

FAA Board of Trustees Meeting

Date: January 11, 2026

Time: 7:30 E

Format: Hybrid (Zoom/phone)

Chair: Chuck

Secretary: Kelly

Attendance

Board Members Present:

- Chuck (Chair)
- Charlotte (Treasurer)
- Kelly (Secretary)
- Cindy (Convention Chair)

Visitors:

- Linda Arms
- Maryanne
- Cynthia M.
- Deborah (phone)

Opening

- Meeting opened with the **Serenity Prayer**.
- Roll call completed.

Traditions

- **Tradition Five** was read and shared.

Approval of Minutes

- **December 14 minutes approved** (motion previously submitted via email and accepted).

Officer Reports

Chair / Co-Moderator

- No formal report.
- Treasurer's report unavailable due to Donna's absence.

Treasurer

- No formal report submitted.
- Treasurer expressed concern about finances and personal intention to donate regularly.
- Noted ongoing financial strain.

Secretary

- Minutes distributed by email.
- Discussion clarified process for approving minutes:
 - One board member motions approval.
 - A second confirms.
 - Once confirmed, minutes may be posted to the website.
- Secretary will text board members when minutes are sent to prompt review.

Committee Reports

Office Committee

- Report submitted via email (read aloud):
 - Convention date information forwarded.
 - Literature price increases approved by Trustees are being finalized.
 - Donation campaign development underway.
 - Webmaster unavailable for part of December; progress limited.
 - Items to resume once webmaster returns.

Bylaws Committee

- No active committee at this time.

Literature Committee

- No active chair.

Public Information

- No report.

Convention Committee

- Theme selected.
 - Three workshop titles identified.
 - Attendance numbers still uncertain; structure pending.
 - Venue confirmed and **Wi-Fi availability verified**.
 - Strong interest in a **hybrid (in-person + virtual) convention**.
 - Outreach ongoing for volunteers to support hybrid setup.
 - Early planning underway for **2027 venues** due to booking challenges and deposits.
-

Old Business

Concepts / Principles of Service Document

- Extensive discussion regarding:
 - Fellowship feedback process
 - Bylaws requirements for literature review
 - Naming concerns

Decision:

- **Motion passed** to rename the document from “12 Concepts of Service” to “**FAA 12 Principles of Service**.”

Additional Actions:

- All references to “concepts” will be changed to “principles.”
- Revised **short form only** will be reposted for fellowship review.
- Minimum **30-day comment period** required.
- Comments to be sent to Donna → forwarded to Board Chair.
- Marianne and Cynthia will revise the document and send it to the board and Donna.
- Item to return to agenda at **March meeting**.

As reflected in prior minutes, the July 13, 2025 motion was properly moved, voted on, unanimously adopted, and fully executed when the approved draft was distributed to the fellowship for feedback.

For clarity, and consistent with nonprofit governance norms reflected in the FAA Bylaws, Board motions are the formal mechanism by which

the Board exercises its legal authority on behalf of the corporation. Clear motions and corresponding minute entries help distinguish Board-authorized actions from draft or committee materials shared for discussion and help ensure an accurate record for both the Board and the fellowship.

Because the October 30, 2025 draft includes substantive changes—including the Six Warranties and the removal of the word “Concept(s)” —my understanding under the FAA Bylaws and Robert’s Rules of Order is that a new motion is required to authorize distribution of that document for fellowship feedback.

For clarity, an example of such a motion would be:

*I move that, in accordance with the FAA Bylaws and Robert’s Rules of Order, the Board approve the October 30, 2025 Short Form draft formerly titled **The Twelve Concepts of Service** and now titled **The Twelve Principles of FAA Service**, including the Six Warranties, with the term “Concept(s)” replaced by “Principle(s)” throughout, and authorize its distribution to the fellowship for review and feedback, including posting on the FAA website.*

Board Size / Bylaws Amendment

- Motion previously tabled due to agenda omission.
- **Motion passed** to adopt revised bylaws allowing a smaller board size due to difficulty maintaining larger membership. It went from 5 members required to 3 members required to have a quorum. **This constitutes the first round of voting. The bylaws require two voting cycles to take effect.**

Financial / Donation Appeal

- FAA in **critical need of funds**.
- Donna has voluntarily reduced compensation.
- Literature and other income streams are slow.
- **Donation appeal approved.**

Discussion points (exploratory):

- Online book sales / publishing options

- Copyright protection considerations
- Virtual workshops and paid online events as revenue
- Hybrid convention income potential

(No formal motions beyond donation appeal.)

New Business

Convention Planning Timeline (Bylaws Amendment)

Motion Passed to revise bylaws to require earlier convention planning:

The World Service Convention Committee will begin securing a convention location **no later than January of the previous year**, allowing **18–22 months** lead time.

Locations must be submitted to the Board Secretary **by March 1** for board voting.

This constitutes the first round of voting. The bylaws require two voting cycles to take effect.

Purpose:

- Avoid loss of preferred dates
 - Improve inclusivity and planning
 - Support incoming convention chairs
-

Convention Timing (Spring/Summer)

- Discussion held regarding:
 - Religious holiday conflicts
 - Inclusivity
 - Financial implications
 - **Motion tabled** for further review.
-

Letter Regarding Religious Holiday Conflict

- Letter from fellowship member discussed.
- Proposal for a public apology reviewed.
- Decision:
 - **Table action until March.**
 - Cindy to forward prior correspondence and original complaints to board.

- Linda and Marianne may draft a proposed apology **for review only**, pending board guidance.
-

Next Meeting

- **Date:** March 8
 - **Time:** 12:30 PM (local time)
 - **Note:** Daylight Saving Time begins that day.
-

Closing

- Meeting closed with the **Serenity Prayer**.
-

See agenda from January 11, 2026 board meeting below.

FAA Board of Trustees (BOT) Meeting Agenda
Sunday January 11, 2026 –7:30 PM ET
ZOOM Virtual Meeting ID: 973 5019 9561
Password: 459076

Link: <https://zoom.us/j/97350199561?pwd=r2iX9bBfoVVLJ86wSWwb8XR03U2GLC.1>

OPENING: Serenity Prayer

ROLL CALL:

Quorum-

Visitors-

Reading Tradition Five (long version) –

Review/Approval of Minutes of December 14, 2025 -

REPORTS:

Co-Moderator-

Treasurer-

Secretary-

Executive Assistant-

Office Committee- **Board of Trustees...**

Sorry but I cannot attend. The only reports I have are the email messages that were previously forwarded to the Board regarding the Convention dates, etc. I am still working on literature price increases that we voted on during the last BOT Meeting and getting them posted, along with developing a donation campaign to be posted online. Unfortunately, the webmaster was away the last few weeks of December, so not much was accomplished. I will update everyone when it is finalized.

Thanks for understanding!

Stay Safe & Be Well!

Regards,



By-laws Committee-

Literature Committee-

Public Information-

Convention Committee-

OLD BUSINESS:

a. Motion: I move that the Board approve posting attachment (1) on the FAA website between August 1, 2025 until August 31, 2025 in order to survey our members on their activities/involvement in Sponsorship and Service.

