



# THE ABSTINENT TIMES

A Publication of Food Addicts Anonymous

## 20th Annual WORLD CONVENTION “A Vision for You”



**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!

**Register online today!**

**[www.foodaddictsanonymous.org](http://www.foodaddictsanonymous.org)**

**World Service Office**  
**529 NW Prima Vista Blvd., Suite #301A**  
**Port St Lucie, FL 34983**  
Ph:(561) 967-3871 Fax:(561) 967-9815  
  
Skype:faacanhel  
Email:faawso@bellsouth.net  
Monday through Friday  
9am till 5 pm  
Eastern Standard Time

### *WSO Special Announcement New Office Hours*

**Our Board has hired a new part-time worker at the WSO and we have expanded our hours. The office is now open Monday through Friday from 9am -5 pm EST in order to be more available to the fellowship. Our seventh tradition contributions make this possible.**

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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 enclosed in this issue of The Abstinent Times and available on our website. Get your registration in by August 1st, to take advantage of the **Early Bird Package** - a 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 vmbu@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

**Don't Miss Out on This!**

The Pompano Beach Group in Florida has made a lovely quilt of the 26 Promises of Food Addicts Anonymous. They donated it as a separate raffle item for the Convention and would like everyone to have a chance to win it, **even if they can't go to the Convention.** The quilt is a little larger than a twin bed size. This is a picture of it and it is absolutely beautiful!

The tickets are selling for \$10 each or 3 for \$25. The drawing will be held at the Saturday night Banquet of the 2012 World Convention.

There's a lot of time, love, and FAA gratitude that went into making this quilt, and anyone of us would love to win it. So, buy your tickets now! The contact information is listed below.



Kathy Ambrosio  
4 Springhouse Road  
Ocean Township, NJ 07712  
(732) 996-4363

*Please visit the events section of our website to print the flyer!*

## 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 many 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. During the marathons 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 upcoming 2012 marathons:

### **Fourth of July**

**Wednesday, July 4th, 2012**

**5:45 am - Midnight**

### **Labor Day Marathon**

**Monday, September 3rd, 2012**

**11:00 am - Midnight**

### **Halloween Marathon**

**Wednesday, October 31st, 2012**

**5:45 am - Midnight**

For these marathons to be successful, we ask that all members help spread the word. We need members with at least one month of abstinence to volunteer as leaders.

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

## Tips on things to do for the Fourth of July Holiday 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 a bean bag toss game to play with a friend

Fire up the grill and cook some meat or vegetables

Experience the comfort and love of family & friends

Put your abstinent meals on decorative colored plates

Brush up on your history and learn fun facts about why we celebrate Independence Day!



### **NEW MEETINGS**

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

**St. Paul's Lutheran Church**

**Tampa, FL**

**Thursday 6:30 pm**

**49906 Gratiot Avenue**

**Chesterfield, MI**

**Tuesday 6:30 pm**

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

## Think about it

If you can be 90, 95 or 99 percent free from s/f/w, then good for you. It means you are probably not an addict. At least, it never worked for me. It has been my experience that the best way to stop cravings is to cleanse your body completely and practice complete physical abstinence from your trigger—sugar, flour and wheat. Abstinence is not a diet. To be abstinent is to avoid any s/f/w or any substance that triggers your addiction. We do not “go on a diet,” as if we were simply “cutting down for a while.” Rather, most of us must practice abstinence from all foods with sugar, flour and wheat in them.

To find our “cure” for food addiction we must stay “abstinent,” that is stay 100 percent free from sugar, flour and wheat. Once we start eating trigger foods, we crave more. We, food-addicts, just like those who are addicted to alcohol, can never safely consume our addictive substance at all. Our bodies will at once take note if we eat any amount of addictive substances, and we may very soon find ourselves in relapse. The sure way for us to set up that craving again is to introduce even a very small amount of sugar, flour and wheat into the system. I think I'll just continue to go for the 100 percent as committed to in March 1994.

Judi M. From California

## No

No means that I need to think twice.

I need to look intently at my goals.

