



THE ABSTINENT TIMES

A Publication of Food Addicts Anonymous

World Service Office
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ANNUAL RETREATS

Attending a retreat provides wonderful fellowship and workshops with fun and laughter, listening to speakers and enjoying eating meals with recovering food addicts. These fund raisers help us carry the message and support the expenses of the World Service Office.

“Pathways to Freedom”

Hampton Inn & Suites in Lincolnshire, IL

March 30 - April 1

2012 FAA Midwest Retreat

Shirley at sjm071@gmail.com

“Living the Promises”

Duncan Conference Center in Delray Beach, FL

April 27 - April 29

2012 FAA Florida Intergroup Retreat

Celeste (954) 242-0903 or cfsaulle@aol.com

“Serenity by the Sea”

Maris Stella Retreat & Conference Center

June 1 - June 3

2012 New Jersey Annual Retreat

Dorene (908) 377-7939 or Phyllis (732) 244-4324

Visit the FAA website for more information

www.foodaddictsanonymous.org

20th Annual WORLD CONVENTION “A Vision for You”

Celebrating 25 years of FAA

Pittsburgh, PA

September 21 - 23 , 2012

Pittsburgh Airport Marriott

Don't miss out on this amazing experience full of fun things to do, fellowship with other food addicts in recovery and inspirational speakers!

We look forward to seeing everyone there!

Online registration coming soon!

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Marathon Phone Meetings

Find the holidays to be a problem? Are you surrounded by food and maybe even some people who are irksome? Holidays can bring up strong feelings as well as strong cravings. What's a Food Addict to do?

Why not take advantage of another FAA tool-the marathon phone meetings. For the last four years this has been available not only to those who might be struggling but also for those who just wish to stay in touch or for those who want to do service.

The marathon offers hourly meetings. If you have never attended a phone meeting, it is a great back up while you are waiting for your own face-to-face meeting. This is a wonderful way to hear a message of recovery or share what has worked for you. Phone meetings are there every day; it is only during the marathons that meetings run every hour. There is no charge other than the cost of your own long distance call. The following is a list of the dates and times for the 2012 marathons/special meetings:

Easter Sunday

Sunday, April 22nd
8 am until Midnight

Mother's Day

Sunday, May 13th
8 am until Midnight

Memorial Day

Sunday, May 27th
8 am until Midnight

For these marathons to be successful, we need people with one month's worth of abstinence to volunteer to lead one of the hour long slots and we need people to spread the word.

**To volunteer contact Arlene at
arleneh8745@yahoo.com**

Volunteers Needed for Forums with a minimum of one month of abstinence...

**Contact: Marya
faatoday@gmail.com**

NEW MEETINGS

The website carries all the current meeting information. This quarter we are happy to report these new meetings.

**Evangel Heights United Methodist Church
South Bend, IN
Mondays - 7:00 pm**

**Ryde Hospital, VMO Meeting Room
New South Wales, Australia
Mondays - 7:30 pm**

**United Methodist Church
Platte City, MO
Tuesdays - 6:30 pm**

**The Diane Shopping Center
San Diego, CA
Wednesdays - 12:00 Noon**

**Kaiser Permanente Hospital
Oakland, CA
Wednesdays - 7:00 pm**

**The Church of the Holy Trinity
New York, NY
Fridays - 6:00 pm**

**1933 Moreland Avenue
Atlanta, GA
Sundays - 2:00 pm**

Want to start a new meeting?
Contact the World Service Office today!

Are you stuck?

The term plateau is bandied about in FAA as a negative state. Plateaus are seen as a holding pattern that a person can't seem to get beyond. If you think about the meaning of the word, it's really about a relatively stable period or level. How you perceive a plateau, just like how you perceive any situation, will determine if it becomes stressful or not.

In FAA we hear about plateaus mostly when it comes to weight loss. If you are losing anywhere from 20-100 pounds, your body may have a period where it stalls for a bit as you begin to release weight. If you're focused only on the numbers, you may be excited when they drop and then feel like you're doing something wrong if they stall.

