

FAA World Service Board Meeting Minutes

Date: May 17, 2026

Time: 7:30 PM

Location: Virtual Meeting

Opening

The meeting was opened with the Serenity Prayer. A quorum was confirmed.

Roll Call

Present:

- Kelly
- Cindy – Convention Committee
- Charlotte – Treasurer
- Ellen – Bylaws Committee
- Linda – Board Member (Ad Hoc)
- Peggy – Public Information
- Donna – Executive Assistant

Visitors:

- Cynthia
- Marianne

Tradition Five Reading

Tradition Five (Long Form) was read aloud and discussed briefly, emphasizing the fellowship's primary purpose of carrying the message to suffering food addicts and maintaining unity within FAA.

Approval of Previous Minutes

The March 8 and April 2 meeting minutes were approved by motion and second.

Reports

Treasurer's Report – Charlotte

Account Balances

- Checking Account: \$1,876.43
- Money Market Account: \$2,555.14
- Convention Account: \$8,361.57
- Edward Jones Investment Reserve Fund: \$40,000.00

Total Funds

\$52,784.14

Additional notes:

- \$30,000 is currently held in CDs.
- \$10,000 remains in the money market account.
- \$285.85 interest earned from a 3-month CD was transferred to the operating/checking account.
- Another 3-month CD was purchased.

Treasurer's report accepted.

Secretary's Report – Kelly

No report at this time.

Executive Assistant Report – Donna

- Office operations remain stable.
 - Book orders were received.
 - Book sales are somewhat down.
 - Overall office activity remains "status quo."
-

Bylaws Committee – Ellen

No issues or updates reported.

Public Information Report – Peggy

Peggy provided an extensive report regarding outreach efforts:

Outreach Materials

- A new informational wallet card was created for follow-up and outreach opportunities.
- Website references are now directing members to:
FAAcanhelp.org
rather than FoodAddictsAnonymous.org for easier access.

Recovery Center Outreach

- Peggy compiled a list of 16 recovery centers in the Memphis area.
- Initial outreach efforts have begun.
- Additional plans include contacting:
 - Spiritual leaders
 - Life coaches
 - Recovery professionals

Public Service Announcements

- PSA materials were submitted to university and community radio stations.
- Focus remains on smaller stations more likely to air public service content.

Volunteer Follow-Up

- Volunteer lists will be updated and contacts reconfirmed.

Peggy shared enthusiasm and gratitude for serving in the position.

Convention Committee Report – Cindy

Registration

- Convention registration is active.
- Approximately 14 people are currently registered.
- Goal attendance: 40 participants.

Program Development

- Program planning is nearly complete.
- Remaining tasks involve filling final speaking and workshop positions.

Souvenir Planning

- Souvenir items have been selected pending final modifications(Travel measuring cups).

Entertainment & Activities

Potential post-convention activities being explored:

- Graceland visits
- Memphis Pyramid attractions

Fundraiser Event

A 90-minute virtual convention fundraiser is being planned featuring:

- Icebreakers
- Workshops
- Breakout rooms
- Craft activity
- Countdown
- Raffle

Cost:

- \$25 registration fee

Payment options under consideration:

- PayPal
- Venmo
- QR code system

A “Save the Date” flyer has already been distributed through CIG and VIG channels.

Future Convention Planning

Cindy reported active efforts to secure locations for future conventions, including obtaining quotes from Chicago-area venues.

Old Business

FAA Principles of Service Draft

Discussion continued regarding the draft FAA Principles of Service and accompanying educational visuals.

Decisions Made

- The draft document and three educational slides will be posted on the website under the Membership section.
- Comments from fellowship members will be accepted.
- Revisions will be deferred until a Literature Committee is reestablished.
- Comments submitted through the literature email address will be collected and organized.

Motion Passed

A motion was approved to:

- Post the draft principles and visual aids online
 - Invite fellowship comments
 - Route comments through the literature email account
-

Convention Date Amendment Discussion

Feedback from fellowship voting was reviewed regarding preferred convention timing.

