

## MRC

### Members Retention Committee

Our current official responsibility as a committee is to determine why long-timers leave or stay in the program and offer support. From time to time this is a theme we discuss, but work on this was completed by several surveys of the Fellowship several years ago. Our focus has shifted from determining the answer to why people stay or leave to providing concrete tools for people to stay. We are working on three major projects in pursuit of our goals.

1) Step Chips: The Twelve Steps describe a spiritual process. We struggle with them, discover them, work them, study them, use them, and ultimately live them. Our goal is to create Step Chips as physical reminders of our spiritual practice. FWS has also created a fund to support their production. Currently the first three Step Chips have been produced. To make a contribution to the Step Chip Fund please contact FWS in San Antonio.

2) Sponsorship Workbook: The workbook will provide a comprehensive tool for sponsors and sponsees, a foundation to use for applying the principles of the Twelve Steps to our daily life. We want to cover sponsorship issues as they relate to anorexia, sex and love addiction offering the widest possible expression of our Fellowships experience, strength, and hope.

3) Stories Project: Our goal is to collect long-timers' written or recorded experience, strength, and hope. We are also interested in gathering stories on sponsorship and want to assist other Conference Committees in the collection of other stories such as anorexia.

Like other committees we are beginning to utilize newsgroups for communication and other online writing tools. If you have an interest in any of our projects or are a long-timer and wish to speak with other long-timers, please feel free to contact the Members Retention Committee via e-mail. Send your e-mail to me, Brian R at [brianr7777@gmail.com](mailto:brianr7777@gmail.com).

Maybe you feel like a long-timer, but you are not sure. If this is the case, don't let your uncertainty about your status as a long-timer stop you from contacting us. We would like to hear from you.

Brian R.