

Gratitude in Action

Summer 2016

What is *Gratitude in Action*?

Gratitude in Action is a free, quarterly email publication of the WSI 12th Step Committee, offering tools and resources within FA to inspire you to do service.

FA News You'll Want to Know About

Highlights from the 2016 Business Convention. This year there were 442 attendees from seven countries and 31 US states. The business of the Convention focused on a single motion, which passed with flying colors. The motion was to adopt the new *Living Abstinently* pamphlet, a beautifully written document that includes two “new” tools: gratitude and quiet time. The 12th Step Committee reported on efforts to reach the frontier. Later, we enjoyed a meeting where members with 20+ years of abstinence shared. And the grand finale -- the highlight for many at each year’s Convention -- was a “mocktail” party, FA style. It featured laugh-out-loud skits, songs, and dancing ‘til you dropped -- no food, no drinks, and tons of wholesome fun. Click on the link to read the Convention summary, which includes the very moving remarks made by our WSI Chair and Vice Chair: http://www.foodaddicts.org/pdfs/WSI_Reports/World%20Service%20Business%20Convention%20Report%202016%20PDF.pdf

Get your fill of sun, fun, and fellowship. Don’t miss the 2016 Fellowship Convention, October 28-30, in Wesley Chapel, FL. Hundreds of food addicts will descend upon the Saddlebrook Resort to bask in the joys of recovery during this special vacation weekend. For registration details, visit: <http://www.foodaddicts.org/members/fellowship-convention>

A winter weekend of service and recovery. Consider attending the EAI Service Support Weekend, November 12-13, in Dedham, MA at the Holiday Inn Boston. All are welcome to this annual fellowship gathering and celebration of FA service. For registration details, go to:

<http://www.foodaddicts.org/eastern-area-intergroup/eai-events>

Word of mouth is always the best way. A new brochure containing statistics and testimonials regarding our physical recovery is now available for FA members to take to healthcare professionals. It's a fact-filled trifold you can use to share the gifts you've received from FA. Get copies by emailing: healthcarebrochure@foodaddicts.org.

Feeling lost on the frontier? Now you don't have to be. Check out the new web page developed exclusively for members who don't have meetings within 100 miles of their homes:

<http://www.foodaddicts.org/members/living-on-the-frontier>

Parlez-vous Français? Well, it's perfectly fine if you don't speak French or some other language fluently because, even with a limited vocabulary, you can be of tremendous service to FA members whose primary language isn't English. Willing to take calls from non-English speakers? Send an email to languagelist@foodaddicts.org to get your name and phone number added to the Universal Language List.

It's elegant, it's user-friendly, and it has its very own home. That's right, folks. Our very own *connection* has gone digital, and it's a beautiful sight to behold. Chock full of stories and inspiration, you can now visit the *connection* any time of day or night right from your phone, tablet, or laptop. Check it out and subscribe: <http://connection.foodaddicts.org/>

Ask and ye shall receive. Wait no longer to get all your important FA questions answered. Thanks to a new FAQs page on the FA website that covers 11 topic areas and 64 different questions, you can easily quench your thirst for information. Check it out here:

<http://www.foodaddicts.org/members/faq-for-members>

Impressive FA stats. Did you know that in the last two years since the FA book has been published, we have sold 18,929 copies? Did you know that, thanks to a tremendous amount of service by FA members, the number of visitors to our website has increased 49% over the last year?

Your Traditions Corner. The Traditions Review Committee (TRC) was contacted by a member asking if earmarking the 7th Tradition donation is in the spirit of the 12 Traditions, as a member had donated money to purchase 1,000 trifolds for their area. Another member thought it may be better to have the generous member put money in the 7th Tradition basket and let the meeting decide if it wanted to use the money to buy trifolds. The long form of the 7th Tradition states, “acceptance of large gifts from any source or contributions carrying any obligations whatever is unwise.” The TRC suggests contributions should be made to the 7th Tradition without a specific purpose. The final decision of how funds are used is determined by group conscience. A 7th Tradition donation allows members to show gratitude and do service by supporting the overall functioning of FA. According to the pamphlet *Your FA Seventh Tradition*, meetings use 7th Tradition donations to cover expenses for meeting spaces, literature, public information, etc. Any funds beyond local meeting needs get passed on to a Chapter, Intergroup or WSI. FA members may donate up to \$2,000.00 a year directly to WSI.



