

2019 FORUM BREAK-OUT SESSION DESCRIPTIONS

“FA Beginnings: It Was a Choice Then. It's a Choice Now.”

Why did you join FA and what are the reasons you stay? Three FA members from 1998 fledgling fellowships in California, Massachusetts and Alberta, Canada will share on why FA was a choice then and why FA remains their choice today. Attendees of the session will be invited to join the conversation. Whenever and wherever you chose FA, share your beginnings and why YOU choose to stay.

“Frontier: Giving and Getting Support”

Frontier members need the experience, strength and hope of members who are surrounded by fellowship to stay abstinent and further FA's growth all over the world. This interactive sharing session will highlight ways to stay connected in order to give support and get support. Speakers and attendees will share experience about staying abstinent, actions helpful in aiding the growth of those without meetings and ideas about what it takes to grow a fellowship.

“Growing to Love Your FA Tools”

24 Hours a Day says a sharp tool is the best tool for doing God's work. This is a sharing session on how we hone our FA tools to attain and maintain a life of sane and happy usefulness. First, three FA members will shine a light on the tools that help them walk a path of recovery. After that, session attendees will be invited to share about how they grew to love the FA tools and how the "have to's" became "want to's."

“Local Service Groups: Catapult Your Recovery into the 4th Dimension”

The Big Book says that we will “know happiness, peace and usefulness.” Hear about a successful information session done LSG-style, ways an LSG melds fellowship days with service to carry the FA message and how an LSG worked through growing pains before learning to keep it simple. Attendees will be invited to discuss ways LSGs can reach the sick and suffering food addict AND can ultimately lead to a contented way of living.

“The Traditions Up Close and Personal: How They Bring Us Peace”

Have you heard the phrase “principles before personalities” and wondered what it truly meant or how it could be applied at your meeting? Do you have difficulty discerning the difference between anonymity and confidentiality? Is there a difference? What about the concept that meetings are autonomous EXCEPT when affecting another meeting or FA as a whole? What types of decisions would affect other meetings or FA as a whole? Please join this conversation about how the Twelve Traditions bring peace to our recovery and meetings.

“What Makes a Meeting *GREAT*?”

We commit to attend several FA meetings a week because they are fundamental to our recovery and that of countless newcomers. At times, we comment to our fellows afterward: “That was a GREAT meeting!” This is a facilitated session where we can share our experiences on what makes a meeting GREAT. Our sharing will suggest concrete actions we can take for ourselves or bring home to apply in our own fellowships.