Update: The survey received a total of 35 responses. Most responses were individuals with substantial time in fellowship. There have been a few late submissions. A question was presented regarding where the information is going and what the purpose will be moving forward. A motion to close this item was presented by the PI Chair and seconded by the Secretary. The motion was approved unanimously. The expectation is to have a future agenda item to present the results by the current Co-Moderator once completed. This will be removed from the website and **the current Literature Chair will present the report for the next agenda.**

b. Motion: I move that the Board concur with the Principles and draft text of the proposed Concepts of Service Draft (6.28.25) Short Form, contained in Attachment (2) and allow the Literature Committee to proceed with developing a Long Form expansion of these Concepts.

Update: Feedback was received from 4-5 people with about 5 specific comments about the wording and simplification of the document. Some of the comments had lengthy content suggestions. Questions were presented regarding the process of deciding how to proceed with the feedback provided. The By-Laws were reviewed to express the standard process as this process has been presented to be different from the By-Laws. The By-Laws Chair motioned to defer this item to a future agenda, seconded by the Office Chair. The item will be deferred until December when the final product will be presented. All voted in favor. **The item is deferred until January meeting.** See below.

c. Motion: to adopt the changes made to the Bylaws (attached) regarding the small board adaptation and to further specify requirements of an oncoming board member.

Background: In the past the Board has struggled to maintain the larger Board size specified in the By-Laws and the proposed changes allow for the operation of a smaller Board.

Update: The previous meeting noted that this would be voted on, however it was erroneously absent from the original Annual Board Meeting Agenda that was submitted. The PI Chair motioned that this be postponed until it is on the agenda at the next meeting, seconded by the Convention Chair. All approved unanimously. **Tabled until January.**

d. Plan to launch a donation appeal. Incentives to donate: Coin holders, Can openers and remaining mugs. Donna to draft letter and circulate for feedback.

e. Response to CIG(Amy's email). Create a website banner advertising service opportunities. Centralized contact page for: Board positions, Committees and CIG roles. Donna to draft response; Chuck to send official reply.

NEW BUSINESS:

a. Motion: I motion to update Article X of the FAA By Laws from the current wording of: "The World Service Convention Committee will meet at least 30 days prior to the Annual Convention to search for and get information on possible dates and sites for the following year's convention."

To state the following: "The World Service Convention Committee will begin the process to secure a viable convention location no later than January of the previous year allowing for at least 18 to 22 months of cushion to secure a preferred date prior to the Annual Convention. Locations should be submitted to the Board Secretary no later than March 1 of the previous year to be added to the agenda for voting."

Reason: In recent years, the Convention Chair has had difficulty accessing preferred dates due to a change in booking standards that require further notice as many of the preferred dates have already been taken when we have attempted to contact locations with less notice. Having a more formal structure for securing the locations also allows for more time to plan and promote future conventions as well as provide guidance for incoming Convention Chairs.

b. Motion: Change the convention to the spring or summer.

c. Letter from Sarah Dittner: see below.

Visitor Comments:

NEXT MEETING:

CLOSING: Serenity Prayer

In Service,

Kelley

10 09 25 all short forms approved by subcommittee

**The Food Addicts Anonymous Twelve Concepts of Service 10 30 25
Working Draft – For Board and Fellowship Review Only – Not
Final Literature as this must go through the FAA approval
process**

Note: Minor grammatical changes were made on 10 30 25.

Note: During the first year of committee meetings, the majority of work involved researching other fellowships' concepts of service. The spiritual principles of AA, NA and numerous other fellowships as well as the steps and traditions provided inspiration and guidance for our efforts. During the last 2 years of the concepts' subcommittee meetings, about 80% of the remaining work was devoted to refining and editing the short forms of the 12 concepts. The summary of each concept is offered to provide a background understanding that led to these concepts. Ongoing development and completion of the concepts and summaries remain the work of the next members of this subcommittee. Significant work was done on the review and revision of the short forms which were submitted to the board and sent to the fellowship for consideration and review, which is now complete

Concepts Preamble draft

The Concepts were developed by drawing information from a variety of resources (e.g. other Fellowships' traditions/concepts) and the principles of our own FAA traditions. With the guidance of a Higher Power within our group conscience, the subcommittee arrived at a recommended draft for the Fellowship's consideration and feedback.

Introduction

Leadership qualities should be carefully considered when choosing trusted servants. Skills are needed from the individuals filling the various positions. The best qualified candidates will be the ones who know the responsibilities of their potential service position. Is there a willingness to learn some new skills to become a trusted servant if needed? They realize they are not alone

and always have the option to ask for help in carrying out their assigned duties. Honesty, open mindedness, and willingness are necessary in recovery and essential traits of trusted servants. Those serving the FAA Fellowship must have integrity, willingness to compromise, ability to stand on program principles and the ability to disagree in a respectful manner. We allow trusted servants to do their assigned duties. We also hold them accountable when they are asked to provide reports and other information necessary for the Fellowship to function effectively. Accountability and transparency are central features of service, and it is important that each trusted servant be accountable to the entire Fellowship.

Rotation of service is critical to avoid burnout. This rotation will allow for new energy, ideas and skills to be infused into our service arm. Spiritual maturity and emotional sobriety along with personal integrity are traits to look for when nominating a trusted servant. The key is that the tasks and responsibilities of the position be clearly defined for the trusted servant. This allows for less confusion about who is doing what in the Fellowship.

As we apply the spiritual principles of honesty, courage, integrity, love, hope and faith to all our decisions and actions, we will be less apt to be motivated by self-interest and more apt to be motivated by how our conscience guides us. We always consider the concerns of the group and Fellowship as a whole. We apply the principles of the program in all our affairs which includes service opportunities. These concepts are designed to guide FAA's organizational service efforts.

MOST CURRENT REVISIONS TO CONCEPTS ONE TO TWELVE shown in Purple below AS OF 10 09 25

- **CONCEPT ONE - Service and Responsibility**
Final responsibility for FAA decisions ultimately rests with the fellowship as a whole. Within each home group, intergroup, committee, and the FAA Board of Trustees (BOT), our members all serve as spiritual stewards by seeking and being guided by a loving Higher Power which some of us may choose to call God. Every trusted servant plays a role in carrying FAA's message of recovery to all food addicts.