Instead, I encourage newcomers to forget about the numbers and forget about plateaus. Sometimes our bodies know best and we have to give them time to adjust to our new plan of sound nutrition.

TIPS for Responding to Plateaus:

1. Take an inventory of how you feel. Tune into your body and your moods. Notice all of the benefits you are experiencing from inside, rather than simply focusing on the outside.

2. Focus on Building New Habits. If your goal is only about losing 50 pounds, you may miss the opportunity to focus on creating a lifestyle that supports your abstinence for a lifetime. Trust that your abstinence will allow you to reach your goals.

3. Accept that sometimes, there are bumps in the road...and adjust. This may just be the time to pick up the other tools, especially working the Steps with a sponsor. Emotional abstinence is just as important as physical and leads you closer to your Higher Power.

4. Never forget to look at the Big Picture. The real goal is freedom from the ravages of food addiction. As long as I work on my recovery on a daily basis and ask my Higher Power for help to abstain, then those moments when I'm feeling like I'm on a plateau is temporary. As Annie says, tomorrow the sun will come out...

Judi M.
Food Addict, CA

* * * * *

Sixteen words to think about:

"Eat right, go to meetings, pray, and if you want to be happy, work the steps." Author unknown

20th Annual

WORLD CONVENTION

"A Vision for You"

Celebrating 25 years of FAA

Pittsburgh, PA

September 21 - 23 , 2012

Start getting ready for the **20th Annual World Convention** being held in Pittsburgh, PA this year. The registration form is coming soon to our website. Get your registration in on or before July 1st, to take advantage of the **Early Bird Package** - great savings!

See the vision for your future as you continue to live a happy, useful life you have chosen with **Food Addicts Anonymous!**

For more information:

Shirley M. (412) 953-9088 sjm071@gmail.com

Valerie B. (412) 805-4128 vmбу@comcast.net

Raffle Announcement

The 2012 convention is just around the corner and we need your help to make it the biggest fund raiser of the year for our FAA fellowship. The raffle requires a lot of team work, so we're asking all of our FAA meetings, face to face, phone, and the loop, to consider donating a raffle prize, gift certificate, or check. As we did last year, we'll purchase some larger items and have money prizes.

We're also asking each group to pass the basket a second time to help with the expenses. This money would have to be kept separate from the 7th Tradition collection. Thanks for any help you can give us!

For more information:

Joyce (440) 365-6110 tnjmitch@gmail.com

Nancy (732) 866-54320 nancyjopeters@yahoo.com

How do my Beliefs Affect my Program?

Through FAA we learn that our disease exists on many levels; spiritually, mentally, physically and emotionally. Like many, I initially came to the program for the physical benefits. I am fortunate to have stuck around long enough to realize the other blessings and promises of the program.

What I've come to know over the past seven years is truly remarkable. As I discovered and learned about the physiological component of food addiction, I was freed from my life-long obsession to control my food and body size. I learned of the many symptoms we food addicts share, that I am not alone and finally saw a glimpse of hope to live a full, free and happy life.

The remarkable transformations I've gone through have been strongly influenced by my ability to fully engage in life once I put down the substances. I now have the option to live in a place where I am my best self ... what I refer to as my higher self. I have the ability to tap into my strengths and gifts and share them with others. My possibilities are wide open. I've gained confidence and a belief in myself; allowing me to step away from my secure corporate job and begin my own business. I am living my life with integrity as I now focus my energy on being in service and support of others. I am truly living in my purpose and grateful that FAA opened the door for me to recognize what moves me and lights me up.

Through my studies during this evolution, I happened upon a fundamental principle that speaks volumes on my recovery. In brief, my self-limiting beliefs, often at the subconscious level, were preventing me from truly moving forward and experiencing the joyful life I'm meant to live. By making a conscious effort to hear those limiting beliefs, with or without the assistance of a trained specialist, I can now question if they still work for me. And, if they don't, I can make the choice to dispel them. I can challenge how appropriate they

are and whether they align with my desired results. When they don't, I can create new beliefs that fully support who I am today and who I want to be going forward.