Since negativity is not one of them, what place does no really have in my Recovery?

No teaches me to find the yes in my daily journey across the long, dry deserts and past the huge rocks and boulders.

No gives me the strength to continue on.  
I dodge the sirens of the sweet stuff sections,  
I move past the salty and fat bagged treats, I turn my back on the bottled fizzy soft drinks.

Without No, I ask myself, would there be Yes? I doubt it.

Yes calls me to dark green and crunchy organic veggies, to whole grains, to free swimming fish, and to pure, clear water.

I am still a food addict and there is still Recovery.  
Jewell Elizabeth From Rockville, MD

## Celebrations

Since I found FAA and a new way of living, there is much in my life to celebrate. I have been released from the bondage of food. My life is no longer centered on food, what to eat, where to hide it, how to hide the wrappers, and the weight gain.

Now my life is centered on a Higher Power who is a loving, nurturing source of wisdom that guides me to a happy, peaceful life. I am able to be present in my life and enjoy the beauty that surrounds me.

As I work the steps, my character defects are removed from me. I grow and become the person I was always meant to be: free, useful and happy.

I celebrate this growth and acknowledge the changes in my life. I take the time to recognize the changes in the inner me.

*“For today, I recognize the growth I have achieved in FAA, and I celebrate my new way of living.”*

Food for the Soul, July 4th

## I Surrender

Today I surrender to Step One by having a weighed and measured abstinent breakfast, bringing to work my weighed and measured abstinent lunch and also my weighed and measured dinner. I won't eat outside of these meals today and will have my MA tonight before bed. This is my first step of surrender. I also sit with my Step book just poking out from under my computer stand in front of me at work to keep me focused and so the diseased thoughts don't get too much power. I recently thought it would be a good idea to pick up a handful of nuts at work as I had PMS, for days and days later I was in the flour and sugar.

My disease will tell me that I still reserve the right to eat sugar, flour and wheat. I can NOT listen to it and I MUST keep a record of the pain it has caused me close at hand. My mind very easily drifts off to diseased thinking if not distracted or reminded daily or sometimes hourly by the painful and miserable outcomes it has for me.

I surrender to the fact that eating s/f/w makes me mentally unstable (depressed, anxious, irritable), unable to focus on my work, unwilling to "show up" in my life, hard to sleep and just simply, unhappy and sick.

I know I am done with s/f/w because it doesn't take away the pain anymore when I am feeling pain. it just makes things worse.

Katie from Melbourne, Australia

## Florida Intergroup Retreat

April 27 - 29, 2012

The 2012 Florida Intergroup of Food Addicts Anonymous welcomed FAA members from all over who attended this years retreat “Living The Promises” at the Duncan Conference Center in Delray Beach, Florida April 27th weekend.

The program included meetings, workshops and speakers who shared their experience, strength, and hope on FAA’s twenty-six promises.

Entertainment was a comedy movie film “Stuart Saves His Family” during the Saturday night metabolic and was enjoyed by all.

The Promises quilt was on display for all to admire. It will be raffled off at our convention in Pittsburgh, PA and many of the folks at the retreat are hoping to win this treasure.

The highlight was when each person shared their collage they created with the group on the last day of the retreat. Each person was given a blank poster board when they arrived at the retreat. During the weekend, many magazine pictures were cut out and pasted on the poster board as well as art designs made with color pens. The theme was “I Promise Myself....” .

Everyone left the retreat not only abstinent but spiritually charged. We can’t wait to find out what the 2013 retreat has to offer! Stay tuned...

Kelley B. From St. Petersburg, FL



## Serenity By the Sea

Fourth Annual New Jersey Retreat

June 1 -3, 2012

It is hard to believe that our 4th Annual Retreat was held June 1-3, 2012 and each year the retreat has become more successful than the year before.

The retreat was held at the same location, Maris Stella Conference Center on Long Beach Island between the bay and the ocean. The location is safe, serene, and spiritual.

We had 36 attendees and we are happy to report that almost half of them were newcomers. Our theme for the weekend was “Surrender to Win”, a message that needs to be heard by the newcomer and also by old timers. The workshops covered topics such as prayer and meditation, how to shop and prepare meals, how to react and socialize with non-members and families and many other topics.