Approved DRAFT 09 19 25

- **CONCEPT TWO – Spiritual Guidance**
 FAA depends on trusted servants at all levels. A loving Higher Power’s spiritual guidance in our service work is demonstrated by our servants’ willingness, humility, and faithfulness to FAA’s spiritual principles. No one governs; all serve.
Approved DRAFT 09 19 25
- **CONCEPT THREE – Right of Decision**
 All servants are trusted to make informed decisions within their service roles. This right provides the freedom to make necessary decisions. Carrying out that responsibility involves seeking spiritual guidance, practicing accountability, and remaining open to group input and feedback. **Approved DRAFT 09 19 25**
- **CONCEPT FOUR – Right of Participation**
 Everyone in FAA has a voice and a part to play in service.
 All members are invited to participate through open communication, surveys, and shared service experiences –especially in intergroups and committees. **Approved DRAFT 09 19 25**
- **Concept FIVE – Right of Appeal**
 Minority opinions are heard and valued as part of our group conscience. All service levels must be open to minority opinion and appeal. This openness ensures we trust that our loving Higher Power’s spiritual guidance is demonstrated by transparency and the example of our trusted servants’ actions, in the way they support FAA’s primary purpose through love and service. All feedback from the Fellowship to the Board of Trustees ensures that dissent is acknowledged and respected as our collective conscience continues to evolve.
Approved DRAFT 09 19 25
- **CONCEPT SIX – Mutual Trust**

Decisions in FAA are based on seeking, trusting and accepting a loving Higher Power’s spiritual guidance– not based on human authority or control. This trust in our leaders is built on integrity, leading by example, remaining transparent, and supporting FAA’s primary purpose through love and service. All members at every level of FAA service are called, obliged, and responsible to act in the best interests of FAA as a whole, setting aside personal bias. All servants must disclose and eliminate all potential conflicts of interest. **DRAFT APPROVED BY ALL 09 25 25**
- **CONCEPT SEVEN – Balance**

The Fellowship as a whole is guided by the spiritual principles of the Twelve Steps, Twelve Traditions and Twelve Concepts. FAAs legal authority is articulated through the Articles of Incorporation and Bylaws of Food Addicts Anonymous, Inc. These

two dimensions must be in balance with one another. This balance maintains harmony and unity within the Fellowship.

DRAFT APPROVED BY ALL 09 25 25

- **CONCEPT EIGHT** – Effective Service Structure

FAA’s service structure – though informal – actively solicits input from all members of our Fellowship. Every member has the opportunity and is invited to contribute to a group conscience and more, thereby supporting one another in a spirit of unity and service.

Approved DRAFT 10 02 25

- **CONCEPT NINE** –Leadership by Example

Leaders in FAA depend on spiritual maturity — always demonstrated by example and never based on authority of office. Effective leaders embody the principles of recovery in all their affairs to the best of their ability. **Approved DRAFT 10 02 25**

- **CONCEPT TEN** – Clear Responsibility and Authority

Each level of FAA’s structure operates with defined responsibilities:

- All trusted servants must disclose and eliminate any conflicts of interest, financial or otherwise.
- Home groups carry the message and practice the Steps, Traditions

and Concepts.

- Intergroups support the needs of their associated meetings and

groups.

- Committees address literature, outreach, operations and more.
- The BOT maintains operations, corporate records and

communication.

- The BOT bears legal accountability and spiritual stewardship.

Everyone is responsible to the groups and to each other.

Approved DRAFT 10 02 25

- **Concept 11** – Vision and Continuity

The BOT provides a vision for the future efforts of FAA in serving food addicts as well as support for issues that arise in the Fellowship. FAA ensures continuity through rotation of service positions, mentorship, and shared experience. The WSO provides administrative continuity and organizational memory. **APPROVED 10 02 25**

CONCEPT TWELVE – Spiritual Foundation

Every FAA service effort – at the level of home groups, Intergroups, committees, the WSO and the BOT—is grounded in the spiritual principles of the Twelve Steps, Traditions, and Concepts. Love, humility, patience, forgiveness, and willingness, in particular, are fundamental spiritual cornerstones of every decision.

The warranties represent 6 general operating principles of FAA which safeguard the spiritual principles of steps, traditions and concepts of service. The purpose of these warranties (rooted in the spiritual principles of the concepts) is to guide conduct of service to:

1. **Avoid accumulation of excessive power or wealth.**
2. **Practice sound and prudent financial management.**
3. **Avoid placing any individual in a position of unqualified authority.**
4. **Make decisions through informed group conscience and substantial unanimity.**
5. **Refrain from punitive or controversial actions.**
6. **Remain democratic in thought and action.**

APPROVED 10 09 25

To: FAA Board of Trustees and FAA Convention Committee
From: Sarah Dittner
Date: December 30, 2025
Subject: Proposal for Inclusive Long-Term Convention Planning and Formal Apology Policy

Dear Trustees and Committee Members,
As we continue to grow the Food Addicts Anonymous (FAA) fellowship, it is vital that our World Service events remain accessible and inclusive for all food addicts, regardless of their religious or cultural background.

I would like to bring to your attention that this year's FAA Annual Convention coincides with Sukkot. This timing prevents observant Jewish members from attending due to religious restrictions during the festival.

Acknowledgement of Long-Term Planning

I recognize that the **FAA Convention Committee** must secure venues and sign contracts **one to three years in advance** to ensure the organization's largest fundraiser and fellowship event is successful. While this forward-planning is necessary for logistical stability, it has historically led to the inadvertent booking of conventions on major religious holidays. To ensure "the individual FAA member is most important to our organization," we must integrate comprehensive interfaith data into our multi-year forecasting immediately.

Proposed Letter of Apology to the Fellowship

For instances where a future convention has already been contracted on a date that conflicts with a religious observance, I propose the following formal apology be issued to the fellowship:

"Dear FAA Members, we sincerely apologize for the upcoming World Service Convention scheduled on [Date], which conflicts with [Holiday/Observance]. We recognize that this oversight creates an exclusionary environment for members observing this as a sacred time. Due to venue contracts secured years in advance, we are unable to relocate this specific event. However, we are committed to improvement. Moving forward, the FAA Board of Trustees is adopting a rigorous interfaith calendar protocol for all future planning to ensure that no member is forced to choose between their faith and their recovery community."

Authoritative Resources for Future Planning

To facilitate inclusive scheduling for the 2027 and 2028 convention cycles, I recommend the following reputable resources:

- **ADL Calendar of Observances:** A standard tool for identifying days where work or travel accommodations are recommended due to religious observance.
- **Harvard Divinity School Multifaith Calendar:** An academic resource providing precise dates and descriptions for global traditions.
- **United Nations Official Holiday List:** Provides a global perspective on "floating" holidays like Eid al-Fitr, Yom Kippur, and Diwali.
- [Interfaith Marketplace Multifaith Calendar](#): Specifically designed for professional organizations to facilitate long-term, multi-year inclusive planning.

By utilizing these tools, we ensure that the FAA message of recovery is truly available to everyone, everywhere.

Gratefully in service,
Sarah Dittner
FAA Loop Member

**Procedural History of the Twelve Concepts of Service (short form)
(in accordance with the FAA Bylaws and Robert’s Rules of Order)**

Excerpt:

Food Addicts Anonymous
Amended and Restated By-Laws
(Article X: Committees)

LITERATURE REVIEW AND CREATION COMMITTEE:

Responsibilities include:

- Reviewing new and updating publications and making recommendations.
- Reviewing and updating FAA-approved literature.
- Determine literature prices.
- Send price suggestions to the Board of Trustees for approval.

