, get lost in service and there's no service beneath me.

Here's the thing: When we are in service we're not consumed with our own problems and the unique gift of abstinence enables God to use our problems for good...to show others how we don't have to eat, no matter what the issue. Service is an antidote to any and every obsession. Do we still fall back into old selfish thinking? I sure do! God's not done with me yet! Never ever did I think I'd pray for anything other than being thin and getting a husband. Today I pray for a servant's heart and listening ear. Now Sane and Happy usefulness makes all the sense in the world. Just one more reason to not quit before the miracle.

- Heidi closed the meeting with the Serenity Prayer

Treasurer: Stella J.

- Nora read the report in Stella's absence.

As of last day of August 2018			
Beginning Balance: \$15,242.06			
INCOME/GROSS PROFIT		EXPENSES	
Donations	\$2,140.01	Office	\$77.18
Literature	\$1,318.14	12 th step	\$16.02
Interest income	\$.07	Travel fund	\$0
<i>Total Income</i>	<i>\$3,458.22</i>	Donation to WSI	\$3,000.00
Less cost of goods sold	\$1,307.23	Rent	\$250.00
Gross profit	\$2,150.99	<i>Total Expenses</i>	<i>\$3,343.20</i>
Net income		(1,192.21)	
Ending balance		\$ 13,123.72	

Vice Chair: Brandon C.

- 11 people stood up as available sponsors

Office Committee Chair: Jim D.

New meetings:

- Long Beach, CA Wednesday 6:30pm
- Georgetown, TX Thursday 7pm
- Auburn, CA Tuesday 6:30pm

Cancelled Meetings:

- Santa Rosa, CA Thursday 9am

Location and time changes:

- San Francisco, CA Monday 7pm has changed rooms Conference Room 160A/B in the same building
- Rancho Cucamonga, CA Tuesday 6:30pm has moved to Fontana, CA 7pm

Public Information Committee: Su S.

Media Watch

- Statistics:
 - Sent out 47 contacts

- Received 1 personal response
- Articles: None
- Personal Responses (Examples):
 - How wonderful to hear from you and about this great cause. I am delighted to hear you have come across my article. Do keep me in mind if you ever need anything from a nutritionist. Best wishes, Sarah Ann Macklin, nutritionist

Weblinks

- New website links: 10
- New college website links: 1
- Number of colleges accessing FA website last month:5
- Visits from college links: 6
- Total referral traffic last month: 1,400
- Social network referrals: 599
- Total Website traffic (visits) last Month: 42,142
- Desktops 46%
- Mobile 46%
- Tablets 8%
- Google banner ads (Impressions): 450,000
- AdWords Click-through to FA website: 13,000
- Click-through rate: 5.58%

Blogwatch

- 15 Attempts
- 14 Appear
- 1 pending
- Totals to date: 1086 Attempts; 564 Appear

Community Outreach

- Recent events:
 - Mills Health Center 100 S. San Mateo Drive (San Mateo) Co-Presentation to recovery groups (AA, NA) at the Detox Center, partnering with Gamblers Anonymous (GA) Saturday, September 8th
 - Kaiser Clinical Health Educators presentation (diabetes support)
- Upcoming events:
 - Rossmoor Retirement Community – Thursday, October 4
 - Marin Senior Fair, Marin Center Exhibit Hall - Wednesday, October 24th
 - Skyline College (San Bruno) health fair – Wednesday, October 24
 - SF State University - Presentation to students in an addiction class - Wednesday, November 28

Service Group Support

- Sacramento- 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
 - No updates
- 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. For the October 6th meeting, there will be a free conference call dial-in number to make it easier for fellows from other meetings to participate.

- Contact Maria R.
- Attendees: Typically 6-9 attendees
- Activities completed
 - Trifolds in 4 new places in the community, e.g. Whole Foods
 - Reviewed SGSC minutes and discussed best practices we'd like to adopt. For example:
 - Add a conference call dial-in for our LSG meeting
 - Focus on a fellowship event and grass roots efforts to strengthen our meetings and get the word out
 - Agreed to use the rest of 2018 to learn, brainstorm, plan and get set up for 2-3 events in 2019
 - Mid-Peninsula/South Bay trifold created covering Burlingame to Morgan Hill
- Activities Underway
 - Announcing LSG at other meetings - draft language to be shared, how to cover the meetings on our trifold
 - Reaching out to web and directory contact at other meetings to ask them to announce
 - Planning a fellowship lunch combined with trifold folding event for January
 - Next up, plan another event TBD for March/April, possibly a writing workshop.
 - Explore the VA hospital as a possible partner for an Info Session or to share resources.
 - Suggest local meeting health representatives read a bullet on welcoming and calling the newcomer and still suffering food addicts
 - LSG to have an attendee at the 9/8 FA and GA event in San Mateo at Mills Health Center (came through PI) to see what we can learn about the sponsoring organization, how Info Sessions work and to be a friendly local face should a newcomer attend one of our meetings
- Sonoma County
 - Meets: 10:45 a.m. after the Santa Rosa Saturday morning meeting at Encounter Church
 - Attendees: 5 attendees
 - Contact Diane K
 - Activities underway
 - Search out local health fairs
 - Explore hosting a Thank-a-thon
 - Host a Sonoma County Fellowship event, with a probable focus on Pi reps

Convention Resource Committee: Tammy J.