Voting Results

- First weekend in August: 9 votes
- Last weekend in July: 6 votes
- Second weekend in August: 4 votes
- “None”: 1 vote

Proposed Amendment

The proposed bylaw amendment would establish:

- First weekend in August as the preferred convention date
- Alternate flexibility for:
 - Last weekend in July
 - Second weekend in August

Discussion also included:

- Extending planning lead time to 20 months before convention dates.

Final action on bylaw amendments was postponed until the July meeting to consolidate all proposed changes.

Meeting Safety Discussion

Discussion continued regarding meeting safety procedures and the elimination of “parking lot” discussions following meetings.

Key Points

- CIG officially removed the parking lot feature.
- VIG continues allowing limited phone number sharing after meetings.
- Safety statements are considered recommendations rather than enforceable mandates due to group autonomy under the Traditions.

Members discussed challenges involving disruptive participants and reaffirmed that local groups maintain authority over their meetings.

New Business

Convention Bylaw Proposal

Discussion held regarding:

- Preferred annual convention scheduling
- Long-term planning improvements
- Establishing consistent convention timing

Formal voting postponed until the next meeting.

Additional Notes

- Donna announced she will be unavailable during the week of August 2 due to a family cruise vacation but will remain reachable by email.
 - Members expressed appreciation for the work of Cynthia and Marianne regarding the Principles of Service project.
-

Closing

The meeting closed with the Serenity Prayer.

Next Meeting

Date: July 19, 2026

Time: 7:30 PM

Respectfully submitted,
Kelly
Secretary

**Public Information Committee Report
submitted by Peggy Horisk
May 16, 2026**

The Public Information Committee met on March 27, 2026 and April 24, 2026 at 7 pm. Members attending were Cindy K. and Peggy H.

The following projects and discussions were addressed at these two meetings:

Stated purpose of this Public Information Committee is to expand the outreach of Food Addicts Anonymous.

Review of previous Public Information accomplishments reported in past Board of Trustee meetings.

The 12 Step Volunteer List was recently obtained from the Executive Administrator, and Peggy will contact each person on the list to determine if they are still willing to serve in that capacity. She will then submit the updated list to the EA. Peggy will also review the 12 Step Guidance Manual which was created in 2016 and present at the next meeting to determine if any updates are needed.

We determined that we will try to determine what budget friendly projects we can undertake to expand FAA's outreach. One such idea was to develop a card that one might use if they encounter someone interested in FAA. We determined

that we would have a catchy message on the front and the FAA emblem, website and phone number on the back. We also decided to place a line for a member to write their name and phone number (if they chose to share it) on the back. After considering several different messages to convey on the front of the card, we came up with the following message:

If you choose to use food,
you're paying a fee.
If you choose to stop,
we can help for free.

With Cindy's technical abilities, a card was created and submitted to an internet card company to be printed. Cindy and Peggy agreed that they would pay for this, as they were the people planning to use these cards initially. 250 cards cost \$43.70 including the shipping cost.

Peggy has been asking current members of FAA how they learned about FAA. Many have responded that they were told about FAA from someone they encountered at an AA meeting. That sparked the idea to contact recovery centers.

It was agreed that the newly created cards would be used as a follow-up tool when Cindy contacts recovery centers in her area and Peggy contacts recovery centers in the Memphis area. Peggy is starting with the Memphis area because our

October convention will be held in a town 45 minutes outside of Memphis.

Using the internet, Peggy has compiled a list of 16 recovery centers in the Memphis area to contact. Thus far, she has attempted to reach 5 of those "centers." She has discovered that either no one answered the phone, or it was actually a vetting service focused on someone needing help that has insurance, or it was an out of state service that can help the people in Memphis find a treatment center. She did encounter a kind person in New Jersey who gave her the name and number of their recovery center in Memphis. She got the name of the counselor there and left a message for her. There are more recovery centers to contact, and she is hopeful to encounter someone at one of those. Once she has completed her goal of reaching out to all of them, she plans to create a list of spiritual leaders and life coaches in the Memphis area to inform them about FAA. In a recent conversation with a member of FAA, she learned that member heard about us from a "spiritual leader."