Many of my self-limiting beliefs are/were enmeshed in my disease mindset. Choosing to listen and give a voice to those subconscious thoughts thrusts me into a different space. I am better able to break loose of the disease thoughts that were pervasive and familiar. From this I gain choices, options and possibilities I wasn't able to see before.

My belief is that there is life beyond recovery; one out there waiting for us to embrace. It's not about letting go of our program; it's about taking it to the next level. When we are really ready to take ourselves on, to listen and challenge those self-limiting beliefs, we can create the life we want and love ourselves unconditionally. I'm sure of it.

Janice K.,
Food Addict, FL

Tips on things to do for Spring Holidays without using sugar, flour or wheat...

- Go on a picnic
- Take a walk or a bike ride
- Make an outreach call to a newcomer
- Make colorful salads with spring colors
- Collect flowers and make them into a basket
- Put your abstinent meals on pastel colored plates
- Experience the comfort and love of family & friends
- Decorate hardboiled eggs & eat them for lunch or dinner



Sixth Annual CA Retreat

A life-altering weekend, the annual CA fundraiser held the first weekend in February at a Retreat Center in Rancho Palos Verdes netted \$1,255 for FAA. Thirty-three old-timers and newcomers representing the West Coast including Hawaii assembled to celebrate this life style change we have found that delivers us out of the bondage of food addiction.

Each year the Retreat theme focuses on a Step. This year it was the Twelfth Step with emphasis on Sponsorship. The tears flowed and healing began with the Friday night Ice Breaker “Calling All Angels”. Saturday’s workshop was powerful, followed by all of our speakers sharing their experiences of carrying the message of hope.

Saturday night's recovery theater brought out the 5 Dancing Divas, a Homemade Yogurt Demo, a skit of the Higher Powers waiting for the Meeting to Start and of course the Two Bottoms. Most overheard at the closing was “This retreat inspired me to change.” Carrying the retreat souvenir bookmark, “Practice these Principles, we headed for our homes committing to see each other next year, same time, same place.

We all recognize the importance of carrying the message to the food addicts of the world. In addition to fellowship at the retreat, we emphasize the importance of financially supporting FAA. This year’s contribution brings our total for six years to \$6,778.

Judi & Toni,
Food Addicts, CA

NY/NJ Intergroup Gratitude Dinner

An idea born at the 2011 Cleveland Convention prompted the formation of the New York/New Jersey Intergroup and its first event, a Gratitude Dinner.

At the Convention’s General Session, several Intergroups shared that they had held dinners to celebrate the gifts of the program and recovery. New York and New Jersey Intergroup members thought that was an excellent idea and began working together to plan such an event.

On Sunday, January 15, 2012, the first New York/New Jersey Intergroup Gratitude Dinner was held in New York City. Almost forty food addicts attended from Maryland, Pennsylvania, New York, New Jersey and California.

The day began at 2:30 PM with each attendee introducing themselves and sharing one gratitude. This was followed by a panel discussion addressing ‘Gratitude in My Recover.’ The panel consisted of three members; an FAA member with long-term abstinence, a member new to FAA, and a member who shared on her relapse experience. Questions and sharing followed the panel discussion.

At 4 pm an FAA meeting was held with many members expressing gratitude for such a large face-to-face meeting. During the meeting it was also announced that a new face-to-face meeting would be opening on Friday night in New York City.

This was followed by an abstinent chicken dinner and fellowship. Many volunteers helped to make this a warm and pleasant experience. Several members had prepared delicious grains and vegetables for the meal. Others brought decorations for the tables, condiments, measuring spoons and cups and clean up supplies. Still others gave service by making short work of the set up and clean up phases of the meal.

A 50/50 raffle was held and through enthusiastic participation, \$360.00 was raised for the World Service Organization.

As the day ended, new gratitudes emerged – gratitude for the enjoyment that planning the event had provided - gratitude for the positive response we experienced from our fellow FAA’ers – and gratitude for the inspiration and hope everyone’s sharing had given us.

