

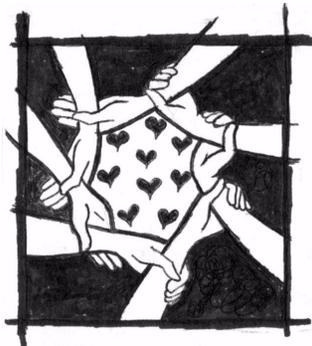


Gratitude in Action - Spring 2017

A quarterly email publication of the WSI 12th Step Committee

Help carry the message of recovery from food addiction!

Definition of Service in FA



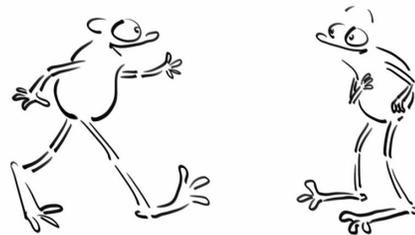
Susan D. - CA

"We do service by staying abstinent, giving us the freedom from compulsion and obsession with food to allow us to be available to others. Any service that will help reach a fellow sufferer adds to the quality of our own recovery. Sharing at meetings, talking to newcomers, answering the phone, putting away chairs, doing whatever needs to be done for FA, including supporting intergroups and attending business meetings, are ways we give back what we have so generously been given. Do what you can when you can. 'A life of sane and happy usefulness' is what we are promised as a result of working the Twelve Steps. Service fulfills that promise."

How has service enriched your program? Email us at GIA@foodaddicts.org so we can share your story in future editions of GIA.

Spotlight on Service: Greeter Position

The Newcomer Greeter stands up at every FA meeting, even if there are no newcomers present. This reminds us of the importance of this service position.



Anna B. - CA/NM

Greeters have several responsibilities:

- Introduce themselves when the meeting's leader asks greeters to stand.
- Welcome newcomers before and after the meeting, and during the break.
- Answer questions.
- Offer newcomer packets.
- Introduce newcomers to sponsors if they wish to begin the FA program.
- Share their own phone numbers.

- Ask the newcomer for his/her phone number, and follow up with a friendly call.
- Point out literature, speaker CDs, and *connection* magazine.

Here are some examples of how the Newcomer Greeter position has helped FA members in their recovery. Please share your own experience by emailing GIA@foodaddicts.org.

A welcoming smile and a friendly hello was my first experience at an FA meeting, 6 years ago. I was scared and overwhelmed at the prospect of attending a twelve-step program. The greeter talked with me, and shared some of her experiences with food addiction. She guided me to the literature table, gave me a newcomer package and introduced me to a sponsor. As I attend my committed meetings now (six years later, with a weight loss of over 50 pounds), I always try to remember what my first meeting was like, and how a kind and caring person helped me toward the greatest gift I could give myself: recovery from food addiction.



Shawna O. - Toronto

Shawna O., Toronto

"Being a greeter has been one of the best service positions I have held in FA. Each time I speak with a newcomer, I have the opportunity to remember my first meeting and how powerful it was for me. I don't specifically remember who the greeters were, but I do remember how people were willing to talk to me, despite not knowing me. I had no idea what to do at a recovery meeting. The greeters made me feel a little bit better. They gave me hope."

Katey T., Utah

"What comes to mind for me is going to my first meeting and being touched (and slightly taken aback) that there were people who came up and talked to me, even though they didn't know me. I thought nobody would want to talk to me, let alone strangers. It's very easy for me to be in my own little world at a meeting and forget that the whole purpose is the newcomer. Being a greeter brings my focus back to what's really important. Being a greeter helps me remember what it was like for me when I first came in. It helps me feel like I'm giving back in whatever small way I can."

Andrew R., California

"Although I have often served as the 'official' newcomer greeter in my meetings, there are usually a whole bunch of FA members surrounding the newcomers at my meetings. This is because it is ingrained in us that we are *all* there to greet the newcomer. We know from our own experience that the newcomer feels awful and confused. Welcoming them keeps the enthusiasm

alive in all of us. What a great way to rekindle my own gratitude for the FA program. When I talk to that person who is just at her wits end with this disease, I am reminded of all the gifts I have received here-gifts I can only keep if I give them away to that still suffering newcomer."

