

The FAA CONCEPTS OF SERVICE

Introduction

From the founding of our fellowship in 1987 to the present time, there has been little to no clear guidance on how service can best be performed and coordinated in observing our Twelve Traditions (in particular, Tradition Five – to fulfill our Primary Purpose – “to carry our message to the food addict who still suffers”). Service work is how we carry our message to share with others the reprieve we have been given.

These FAA Concepts of Service (SHORT FORM) were developed by a group of volunteers over a three year period in order to form the third foundational element of the 12-Step Recovery approach, guiding and integrating service efforts in concert with the 12 Steps and 12 Traditions of Recovery. They drew information from a variety of resources (e.g. other Fellowships’ traditions/concepts) and the principles of our own FAA traditions. With the guidance of a Higher Power within our group conscience, and through extensive deliberations and research, this subcommittee has created a draft for the Fellowship’s consideration and feedback.

The purpose of the Concepts of Service is to identify clear principles that guide and tie together our service conduct throughout our “familyship” – from individual meetings to the Board of Trustees and all elements in between. Our strength is in our unity of purpose and service. With consistent effort throughout by adhering to the Concepts of Service, FAA can coordinate and strengthen the effective conduct of our service work in sharing our experience, strength and hope in the solution we have found for gaining freedom from the bondage of food addiction. The Concepts of Service (Short Form) set forth a foundation of 12 principles of service conduct and a basic statement on the purpose and use of each Principle. Through understanding and practicing these Concepts, over time they will lead us to more spiritually grounded and effective service.