

TSW FORMAT
for
INFORMATION GATHERING
"Ideas that Work"

Type of Project: Service

Project Name: "Traveling Hopefuls"

Project Goal: Bring abstinence and strong recovery to an underserved or non-abstinent area to carry the hope that there is a solution.

Organizing Service Body: "Focus on Abstinence" 7pm Monday meeting -Pinellas Traditions Intergroup, Florida

Contact Information: Karen C (kcornacchia@tampabay.rr.com) or stephanie d. (hpsendhelp@hotmail.com)

Resources Needed (budget, volunteers, materials, etc.): A car, abstinent volunteers, willingness & gas money (usually provided by group or intergroup requesting speakers). There may be a home stay if location is further than 3-4 hour driving time.

Implementation Process (including length of time for planning and implementation): We have abstinent members of a meeting who get the word out at conferences, intergroup meetings, regional assemblies and marathons that we are available to travel and speak. We usually travel on the weekends because of work schedules. We get face to face requests at other events, by email and by phone. Usually the requesting group wants a 4-8 week lead time to get the word out about the event and make arrangements for a location for the event.

Thanks to technology its' a snap to get directions.

At the event usually we tell our stories, talk about using the tools and focus on the importance of the 12 Steps of Overeaters Anonymous. A minimum of 3 hours is needed. Hearing the same strong message from multiple people seems to be an effective way to promote hope. We try to arrange that we eat a meal together with the group so they can see how we manage the food.

Additional Comments (including things of which to be mindful): We have a name, "Traveling Hopefuls", and tee shirts with a logo to get peoples attention. As we speak we often focus on the importance of abstinence no matter what. This helps us also. We have a meeting on the way to the event and one on the way home. It's a wonderful day of recovery and service. It seems that when we have fun...taking the disease seriously, but not ourselves... people relax and get the message. All 4 of us have experienced relapse at one time or another and are now enjoying sustained abstinence with a total weight loss of over 450#. We bring out pictures and our smiling faces say a lot, too.

Results: Results are in God's hands, but we bring experience, strength, and hope to whomever asks. We have a great time and it strengthens our commitment to abstinence and recovery. We have great fun!!!!!! We are not a glum lot!!!!