The procedure for approving changes to literature is as follows:

FAA Bylaws (Section X) Approved July 13/24	First Draft (June 2025)	Second Draft (October 2025)
1. The Literature Review Committee will present proposed new literature or suggested changes to existing literature to the Board of Trustees.	July 13/25	Scheduled January 11/26
2. The Board will review, discuss, and vote on the proposal.	July 13/25 Approved <u>except</u> the warranties in Concept 12	Scheduled January 11/26
3. The announcement of the proposal will be published in the next Abstinent Times and/or over the Internet. It will be sent to Intergroups and spread by word of mouth.	Posted on FAA website Sent to Intergroups, spread by word of mouth	
4. FAA members will have a minimum of 30 days from the date of publication to send in comments. The exact number of days will be determined by the FAA Board of Trustees at the time of approval of the literature. The Literature Committee shall consider all suggestions and submit a final product to the Board of Trustees for approval.	Members had over 30 days to send comments. Seven responses were received	
5. The Board of Trustees may review any responses received and make the final determination to approve the new or revised literature.	BOT has <u>not</u> reviewed responses or made a final determination to approve the new or revised literature	

Procedural History of the Twelve Concepts of Service (short form)
(in accordance with the FAA Bylaws and Robert’s Rules of Order)

Robert’s Rules of Order

Announcement of the proposal will be published to the fellowship	RONR §10:26–§10:27 (Notice required; limits of amendments)	When advance notice is required, members must know <i>what</i> is being proposed before approval.
Members have a minimum of 30 days to send comments	RONR §13:1–§13:8 (Right of members to informed participation and debate)	Members’ rights include adequate time to review and respond to substantive proposals.
Board reviews, discusses, and votes on the proposal	RONR §4:1–§4:7 (Business conducted by motion, debate, and vote)	Final decisions belong to the Board, after discussion and deliberation.
Announcement of the proposal will be published to the fellowship	RONR §10:26–§10:27 (Notice required; limits of amendments)	When advance notice is required, members must know <i>what</i> is being proposed before approval.
Members have a minimum of 30 days to send comments	RONR §13:1–§13:8 (Right of members to informed participation and debate)	Members’ rights include adequate time to review and respond to substantive proposals.
Committee considers all suggestions and submits a final product to the Board	RONR §50:9 (Body may recommit with instructions)	Committees revise based on feedback and resubmit; this is standard parliamentary practice.
Board reviews responses and makes final determination	RONR §4:30–§4:35 (Final action by the assembly or board)	The Board is responsible for final approval after proper process is complete.
Board may pause or return revised material for further review (<i>implicit in FAA process</i>)	RONR §13:21–§13:25 (Motion to Commit or Refer)	If changes are substantial or process incomplete, the Board may send the document back with instructions.

**Procedural History of the Twelve Concepts of Service (short form)
(in accordance with the FAA Bylaws and Robert's Rules of Order)**

TIMELINE

January 11/26
FAA Board of Trustees (BOT) Meeting Agenda (Item B)

b. Motion: I move that the Board concur with the Principles and draft text of the proposed Concepts of Service Draft (6.28.25) Short Form, contained in Attachment (2) and allow the Literature Committee to proceed with developing a Long Form expansion of these Concepts.

Update: *Feedback was received from 4-5 people with about 5 specific comments about the wording and simplification of the document. Some of the comments had lengthy content suggestions. Questions were presented regarding the process of deciding how to proceed with the feedback provided. The By-Laws were reviewed to express the standard process as this process has been presented to be different from the By-Laws. The By-Laws Chair motioned to defer this item to a future agenda, seconded by the Office Chair. The item will be deferred until December when the final product will be presented. All voted in favor. The item is deferred until January meeting.*

December 14, 2025
FAA Board of Trustees (BOT) Meeting Minutes

Concepts of Service Draft

- Work stalled due to lack of literature chair

September 12, 2025
FAA Board of Trustees (BOT) Meeting Minutes

Motion: I move that the Board concur with the Principles and draft text of the proposed Concepts of Service Draft (6.28.25) Short Form, contained in Attachment (2) and allow the Literature Committee to proceed with developing a Long Form expansion of these Concepts.

Update: *Feedback was received from 4-5 people with about 5 specific comments about the wording and simplification of the document. Some of the comments had lengthy content suggestions. Questions were presented regarding the process of deciding how to proceed with the feedback provided. The By-Laws were reviewed to express the standard process as this process has been presented to be different from the By-Laws. The By-Laws Chair motioned to defer this item to a future agenda, seconded by the Office Chair. The item will be deferred until December when the final product will be presented. All voted in favor*

**Procedural History of the Twelve Concepts of Service (short form)
(in accordance with the FAA Bylaws and Robert's Rules of Order)**

July 13 /25

FAA Board of Trustees (BOT) Meeting Minutes

Board Meeting **Literature Committee**- Still in need of a Chair at this time. The Concepts of Service subcommittee remains active and submitted the motion to review the short form to be addressed later in the meeting.

Motion: I move that the Board concur with the Principles and draft text of the proposed Concepts of Service Draft (6.28.25) Short Form, contained in Attachment (2) and allow the Literature Committee to proceed with developing a Long Form expansion of these Concepts.

Background: This project began over 3 years ago in an effort to more fully articulate the guiding principles needed to strengthen and integrate our service efforts in carrying the message of recovery to food addicts. Two of the original members of this project are still actively involved in this effort, with the goal of achieving a spiritually-guided collective group conscience in determining FAA's direction and decisions. Our unique circumstances make other 12-step fellowship models unsuited for FAA .se due to our small size, a very fluid membership and the nature of food addiction.

*It was suggested that the Committee send this to the Intergroups with a deadline of 30 days for comments before moving forward with the long form process. This item will remain on the agenda for follow up. The Warrantees section will be removed following a discussion and proposal from the Concepts Chair and seconded by BOT Secretary. The document will be sent to Intergroups by the EA and posted in a separate location on the website near the Concepts meeting. Responses will be sent to the Literature Chair email. **The vote was unanimous to sendout the Concepts, but without the section on Warrantees at this time for feedback from the fellowship.** They will be sent out by 7/17/25 and informed to reply by 9/1/25. This will remain on the agenda for follow up at the Annual Meeting.*

Appendix A

Twelve Concepts of Service Posted on FAA Website

Food Addicts Anonymous DRAFT Twelve Concepts of Service

Working Draft – For Fellowship Review Only – Not Final Literature

CONCEPT ONE - Service and Responsibility

The final responsibility and authority for FAA services rest with the fellowship as a whole. At present, in the absence of a formal group conscience structure, our members all serve as spiritual stewards within each home group, intergroup, committee, the World Service Office (WSO), and the FAA Board of Trustees (BOT). Every trusted servant plays a role in carrying our message of recovery to all food addicts.

CONCEPT TWO – Spiritual Guidance

FAA depends on trusted servants – whether at the level of the home group, intergroup, committee, WSO, or BOT. The spiritual guidance of a Higher Power in our service work is demonstrated by our servants’ willingness, humility, and faithfulness to our spiritual principles. No one governs; all serve.

