

Since the [FA Meeting Formats](#) do not provide *Connection* representatives the option to make announcements as part of their weekly introduction, the committee makes the following suggestions

- For in-person and telephone meetings, read a Writing prompt, a “Did you know...,” or the statement below\* during the business meeting. Consider requesting a vote to include one of these short prompts as part of the *Connection* Rep’s introduction during announcements.
- For videoconference meetings, read a Writing prompt, a “Did you know...,” or the statement below\* during the business meeting and put the following links for information about submissions and subscriptions in the chat.

<https://www.foodaddicts.org/submit-to-connection-magazine>

<https://www.foodaddicts.org/subscription>

\*The *Connection* committee survey received many responses requesting more representation reflecting the diversity of our worldwide fellowship. All FA members with 90 days of continuous abstinence, and who are working with an FA sponsor, are encouraged to submit art, images, and articles to *Connection* that connect to recovery and portray your personal or cultural background. You don't have to be an accomplished writer or artist to submit.

Introduce Writing Prompts with something like: “*Connection* Magazine is always looking for articles, art and images from FA members. If you haven’t ever submitted, or haven’t submitted lately, here’s a prompt to get you started.”

Date used	
	1. Write about your experience of coming to FA from another Twelve-Step program.
	2. Explain how you stayed abstinent through a family crisis.
	3. Describe how you faced the challenges of major life changes, like getting married or starting a family in recovery.
	4. Reflect upon how your FA recovery helped you grieve the death of a family member without turning to the food.
	5. Write about how you stay abstinent during a new social situation, such as dating or parties.
	6. Describe how your relationships have changed with family members due to your recovery.
	7. Describe a time when your parenting style changed because of your recovery.
	8. Tell how you experienced a holiday, milestone, or life celebration without turning to food.
	9. Write about how you stayed abstinent through a medical crisis.
	10. Discuss the role “preparation” played in staying abstinent through a vacation.
	11. Write about a time you used your tools when you experienced a challenging emotion and took a different action than you might have while in your active food addiction.
	12. Explain how you handle questions or comments from people outside of FA (e.g., family, friends, co-workers, etc.) about your recovery.
	13. Write about something you wish you had better understood when first starting FA.
	14. Discuss how you address a particular character defect that you keep getting “opportunities” to work on.
	15. Describe the challenges you faced in reaching 90 days of abstinence and how you met those challenges.

	16. Write about what brought you to FA after any type of bariatric-related surgery.
	17. Tell how you use the tools of recovery to deal with a difficult life situation, rather than turning to the food.
	18. Write about a time you heard or experienced something relating to recovery that made you laugh.
	19. Describe the adventures of food preparation in your early days of recovery in comparison to now.
	20. Write about a time you needed to ask for help in FA, but really didn't want to, and how that played out.
	21. Explain how you handled dealing with someone outside of FA who expressed concern that you're getting "too thin."
	22. Write about friendships and connections you have made at conventions and how those sustain your recovery and abstinence.
	23. Reflect on how you use recovery principles in non-recovery situations, such as at work.
	24. Think about a time you expressed yourself more authentically, rather than worrying about what others might think, and the response you received.
	25. Describe how you use the tools of recovery to deal with an everyday challenge.
	26. Write about a time when you had to set boundaries with others to protect your abstinence.
	27. Describe how you adjusted to cooking in FA, especially if family or friends expected you to continue preparing food as you used to.
	28. Explain how your understanding of self-care has changed in recovery.
	29. Write about a time you adamantly resisted a suggestion from your sponsor and what the outcome was .
	30. Write about a fear you faced in recovery and how you overcame it.
	31. Share about your experience of making an amend.
	32. Write about an experience of getting or giving forgiveness in recovery.
	33. Describe the role service plays in your recovery.
	34. Write about a time you had a new awareness about a behavior that didn't support your recovery and how you addressed it.
	35. Write about your experience of finding love after coming into recovery.
	36. Write about recognizing emotions and managing them in a way you feel good about.
	37. Tell of a time when practicing gratitude strengthened your recovery.
	38. Write about learning to trust your Higher Power, your sponsor, and yourself.
	39. Write about your experiences of surrendering in recovery, whether it was food, a character defect, a job, a relationship, etc.
	40. Share a spiritual experience, whether it was one of the "educational variety" or a "sudden upheaval," as described in the AA Big Book.
	41. Write about the benefits and joys of sponsoring others.
	42. Write about a time someone misunderstood something about your program that made you laugh.

	43. Write about how doing your quiet time, even if you struggle with it at times, has strengthened your recovery.
	44. Write about a time you received an outreach call that helped you through a tough time OR a time when your call to someone else helped them through a difficult time.
	45. Write about your experience of inviting FA fellows into your home or the first time you stayed with fellows you didn't know.
	46. Share how you introduce and/or explain your FA recovery to family, friends, and others, especially when your new way of living varied greatly from, or meant making changes to, your traditional, familial, cultural, or religious practices.
	47. Share a story about other addictive behaviors, such as overspending, working too much, or spending too much time on electronic devices or social media, etc., and how the tools of FA and the Twelve Steps helped you.
	48. Describe how you stayed abstinent through a significant loss, such as a divorce or death of a loved one.
	49. Describe how the Serenity Prayer helped you get through a challenging time abstinently.
	50. Write about an 'unexpected blessing' you discovered in recovery.

“Did you know...”

Date used	
	1. You can request a writing coach by emailing <a href="mailto:writingcoaches@foodaddict.org">writingcoaches@foodaddict.org</a> for help with ideas or writing guidance.
	2. The average story in the <i>Connection</i> is 400-800 words but can be as long as 1,300 words. See <a href="#">Writing Guidelines</a> for suggestions.
	3. It takes about 100 stories a year to publish the <i>Connection</i> magazine.
	4. Writing for <i>Connection</i> is a great service to suggest to sponsees. Whether they have just reached 90-days or been abstinent for decades, they can write about their experience, strength, and hope.
	5. You can submit your qualification or article as a Word doc. See the <a href="#">Writing Guidelines</a> for submission instructions.
	6. Even if you want to be published as “Anonymous,” your name and location should be included when you submit your stories. See the <a href="#">Writing Guidelines</a> for submission instructions.
	7. After you have submitted an article, an editor may reach out to you by their personal email accounts with questions about your story or with revision requests.
	8. In addition to suggested topics and ideas about what makes for a good <i>Connection</i> article, writing sessions provide information about the publication process, including why it sometimes takes a long time to see a story published. Watch for an online writing session on the <a href="#">FA Events Calendar</a> or in your bi-monthly FA Newsletter that you receive by email, or email <a href="mailto:writingsessions@foodaddicts.com">writingsessions@foodaddicts.com</a> to request assistance with hosting a writing session for your area.
	9. The best <i>Connection</i> stories focus on a single topic or incident and they provide specific details. Food can be mentioned but should not be overly described or fantasized. See the <a href="#">Connection Writing Guidelines</a> for suggestions.
	10. If you have editing experience and/or strong writing and communication skills, you might enjoy being part of the <i>Connection</i> article subcommittee. Email <a href="mailto:articles@foodaddicts.org">articles@foodaddicts.org</a> .
	11. <i>Connection</i> is always looking for art and images—color for the cover and black & white for inside the magazine. See the <a href="#">Artists Guidelines</a> for suggestions and submission instructions.