

Gratitude in Action

February, 2015

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!”

Welcome to 2015 & Happy New Year!

The start of a new year is often a time when people resolve to lose weight, go on a diet, exercise more, quit smoking, spend less, etc. As we know, FA is a way of life that provides us a system for healthy day-to-day living, year-round. With a consistent practice of our tools and reliance on a Higher Power we are able to stay abstinent through a wide variety of life events and transitions. Abstinence is the foundation for all other service. We would like to start the new year with an emphasis on this simple message: “We do service by staying abstinent, giving us the freedom from compulsion and obsession with food to allow us be available to others.” The A.A Thought of the Day from the June 16th page in the *Twenty-Four Hours a Day* book reminds us, “But even faith is not the whole story. There must be service. We must give this thing away if we want to keep it. The Dead Sea has no outlet and it is stagnant and full of salt. The Sea of Galilee is clear and clean and blue, as the Jordan river carries it out to irrigate the desert. To be of service to other people makes our lives worth living. Does service to others give me a real purpose in life?”

Although, none of us knows exactly what the new year will bring, each of us will most likely experience a variety of ups and downs throughout the year related to such things as dating, planning a wedding, getting married/divorced, having a baby, changing jobs, relocating, grieving a death in a family, suffering serious injury or illness, or managing challenging finances. Fortunately, there are many tools and resources to help us stay abstinent through these transitions and beyond. It’s always good to remember the basics:

- Pray
- Keep your basics in order – do all of your tools
- Talk to fellows who have gone through a similar experience
- Stay in the day – avoid future-tripping
- Practice gratitude – consider a nightly gratitude list

Depending on your individual situation, you may want to consider the following:

- Go beyond the basics – call your sponsor more, re-read your literature throughout the day, write more, go to extra meetings, do a second quiet time
- Make time for a new sponsee
- Take on a new service commitment or simplify if your plate is too full

- Outreach to newcomers and/or fellows on the frontier

An Update on the FA Book

Since May 2013, we have sold over 14,000 copies of the FA book, *Food Addicts in Recovery Anonymous*. In the past four months, over 300 people have downloaded the e-book version. This is all without advertising or promotion, in accordance with our traditions.

The FA book was written by and for food addicts as a way to carry the message of recovery in FA to sick and suffering food addicts, and those who care for them. It is a uniquely useful resource for literature meetings, and is a way for each of us to better understand our disease. Both the physical book and the e-book are available on the FA website, www.foodaddicts.org.

The book begins with a description of food addiction and its symptoms. It then details individual accounts of food addiction and FA recovery. Some of our members have over thirty years of sustained success, demonstrating the possibility of long-term, continuous recovery from food addiction offered through working the FA program. This volume also includes a doctor's perspective, a chapter for family and friends, and a discussion of the Twelve Steps.

Local Service Group (LSG) Information

A Local Service Group consists of two or more FA members from more than one FA meeting group who combine resources to do service for FA.

The types of service LSG's typically participate in include:

- Information Sessions
- Monitoring an 800 or centralized number.
- Ordering tri-folds in bulk.
- Contacting corporate wellness representatives to discuss having information sessions, lunch and learns, distributing tri-folds within the company, or working with their Employee Assistance Program.
- Working with FA Weblinks to get links for local high schools, colleges and businesses.
- Coordinating classroom information sessions for local high schools and colleges.
- Setting up and coordinating booths at local health fairs.
- Updating letters to Health Care Providers and Faith Community Leaders with accurate contact information, making copies, and distributing the letters to FA meetings.
- Coordinating a *connection* writing workshop.
- Coordinating efforts with local media such as newspapers and radio stations.

How do you know when an area is ready to form a Local Service Group?

- An area is ready to form a local service group when FA members from different meetings see a need to get together to do service.
- If you find two or more people from two or more meetings getting together to perform service-oriented activities (such as those described above) then the group is already performing as a local service group.

** Note that even though the LSG may coordinate efforts, members of the LSG can and should call other members in the

area to help with the work.**

The next SGSC (Service Group Sub-Committee) meeting will be held on Sunday March 15, 2015 from 3:30-5PM EST. If you would like to receive a copy of the Agenda & Minutes, please email your request to waisgsc@foodaddicts.org.

Traditions Review Committee

Issue: A member on the FA Frontier suggested that the FA conference approve a “Skype” phone list so that members who regularly use this service as a medium to make their FA phone calls could save money and time (because of the convenience of seeing when others are online).

Response: The TRC suggested that any FA phone list, specific to one company, would not be aligned with the guidance provided by Tradition 6. (An FA group ought never endorse, finance or lend the FA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose). The TRC would be comfortable if a column headed “VOIP” (Voice over Internet Protocol) was added to a FA phone list where addresses from multiple VOIP companies could be listed. This column already exists on the WSI FA Frontier Phone List. This is similar to current FA phone lists which include an “email address” column where email addresses are listed that end with specific company names such as “[@gmail.com](mailto:)” or “[@hotmail.com](mailto:)”. If members qualify for this list, they can simply add their names to the Frontier List with their Skype names listed in the VOIP column. If they live within 100 miles from a meeting, their local meeting group could agree to add a “VOIP” column to their meeting phone list.

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## **Upcoming Events**

### **FA Business Convention**

- May 29 -31, 2015
- Double Tree by Hilton Hotel, Danvers, MA
- Applications are being accepted for the following FA World Service, Inc. (FA WSI) officers and committee chair positions: *WSI Secretary, PI Chair, Literature Chair, 12<sup>th</sup> Step Committee Chair, and Service Group Support Chair.*
  - If you are interested in applying for any of the above positions, please fill out the application form which you can access through this link:  
[http://www.foodaddicts.org/pdfs/2015\\_Business\\_Convention/2015\\_Application\\_for\\_FA\\_WSI\\_Officer\\_or\\_Committee\\_Chair.pdf](http://www.foodaddicts.org/pdfs/2015_Business_Convention/2015_Application_for_FA_WSI_Officer_or_Committee_Chair.pdf)
- For more information about the 2015 Business Convention visit: <http://www.foodaddicts.org/members-business-convention>

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Do you have feedback for Gratitude in Action?

Please email your comments to GIA@foodaddicts.org.