

Gratitude in Action

October, 2013

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!**”

Traveling During the Holiday Season

Many fellows will travel this upcoming holiday season to visit friends and family. This can be both an exciting time and a time that can produce anxiety. It's a time of hustle and bustle. It's easy to become distracted and unfocused on what matters most – our abstinence. Taking our programs with us as we travel IS manageable and has proven time and again to be successful, however, it does take planning and commitment. Here are some tips to help you travel this holiday season with more ease and success. Your disease does not take a vacation...

Before You Go (pre-travel):

- Check the airline regulations for liquids and other restrictions (e.g. knives)
- Scope out your accommodations:
 - Is there a grocery store in the area?
 - Will you have a refrigerator, microwave, or kitchen?
 - Can you ask family/friends to buy your food in advance or take you to a grocery store?
- Talk to your sponsor about:
 - Packing your food for travel
 - Changing time zones
 - Meal times
 - Sponsor and sponsee calls while you're away
- Meetings:
 - Check the FA Website (www.foodaddicts.org) for meetings you can attend or possibly qualify at (smaller meetings may be looking for people to share)
 - If you have a service position at your local meeting, ask a fellow to cover for you while you are away
 - Avoid cancelling local meetings

While at Your Destination:

- Attend a local meeting if possible and connect to fellowship at your destination
- Stay connected to your core fellowship
- Stick with your regular routine if possible
- Make your program a priority.
- Enjoy and have fun!

Returning (post-travel):

- Take a day off (if you are able) to allow for re-entry
- Get groceries
- Try to get to a meeting as soon as possible
- Rest and take it easy

FA Travel Survival Kit:

- 24 Hour a Day
- Big Book
- Connection Magazine
- CD
- Phone List
- Food Scale
- Phone Charger
- Your sponsor's telephone number written down on paper (in case your phone dies)

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**Mark your calendars**

**2014 Fellowship Convention**

- The 2014 Fellowship Convention will take place October 24-26, 2014 at the Santa Clara Marriott.  
more information will be available on the FA website

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Do you have feedback for Gratitude in Action?
Please email your comments to GIA@foodaddicts.org.