Spotlight on Service

By now, many FA members have heard the term “Local Service Group,” but may wonder, “what’s that all about?” The short version is that FA used to have three intergroups, five chapters, and several “pre-chapters.” Then, a few years ago, FA consolidated to one chapter (Maine) and two intergroups (EAI and WAI) and simultaneously began to “grow” local service groups (LSGs). To support these more formal organizations, LSGs evolved. LSGs

consist of two or more FA members from two or more meeting groups who combine resources to do service for FA in their area. A few members can accomplish a lot of service by brainstorming how to get the FA Book into local libraries and organizing FA tables at local or regional medical conventions or health fairs. Members of LSGs have also coordinated FA information sessions. In southeastern Massachusetts, for example, a few LSGs combined efforts and had write-ups about FA published in four newspapers that led many newcomers to attend three local meetings. In the DC area, FA members worked with the FA WSI Public Information Committee and a Massachusetts LSG to have a booth at the American College of Physicians Internal Medicine Convention. They gave away FA books, the new brochure for the medical professional, and the pamphlet *Are You Having Trouble Controlling the Way You Eat*. And in the Western Area Intergroup, due to efforts by several LSGs, members have successfully placed more than 150 books in local libraries. If you'd like to better understand what an LSG is all about or would like to start one in your area, please join the WSI Service Group Support Committee on their monthly call. Details are here: <http://www.foodaddicts.org/service-groups>



Experience, Strength & Hope through the Years

“Service helped me stay abstinent at this year’s FA Business Convention. I was a greeter, which gave me the opportunity to practice listening, smiling, and giving hugs and high fives to new and old friends as they arrived. I was filled with joy, and reminded of the miraculous wonder of abstinence and the progressive nature of recovery. I still don't understand how it all works, but somehow the tiniest bit of service helps me forget about myself for a little while and sets a fantastic tone for an abstinent weekend. It makes me grateful, which opens up the channel between me and God, and never fails to yield great connections with fellow food addicts.”

-FA member from Indiana

“I started FA in April 2010 and have lived on the ‘frontier’ most of that time. This year, a fellow encouraged me to attend the Business Convention, and for the first time, I went. I got the opportunity to do service there, which provided instant connection to the fellowship. It also gave me an opportunity to meet many of the people with whom I have participated in phone AWOLs, talked on the phone, and met at meetings while traveling between the U.S., Canada, and Mexico. Connection with others brings joy to my life, a deep sense of purpose and belonging, and a real freedom to enjoy my life in recovery. Being abstinent in FA has generated an overall feeling of well-being and contentment that has come through service.”

-FA member from Puerto Vallarta, Mexico

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## **Only in FA**

- You mistakenly think your sponsor means call you in the evening when she/he says, “Call me tomorrow at 5:45.”
- You stop and pray before going through security at the airport that they will NOT take your yogurt.
- You go to a dinner party with your own dinner.

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Words to Live By

“Your job now is to be at the place where you may be of maximum helpfulness to others; so never hesitate to go anywhere if you can be helpful.”

- *Alcoholics Anonymous* (the Big Book)

How to Subscribe to GIA

- Go to the FA homepage at www.foodaddicts.org
- Click "login" at the top of the right page
- Type in your email address and password
- Click on "Manage my email list preferences"
- Ensure *Gratitude in Action* is clicked as "Subscribe"

Please send an email to GIA@foodaddicts.org if you'd like to submit to the newsletter or provide feedback.