

SGSC MINUTES

March 17, 2019

The meeting opened at 3:30 ET with the Serenity Prayer.

Attendance: (22) Akia W-DC, Bonnie-FL, Casey-OH, Daniella-AU, Demi-CA, Diane K-CA, Gracie-AU, Jenny-AU, Joan-Canada, Joanna-AU, Kathy-KY, Linda B -Ontario, Lydil-AU, Marie-Canada, Melaney-AU, Nicky-NZ, Paul-MA, Rod-AU, Shirley-ME, Sue-AU, Suzanna-AU, Verna-WA

Recorder: Shirley-ME

If you were on the call and your name is not listed or is not correct please email Pam K at lowry.kokott@gmail.com so your name can be added or the information corrected.

~ Welcome by Paul B SGSC Chair sgsc@foodaddicts.org 508-648-7898

LOCAL SERVICE AND FELLOWSHIP BUILDING IN AUSTRALIA REPORTS

Daniella – Sydney

LSG focus:

1. Activities to reach the newcomer.
2. Activities to strengthen the fellowship so the fellowship is attractive to newcomers to come and to stay.
 - LSG Planned a Fellowship Day in January. 17 members attended. Event was advertised with announcements at local meetings.
 - Agenda included:
 - FA Connection Writing Session,
 - Healthcare Provider Slideshow Presentation (Members then shared experiences presenting the slideshow). Healthcare Provider Pamphlets were given to all participants to take to their providers (since the presentation 2 members discussed with MD and one HCP Slideshow Presentation is in the process of being scheduled),
 - FA Meeting,
 - Fellowship Lunch.

Jenny:

Connection representatives from two meetings met and planned a Connection Writing Session that was held in January after a meeting for an hour.

Gracie - Sydney:

LSG organized a PI Session last fall. The group was inspired to plan the session in 3-4 weeks when they knew that a FA member from CA would be visiting in their area.

- LSG used the PI Kit for guidance
- Session held at a regular meeting time (Thursday 7-8:30pm)
- Advertised the event through: meeting announcements, coloured inserts in

Meeting Directories placed in the community (local businesses, medical groups), flyers on community boards.

- Weblinks assisted the group with online postings and also placed an announcement on Facebook.
- Gracie reports WSI Board recently approved using Facebook to announce FA events. Margaret at Weblinks can assist local groups with this process. One newcomer reported learning about the session through Facebook.

Rod – Melbourne:

LSG has formed to plan two PI Sessions (May 11 & 13).

- The LSG includes 5 PI Reps from the 8 local meetings. The group is meeting weekly by conference call for 30 minutes.
- PI Session is being advertised with coloured inserts in Meeting Directory Trifolds that are being placed throughout the community (civic groups, religious organizations, gyms, etc.)
- Hoping these weekly meetings to plan the PI Event may lead to a regular monthly LSG Meetings.
- The LSG now has an email address: faustralia@foodaddicts.org and a toll free phone and messaging service 1-800-717-446
- Since 2017 the LSG has had several newspaper articles and 5 interviews with radio personality who focuses on 12 step recovery. These interviews are on podcast. (Send an email to sgsc@foodaddicts.org for the link if you want to listen to podcasts.)

Melaney:

2 PI Reps formed an LSG and planned 2 PI Sessions within one week.

- No committee meetings were held instead the PI Reps kept the local meeting informed at Business Meetings.
- Meeting members volunteered to do service at the sessions.
- PI Kit very helpful with planning process.
- Advertised online, radio (using pre-recorded MP3), newspapers, and coloured inserts in Trifolds placed in the community.
- The PI Session Speakers had a variety of experience: young/old, male/female, overeating/undereating, newly abstinent/long term abstinence.
- Also worked with Weblinks re Google alerts through media watch.

Joanna – Sydney:

LSG formed because an International FA visitor who was visiting.

- A local meeting decided to host a Connection Writing Session with one month to plan.
- Notified other meetings and asked them to announce at their local meeting.
- Theme of Session: Lighten Up.
- 11 members and 2 newcomers attended.
- Follow-up: at the Writing Sessions members buddied up to support one another in completing their writing and submitting articles.
- Also held a Non-FA Information Session for a government agency. PI Kit was helpful in planning and with format.

LSG REPORTS

Foothills/Sacramento: Susan - CA

Currently working on FA Meeting Announcements in 20 local papers.

Placing racks in libraries and hospitals.

Contacting Doctors, Hospitals, Dentists and educators to provide FA Literature.

DC Area: Akia - DC

Fellowship Day is planned for March 28, 2019 10-2pm

Flyer will be shared. (Included in these minutes).

Expecting 100 attendees.

Theme: Acceptance is the Answer

Agenda includes: Cross Talk Skit, Sharing Sessions: Sponsorship and Weighing and Measuring My Life. There will also be an icebreaker and raffle.

Maine Chapter: Shirley - ME

FA Maine Chapter Day is scheduled for April 28, 2019 9:30-3pm

Theme: Hope the Gift of Recovery

Agenda includes: Sharing Sessions: Hope, Life on Life's terms, Today Well Lived. There will also be an icebreaker, FA Jeopardy game and a raffle.

Trifold and Registration on the FA website everyone is invited.

Forum Update: Paul - MA

An Announcement about the Forum will be coming this week by email.

The Forum is on Friday May 31st. There will be six interactive breakout sessions.

Closing Remarks: Paul - MA

LSGs are created when representatives from 2 or more meetings work together to reach the newcomer. LSGs for PI events are a wonderful way for PI reps from local meetings to work with others.

Guidelines and Recommendations for LSGs are on the FA Website. You can also find the minutes from this meeting and past SGSC meetings on the website.

Meeting ended at 4:50pm with the Serenity Prayer.

6th DC, Maryland, and Virginia FA Fellowship & Sharing Day

**Sunday, March 24, 2019
10am-2pm**

**Holy Cross Hospital
1500 Forest Glen Rd
Silver Spring, MD 20910
Auditoriums A and C**

United In Recovery

Let's come together for a day of fellowship, sharing and service.

10:00 am: Registration

10:30am: Icebreaker

10:45am Session #1: ***Acceptance is the Answer***

11:30am Session #2: ***Skit and Sharing***

What is Crosstalk? – A discussion on this meeting's best practice

12:15pm: Bring-your-own-lunch

Fellowship Time

1:15pm Breakout Session #1: ***Sponsorship***: An interactive exchange about sponsorship

1:15pm Breakout Session #2: ***Weighing and Measuring My Life in Recovery***

1:55pm Closing Remarks

Free Registration: (there was a link to tinyurl.com that cannot be uploaded to FA website)
For more information, please contact Akia W. at 757.729.0121 or Agnes P. at 240.483.1954