Along this line of thinking, Peggy has contacted Linda Arms. Linda has agreed to reach out to Veterans services to determine if they offer recovery services to alcoholics. Should those centers be available, we can reach out to them with information about FAA.

Peggy has asked her husband (who is the person who originally created the audio PSA for FAA) to create a new PSA that directs the listener to faacanhhelp.org instead of foodaddictsanonymous.org. She has sent the revised PSA to the WSO EA.

Using the knowledge Peggy has gained from her husband who is in the radio business, she determined that IF a commercial radio station would agree to play our PSA, it would probably only get played at 3 in the morning when the station was unable to sell time to paying clients. What she did learn from him is that low power community/college stations would be more likely to play our PSA at a more desirable time. She has found three such stations in the Memphis area. She has sent our PSA to one university station and plans to contact the other two stations in the near future.

All Public Information Committee meeting times through September have been posted on the FAA website.

May 15, 2026 Treasurer Report

Checking Account	\$ 1,867.43	
Money Market	\$ 2,555.14	
Convention Account	\$ 8,361.57	
Edward Jones Investment Prudent Reserve Funds	\$40,000.00	(\$30,000 in CD & \$10,000 in Money Market Account) We earned \$285.85 from the 3 month CD. It was sent to the Operating Account (Checking Acct)
TOTAL in All Accounts	\$52,784.14	We purchased another 3 month CD

**FAA Board of Trustees (BOT) Meeting Agenda
Sunday May 17, 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 March 8 and April 22-

REPORTS:

Treasurer-

Secretary-

Executive Assistant-

Office Committee-

By-laws Committee-

Literature Committee-

Public Information-

Convention Committee-

OLD BUSINESS:

a. 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.

Update: 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**.

Update: Email from Cynthia with document “FAA Bylaws procedure for approving changes to literature”. See Note 1

Maryanne’s email. See Note 2

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

Discussion held regarding:

Religious holiday conflicts

Inclusivity

Financial implications

Update: A letter was put on the website for members to vote on which weekend they want the convention to be on. Cutoff to vote was May 3.

1. The first weekend in August

2. The last weekend in July

3. The second weekend in August

c. Disruptions in meetings

Update: A letter was sent to the intergroup and individuals involved.

Update: The CIG intergroup came up with a “Safety & Respect statement” to become a part of the meeting format. See Note 3.

d. Motion to Amend Bylaws – Establishment of Annual Convention Date with Flexible Options

Moved to new business. Updated version.

NEW BUSINESS

a. Motion to Amend Bylaws – Convention Planning Timeline

I move to amend the bylaws by modifying the following sentence:

Current wording:

“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.”

Proposed addition:

“The Annual Convention shall be scheduled for the first weekend in August each year. If circumstances prevent scheduling on that weekend, the Convention may instead be held on either the last weekend in July or the second weekend in August, as determined by the Board.”

Rationale:

This amendment reflects the results of a fellowship-wide vote in which members selected from three date options. The first weekend in August was identified as the preferred option, having the least impact on the greatest number of members after consideration of school calendars, interfaith observances, and scheduling factors. Including the last weekend in July and the second weekend in August as alternate options provides necessary flexibility while maintaining consistency for long-term planning and predictability.

Visitor Comments:

NEXT MEETING: July 19, 2025

CLOSING: Serenity Prayer

**In Service,
Kelley**

NOTE 1

From: Cynthia Meigs <meigscynthia@gmail.com>

Date: April 5, 2026 at 12:14:28 PM CDT

To: Donna M - Food Addicts Anonymous <faawso@bellsouth.net>, Chuck Scholl <jacobscholl5@gmail.com>, Kelley <wellywoo12@icloud.com>, Concepts Subcommittee <faa.feedback.concepts@gmail.com>