CONCEPT THREE – Right of Decision

Trusted servants at all levels are granted decision – making authority within their service roles. Whether serving a home group, on a committee, at an intergroup, at the WSO or on the BOT, this right comes with the responsibility to seek spiritual guidance, practice accountability, and remain open to group input.

CONCEPT FOUR – Right of Participation

Every FAA member, home group, intergroup, and service committee has a voice. While no formal Fellowship-wide collective conscience currently exists, all members participate through open communication, surveys, and shared service experiences – especially intergroups and committees.

CONCEPT FIVE – Right of Appeal

Every service level must be open to minority opinion and appeal. Home groups, intergroups, and committees provide essential feedback to the WSO and the BOT, ensuring that dissent is honored and respected as the collective conscience continues to evolve.

CONCEPT SIX - TRUST

Trust in a Higher Power’s guidance in our service work is spiritual - not based on authority or control. Whether one serves at the home group, intergroup, committee, WSO or BOT level, we trust that our Higher Power’s spiritual guidance is demonstrated by the example of our servants, the transparency of their actions, and how they support FAA’s primary purpose through love and service.

CONCEPT SEVEN - Balance

The fellowship as a whole is guided by the spiritual principles of the Twelve Steps, Twelve Traditions and Twelve Concepts, while its legal authority is established through the Articles of Incorporation and Bylaws of Food Addicts Anonymous, Inc.

CONCEPT EIGHT – Effective Service Structure

Appendix A

Twelve Concepts of Service Posted on FAA Website

FAA's service structure – though informal – includes active home groups, intergroups, working committees, and a supportive WSO/BOT. Each contributes to communication, literature development, event coordination, and more – supporting one another in a spirit of unity and service.

CONCEPT NINE –Leadership by Example

Good leadership is rooted in spiritual maturity. At every level—from the home group host to the Board member-trusted servants lead by example through love, patience, humility, and clarity of purpose. Leadership is spiritual service by personal example of the principles embodied in the Steps, Traditions and Concepts rather than directive or authoritarian in nature.

CONCEPT TEN – Clear Responsibility and Authority

Each level of FAA's structure operates with defined responsibilities:

- ☑ All trusted servants must disclose and eliminate any conflicts of interest, financial or otherwise.
- ☑ Home groups carry the message and practice the Steps, Traditions and Concepts.
- ☑ Intergroups support the needs of their associated meetings and groups.
- ☑ Committees address literature, outreach, operations and more.
- ☑ The WSO maintains operations, corporate records and communication.
- ☑ The BOT bears legal accountability and spiritual stewardship.

Everyone is responsible to the groups and to each other.

11. CONCEPT ELEVEN – Vision and Continuity

FAA ensures continuity through rotation of service positions, mentorship, and shared experience. Home groups raise future leaders. Intergroups and committees train trusted servants. The WSO and BOT provide administrative continuity and organizational memory while welcoming new voices and fresh energy.

CONCEPT TWELVE – Spiritual Foundation

Every FAA service effort – at the level of home groups, Intergroups, committees, the WSO and the BOT—is grounded in the spiritual principles of the Twelve Steps, Traditions, and Concepts. Love, humility, patience, forgiveness, and willingness, in particular, are fundamental spiritual cornerstones of every decision.

Appendix B

Updated Twelve Concepts of Service (October 2025)

11 09 25 all short forms approved by subcommittee

The Food Addicts Anonymous Twelve Concepts of Service 10 30 25

Working Draft – For Board and Fellowship Review Only – Not Final Literature as this must go through the FAA approval process

Note: Minor grammatical changes were made on 10 30 25.

Note: During the first year of committee meetings, the majority of work involved researching other fellowships' concepts of service. The spiritual principles of AA, NA and numerous other fellowships as well as the steps and traditions provided inspiration and guidance for our efforts. During the last 2 years of the concepts' subcommittee meetings, about 80% of the remaining work was devoted to refining and editing the short forms of the 12 concepts. The summary of each concept is offered to provide a background understanding that led to these concepts. Ongoing development and completion of the concepts and summaries remain the work of the next members of this subcommittee. Significant work was done on the review and revision of the short forms which were submitted to the board and sent to the fellowship for consideration and review, which is now complete

Concepts Preamble draft

The Concepts were developed by drawing information from a variety of resources (e.g. other Fellowships' traditions/concepts) and the principles of our own FAA traditions. With the guidance of a Higher Power within our group conscience, the subcommittee arrived at a recommended draft for the Fellowship's consideration and feedback.

Introduction

Leadership qualities should be carefully considered when choosing trusted servants. Skills are needed from the individuals filling the various positions. The best qualified candidates will be the ones who know the responsibilities of their potential service position. Is there a willingness to learn some new skills to become a trusted servant if needed? They realize they are not alone and always have the option to ask for help in carrying out their assigned duties. Honesty, open mindedness, and willingness are necessary in recovery and essential traits of trusted servants. Those serving the FAA Fellowship must have integrity, willingness to compromise, ability to stand on program principles and the ability to disagree in a respectful manner. We allow trusted servants to do their assigned duties. We also hold them accountable when they are asked to provide reports and other information necessary for the Fellowship to function effectively. Accountability and transparency are central features of service, and it is important that each trusted servant be accountable to the entire Fellowship.

Rotation of service is critical to avoid burnout. This rotation will allow for new energy, ideas and skills to be infused into our service arm. Spiritual maturity and emotional sobriety along with personal integrity are traits to look for when nominating a trusted servant. The key is that the tasks and responsibilities of the position be clearly defined for the trusted servant. This allows for less confusion about who is doing what in the Fellowship.

As we apply the spiritual principles of honesty, courage, integrity, love, hope and faith to all our decisions and actions, we will be less apt to be motivated by self-interest and more apt to be motivated by how our conscience guides us. We always consider the concerns of the group and Fellowship as a whole. We apply the principles of the program in all our affairs which includes service opportunities. These concepts are designed to guide FAA's organizational service efforts.