- WSI Fellowship Convention takes place October 12-14, 2018
- Convention information posted on the FA website

12th Step Committee Chair: Erin S.

Thank-a-thons

- On US Thanksgiving Day, FA offers special meetings for our members, friends, and family to provide each other with support and to express gratitude.
- These 2-hour meetings have two speakers sharing their experience, strength, and hope around the theme of gratitude.
- Thank-a-thon flyers listing the location and time will be posted on the FA website on November 1st.
- Please email Dana at waithankathons@foodaddicts.org if you have any questions.

connection

- The Connection Magazine is important for several reasons. It is an amazing tool to strengthen member's recovery by reading stories of recovery from food addiction between meetings. The Magazine serves not only FA members who can attend local meetings but also members who cannot attend meetings as they can read and write for the Connection and feel a part of the fellowship. It is a great service to be able to contribute to the Connection and know that you are strengthening your recovery as well as your fellows and service is what keeps us abstinent.

Homebound Meetings/12th step

- The Homebound Committee brings FA meetings to 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 also be held at a hospital or Care facility. They should not be scheduled to conflict with a regularly scheduled FA meeting or to conflict with mealtimes.
- If you know of anyone who needs a HBM or a 12th Step Call, please contact waihomebound@foodaddicts.org before proceeding on your own. It is helpful to have at least a week to get organized so call us as soon as there is a need. There are people on this committee who can assist you and help coordinate meetings. We also provide the necessary documents and we like to keep track of how many meetings were held and where they were located.
- There were 3 HBM for FA members in August with a total of 34 this year.
- The HBM are beneficial for members who are missing their meetings and often feeling isolated or disconnected because of surgery, illness etc.
- 12th Step Calls are when we visit people who are not in FA but are interested, but cannot attend a regular meeting because of a physical condition.
- A sign-up sheet went around if you are interested in participating and being of service at a HBM in your area. This committee is available to help anyone located in WAI but we are often in contact with people from the EAI and beyond to share information and be of assistance.
- Recently someone from China called about a HBM and we were able to send them the updated meeting format and the recently revised HBM Guide. Outreach calls have continued as well. HBM are incredibly helpful to members so please share this information with your fellows.
- Linda Grace can be reached at 925-324-2807 with any questions or email her at waihomebound@foodaddicts.org. If this type of service appeals to you check out this committee at the next IG meeting.

Gratitude in Action

- GIA (Gratitude in Action) is a free, quarterly email publication of the WSI 12thStep Committee, offering tools and resources within FA to inspire us to do service. You can receive copies by email when you register on the website
- You can view past issues of Gratitude in Action online at www.foodaddicts.org/newsletters
- You can subscribe to Gratitude in Action by updating your email preferences in your personal profile on www.foodaddicts.org
- To send in a submission or feedback to Gratitude in Action go to GIA@foodaddicts.org

Frontier

- How do you know what FA recovery looks like if there are no meetings in your area? How do you know it's worthwhile to travel hours to meetings or go to an FA convention? How do you conduct yourself at AA meetings? What do you do if AA meetings are not welcoming to Food Addicts? How do you build a fellowship if there's just one of you?
- The Frontier Subcommittee's mission is to make the FA solution as understandable as possible for those far away from meetings, and to help those who have meetings, understand the challenges and solutions of those who don't. It also aims to help frontier members see their lack of meetings as temporary - building a fellowship from one may take forever, but it is possible!
- To help new frontier members, there is a digital newcomer package in the works. There will be a phone list of greeters to orient newcomers and the long-distance sponsor list, digital copies of items found in newcomer packets at meetings, and the first chapter of the FA book.
- There is also a series of Frontier Resource calls. Each call focuses on an aspect of frontier life and helpful resources. The topic is repeated in a second call the following month to accommodate members in different time zones.
- The times for the next calls are:
 - Time zone #1 Sunday, September 30th, 1.30-2.30pm EST (Monday, October 1st, 3.30-4.30am AEST)
 - Time Zone #2 Sunday, October 28th, 8.00-9.00am AEDT (Saturday, October 27th, 5.00-6.00pm EST)
 - Note: (AEST and AEDT are Australian zones!)
- Why is this work important? Last year there were 450,000 new users looking at the FA website from places as far and wide as Morocco and Mongolia - no kidding! If we hope to help suffering food addicts with FA's solution, we need to understand the dilemma of FA without FA meetings, and how to convey the recovery that's possible.

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