Subject: Process for creating and changing literature

Hello All,

I have attached a document which outlines the procedure for creating or changing FAA Literature as set forth in the FAA bylaws. I believe the subcommittee has followed the process. Please review the document to determine if anything else needs to be done before sending this to the intergroups. I will be happy to answer any questions. Thank you,

Cynthia M Food Addict in St Augustine
Former chair of concepts subcommittee

FAA Bylaws procedure for approving changes to literature

[These are the steps that were taken to create The Twelve Principles of FAA Service by the concepts subcommittee.](#)

- ✓ The Literature Review Committee will present proposed new literature or suggested changes to existing literature to the Board of Trustees.
Done 2023. Literature Committee first proposed the creation of the “concepts of service” (now referred to as The Twelve Principles of FAA Service.
- ✓ The Board will review, discuss, and vote on the proposal. Done 01 18 26
- ✓ 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. Done by 02 06 26 See minutes of board meeting on 02 06 26

- ✓ 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. The FAA board endorsed the draft at the 03 08 26 meeting. Done.

Note: Feedback was sent to the subcommittee and was reviewed in November 2025. Changes were then made to the text from the feedback of members. The draft was then sent to FAA board for endorsement of the draft principles and a motion was passed 03 08 26 board meeting to send to intergroups. See minutes of the 03 08 26 FAA board meeting.

- ☐ The Board of Trustees may review any responses received and make the final

determination to approve the new or revised literature.

Note: The final step which is not checked off. This is where FAA is presently in the process toward final “adoption” of the draft of the principles after receiving any feedback from intergroups now in 2026. The board will set a date on how long members have to review the draft. This draft is at the stage which might be referred to as “approved” or “endorsed” by the board but not yet “adopted”. This essentially means that groups can use the principles as a guide and they may become “adopted” by the board at a later date.

Since a long form/summary of each of the 12 principles was created by the subcommittee but not yet seen by the membership or the FAA board, there is more work to be done by the literature committee to bring a draft of the long form/summary forward for review by the membership. I would like to suggest that the board move the process forward by sending the “endorsed” draft to the intergroups for feedback allowing 30 days to receive the feedback as is typical of other times in creation of literature for FAA such as the steps to recovery booklet. Any feedback is to be sent to the literature chair’s email address to be picked up by the literature committee when it meets again with a chair person from the board.

**Cynthia M. Food Addict in St Augustin
Former chair of the concepts subcommittee**

NOTE 2

From: Maryanne L <maryanne.ethel@gmail.com>

Date: May 9, 2026 at 9:50:51 PM CDT

To: Cynthia <meigscynthia@gmail.com>

Cc: Kelley <wellywoo12@icloud.com>

Subject: Re: Traditions-Based Perspective on Safety, Service, and Group Autonomy

Hi Cynthia

Yes. I can attend the next Board meeting to support our work on the Concepts Subcommittee by answering any questions that may arise. Further to my previous email, I would like to send the note below to Kelley to forward to the Board of Trustees. Thoughts?

Suggested Follow Up Email

Hi Kelley and Board of Trustees,

After reflecting on my earlier message, I realized my main point may have gotten lost in the length of the document.

What I was really trying to express is very simple:

The recent discussions around meeting safety and disruptions show more than ever why the *draft Twelve Principles of Service* are needed within FAA at this time.

Many of the challenges the fellowship is experiencing involve questions of communication, trusted servant responsibility, meeting autonomy, group conscience, and how we work together spiritually during times of conflict and safety concerns.

To me, the *draft Twelve Principles of Service* help explain how we serve one another spiritually. They help bring spiritual clarity to areas where the fellowship is still growing in its understanding of service, unity, and responsibility.

My intention in raising structural observations was not to criticize or confuse, but to better understand how the Traditions and *draft Twelve Principles of Service* can support the fellowship during difficult situations.

I also believe it could be helpful for FAA to eventually develop a simple fellowship-wide Safety & Respect Statement, along with optional educational tools or suggested materials that Intergroups and meetings could adapt locally according to their own group conscience.

Cynthia and I would also be available to help facilitate a workshop for the fellowship if and when the *draft Twelve Principles of Service* are released for fellowship feedback. We would be happy to support an educational discussion focused on the spiritual principles of service, unity, communication, and group conscience.