Appendix B

Updated Twelve Concepts of Service (October 2025)

MOST CURRENT REVISIONS TO CONCEPTS ONE TO TWELVE shown in Purple below AS OF 10 09 25

- **CONCEPT ONE** - Service and Responsibility
Final responsibility for FAA decisions ultimately rests with the fellowship as a whole. Within each home group, intergroup, committee, and the FAA Board of Trustees (BOT), our members all serve as spiritual stewards by seeking and being guided by a loving Higher Power which some of us may choose to call God. Every trusted servant plays a role in carrying FAA's message of recovery to all food addicts.
Approved DRAFT 09 19 25
- **CONCEPT TWO** – Spiritual Guidance
FAA depends on trusted servants at all levels. A loving Higher Power's spiritual guidance in our service work is demonstrated by our servants' willingness, humility, and faithfulness to FAA's spiritual principles. No one governs; all serve.
Approved DRAFT 09 19 25
- **CONCEPT THREE** – Right of Decision
All servants are trusted to make informed decisions within their service roles. This right provides the freedom to make necessary decisions. Carrying out that responsibility involves seeking spiritual guidance, practicing accountability, and remaining open to group input and feedback.
Approved DRAFT 09 19 25
- **CONCEPT FOUR** – Right of Participation
Everyone in FAA has a voice and a part to play in service.
All members are invited to participate through open communication, surveys, and shared service experiences – especially in intergroups and committees.
Approved DRAFT 09 19 25
- **Concept FIVE** – Right of Appeal
Minority opinions are heard and valued as part of our group conscience. All service levels must be open to minority opinion and appeal. This openness ensures we trust that our loving Higher Power's spiritual guidance is demonstrated by transparency and the example of our trusted servants' actions, in the way they support FAA's primary purpose through love and service. All feedback from the Fellowship to the Board of Trustees ensures that dissent is acknowledged and respected as our collective conscience continues to evolve.
Approved DRAFT 09 19 25
- **CONCEPT SIX** – Mutual Trust
Decisions in FAA are based on seeking, trusting and accepting a loving Higher Power's spiritual guidance– not based on human authority or control. This trust in our leaders is built on integrity, leading by example, remaining transparent, and supporting FAA's primary purpose through love and service. All members at every level of FAA service are called, obliged, and responsible to act in the best interests of FAA as a whole, setting aside personal bias. All servants must disclose and eliminate all potential conflicts of interest. **DRAFT APPROVED BY ALL 09 25 25**

Appendix B

Updated Twelve Concepts of Service (October 2025)

- **CONCEPT SEVEN – Balance**

The Fellowship as a whole is guided by the spiritual principles of the Twelve Steps, Twelve Traditions and Twelve Concepts. FAAs legal authority is articulated through the Articles of Incorporation and Bylaws of Food Addicts Anonymous, Inc. These two dimensions must be in balance with one another. This balance maintains harmony and unity within the Fellowship.

DRAFT APPROVED BY ALL 09 25 25

- **CONCEPT EIGHT – Effective Service Structure**

FAA’s service structure – though informal – actively solicits input from all members of our Fellowship. Every member has the opportunity and is invited to contribute to a group conscience and more, thereby supporting one another in a spirit of unity and service.

Approved DRAFT 10 02 25

- **CONCEPT NINE –Leadership by Example**

Leaders in FAA depend on spiritual maturity — always demonstrated by example and never based on authority of office. Effective leaders embody the principles of recovery in all their affairs to the best of their ability. **Approved DRAFT 10 02 25**

- **CONCEPT TEN – Clear Responsibility and Authority**

Each level of FAA’s structure operates with defined responsibilities:

- All trusted servants must disclose and eliminate any conflicts of interest, financial or otherwise.
- Home groups carry the message and practice the Steps, Traditions and Concepts.
- Intergroups support the needs of their associated meetings and groups.
- Committees address literature, outreach, operations and more.
- The BOT maintains operations, corporate records and communication.
- The BOT bears legal accountability and spiritual stewardship.

Everyone is responsible to the groups and to each other.

Approved DRAFT 10 02 25

- **Concept 11 – Vision and Continuity**

The BOT provides a vision for the future efforts of FAA in serving food addicts as well as support for issues that arise in the Fellowship. FAA ensures continuity through rotation of service positions, mentorship, and shared experience. The WSO provides administrative continuity and organizational memory. **APPROVED 10 02 25**

CONCEPT TWELVE – Spiritual Foundation

Every FAA service effort – at the level of home groups, Intergroups, committees, the WSO and the BOT—is grounded in the spiritual principles of the Twelve Steps, Traditions, and Concepts. Love, humility, patience, forgiveness, and willingness, in particular, are fundamental spiritual cornerstones of every decision.

Appendix B

Updated Twelve Concepts of Service (October 2025)

The warranties represent 6 general operating principles of FAA which safeguard the spiritual principles of steps, traditions and concepts of service. The purpose of these warranties (rooted in the spiritual principles of the concepts) is to guide conduct of service to:

7. **Avoid accumulation of excessive power or wealth.**
8. **Practice sound and prudent financial management.**
9. **Avoid placing any individual in a position of unqualified authority.**
10. **Make decisions through informed group conscience and substantial unanimity.**
11. **Refrain from punitive or controversial actions.**
12. **Remain democratic in thought and action.**

APPROVED 10 09 25

Appendix C

Fellowship Website Feedback addressed to BOTChair@faacanhhelp.org

09.01.25

Member	Email	Comments
Maria Teresa J.	Teresilla73@yahoo.com	Thank you
Ellen H.	Ellenhagel348@gmail.com	Good Feedback
Sarah D	sarahred160@yahoo.com	Good Feedback
Adrienne E	adriennedwards@gmail.com	English major – short form concepts and introduction
Simone F	simone575@gmail.com	English/Grammar – short form concepts and introduction to service
Trish H	trishhouston317@aol.com	Thank You
Katie H	katie.maher33@gmail.com	Thank You
TOTAL	7	

trishhouston317@aol.com 8/10/2025 8:07 PM 12 concepts feedback To BOTChair@faacanhhelp.org
Reply To trishhouston317@aol.com

I just read the draft and it is beautifully written. I have no experience with the 12 concepts before now, but the spirit and message of each one positively resonated for me.

Thank you for your service bringing this to life.

Trisha H

Sarah Di <sarahred160@yahoo.com> 8/20/2025 7:00 PM FAA Twelve Concepts of Service feedback
To BOTChair@faacanhhelp.org

Sarah D CONCEPTS FEEDBACK

I am writing my feedback below. I apologize that it is so late in arriving.

1. Please write out the Board of Trustees and World Service Office each time. If a newcomer were to read this, they have to think back to what those acronyms (BOT, WSO) mean. It is garbled for newcomers, but obvious to long-timers.
2. Headers should be simplified and be either a noun or a simple concept, rather than a phrase. They should each be one word or two. Please keep in mind the newcomer who has never read these words. They will be engaged with the simpler wording. I have also added a one-line summary under each concept to add clarity. After the Concept and the summary line would come the paragraph of information.

My recommendations:

CONCEPT ONE – Service and Responsibility

Service belongs to all of us, and together we carry the message of recovery.

CONCEPT TWO – Spiritual Guidance

We rely on a Higher Power for direction in all service work.

CONCEPT THREE – Decision

Each leader has the right to make decisions, guided by accountability and conscience.

CONCEPT FOUR – Participation

Everyone in FAA has a voice and a part to play in service.

CONCEPT FIVE – Appeal

Appendix C

Fellowship Website Feedback addressed to BOTChair@faacanhhelp.org

Minority opinions are heard and valued as part of our group conscience.

CONCEPT SIX – Trust

We place trust in a Higher Power, not in human control or authority.

CONCEPT SEVEN – Balance

Spiritual principles guide us, while bylaws provide further legal structure.

CONCEPT EIGHT – Structure

FAA’s groups, intergroups, committees, WSO, and BOT support each other in unity.

