

**TSW FORMAT
for
INFORMATION GATHERING
"Ideas that Work"**

Type of Project: Humor

Project Name: "Rule #62 - don't take yourself too damned seriously", and "Boogaloo Committee", and "Our lunches"

Project Goal: To create laughter

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Resources Needed (budget, volunteers, materials, etc.): "Rule #62 - don't take yourself too damned seriously" was used at a retreat workshop (mostly sharing) - this gives us a chance to accept ourselves and see how silly we've been in our lives. The best laughter comes from the innocent little share that breaks the tension and provides that great belly laugh that is so healing. In Region Seven they have a "Boogaloo" committee - a fun committee that gives a humorous report along with serious committee work. Planned outings such as picnics, game nights, dances, and going to amusement parks occurred. Also, a "fun sponsors list" was created (These sponsors are fun loving Compulsive Overeaters who replaced food with fellowship). In Spain, after monthly intergroup work meetings, they have "our lunches"(lunch together). Personal relationships get stronger, along with the best therapy - laughter. The power of the group and the power of laughter have no limits.

Results: FUN!