Ann
Food Addict
New York

BOARD OF TRUSTEES FOR 2011/2012

The following members have agreed to serve you. They do not govern, they are “trusted servants.”
(Tradition Two) Please feel free to contact them to express any of your needs or concerns.

NAME	STATE	BOT POSITION	PHONE	EMAIL	PRIMARY COMMITTEE
Amie T.	IL	Secretary	847-478-1762	03amie@gmail.com	-----
Chuck S.	OH	Co-Moderator	330-630-9005	jacob_scholl@hsbct.com	-----
Diane T.	MA	Co-Moderator	617-381-7076	queens4463@aol.com	-----
Dorene L.	NJ	Trustee	908-377-7939	dorenelevy1@comcast.net	Literature
Gloria P.	OH	Trustee	440-327-9492	glorj25@cs.com	Public Information
Jewell G.	MD	Trustee	301-762-6360	jewelleg@bellatlantic.net	Trustee
Joseph D.	PA	Trustee	610-739-3557	josephedavid@yahoo.com	Office
Libby V.	CA	Trustee	925-324-4746	libbyonalabel@aol.com	Public Information
Phyllis E.	NJ	Treasurer	732-244-4324	31peckel@comcast.net	-----
Shirley M.	PA	Trustee	412-953-9088	sjm071@comcast.net	Convention
Theresa K-B.	PA	Trustee	727-697-5931	thebusyblonde@hotmail.com	By-Laws
Valerie B.	PA	Trustee	412-805-4128	vmbu@comcast.net	Convention

Editor Note: The following minutes are synopsis. Full minutes are on file at WSO upon request.

Minutes – FAA Board of Trustees November 20, 2011

Opened the meeting at 8:01 pm EST with the Serenity Prayer.

Roll Call: All Board members were present and there were 5 guests.

Treasurer Report: Donations were higher this month but still under budget. Literature sales were \$4,493 and over budget. The \$21,920 from convention was added to the money market account. Office expenses were high due to the renewal of the trademark. This is something that occurs once every 9 years. Credit card charges are running over budget and the telephone bill was high due to a previous discrepancy.

Co-Moderator Report: Reviewed the responsibility of the board as stated in the Bylaws.

COMMITTEE REPORTS

Convention Committee: The next meeting will be held on Dec 4 at 8 pm. They are hoping to attract more people to chair subcommittees and they will also be selecting the theme at that time.

Office Committee: The office committee approved a request by the EA to take a college course. There were some questions from some Board member on the specifics of the course and how it would relate to the EA’s job description. After some discussion, it was decided that the office chair would send a more detailed description of the course to the Board members. It was decided by the committee that the EA would include information about subscribing to the Abstinent Times with every literature order shipped. The committee is working on articles for the Abstinent Times and asks that people celebrating anniversaries send in that information. The next meeting will be Dec 7 at 7 pm.

By-Laws Committee: The committee is currently working on three issues but have no motions at this time. 1. An employee not having a vote on the board. 2. An employee being related to another employee or board member. 3. Board discussion of newly nominated board members. The next meeting will be held on Dec 4 at 7 pm.

Public Information Committee: This committee has not met since last board meeting. They are working on getting green books into libraries as previously reported. The next meeting is Dec 18 at 9 pm.

Website Committee: They should have a report and a recommendation by the next Board meeting. Diane reported she has contacted AA and is working with their webmaster who has been giving her leads and suggestions she is finding helpful. Diane stated she is looking to get three bids so we might hire a webmaster.

Literature Committee: The chairperson is looking for volunteers to serve on the committee. We are sending out cards that still have saccharin listed. Since the removal of Saccharin from our food plan, the EA has been whitening it out on those cards. There was a suggestion made to stop sending cards until it was decided what action to take. After some

discussion, it was stated that the literature committee would need to bring this to the Board in the form of a motion. There was also some discussion about the reports from the hired nutritionists and who should have access to them. There is no date for the next meeting.