Delicious abstinent meals were provided for the entire weekend. Attendees stated that they were grateful to go away for a weekend and not worry about bringing food with them.

We are happy to report that after expenses we netted \$1200. Of this amount \$800 will go to the World Convention held this year in Pittsburgh, PA and \$400 will go the World Service Office.

The committee is so excited to report that we have already booked the dates for our 2013 and 2014 retreat. We are looking forward to seeing you next year at the retreat on Long Beach Island, NJ.

Phyllis E. From Toms River, NJ

\* \* \* \* \*

*For today, I stay with what works and remember from where I came from. (from “Food For the Soul”)*

## 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	-----
Denise H.	WI	Trustee	920-246-5518	waterladygb@yahoo.com	Literature
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	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
Cynthia L.	TX	Parliamentarian	903-498-7245	faameeting@aol.com	Parliamentarian

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

### Minutes – FAA Board of Trustees

#### March 18, 2012

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

**Roll Call:** Eleven Board members were present and there were 2 guests.

**Treasurer Report – Phyllis-** Income exceeded expenses for the months of January and February 2012. We were able to add \$2,000 to the money market account due to stronger literature sales and donations. Recently purchased items include chips, medallions and labels.

#### Committee Reports:

**Convention-** Shirley-The committee decided on the souvenir, which will be a water bottle. Anyone wanting to send things ahead for the fashion boutique may do so by sending them to Shirley. The registration will soon be posted on the website and notification will be sent to all face to face meetings.

**Office-** Joe David- The office is no longer open on Saturdays and the committee discussed various options to have the phone covered. It was suggested that someone be hired so the office be covered all 5 days of the week. The EA will put together a job description and qualifications for the position. There is already money in the budget for this.

**By-Laws-** Kelly- We are in dire need of expanding the bylaws as we are in a growth mode. Next step needed is to get a parliamentarian. This will be looked into at the next bylaws meeting.

**Public Information-** Libby-They are working on sending books to libraries. The Ohio intergroup and PA have sent addresses to them. Every library has their own process and the committee is developing their own procedure as well. The committee followed up on a request that came through WSO. Next meeting April 15, 9 pm.

**Literature-** Doreen-2 examples 3rd step prayers that have been sent to the board. They discussed having a card or a bookmark with the 3rd step prayer on it. There is a group in FL who is translating the beginners' packet into Spanish. Discussed having it as a PDF file rather than printing a Spanish version. The changes on page 279 of the green book will now be finalized and the wallet menu cards will be adjusted to remove saccharin from them.

**Ad Hoc Web Committee-** Libby- They are taking a look at the content and wording on the website currently and noting changes that should be made. They will send them to the board when complete. The next meeting is 3/26 8:30 eastern.

Next meeting dates for Board meetings: April 22, May 27 and July 8  
Everyone was reminded of the special closed meeting on March 25 with the officers of the Cyberspace committee and the Board at 9 pm.  
Closed with the Serenity Prayer

### Minutes – FAA Board of Trustees

#### April 22, 2012

Opened the meeting at 8:02 pm EST with the Serenity Prayer.

**Roll Call:** Nine Board members were present and there were 2 guests.

**Treasurer Report-** Report given by Phyllis E, Treasurer. Donations March 2012 Income exceeds expenses by \$1294.

The treasurer has sent out the proposed budget for 2012/2013 and has asked for the Trustees to review it as a motion will be presented at the next meeting.

#### Committee Reports:

**Convention-**Report given by Shirley, Convention Co-Chair. The logo is being finalized and brochures will be sent out shortly. All information is on the website. The committee is encouraging people to book their hotel rooms early.

**Office-**Report given by Office Chair, Jewell Elizabeth.

Michelle has been hired to work 9-5 on Tuesdays and Fridays beginning April 23rd. She will also be covering when Patty is on vacations May 7-11. There is a need to order more green books which will be done as soon as revisions are finalized. Wallet menu card will also be ordered, adding the Men's portions to it.

