

A Meeting Topic – Carrying the Message

Many groups in our fellowship do a Step meeting as their first meeting each month. (Example: Step One the first week in January, Step Two the first week in February, etc.)

Step 12—“Having had a spiritual awakening as a result of these Steps, we tried to carry this message to others and to practice these principles in all our affairs”—comes during one of the busiest months of the year. This Step is so critical to the health of our fellowship, yet it may be overlooked as a result of the demands for our time during the month of December.

This year, the Public Information (PI) Committee is emphasizing the part of Step Twelve that says, “...we tried to carry this message to others...” We are encouraging groups to use this framework for a meeting *before* they get into the holiday season.

Here is a suggestion for how to do this:

When meeting leaders come to that part of the meeting where they speak about their personal experiences, they can introduce Step Twelve by sharing what they have done, or plan to do, to “carry this message to others.” They can then follow up by posing the following questions (adapted from #5001 *The FA Tools of Recovery*) as conversation starters to get everyone participating in the discussion:

1. How can we carry the message of FA to others? How have we already done so?
2. What items in our literature can help us carry the message?
3. Discuss different ways that carrying the message could be a group enterprise or an individual effort.
4. How does carrying the message help us in our own recovery?
5. What is the message?

When one of our PI Committee members used this theme in his group, he found that most people were actively spreading the message only to their own family members or close friends.

Must we limit ourselves in this way? Certainly not! There are many ways to “carry this message to others” beyond just our family members and close friends. Here are some examples for you to consider:

- Run a meeting announcement in your community newspaper.
- Meet with your county mental health officials to talk with them about FA and to leave FA literature with them.
- Visit a local treatment center to speak with an administrator, drop off literature, and perhaps offer to speak about FA at the center’s family meetings.
- Create a group website.
- Run a meeting announcement on your cable provider’s community-access channel.
- Search for community websites on which it would be appropriate to post information about FA and FA meetings.
- Leave flyers (with permission, of course) in libraries, places of worship, supermarkets, doctors’ offices, schools, coffee shops, and other public locales.
- Set up a table at a recovery fair to display FA literature and to speak with people interested in learning more about FA.

For additional suggestions about carrying the message, you may find it helpful to refer to #7007 *Spread the Word About Families Anonymous* and the recently revised bookmark #2006 *I Am Responsible*.

One of our most popular public-information flyers is #7014 *Are You at Your Wits' End?* Email the PI Committee (pi@familiesanonymous.org) to request a Word document in which you can insert your group information. Then make copies for local distribution.

The PI Committee is anxious to hear from you if your group uses Step Twelve as a meeting topic.

- Did this topic energize your group to carry the message?
- What efforts are you beginning?
- How have you already been successful in carrying the message?

Please send your feedback to PI@familiesanonymous.org.

Yours in Service,

Public Information Committee