CONCEPT NINE – Leadership

True leadership is shown through example, humility, and service.

CONCEPT TEN – Responsibility

Each part of FAA has clear roles and is accountable to the fellowship.

CONCEPT ELEVEN – Continuity

Service is strengthened by rotation, mentorship, and shared experience.

CONCEPT TWELVE – Spiritual Foundation

Every action a member does in service should rest on love, humility, patience, and willingness.

C) Phrases like “home group, intergroup, committee, WSO, BOT” show up in nearly every concept. That repetition is distracting. **Consider introducing once (“trusted servants at every level of FAA”)** and then using shorter references like “at every level of service.”

D) Sometimes it sounds like bylaws/**legal writing** (Concept Ten especially). Please use plain language: “The Board of Trustees is legally responsible and provides spiritual stewardship” instead of “bears legal accountability and spiritual stewardship.”

E) **Concept Six:** committee has two m's.

Also, “Trusting in a Higher Power’s guidance in our service work is spiritually based, rather than based on authority or control. Whether one serves at the home group, intergroup, committee, World Service, or Board of Trustees level, we trust that our Higher Power’s spiritual guidance is demonstrated by the example of our servants, the transparency of their actions, and how they support FAA’s primary purpose through love and service.”

Could be smoother as:

“Trust in a Higher Power’s guidance is spiritual work and is not based on authority or control. These are the levels of service: home group, intergroup, committee, World Service, and Board of Trustees. At each level, we trust that guidance is shown by the servant leaders through example, transparency, and support of FAA’s primary purpose, with love and a heart for service.

F) Concept Nine:

Good leadership is rooted in spiritual maturity. At every level-from the home group host to the Board member-trusted servants lead by example through love, patience, humility, and clarity of purpose. Leadership is spiritual service by personal example of the principles embodied in the Steps, Traditions and Concepts rather than directive or authoritarian in nature.

Could be smoother as:

Good leadership grows from spiritual maturity. From home group hosts to Board members, trusted servants lead through love, patience, humility, and clarity of purpose. Leadership means serving by example, not by authority.

G) Concept Ten:

Each level of FAA’s structure operates with defined responsibilities:

Could be smoother as:

Each level of service has clear responsibilities:

Appendix C

Fellowship Website Feedback addressed to BOTChair@faacanhhelp.org

CONCEPTS FEEDBACK

Maria Teresa Johnson <teresilla73@yahoo.com> 8/16/2025 10:53 PM Feedback on the Concept document

To botchair@faacanhhelp.org

Hello,

First and foremost, I would like to thank every member of the Concept Committee that employed their time and effort in conceptualizing and writing this important piece of (future) literature. You guys did a great job and I applaud you for the consistency and tenacity you demonstrated during this three-year period.

I have been in FAA for about four years and this is my first 12 step program. Until a few days ago, I had no idea what the concepts were and their applications. Following my sponsor's suggestion, I watched an interesting Youtube video made by AA about the subject (Rick C Workshop "The 12 Concepts, Using Them on the Street") and that gave me a better idea about them.

Being fairly new in recovery, the first time I read them, I found them abstract. The principles in them are clear but I wondered how do these concepts fit into my service? There are a lot of members in our fellowship that are new to the 12 steps world and maybe they have the same questions I have.

I think that, after all the work that this committee put into it, something could be done to make this concepts more understandable by showing their practical applications so they earn the importance they deserve in the eyes of the fellowship and become as fundamental as the Steps and the Traditions. I believe this can be achieved with the help of workshops or audios similar to the AA video.

Talking to my sponsor about this matter, she gave me a great example of "practical application" of one of the concepts: the right of appeal by giving voice to the minority and ask eventually for a second vote, which I did not know about.

I consider our literature easy to read but profound at the same time and I feel the concepts should follow a similar path to leave an impression on the food addict that approach service and needs guidance.

I thank you again for your service to our fellowship and I hope my suggestions can be useful in some ways.

Respectfully,

Teresa from KS

adriennedwards@gmail.com 8/12/2025 8:43 PM Feedback on Concepts of Service

To botchair@faacanhhelp.org Reply To adriennedwards@gmail.com

These are wonderfully written and include the real heart of service. Bravo!

My undergrad degree was in English, so I couldn't help but suggest a few very *minor* changes in verbiage. I have no suggested changes in content.

Thank you for your service!!!

See attached. I highlighted suggested changes.

The FAA CONCEPTS OF SERVICE

Introduction

Date of Revision

From the founding of our fellowship in 1987 to the present time, there has been little to no clear guidance on how service can best be performed and coordinated in observing our Twelve Traditions (in particular, Tradition Five – to fulfill our Primary Purpose – “to carry our message to the food addict who still suffers”). Service work is how we carry our message to share with others the reprieve we have been given.

These FAA Concepts of Service (SHORT FORM) were developed by a group subcommittee of volunteers over a three- year period in order to form the third

foundational element of the 12-Step Recovery approach, guiding and integrating service efforts in concert with the 12

Appendix C

Fellowship Website Feedback addressed to BOTChair@faacanhhelp.org

Steps and 12 Traditions of Recovery. They The volunteers drew information from a variety of resources (e.g. other Fellowships' traditions and /concepts) and the principles of our own FAA traditions. With the guidance of a Higher Power within our group conscience, and through extensive deliberations and research, this subcommittee has created a draft for the Fellowship's consideration and feedback.

The purpose of the Concepts of Service is to identify clear principles that guide and tie together clarify our service conduct throughout our "familyship" – from individual meetings to the Board of Trustees and all elements in between. Our strength is in our unity of purpose and service. With consistent effort throughout. By adhering consistency and adherence to the Concepts of Service, FAA can coordinate and strengthen the effective conduct of our service work in sharing our experience, strength and hope in the solution we have found for gaining freedom from the bondage of food addiction. The Concepts of Service (Short Form) sets forth a foundation of 12 principles of service conduct and a basic statement on the purpose and use of each Principle. Through understanding and practicing these Concepts, over time they will lead us to more spiritually grounded and effective service.

Feedback from Simone Franco <simone575@gmail.com> 7/27/2025 9:55 PM Re: principles working draft with Simone's comments To botchair@faacanhhelp.org

The word COMMITTEE is misspelled throughout the document.

From Google AI: A comma is used before "and" when it connects two independent clauses. An independent clause is a group of words that can stand alone as a sentence. If "and" joins two such clauses, a comma is required before it.

CONCEPT ONE - Service and Responsibility

The final Responsibility and authority for FAA services rest with the fellowship as a whole. At present, in the absence of a formal group conscience structure, all our members serve as spiritual stewards within each their home group, intergroup, committee, the World Service Office (WSO) and the FAA Board of Trustees (BOT). Every trusted servant plays a role in carrying (or should carry) our message of recovery to all food addicts.

CONCEPT TWO – Spiritual Guidance

FAA depends on trusted servants – whether at the level of the home group, intergroup, committees, WSO, or BOT. The spiritual guidance of a Higher Power in our service work is demonstrated by our servants' willingness, humility and faithfulness to our spiritual principles – honesty, willingness, etc, etc, etc. No one governs; all serve.