OLD BUSINESS

Motion: I move that for any motion passed approving a monetary amount, there be a time limit imposed for the use of said amount. The motion was seconded. After some discussion, the motion passed 8 to 2.

The dates set for the next three Board Meetings as follows:

- Sunday, January 8, 2012 - 8:00 pm EST
- Sunday, February 12, 2012 - 8:00 pm EST
- Sunday, March 1, 2012 - 8:00 pm EST

Closed the meeting at 9:00 pm with the serenity prayer.

Respectfully Submitted,
Amie T.
Secretary

Minutes – FAA Board of Trustees January 8, 2012

Opened the meeting at 8:01 pm EST with the Serenity Prayer.

Roll Call: All Board members were present except Diane T. and in attendance were 8 guests.

Treasurer Report: Donations, literature sales and newsletter sales were all down for the month of November. It was suggested that a subscription to the newsletter would make a nice gift for sponsees. Donations were up for the month of December.

Co-Moderator Report: No report

COMMITTEE REPORTS

Convention Committee: The committee has decided on the theme “A Vision For You” and they are working on the registration form. The next meeting is on Sunday January 15th at 8 pm. They are still in need of chair people for the Publicity and the Fund Raising Committees.

Office Committee: The committee discussed putting a 7th tradition flyer and a subscription form for the newsletter in every packet of literature that is sent out. Patty agreed to send a copy of this 7th tradition flyer and the newsletter subscription to the Board members. The committee made a decision to change the office hours to 9 am - 5 pm.

By-Laws Committee: Jewell Elizabeth resigned as chairperson. The next meeting is set for Thurs Jan 29th at 6 pm.

Public Information Committee: Next meeting is Jan 29th at 9 pm. They are working on the library book distribution project and hope to be sending books out shortly. The committee discussed forming a

meeting support team. The purpose would be to provide support and be a resource for someone getting a new meeting started.

Literature Committee: No one in attendance at the last meeting. Next meeting is Jan 9.

OLD BUSINESS

Motion: Presented by Diane T - "I move that the FAA Board of Trustees consider changing the FAA abstinent requirement from the suggested two year requirement to a one year requirement in order to be listed on the 12 Step Volunteer Listing." This motion was tabled until Diane T can be in attendance.

NEW BUSINESS

Motion: Presented by Gloria P- I make a motion to nominate Kelley to the Board of Trustees. There was a unanimous vote for Kelley who stepped up to replace Jewell Elizabeth as the chair of the By-Laws Committee.

Motion: Presented by Libby V.-"I make a motion that the Board establish a temporary Web Site Committee to review the overall contents of our Web Site to determine what is consistent with our approved literature and the Twelve Traditions of FAA. Any recommendations for changes would be brought to the FAA Board for approval and vote." The motion was passed unanimously and Libby agreed to be temporary chair. It is also our recommendation to have the By-Laws Committee write a motion to establish a permanent Web Site subcommittee of The PI Committee. After discussion, it was decided that this was premature and could be visited at a later date.

The dates set for the next three Board Meetings as follows:

Sunday, February 12, 2012 - 8:00 pm EST

Sunday, March 18, 2012 - 8:00 pm EST

Sunday, April 22, 2012 - 8:00 pm EST

Closed the meeting with the serenity prayer.

Respectfully Submitted,
Amie T.
Secretary

Minutes – FAA Board of Trustees February 12, 2012

Opened the meeting at 8:01 pm EST with the Serenity Prayer.

Roll Call: All Board members were present and in attendance were 8 guests.

Treasurer Report: There was an increase in donations for the month of December. Year to date \$15,000 over budget due to a great convention. Education costs are up because the EA is attending classes. Literature costs are up due to a recent purchase of Food for the Soul. Literature sales down ytd and Abstinent Times sales are down.

Co-Moderator Report: Executive committee met on Jan 16th and discussed Article X in our bylaws pertaining to committees.

COMMITTEE REPORTS

Convention Committee: Met on Jan 15. Next meeting is Feb 26 at 8PM. The committee is working on the registration form. The committee still needs chair people for the Fund Raising and the Public Information committees.