**By-Laws-**Report given by Kelley, By-Laws Chair. It was asked that if there is anything you would like to have addressed, please bring it to the committee and they will take a look at it.

**Public Information-**Report given by Libby, PI Chair. They have begun sending out some green books to libraries and are working on a cover letter that is to go out with the books. Also discussed having a PI table set up at the convention this year for people to learn about how to start face to face meetings, etc.

**Literature-**Report given by Literature Chair, Doreen B.

Met on April 9th. The men's portions were not on the menu card and that oversight was corrected. They are working on several other issues but nothing for the board at this time.

**Ad hoc Web Site –** no report

**EA Report–** no report

**Old Business:** None

#### New Business:

**Motion:** Valerie B - “I make a motion to nominate Cynthia Lowry from Texas to serve as Parliamentarian for the FAA Board of Trustees.” Motion was seconded by Phyllis E. A vote was taken and passed with 7 yeses and 1 abstaining.

**Motion:** Phyllis E - “I make a motion that all special meetings held by the Board of Directors be listed in a synopsis form in the Abstinent Times, in the same format as we do with all regular board meetings.”

Motion withdrawn until next meeting due to time restraints so we could address the literature motion at this meeting.

**Motion:** Doreen B - "I make a motion to finalize the proposed change to the question on page 279 of the FAA Green Book to read as follow:

**"Can I use artificial sweeteners on the plan?"**

The answer to this question is "no". In FAA many years ago, all artificial sweetener packets were removed, but it was thought that tablet saccharin and liquid saccharin were safe and continued to be approved for use in the FAA food plan. Since that time research has shown that all artificial sweeteners create the same type of craving as sugar. Research suggests that the body reacts to the artificial sweeteners in the same way it does to large amounts of refined carbohydrates. Not only do they trigger the cravings for food addicts, but also wreak havoc with blood sugar levels."

The above passage was approved by the FAA Board and also sent and approved by the FAA membership.

Motion was seconded by Valerie B. and passed unanimously.

The dates for the next Board meetings are: May 20, July 8 and Aug 19

The meeting was closed with the Serenity Prayer.

**Minutes – FAA Board of Trustees**

**May 20, 2012**

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

**Roll Call:** All Board members were present and there were 4 guests

**Treasurer Report - Income:** Donations, Abstinent Times and postage income are down this month. Literature sales are up.

Overall for the month of April 2012 we are down slightly by \$794.00.

Money Market account has the same balance of \$41,000. Checking account balance \$2,118.

**Co-Moderator Report - No Report**

**Committee Reports:**

**Convention-** The committee has secured the logo and it will be posted on the website. The hard copy should be finished shortly.

**Office-** We have a new office assistant, Michelle D. The office is upgrading the 2009 version of Quickbooks to the current 2012 version. Wallet Menu Cards and green books are being sent to the printer. A motion was made and passed to include the new office hours of the WSO in the announcements. It was requested that all Board Committees adhere to the requirement to send a copy of their minutes for every meeting to the WSO. The board has received several letters from members voicing concerns and it was decided that Amie and Diane would draft an immediate response letter. This would acknowledge receipt and let the member know the Board would be looking into their concerns. The Executive committee will have a special meeting in 10 days to see how we shall proceed with letters recently received. Next Office Committee Meeting June 20th, 2012 at 9 pm EST.

**By-Laws-** Nothing to report at this time. The committee meets the 3rd Wednesday at 6 pm.

**Public Information-** Libby has been reviewing the Google Analytics and there is a huge amount of information to be sorted through. She could use help if anyone is interested. The committee is still working on the library project.

**Literature-** They have sent everything to the office regarding the menu cards and the green book change. Some other errors have been found in the Green Book and the EA will take care of them before the next printing. Doreen urged everyone to report any errors they come across.

**Ad hoc Web Site-** No Report

**Old Business:**

**Motion:** Phyllis E - "I make a motion that a synopsis of special meetings held by the Board of Directors be listed in the Abstinent Times was tabled due to time constraints.

