



Food Addicts Anonymous, Inc.

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<https://faacanhelp.org/>

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Dear FAA Intergroup Representatives and all FAA Members,

In response to communication received requesting the Board of Trustees' guidance, we are writing to offer guidance and support regarding the handling of disruptive behavior during phone and virtual meetings within Food Addicts Anonymous (FAA). As our fellowship continues to rely on these formats to carry the message of recovery, it is essential that our meetings remain safe, structured, and spiritually grounded environments for all who attend, especially for newcomers. This pertains to both the meeting and the 'parking lot' after the meeting end.

Disruptive behavior may include, but is not limited to, cross-talk, interrupting speakers, excessive sharing beyond agreed time limits, use of inappropriate or triggering language, background noise, off topic or non-FAA discussions, or misuse of meeting technology. While each situation is unique, we encourage all trusted servants to respond with clarity, consistency, and compassion, guided by FAA's principles and traditions.

To help prevent disruptions, meeting leaders should clearly state guidelines at the beginning of each session. These may include expectations such as muting when not speaking, refraining from cross-talk, honoring time limits, maintaining a respectful tone, and keeping discussions to FAA subjects only. Establishing these norms helps create a shared understanding and supports a focused recovery atmosphere.

Also each meeting may want to designate a chairperson and, when possible, a co-host or moderator responsible for managing the technical and behavioral aspects of the meeting. On virtual platforms, this may include muting participants, managing the queue of speakers, or, when necessary, removing individuals from the meeting. For phone meetings, a moderator can gently redirect participants and maintain order.

If a participant becomes disruptive, a graduated response is often most effective:

- Begin with a general reminder of meeting guidelines directed to the group (clarify meeting times as 1 hour from start to finish and strengthen meeting scripts). Emphasize the importance of following FAA Traditions (especially Tradition 10: no opinion on outside issues) in meetings and in the 'parking lot'.
- Holding a workshop on safety and disruption concerns may prove helpful to all members.
- If the behavior continues, address the individual(s) respectfully and directly.
- If necessary, use available tools (such as muting all participants and revert to simply reading FAA sanctioned literature) to protect the integrity of the meeting.
- Perhaps limiting or discontinuing 'parking lot' time in order to preserve the focus and safety of the meeting
- Blocking and/or removal of the offending individual(s) should be a last resort.

While it is important to uphold boundaries, we also remember that those who are disruptive may still be suffering. When appropriate and feasible, a follow-up conversation outside the meeting can offer support while clarifying expectations for future participation.

We encourage intergroups to support their meetings by offering guidance, sharing best practices, and, where helpful, providing training for trusted servants. A consistent approach across meetings can strengthen unity and foster a sense of safety for all members.

Above all, our primary purpose remains to abstain from addictive eating and to carry the message of recovery to the food addict who still suffers. Maintaining orderly and respectful meetings is essential to fulfilling this purpose.

Thank you for your continued service and dedication to the FAA fellowship. If you have questions or would like additional support, please feel free to reach out.

In service,

Chuck S., FAA Board of Trustees Chairperson

**Food Addicts Anonymous
World Service Organization**