

Food Addicts Anonymous (FAA) Board Meeting Minutes

Date: March 8, 2026

Time: 12:30 PM E

Location: Zoom

1. Opening

The meeting was called to order at approximately 12:30 PM and opened with the Serenity Prayer.

2. Roll Call

Board Members Present: Chuck (Chair/Moderator), Cindy(Convention), Charlotte (Treasurer), Donna (Office), Kelley (Secretary), Peggy(Public Information), Ellen(By-Laws).

Visitors Present: Lisa (Atlanta / FA Sweden), Tmima, Linda (Manhattan), Cynthia (St. Augustine).

A quorum was confirmed.

3. Tradition Reading

Tradition Five (Long Form) was read. The primary purpose emphasized was carrying the message to the food addict who still suffers.

4. Approval of Previous Minutes

Minutes from the February 6 meeting were distributed prior to the meeting. A motion was made(Cindy) and seconded(Charlotte) to approve the minutes. Motion passed.

5. Reports

Chair/Moderator Report

Convention planning is underway. Appreciation was expressed for the service and work of board members.

Treasurer's Report – Donna

PNC Bank Balance: \$8,487.67

Edward Jones (CD + Money Market): \$40,432.00

Total Assets: \$48,491.99

Interest earned in January totaled \$1,578. The CD was changed from a one-year term to a three-month term due to equal interest rates and will mature in April.

Secretary Report – Kelley

The secretary distributed previous meeting minutes, the meeting agenda, retreat cost projections, and a report on face-to-face meetings. No additional report was given.

Executive Assistant Report – Donna

A donation appeal flyer was distributed. Additional donations were received. Green books need to be reordered and a quote is pending.

Office Committee Report

The committee met the previous month and the next meeting is scheduled for Thursday evening.

Bylaws Committee

No new activity reported. Potential future collaboration discussed.

Literature Committee

Currently vacant.

Public Information Report – Peggy

Peggy contacted approximately 15 face-to-face meetings. Several meetings operate in recovery centers. Many members discovered FAA through AA or OA. Outreach to recovery centers and strengthening face-to-face meetings were emphasized as growth opportunities.

See report below. A

Convention Committee Report – Cindy

Next committee meeting scheduled for March 15 at 7 PM.

Estimated registration cost for in-person attendees is approximately \$500 including lodging, meals, and programming.

Possible merchandise includes pre-ordered shirts and bags.

Virtual convention participation may be offered after in-person capacity is filled with estimated virtual cost of \$200–\$250.

Equipment for streaming is estimated at approximately \$400.

Target financial goal is approximately \$10,000 profit from the convention.

See report below. B

6. Old Business

Motion A – FAA Principles of Service

The board voted to rename 'Concepts of Service' to 'FAA Principles of Service', endorse the document, and send it to intergroups for review. Motion passed.

See report below. C

Motion B – Convention Date

Discussion included religious holiday conflicts, inclusivity concerns, and financial implications.

A possible proposal of setting the first weekend in August as the recurring convention date was discussed.

Action: Convention Chair will draft a formal motion for the next meeting. Discussion tabled.

Religious Holiday Conflict Letter

Discussion continued regarding concerns raised about convention scheduling conflicts. A future communication to fellowship may occur once a new scheduling policy is adopted.

7. New Business

Board Membership – Linda (Manhattan)

Following discussion among board members, Linda was voted onto the FAA Board. Kelly will notify Linda.

8. Visitor Comments

Lisa – FA Sweden

Lisa expressed interest in translating FAA literature into Swedish and asked about permission and process.

Board members explained that translation projects involve copyright control, printing and distribution decisions, and financial considerations.

Further discussion may occur when a literature committee is active.

9. Next Meeting

Date: May 17

Time: 7:30 PM

Location: Zoom

10. Closing

The meeting closed with the Serenity Prayer.

A.

Face to Face Meetings Report

submitted by Peggy Horisk March 6, 2026

Recently I reached out to the contacts for the Face to Face meetings to determine whether they are still in existence. If they are in existence, I inquired about their history, length of existence and how we can assist them. There are 15 Face to Face meetings listed in the United States on our website at this time. Here are the results of my research:

Meeting in Tuscaloosa, Alabama

1:00 pm on Wednesdays

This meeting has **not been in existence for several years**. The contact is no longer working at the recovery center where it was located. My investigation resulted in my learning that the recovery center now has an Eating Disorders Anonymous meeting.

Meeting in Solvang, California

6:00 pm on Sundays

Connie Cody informed me this meeting **has not been in existence for several years.**

Meeting in San Diego, California

6:30 pm on Tuesdays

Heather informed me that although she has not been attending this meeting, **it still IS IN EXISTENCE.** Heather referred me to Susan Linder who attends the meeting. Susan told me that 4 to 5 people are attending this meeting. Susan said that they intend to put flyers out soon, hoping to inform more people about their meeting. She was unaware of the FAA PSA and expressed an interest in having it. Donna has sent that to her.

PLEASE CHANGE THE CONTACT PERSON ON THE WEBSITE AS FOLLOWS:

Susan L.