Rachel W., Jerusalem



Xandra G. - CA

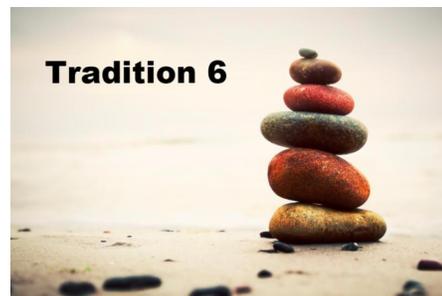
Service Opportunity: Calls to the Frontier

How often are you reaching out to those on the frontier as part of your daily FA calls? Many FA meetings in place today began on the frontier, where members relied solely on phone calls, sometimes for months, before starting live meetings. These outreach calls help our fellowship grow and increase our ability to carry the message to the food addict who still suffers. Even if you make one frontier call a week, you're doing valuable FA service.

How do you get started? The 12th Step Committee maintains the monthly FA Frontier Member List (formerly called the Frontier Phone List), which lists members who live 100 or more miles (161 km) away from a meeting. The list includes not only phone numbers but also Voice over Internet Protocol (VoIP) addresses for members who use Internet services to make and receive calls. If you'd like a copy, or know someone who should be added to the list, please send an email to frontierlist@foodaddicts.org. Once you get the list, just start calling!

Traditions Corner

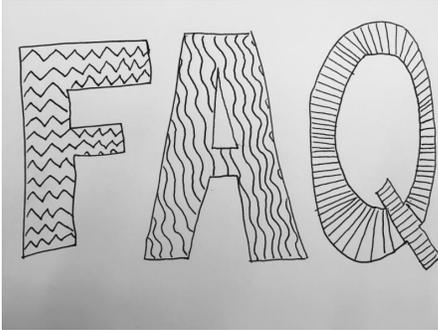
As our fellowship grows around the world, FA members are learning how to use free internet phone service providers to connect with others. The Traditions Review Committee is often asked about phone lists and the practice of listing free internet providers by company name.



The challenge comes in the form of **Tradition 6**: *An FA group ought never endorse, finance or lend the FA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.* If phone lists include the names of individual phone services or companies, this can be interpreted as endorsement of those providers.

Thus, the TRC recommends that phone lists not highlight specific providers but instead include a note at the bottom indicating that FA members interested in finding free online phone calling services should search the internet for services that meet their needs.

With this in mind, and in the spirit of service, let's all do our best to make calls to those on the Frontier!



Highlight: FA Members FAQs

Did you know that the FA website includes a set of frequently asked questions (FAQs) for members? To find it, click on "For Members" in the menu bar at the top of the page, then highlight "Member Home" in the menu bar, and click on "FAQs for Members."

You can view the full list of FAQs or search by categories such as "Frontier" or "Public Information" to find answers to questions such as "How can I get a copy of the long-distance sponsor list" and "How do I request a Microsoft word version of a WSI document that is on the FA website?" Be sure to visit this page first if you have questions, as it may be the most efficient way to get the information you need.

Words to Live By

"Just as the aim of each A.A. member is personal sobriety, the aim of our services is to bring sobriety within reach of all who want it. If nobody does the group's chores, if the area's telephone rings unanswered, if we do not reply to our mail, then A.A. as we know it would stop. Our communications lines with those who need our help would be broken."

AA 12 Steps and 12 Traditions, p. 124

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- Go to the FA homepage at www.foodaddicts.org.
- If you already have a profile, click "LOGIN" and type in your email address and password.
- If you haven't done so already, set up a profile on the FA website by clicking "LOGIN" at the top right of the page and then clicking the "CREATE PROFILE" button.
- Click on "Manage my email list preferences."
- Ensure Gratitude in Action is clicked as "Subscribe."

Send Us Your Suggestions!

Our next Spotlight on Service will feature "Sponsor-a-Rack." What's your experience with this Public Information activity? Let us know **by June 30** by emailing us at GIA@foodaddicts.org.

Do you have experience with other forms of FA service as well? If so, please submit these to this same email address. Doing so will ensure that our newsletter reflects our collective story of service, which is vital both to us and to newcomers.

Food Addicts in Recovery Anonymous | www.foodaddicts.org