Office Committee: Office manual completed. Patty will be sending out the revised version.

By-Laws Committee: No report

Public Information Committee: Met on Jan 29. Discussed the meeting support team they are working on. This is non-financial support for f2f meetings just starting out. The library project is still in the works and some books should be sent out soon.

Literature Committee: Next meeting March 12 at 6 pm. Working on

the Third Step Prayer.

OLD BUSINESS

Motion: Presented by Diane T - "I move that the FAA Board of Trustees consider changing the FAA abstinent requirement from the suggested two year requirement to a one year requirement in order to be listed on the 12 Step Volunteer Listing." Diane withdrew the motion.

NEW BUSINESS

Looking into defining the role and responsibilities of the committee and their role in regard to the website committee. Next meeting is March 4 at 9 pm. They have been in contact with the person who requested information for their college. Our website has been visited by over 20,000 people. Web Site Committee Meeting is Monday, February 27th, 2012 at 8:30 pm EST.

Motion: Presented by Joe D. - "I move to reduce the EA's hours from 30 hours per week back down to 25 hours per week." Motion seconded. The motion was tabled.

The dates set for the next three Board Meetings are as follows:

Sunday, March 18, 2012 - 8:00 pm EST

Sunday, April 22, 2012 - 8:00 pm EST

Sunday, May 27, 2012 - 8:00 pm EST

Closed the meeting with the Serenity Prayer.

Respectfully Submitted,
Amie T.
Secretary

Meeting Phone Number Change

The Cyberspace Intergroup has begun using a new phone number for some of the phone meetings: (712) 432-0900, access code 433801#. If you call from outside the United States and experience difficulty, please call (805) 360-1075 and follow the instructions.

To ensure a safe phone meeting, some of our trusted servants may monitor some meetings and marathons on a computer dashboard. Members who wish to keep their phone numbers anonymous may simply dial star-six-seven (*67) prior to dialing (712) 432-0900; this will block your phone number from being seen on the dashboard. All FAA meetings are listed on the website including phone meetings for both the old number and new number.



**FAA FINANCIAL REPORT
JULY 1, 2011 - DECEMBER 31, 2011
2011-2012 FISCAL YEAR**

INCOME

2011 Convention	22,174.83
Donations	9,843.83
Literature Sales	24,081.84
Newsletter	324.00
<u>Postage Income</u>	<u>3,249.05</u>
<u>TOTAL INCOME.....</u>	<u>59,673.05</u>

EXPENSES

Accounting (tax return)	350.00
Annual Report	0.00
Bank Charges	0.00
Credit Card Processing	540.22
Education	353.89
Insurance	197.52
Literature	10,961.63
Office Expenses	1,805.36
Office Rent	2,550.00
PayPal Costs	664.06
Payroll	20,750.00
Postage	2,322.62
Telephone	1,328.78
Travel (Convention Expenses)	797.43
<u>Website Assistance</u>	<u>322.50</u>
<u>TOTAL EXPENSES</u>	<u>42,944.01</u>

NET INCOME/(LOSS) **16,729.54**

PRUDENT RESERVE **39,000.00**

Through the generosity of our members and the income from the 2011 Annual FAA World Convention we are able to end the first half of the new 2011-2012 fiscal year in good standing. This is a tribute to each of you who expressed your gratitude, both monetarily and with your service. FAA has a prudent reserve to tide us over when expenses rise more than income; just as each group needs to do.

Please take a moment to applaud each person's effort to insure that the FAA message will continue to spread to those who reach out to us for help.

7th TRADITION IN ACTION

Since December 1, 2011, these groups, Intergroups, and individuals have sent in their financial support. We thank them for their generosity.

