

Melinda	M	Charlotte, NC	704-543-9274
Teresa	C	Norwich, VT	802-649-5414
Terry	L	Plymouth, MA	508-743-0976
Tricia		Arlington, MA	781-646-3033

Tact and good judgement must be used...as no publicity is far better than bad publicity that might harm AA or rob it of dignity and appeal. In all public relation contacts our principle of anonymity should be thoroughly understood. It is our obligation to see that it is respected.”

*--The Little Red Book, p.137*

**3. Where can I get a press release/letter/sample FA Information Session flyer/PI Kit for doing FA public information work?**

The PI Kit is free on the FA website at <http://www.FoodAddicts.org/members.html#PIkit>. You can download it in Microsoft Word format.

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**From the FA-NEI Conference Resource Committee**

Planning to attend the 2004 FA Business Conference? Have an extra seat in your

car, or a spare bedroom to share for a night? Or are you looking for a ride from the airport or a carpool from an outlying area?

FA New England Intergroup's Conference Resource Committee was recently established to help FA members attend the 2004 GSO Business Conference in Manchester, New Hampshire from April 23<sup>rd</sup>-25<sup>th</sup>. We would like to connect FA members who need help getting to the Conference with those who can do some service in this area.

If you may be able to pick someone up at the Boston or Manchester airport, or if you have an extra bed for a member whose travel plans require that they stay

an extra night or two in this area, please let us know. Likewise, if you are looking for such assistance, please contact us and we'll do our best to match you with someone who can help.

For information or to let us know you are available for service contact the FA General Service Office at 781-321-9118, or by email at [FAMail@aol.com](mailto:FAMail@aol.com). Good luck, and we look forward to seeing you at the conference.

**FA-GSO Long Distance Sponsor List**

**FA members appearing on this list meet the following requirements**

- At least one year of continuous FA abstinence while members of FA, and the completion of at least one FA AWOL.
- Willingness to respond to a caller who is looking for a sponsor within 48 hours, and to help the caller to find a sponsor if they themselves do not currently have time available.

The Long Distance Sponsor List is updated quarterly. To receive an updated list or be added to the list, please contact the FA-GSO Office at [FAMail@aol.com](mailto:FAMail@aol.com) or 781-321-9118.

<u>Name</u>		<u>City, State</u>	<u>Phone Number</u>
Anne	S	Leomister, MA	978-466-5148
Beryl		Roxbury, MA	617-442-2440
Courtney	G	Natick, MA	508-653-4459
Cynthia	R	Malden, MA	781-605-1775
Dan	B	Chicago, IL	773-667-1662
Deirdre	H	Tewksbury, MA	978-851-5718
Eve	P	Framingham, MA	508-341-4434
Fran	M	Boston, MA	617-859-3163
Galit		Arlington, MA	781-648-7032
Gary		San Francisco, CA	415-826-7872
Grace		Colorado	303-806-8154
Janet		Wilder, VT	802-295-5109
Jean	F	Arlington, MA	781-646-8448
Joshua	P	Arlington, MA	781-641-0721
Kathleen	W	Sandwich, MA	508-833-2327
Kendra		Lynn, MA	781-581-7643
Kesaya	N	Meriden, NH	603-469-3101
Lisa	F	Everett, MA	617-387-3372
Lucky		Wayland, MA	508-358-8177
Melanie		Beacon, NY	845-831-0273

# Gratitude In Action



Twelfth Step and PI Committees  
Vol. 2 – Spring 2004

“Gratitude should go forward, rather than backward, in other words, if you carry the message to still others, you will be making the best possible repayment for the help given to you.”  
—As Bill Sees It, p.29

## Welcome!

Dear GSO Contact:

Here is the second copy of the quarterly FA-GSO Twelve Step/Public Information newsletter. Please copy it for your literature tables. We hope the newsletter will inform and inspire you in carrying the message to the still suffering food addict. The newsletter will cover:

- FAQ's ("frequently asked questions") regarding Twelfth Step work and Public Information (PI) activities.
- The quarterly updated long distance sponsorship list.
- Brief quotes and sharing regarding Twelfth step and PI work.
- Important timely announcements regarding service activities in FA.

We welcome your comments, especially suggestions for FAQ's regarding PI and Twelfth step work. Send them to Maggie, 12<sup>th</sup> Step Committee Chair c/o FA-GSO, 61 Pleasant Street, Room 402 in Malden, MA, at 781/862-7882 or FEmail@aol.com.

In gratitude and service,

The GSO 12<sup>th</sup> Step and PI Committees

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“In spite of the great increase in the size and the span of this Fellowship, at its core it remains simple and personal. Each day, somewhere in the world, recovery begins when one alcoholic talks

with another alcoholic, sharing experience, strength, and hope.”

— *Alcoholics Anonymous*, p.xviii

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## Public Information (PI) Committee FAQ's

### 1. I want to know what I can do to spread the word about FA in my local area. But I have no idea where to start. What should I do?

The FA Public Information Kit contains everything our members need to get started doing public information work. It includes step-by-step instructions about how to contact the public and the press, as well as sample press releases, letters, FA Information Session flyers and more. It guides many members like yourself who need help doing FA PI work. If you require additional assistance, the FA GSO Public Information Committee is available to help you. You can contact the committee by writing [PI@FoodAddicts.org](mailto:PI@FoodAddicts.org).

### 2. I have been asked to do an interview about FA for a radio program/newspaper article and have never represented FA before. I am not sure what I should and should not say.

Talk about the gifts of your experience - some of what it used to be like, what happened when you came to FA, and what it's like now. Remember that FA does not get involved in public controversy, and that we try to avoid comparisons with other treatments for food addiction. Keep the focus on your experience and how people can contact FA in your local area. Additionally,

getting a copy of the PI Kit and reading it before your interview will help you prepare. As with any public information issue, if you need more guidance, feel free to contact the FA GSO Public Information Committee for support at [PI@FoodAddicts.org](mailto:PI@FoodAddicts.org).