Thank you again for your service and willingness to consider these ideas.

With love and respect,

Maryanne

NOTE 3

Proposed Group Safety & Respect Statement : In the spirit of Tradition One, our common welfare comes first; personal recovery depends upon FAA unity. We ask all members and visitors to maintain a safe and respectful environment in this meeting room and the parking lot. Please refrain from any behavior or language that is offensive, harassing, racist, or disruptive. We are here to support each other's recovery in a space of mutual respect. While the only requirement for FAA membership is a desire to stop eating addictive foods (Tradition 3), no group is required to tolerate behavior that compromises the safety of its members. Tradition 4 allows for a group conscience to set boundaries, which may include asking an individual to leave if their behavior inhibits our primary purpose: to carry the message to the food addict who still suffers.

Amy in VA made a motion to **adopt the Safety Statement.**

Second- Sonia in NJ

Vote- The Aye's carry

Amy in VA made a motion to **eliminate the pkg lot.**

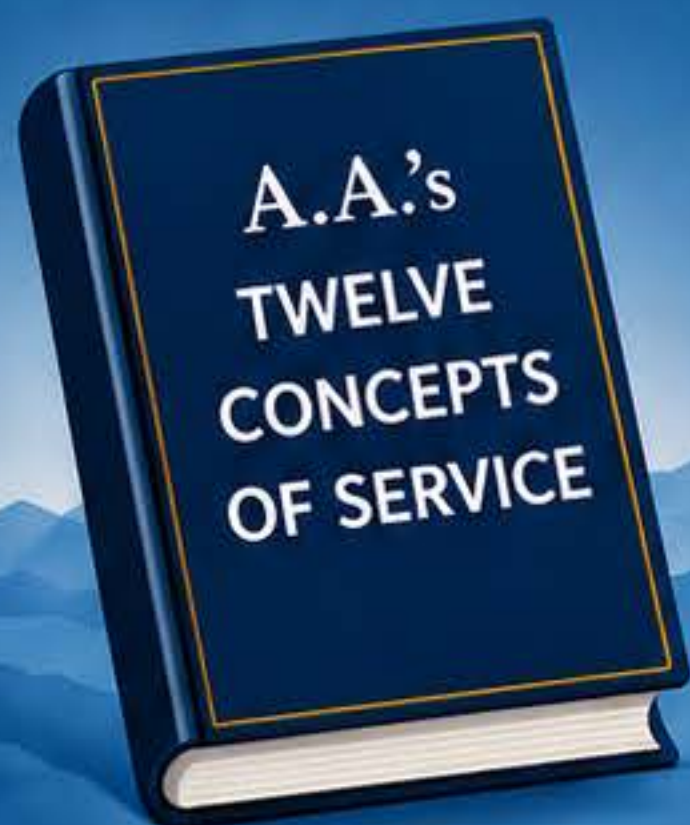
Second- Kathy in MO

Vote- The Aye's carry

CIG will work to rewrite the format and distribute to the phone meeting leaders and coordinators in the next week.

Why Did the Name Change?

INSPIRED BY
A.A.'s
TWELVE CONCEPTS
OF SERVICE



Why did the name change from the
FAA Twelve Concepts of Service
to the
FAA 12 Principles of Service?

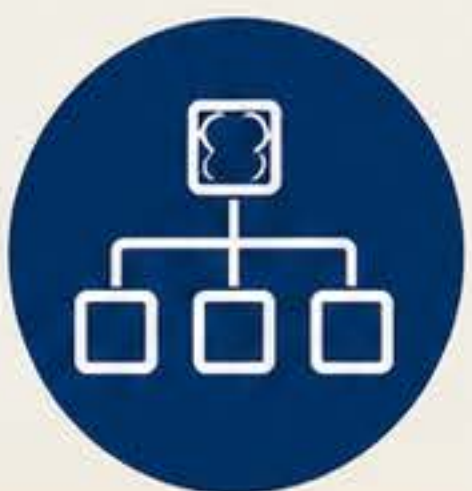


The draft was renamed to better reflect its purpose as a **spiritual guide** for service within FAA.