858-349-3835

Meeting in Ocala, Florida

1:00 pm on Mondays

Carla has informed me that this meeting **IS IN EXISTENCE**. She began the meeting last August 2025. Initially 5 to 6 people came, but they did not stay because they were unwilling to give up sugar, wheat and flour. Although she is not abstinent at this time, one person is traveling 30 miles to attend the meeting each week. Carla has distributed cards of information to local doctors. She indicated that there is a lot of competition in Ocala because **there is a lighted outdoor billboard in Ocala advertising Overeaters Anonymous**.

Meeting in Port Charlotte, Florida

6:00 pm on Tuesdays

Suzie B. informed me that this meeting **IS IN EXISTENCE**. 5 to 7 people regularly attend this meeting.

Meeting in DeKalb, Illinois

6:00 pm on Sundays

This meeting is **no longer in existence**. I was unable to contact Marie because the email address provided no longer exists. I checked the website for the DeKalb Area Alano Club which listed all of their 12 step meetings. FAA was not listed there.

Meeting in Carbondale, Illinois

5:30 pm on Mondays

Debbie informed me that **this meeting has not been in existence for several years.**

Meeting in Mooresville, Indiana

6:00 pm on Fridays

Endie informed me that this meeting **IS IN EXISTENCE**. Endie works at a Recovery Center nearby. Experiencing difficulty with her food, it occurred to her that others at the center might be experiencing the same problem; consequently, she researched 12 step programs and selected FAA. She said that there isn't any public transportation available for people to get to her meeting. She is offering to pick people up to bring them to the meetings. She expressed an interest in our FAA PSA. Donna has sent that to her. This is our newest meeting which started sometime in Fall 2025.

Meeting in Gaylord, Michigan

10:00 am on Saturdays

I could not reach Ed. His phone number is disconnected. I sent an email to him but never received a reply. I looked up the address provided and learned that a clothing store, Woolly Buggers, is at that address. I called there. The owner confirmed I had the right address but there were no FAA meetings being held there. **This meeting no longer exists.**

Meeting in Bayville, New Jersey

7:00 pm on Mondays

Cindy informed me that this meeting **IS IN EXISTENCE**. It is now a hybrid meeting.

Meeting in New York, New York

6:15 pm on Tuesdays

I attempted to reach Colleen via phone, left a message why I was calling, but received no return call. Recently, I tried to attend this meeting virtually as it is a hybrid meeting. No one was at the meeting. **I am unclear whether this meeting still exists.**

Meeting in Waynesville, North Carolina

5:30 pm on Mondays

Paula informed me that **this meeting no longer exists**. Paula has moved to Lancaster, Pennsylvania. When she is more settled, she hopes to start a meeting in Lancaster. I told her that Karen lives in Lancaster as well. She had met Karen and hopes to contact her when she's ready to start a face to face meeting there.

Meetings in Parma, Ohio

6:00 pm on Mondays

and 4:30 pm on Fridays

Charlotte informed me these meetings **ARE IN EXISTENCE**. There are three people who are dependably present at these meetings. More people seem to attend the Friday meeting.

Meeting in Madison, Ohio

6:30 pm on Wednesdays

This meeting is listed as **ON HOLD UNTIL FURTHER NOTICE**. I called Lori, left a message as to why I was calling but did not receive a return call. Charlotte from Parma said this meeting **has been closed for 2 years**. I think we should remove it from the list of meetings.

SUMMARY: Currently there are 15 Face to Face meetings listed on the FAA website in the United States. From my investigation, I determined that there are only 7 definite Face to Face meetings in existence and 1 is undetermined as to its status.

I propose that Donna remove the following meetings from the Website:

Tuscaloosa, Alabama

Solvang, California

DeKalb, Illinois

Carbondale, Illinois

Gaylord, Michigan

Waynesville, North Carolina

Madison, Ohio

	5,000 profit				Register suggestion		
		60 people	307.00				\$500
		50 people	368.40				
		40 people	460.50		Single person room		
							724

C.

The Twelve Principles of FAA Service

The Twelve Principles of FAA Service were inspired by the Twelve Concepts of Service developed by Alcoholics Anonymous World Services.

While FAA does not currently have a fellowship-wide service structure that reflects a collective conscience these Principles are offered as spiritual guidance for service at all levels of FAA. They are intended to reflect shared values, responsibilities, and safeguards rooted in the Twelve Steps and Twelve Traditions.

1. 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.
Principle: Service and Responsibility
2. 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.
Principle: Spiritual Guidance
3. 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.
Principle: Right of Decision
4. 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.
Principle: Right of Participation
5. 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.

Principle: Right of Appeal

6. 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.

Principle: Mutual Trust

7. The Fellowship as a whole is guided by the spiritual principles of the Twelve Steps and Twelve Traditions. 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.

Principle: Balance

8. 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.

Principle: Effective Service Structure

9. 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.

Principle: Leadership by Example

10. 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 and Traditions.
 - 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.

Principle: Clear Responsibility and Authority

11. 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.

Principle: Vision and Continuity

12. 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 and Traditions. Love, humility, patience, forgiveness, and willingness, in particular, are fundamental spiritual cornerstones of every decision.

The warranties represent six general operating principles of FAA that safeguard these spiritual foundations in service. The purpose of these warranties is to guide the conduct of service to:

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

Principle: Spiritual Foundation