

# Gratitude in Action

October, 2012

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## Welcome to the latest edition of Gratitude in Action

### **What is Gratitude in Action?**

Gratitude in Action is a newsletter published by the WSI 12<sup>th</sup> 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!”**

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## Getting Organized & Prepared for a Thank-a-Thon

### **What is a Thank-a-Thon?**

A Thank-a-Thon is a two-hour meeting held on U.S. Thanksgiving Day where two speakers, each having two years of FA abstinence, share on the theme of gratitude.

### **Why should I attend a Thank-a-Thon?**

Thanksgiving Day kicks off the holiday season and is one of the biggest “food” days of the year. Usually it is a time for getting together with loved ones and friends and for many of us, these gatherings are centered on food. Starting Thanksgiving Day with a Thank-a-Thon meeting is a good way to slow down, get grounded, and connect with others who share the disease of food addiction. Also, by supporting your local Thank-a-Thon meeting you have the opportunity to help spread the message of recovery to the still struggling food addict.

### **How do I organize a 2012 Thank-a-Thon in my area?**

Thank-a-Thon meetings are organized by two members each having two years of abstinence. Thank-a-Thon contacts must be willing to have their name and phone number listed on the FA website. If you would like to coordinate a Thank-a-Thon for your area, contact the Thank-a-Thon Chair for your area:

- Eastern Area Intergroup (EAI): Deb H.; 978-283-8289; email: [deb\\_hardy@verizon.net](mailto:deb_hardy@verizon.net)
- Southeastern Area Intergroup (SAI): Sabine; 704-819-2742; email: [sabinelindsey@clearwire.net](mailto:sabinelindsey@clearwire.net)
- Western Area Intergroup (WAI): Elaine L.; 510-326-3357; email: [orishas5@comcast.net](mailto:orishas5@comcast.net).

### **What's the deadline for including a Thank-a-Thon on the flier and FA website?**

October 15, 2012 is the deadline to be included on the U.S. Thank-a-Thon flier and to be listed on the FA website. A Thank-a-Thon can still be organized after October 15<sup>th</sup>, however, it will not be listed on the flier or on the FA website. The U.S. Thank-a-Thon flier will be posted to the FA website after November 1<sup>st</sup>.

### **How can I do service for a Thank-A-Thon?**

There are many ways to do service for the Thank-a-Thon meeting. If you have two years of abstinence, you can coordinate a Thank-a-Thon for your area. Contact the Thank-a-Thon Chair in your area for more information.

There are also many opportunities to do service at a Thank-a-Thon meeting on Thanksgiving Day. Please work with your local Thank-a-Thon contact if you are interested in doing service in one of the following ways:

- **Speaking:** Share your experience, strength, and hope with a focus on gratitude.
- **Chairs:** Set up & break down
- **Greeters:** Welcome the newcomer
- **Count attendees:** Count attendees, newcomers, and newcomers who get sponsors
- **Treasurer:** Collect 7th Tradition
- **Literature/CD:** Set up and take down literature

***How many years of abstinence do I need to have to do service for a Thank-A-Thon?***

Two years of continuous abstinence in FA is required for Thank-a-Thon contacts and speakers. For other service positions during the Thank-a-Thon meeting, please refer to “Document 7: Service Positions: Description of Responsibilities” on the FA website.

***What if there is not a Thank-a-Thon in my area?***

Not every area has a Thank-a-Thon meeting. However, if you would like to coordinate a Thank-a-Thon meeting, contact the Thank-a-Thon Chair for your area.

***What if I am traveling on U.S. Thanksgiving Day?***

If you will be traveling in the U.S. on Thanksgiving Day and want to find out if there is a Thank-a-Thon in the area, check the FA website after November 1<sup>st</sup> for the list of U.S. Thank-a-Thon meetings. Prior to November 1<sup>st</sup>, you can contact the Thank-a-Thon Chair for that area.

***What if I already have a meeting scheduled on Thanksgiving Day?***

Regularly scheduled meetings falling on Thanksgiving Day should be conducted as normal, although some morning meetings may choose to turn their meeting into a Thank-a-Thon meeting. Evening meetings or other morning meetings should not be cancelled because of the holiday or because a Thank-a-Thon is happening in the area. It is important to remember that newcomers, as well as current members, may be planning on attending your meeting to help them stay abstinent on one of the biggest eating days of the year.

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**Mark your calendars**

The 2013 Business Convention will take place from **June 7<sup>th</sup>-9<sup>th</sup>**. It will again be held at the Coco Key Hotel and Water Resort (formerly known as the Sheraton Ferncroft Resort) in Danvers, Massachusetts. Please check the FA website at **www.foodaddicts.org** to get more details and to register.

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