CREATED FOR FAA



Inspired by A.A.'s *Twelve Concepts of Service*, the **FAA 12 Principles of Service** were created for FAA's fellowship, service structure, and spiritual principles.



Created using language that reflects FAA's **fellowship**, **service structure**, and **spiritual principles**.

These educational materials are intended to support FAA fellowship discussion and understanding regarding the Twelve Traditions and draft **FAA 12 Principles of Service**. They are not official FAA literature unless formally approved through FAA's literature process.

WHAT IS A FAA SERVICE PRINCIPLE?

A FAA Service Principle is a spiritual guideline intended to help trusted servants understand how to serve the fellowship spiritually, responsibly, and cooperatively within FAA service work.

THE TWELVE TRADITIONS HELP PROTECT THE FELLOWSHIP



UNITY

Our common welfare comes first.



GROUP CONSCIENCE

God is our ultimate authority expressed in our group conscience. Leaders are trusted servants; they do not govern.



AUTONOMY

Each group is autonomous except in matters affecting other groups or FAA as a whole.



PRIMARY PURPOSE

Our primary purpose is to carry the message to the food addict who still suffers.



SPIRITUAL FOUNDATION

The Traditions protect our spiritual foundation and keep the fellowship true to its purpose.

THE TRADITIONS ARE THE GUARDRAILS THAT PROTECT OUR FELLOWSHIP.

DIFFERENT TOOLS.
SAME PURPOSE.



OUR SPIRITUAL FOUNDATION

comes from God as expressed in group conscience and the Twelve Traditions.

*We serve. We do not govern.
No one governs; all serve.*

THE SERVICE PRINCIPLES ATTEMPT TO EXPLAIN:



HOW SERVICE RELATIONSHIPS FUNCTION

Clarifies how trusted servants and service bodies relate to the groups, the fellowship, and each other in a spirit of cooperation.



HOW RESPONSIBILITY AND AUTHORITY RELATE

Helps explain delegated authority, accountability, and spiritual responsibility. Authority is a sacred trust, not a position of power.



HOW TRUSTED SERVANTS WORK TOGETHER

Encourages humility, willingness, respect, and teamwork in service. We rely on God, not on ego.



HOW COMMUNICATION AND ACCOUNTABILITY OPERATE SPIRITUALLY

Promotes open, honest communication and spiritual accountability that build trust and unity.



HOW SERVICE BODIES REMAIN FAITHFUL TO FAA'S SPIRITUAL FOUNDATION

Helps ensure our service structures stay focused on our primary purpose, guided by the Traditions, not by personalities or power.

THE SERVICE PRINCIPLES ARE THE MAP THAT GUIDES OUR SERVICE WORK.

THE SPIRITUAL ATTITUDES BEHIND EVERY SERVICE PRINCIPLE



HUMILITY

We put principles before personalities.



WILLINGNESS

We say yes to service.



FAITHFULNESS

We are consistent and dependable.



ACCOUNTABILITY

We answer to God, our groups, and those we serve.



COOPERATION

We work together for the common welfare.



When we use the Traditions and the Service Principles together, we create a spiritually healthy fellowship where trusted servants can serve effectively and carry the message.