CONCEPT THREE – Right of Decision

Trusted servants at all levels are granted decision- making (sp) authority within their service roles. Whether serving a home group, on a committee, at an intergroup, at the WSO or on the BOT, this right comes with the responsibility to seek spiritual guidance, practice accountability, and remain open to group input.

CONCEPT FOUR – Right of Participation

Every FAA member, home group, intergroup, and service committee has a voice. While there is no formal fellowship-wide collective conscience. currently exists, All members participate through open communication, surveys and shared service experiences. - especially intergroups and committees.

CONCEPT FIVE – Right of Appeal

Every service level must be open to minority opinion and appeal. Home groups, intergroups, and committees provide essential feedback to the WSO and the BOT, ensuring that dissent is honored and respected as the collective conscience connues to evolve.

Appendix C

Fellowship Website Feedback addressed to BOTChair@faacanhhelp.org

CONCEPT SIX - TRUST

Trust in a Higher Power's guidance in our service work is spiritual based on spirituality rather than not based on authority or control. Whether one serves serving at the home group, intergroup, committee, WSO or BOT level, we trust that our Higher Power's spiritual guidance is demonstrated by the example of our servants, the transparency of their actions and how they support FAA's primary purpose through love and service.

CONCEPT SEVEN - Balance

FAA's legal authority is established through in the Articles of Incorporation and Bylaws of Food Addicts Anonymous, Inc. FAA as a whole is guided by the spiritual principles of the Twelve Steps, Twelve Traditions and Twelve Concepts. while it's

CONCEPT EIGHT – Effective Service Structure

FAA's service structure - though informal - includes acve home groups, intergroups, working committees, and a supportive WSO/BOT. Each contributes to communication, literature development, event coordination and more – supporting one another in a spirit of unity and service.

CONCEPT NINE –Leadership by Example

Good leadership FAA's defini\on of leadership is rooted in spiritual maturity. At every level-from the home group host to the Board member- Trusted Servants lead by example, through with the love, patience, humility and clarity of purpose. is spiritual service by personal example of embodied in the principles embodied in the Steps, Traditions and Concepts of FAA. rather than directive or authoritarian in nature.

CONCEPT TEN – Clear Responsibility and Authority

Each level of FAA's structure operates with defined responsibilities:

- All trusted servants must disclose and eliminate any and all conflicts of interest, financial or otherwise.
- Home groups carry the message and practice the Steps, Traditions and Concepts.
- Intergroups support the needs of their associated meengs and groups.
- Committees address specific matters such as literature, outreach, operations and more.
- The WSO maintains operations, corporate records and communication.
- The BOT bears legal accountability and spiritual stewardship. Everyone is responsible to the groups and to each other.

11. CONCEPT ELEVEN – Vision and Continuity

FAA ensures continuity through rotation of service positions, mentorship, and shared experience. Home groups raise future leaders. Intergroups and committees train trusted servants. The WSO and BOT provide administrative continuity and organizational memory while welcoming new voices and fresh energy.

12. CONCEPT TWELVE – Spiritual Foundation

Every FAA service effort – at the level of home groups, Intergroups, committees, the WSO and the BOT—is should be grounded in the spiritual principles of the Twelve Steps, Traditions, and Concepts. Love, humility, patience, forgiveness, and willingness, in particular, are fundamental spiritual cornerstones of every decision.

Simone Franco <simone575@gmail.com> 7/27/2025 9:55 PM Re: principles working draft with Simone's comments
To botchair@faacanhhelp.org

The FAA CONCEPTS OF SERVICE

Introduction From the founding of our fellowship in 1987 to the present time, there has been little to no clear guidance on how service can best be performed and coordinated in observing our Twelve Traditions (in particular, Tradition Five – to fulfill our Primary Purpose – “to carry our message to the food addict who still suffers”). Service work is how we carry our message to share with others the reprieve we have been given.

Appendix C

Fellowship Website Feedback addressed to BOTChair@faacanhhelp.org

These FAA Concepts of Service (SHORT FORM) were developed by a group of volunteers over a three year period in order to form the third foundational element of the 12-Step Recovery approach, guiding and integrating service efforts in concert with the 12 Steps and 12 Traditions of Recovery. They drew information from a variety of resources (e.g. other Fellowships' traditions/concepts) and the principles of our own FAA traditions. With the guidance of a Higher Power within our group conscience, and through extensive deliberations and research, this subcommittee has created a draft for the Fellowship's consideration and feedback. The purpose of the Concepts of Service is to identify clear principles that guide and tie together our service conduct throughout our "familyship" – from individual meetings to the Board of Trustees and all elements in between. Our strength is in our unity of purpose and service. With consistent effort throughout by adhering to the Concepts of Service, FAA can coordinate and strengthen the effective conduct of our service work in sharing our experience, strength and hope in the solution we have found for gaining freedom from the bondage of food addiction. The Concepts of Service (Short Form) set forth a foundation of 12 principles of service conduct and a basic statement on the purpose and use of each Principle. Through understanding and practicing these Concepts, over time they will lead us to more spiritually grounded and effective service.

Website Feedback from Ellen H (NY/NJ)

1 & 2 no changes

3. Trusted servants at all levels are granted informed decision making responsibilities within their service roles. (no changes to rest of concept)

4. All members participate through surveys, open communication and shared service experiences at the group level, Intergroup level and committee level.

5.we trust that our Higher Power's spiritual guidance is demonstrated by transparency and the example of our trusted servants actions, in the way they support FAA's primary purpose through love and service.

6. Change Balance to Equality, put transparency in the front

7-10 no changed

11. First sentence remains. Home group, intergroup, and committee members share experience, strength, and hope and pass on knowledge to future trusted servants. The WSO and BOT provide administrative continuity and organizational **experience** while welcoming.....

12. Every FAA service **entity**-..... second sentence no changes. Love, tolerance, humility, compassion, forgiveness, and willingness, in particular, are fundamental spiritual cornerstones of every decision.

Appendix C

Fellowship Website Feedback addressed to BOTChair@faacanhelp.org

Thank you for providing a copy of Food Addicts Anonymous proposed adaptation of the Twelve Concepts.

We appreciate the fact that the Twelve Concepts of World Service of Alcoholics Anonymous has inspired your thinking. However, your adaptation of the Twelve Concepts represents a sufficient alteration to A.A.'s original Twelve Concepts. In fact, because of these substantial changes in language, it would be better that A.A. not provide you with any attribution to its original A.A. Twelve Concepts.

Of course, since you feel that A.A.'s Twelve Concepts did provide some inspiration, we would have no objection to your mention of such facts in your descriptive material.

I hope that this has been helpful.

Sincerely,

Drew Deetz
Intellectual Property Administrator
General Service Office of Alcoholics Anonymous
[475 Riverside Drive](#), 11th Floor
New York, NY 10115
(212) 870-3400 x 4725
www.aa.org