

## **Anorexics and Bulimics Anonymous Twelve Concepts of Service**

The ABA 12 Concepts of Service\* are principles through which we serve each other and the fellowship as a whole.

The 12 Steps help us manage and navigate our personal lives more fully and wholly. The 12 Traditions help us manage and operate our Anorexics and Bulimics Anonymous groups in a sound and solid way.

The 12 Concepts of Service help us understand and navigate the fellowship's service structure in a way that allows everyone to participate and support A.B.A. without personalities getting between ourselves and our principles. Together, these three sets of guidelines - the Steps, Traditions and Concepts of Service - form the "Three Legacies" of 12 step recovery.

These set of principles are suggestions for individuals and groups to be of service at every level, from being greeters for our home groups to sponsoring or being group representatives. They guide us to be of service to the program that has saved our lives, to each other and to the anorexic or bulimic who still suffers.

Here are the principles through which we serve each other and the fellowship as a whole:

1. Proximate responsibility and consummate authority for Anorexics and Bulimics Anonymous (ABA) General Service Association (GSA) will completely rest in the Fellowship of ABA.
2. The ABA GSA and its service arms has been designated as the expressive voice and impelling conscience and delegated complete administrative and operational authority.
3. Effective leadership grows with the Right to Decision presented to the ABA GSA and its service arms.
4. Participation at all levels of ABA is necessary for widespread representation of the Fellowship. Participation is the key to harmony.
5. ABA is dedicated to protecting each member of our groups and maintains the Rights of Appeal and Petition to ensure all voices are heard and all grievances are handled.
6. The elected Directors of the GSA of ABA have been delegated to exercise the active administrative responsibilities as accepted by the General Service Representative Committee (GSR).
7. The GSA is empowered to manage the matters of ABA service as a matter of legal delegation by the Charter and Bylaws. The GSR Committee is not guided by legalities but by traditions.

8. The elected Directors of the GSA are responsible for the planning and implementing of policies and finance. Full authority for the routine management of ABA service is delegated to its committees.
9. The GSA assumes primary leadership in terms of service, however; service at all levels of the Fellowship is a necessity for our current and future functioning.
10. Service responsibility at each level needs to be balanced by equal service authority that is well defined to avoid confusion.
11. The attributes and capabilities of Committee members, elected Directors, and staff members are of utmost importance. The GSA is responsible for ensuring their quality.
12. The GSA and the GSR Committee will operate under the spirit of the Twelve Traditions of ABA. It will ensure that undue wealth is not accumulated by holding only what is necessary for operation in addition to a prudent reserve. Decisions of import are to be reached through thorough discussion, voting, and, whenever possible, unanimity, where no one member holds unconditional authority over any other in the Fellowship. The GSA and the GSR Committee will ensure that there will be no personally punitive actions, no actions spurring public controversy, and no acts of government will be performed. Democracy will always remain in spirit and impact.

September 18th, 2022. Motion successfully carried to accept and approve the above ABA 12 Concepts of Service by the Board of Directors.

\*Adapted and reworded from Alcoholics Anonymous and Al-Anon Family Groups

"The Twelve Concepts." *Alcoholics Anonymous*, 1962, [www.aa.org/the-twelve-concepts](http://www.aa.org/the-twelve-concepts).

"The Twelve Concepts of Service." *Al-Anon Family Groups*, 1996, [www.al-anon.org/for-members/the-legacies/the-twelve-concepts-of-service/](http://www.al-anon.org/for-members/the-legacies/the-twelve-concepts-of-service/)