GROUPS

12/1/2011-11/30/2012

State	Group Info	12/1 to 2/29	YTD
AZ	#9950; Tucson	85.00	85.00
CA	#144; Carlsbad	185.00	185.00
CA	#0000; Santa Ana	30.00	30.00
CA	#9988; El Cajon	100.00	100.00
CA	#0000; Solvang	10.00	10.00
CA	#0000; Walnut Creek	250.00	250.00
FL	#364; Jacksonville Tues	71.00	71.00
FL	#9403; West Palm Beach	100.00	100.00
GA	#0000; Atlanta	55.00	55.00
MD	#9922; Rockville	150.00	150.00
OR	#351; Salem	44.30	44.30
TX	#47/01; Midland	2.70	2.70
WA	#268; Langley	25.00	25.00

**INTERGROUPS, INTERNATIONAL
& INDIVIDUALS**

12/1/2011-11/30/2012

Group	12/1 to 2/29	YTD
New Jersey	404.00	404.00
Cleveland IG	400.00	400.00
Cyberspace	1,724.45	1,724.45
Individuals	2,516.00	2,516.00
California Retreat	1,255.00	1,255.00

GIVING BACK

While contributions cover each group's rent and other expenses, the 7th Tradition is essential at every level of FAA service. It is both a privilege and a responsibility for groups and members to ensure that not only their group, but also the World Service Office remain self-supporting. This keeps FAA free of outside influences that might divert us from our primary purpose, to help the food addict who still suffers.

If you would like to have a certain amount per month automatically deducted from your credit card, please call the World Service Office at (561) 967-3871 to make arrangements. We need your contributions and thank you for all your continued support and generosity.

The FAA Board

Ask Abstinent Annie

Dear Annie,

I'm newly abstinent and it is my turn to serve a meal at my yearly family reunion. Do you have any suggestions on what I can do to make sure my abstinence stays intact?

Fretting Freda

Dear Fretting Freda,

Great question! Since you are newly abstinent, you may want to consider asking someone else in your family to take over for this year and take your turn later. Being newly abstinent is a very vulnerable time and you don't want to add to your stress level. Many of us come from a "people pleasing" background and we're afraid to say "no", but guarding your abstinence is very important. I would recommend that you bring your own meal and stay away from the "food extravaganza" that the rest of your family will be eating. Being present with your family and not totally fixated on the food is one of the gifts of abstinence. If you find yourself tempted by the food, go for a walk, make an outreach call or leave early if you need to. Love yourself enough to do what you have to do to stay abstinent.

That being said, if you do feel strong enough to host the meal, I would suggest making only food on our food plan. Let your family know in advance what you are serving, and to bring whatever they may want in addition to that. I no longer make traditional family favorites. I make a beautiful, nutritious, healthy meal that everyone enjoys.

Wishing you all the best,

Abstinent Annie

Abstinent Annie is not a professional therapist. She is simply another food addict who is passionate about FAA and has 6+ years of abstinence one day at a time.



CONGRATULATIONS!!!

FOR CONTINUOUS FAA ABSTINENCE

Jackie L. 7yr OH

Jewell E 6yr MD

May-Britt K 6 yr WA

Lynn C 5 yr CA

Bunny M 2 yr CA

Linda P 2 yr CA

Beverly T 1 yr CA

Chandra C 1 yr CA

If you would like your FAA abstinent anniversary date listed please contact Patty H. by sending an email to faawso@bellsouth.net

GIVE YOURSELF THE GIFT OF ABSTINENCE

"The Abstinent Times"
Subscribe now to the FAA Quarterly Newsletter
to stay current on what's going on in FAA

Food Addicts Anonymous
529 NW Prima Vista Blvd., #301A
Port St. Lucie, FL 34983

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Master/Visa# _____

Expires _____ Last 3 digits on back of card _____

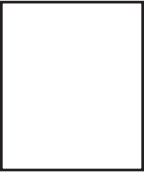
One Year (4 Issues) \$12 _____ Two Year (8 Issues) \$22 _____

Be in the News!

Want your article, event or anniversary included in the June 2012 issue of The Abstinent Times?

Submit information to:
faawso@bellsouth.net

TO: CURRENT RESIDENT/OR



From:
529 NW Prima Vista Blvd., #301A
Port St. Lucie, Florida 34983

**“For today, I nurture myself knowing
I am loved just as I am.”**

-Food for the Soul