

Gratitude in Action

April, 2014

Welcome to the latest edition of Gratitude in Action

What is Gratitude in Action?

Gratitude in Action is a newsletter published by the WSI 12th Step Committee of Food Addicts in Recovery Anonymous (FA) to inspire you to get involved and do service so that you and others can be helped. We will bring you the latest FA worldwide information, remind you of tools and resources available within FA, and highlight upcoming FA worldwide events. Remember – “**Service keeps us abstinent!**”

Spring Forward Into Action

This edition of Gratitude in Action will focus on ways you can help grow and strengthen the FA fellowship through *service*. As Food Addicts, service is what keeps us abstinent and on-track. People often ask, “*What can I be doing?*” – especially those who live in remote areas. For those already immersed in doing service perhaps for you this is an opportunity to take an inventory of *how* you’re doing your service. It may be an opportunity to review best practices and get back to basics. To the individual, service can seem trivial and mundane, but to the whole of FA it is vital to the health and longevity of our fellowship. Service keeps us happy, sane, and abstinent – let us give back what we have so generously been given!

Our goal is to highlight some service opportunities that need support, with the understanding that we cannot possibly cover all the opportunities in this newsletter. With each issue, we will highlight a few more, so if there’s something you want us to mention, feel free to let us know and we’ll be sure to include it in an upcoming edition.

What can you do to be of service?

Here are some current service opportunities:

- **Frontier Sponsor List**
 - As we anticipate wider distribution of the FA book, it’s vital to ensure we have people in place to help the newcomer connect with available sponsors.
 - The frontier Sponsor List is a list of FA members who can help newcomers who are more than 100 miles / 161 km from an FA meeting to find a FA sponsor.
 - (Members with 2 year of abstinence) Volunteer to do service by being listed on the Frontier Sponsor List by emailing: sponsorlist@foodaddicts.org. To be included on the list members must meet the following requirements:
 1. Have at least 2 years of continuous abstinence, have completed at least one FA AWOL, and are working with an FA Sponsor.
 2. Are willing to respond to a caller who is looking for a sponsor within 48 hours, and if they do not currently have time available, are willing to assist the caller in finding an available sponsor who also meets the requirements.
 3. Are willing to be on the list for a minimum of 3 months and are willing to respond by email within 48 hours to confirm renewal of their membership on the list on a quarterly basis.

- **Weblinks**
 - Weblinks is a subgroup of Public Information (PI) and is responsible for making the international online community aware of FA's existence. Weblinks reaches out to universities, colleges, hospitals and any other general organizations with a health and wellness webpage to inform them of FA. The goal is to get the FA URL and a brief description of FA posted to their site, directing anyone in their user-community struggling with food to the FA website, where they can get help.
 1. Weblinks service: Weblinks is looking for FA volunteers in every geographic area with 2 or more years of abstinence. Volunteers receive up to 3 websites to contact in their local area (if desired) or anywhere. It takes as little as 10 minutes to make a call. Weblinks volunteers will receive monthly email updates and any materials updates.
 2. General service: If you see a website that you feel is a candidate for having FA listed in its resources section, or if you wish FA had a link on a specific site, send the link to weblinks@foodaddicts.org. A request will be sent to add the FA link to the site.
- **Media Watch**
 1. Media Watch service: If you read a news story, a blog or hear a radio program that you think FA should respond to in order to educate the media about FA, email the MediaWatch sub-committee and include the name of the show and date you saw it, or forward the link in an email to mediawatch@foodaddicts.org
- **EAI Orientation Conference Call Leader**
 - The EAI Orientation Conference Call Leader facilitates a quarterly conference call to orient all Eastern Area Intergroup (EAI) contacts of new meetings as to what EAI is about, what the committees do, and how they may get involved. The Leader uses the Resource Guide for EAI Area Meetings. Two years of abstinence is required plus the completion of an AWOL. If you are interested email eai12thstep@foodaddicts.org
- **Update Organizer for the EAI 12th Step Committee**
 - The EAI 12th Step Committee Organizer updates documents for the EAI 12th step committee such as the resource guide and home meeting guidelines as requested by the EAI 12th Step chair. One year of abstinence is required. If you are interested email eai12thstep@foodaddicts.org

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## **Taking an Inventory of the service positions you ARE doing:**

*Are you following best practices?*

It's not necessarily how much service you do, but the quality of service you do that *really* makes a difference.

- Here is a link to best practices listed on the FA website - <http://www.foodaddicts.org/downloads/document7-servicepositions-descriptionofresponsibilities120819.pdf>
- Questions to consider:
  - Are you talking to newcomers *or* are you chatting with your buddies at your meetings?
  - Are you making time to call people out on the frontier?
  - Are you sharing for the newcomer at your meetings?
  - Are you standing by the literature table at the break to help the newcomer?
  - Are you getting to your meetings early to help set up and greet newcomers?
  - On sponsee calls are you present, focused and listening or are you distracted?

*This is, after all, why we are here – to help the newcomer.*

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## Upcoming Events

### FA Business Convention

- June 6-8, 2014
- Double Tree by Hilton Hotel, Danvers, MA
- For more information about the 2014 Business Convention visit: <http://www.foodaddicts.org/members-business-convention>

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### FA Fellowship Convention

- October 24-26, 2014
- Santa Clara Marriott, Santa Clara, CA
- The theme this year will be “Strength through Fellowship”
  - The conference will include meetings, panel discussion and qualifications all focused on strengthening our recovery through fellowship
  - If you’re looking to do service at the Fellowship Convention email [fellowshipconvention@foodaddicts.org](mailto:fellowshipconvention@foodaddicts.org)
- For more information about the 2014 Fellowship Convention visit: <http://www.foodaddicts.org/fellowship-convention>

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Do you have feedback for Gratitude in Action?  
Please email your comments to [GIA@foodaddicts.org](mailto:GIA@foodaddicts.org).