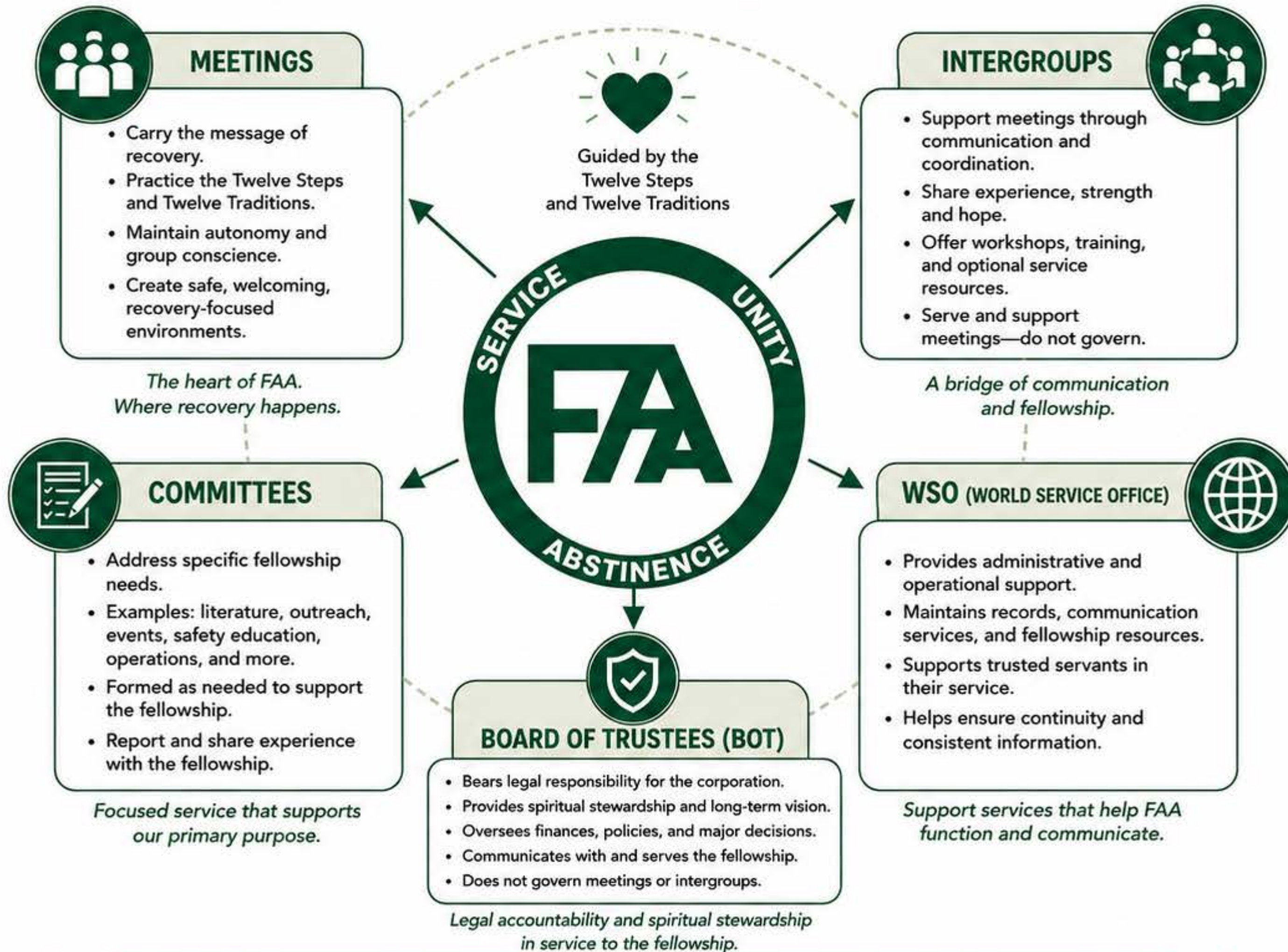
DIFFERENT PURPOSES.



ONE LOVING PURPOSE: CARRYING THE MESSAGE OF RECOVERY.

Working Together in Service, United in Purpose

Different roles, one fellowship—carrying the message to the food addict who still suffers.



We are all responsible to the groups and to each other. | No one governs; all serve. | Unity is our strength.



OUR COMMON PURPOSE: To carry the message of recovery to the food addict who still suffers.
Through shared service, respect, and trust, we strengthen our fellowship and support one another in recovery.



DRAFT - FAA 12 Principles of 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

Inspired by the Twelve Concepts of Service of Alcoholics Anonymous.

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. FAA's 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.

Inspired by the Twelve Concepts of Service of Alcoholics Anonymous.

- 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