**Motion:** Dorene L. "Motion regarding response to a letter received from Bob R." The motion was tabled due to time constraints.

**New Business:**

**Motion:** "To nominate Denise H to the Board." The motion was seconded by Phyllis E. The motion was passed unanimously and Denise will co -chair the literature committee.

**Motion:** Kelley B. - "I motion that all phone meetings breaking the traditions by using features that display names and personal phone numbers or recording meetings be removed from the website." The motion was tabled due to time constraints.

**Motion:** Phyllis E. "I make a motion to have the Board of Directors approve the proposed budget for the fiscal year July 1, 2012 to June 30, 2013." The motion was seconded by Amie T. The budget was passed unanimously.

The dates for the next Board meetings are: July 8, Aug 19 and Sept 20.

The meeting was closed with the Serenity Prayer.

# ANNUAL BOARD MEETING



Pittsburgh Airport Marriott  
September 21, 2012  
9:00 am  
Pittsburgh, PA

*All FAA members are welcome to attend*



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

**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.

INCOME

2011 Convention .....	22,394.83
Donations .....	19,860.28
Literature Sales .....	42,829.88
Newsletter .....	.663.00
Postage Income .....	6,003.63
<b><u>TOTAL INCOME</u></b> .....	<b><u>91,751.62</u></b>

EXPENSES

Accounting (tax return) .....	350.00
Annual Report .....	61.25
Bank Charges .....	.00
Credit Card Processing .....	1,036.59
Education .....	353.89
Insurance .....	391.08
Literature .....	16,328.08
Office Expenses .....	3,718.85
Office Rent .....	4,675.00
PayPal Costs .....	1,342.94
Payroll .....	36,170.00
Postage .....	4,318.64
Telephone .....	2,508.12
Travel (Convention Expenses) .....	797.43
Website Assistance .....	697.50
<b><u>TOTAL EXPENSES</u></b> .....	<b><u>72,749.37</u></b>

**NET INCOME/(LOSS)** ..... **19,002.25**

**PRUDENT RESERVE** ..... **40,000.00**

**Our Fellowship Needs Support**

For the last few months expenses have exceeded income by the monthly budgeted figures. With this in mind our organization needs your help and financial support to continue carrying the message to the food addict who still suffers.

The Seventh Tradition states “that we are self supporting through our own contributions”. Being self supporting is a service of spiritual strength and self-respect. Also, making a contribution is helpful and healing to all involved.

It is the responsibility of us all to contribute to our Home Group, Phone Meetings and the World Service Office. “For today, let our HP help us to do our part in helping to carry the message to the newcomer.”

Phyllis E., Treasurer of the World Service Board

**GROUPS**

**12/1/2011-05/31/2012**

State	Group Info	3/1 to 5/31	YTD
AZ	#9950; Tucson	50.00	135.00
CA	#144; Carlsbad	287.00	472.00
CA	#000; Daly City	258.50	258.50
CA	#0000; Santa Ana	79.75	109.75
CA	#0000; San Diego	120.00	120.00
CA	#9988; El Cajon	0.00	100.00
CA	#0000; Solvang	30.00	40.00
CA	#0000; Walnut Creek	0.00	250.00
FL	#364; Jacksonville Tues	30.00	101.00
FL	#9403; West Palm Beach	100.00	200.00
GA	#0000; Atlanta	0.00	55.00
MD	#9922; Rockville	50.00	200.00
MD	#9938; Wheaton/Silver Spring	50.00	50.00
NC	#280; Young Harris	25.00	25.00
NM	#000; Silver City	20.00	20.00
OR	#351; Salem	0.00	44.30
OR	#249; Eugene	15.00	15.00
PA	#470; Allentown	45.00	45.00
PA	#483; Elkins Park	60.00	60.00
TX	#47/01; Midland	6.00	8.70
WA	#268; Langley	0.00	25.00
WI	#344/356; Green Bay	25.00	25.00

**INTERGROUPS, INTERNATIONAL  
& INDIVIDUALS**

**12/1/2011-05/31/2012**

Group	3/1 to 5/31	YTD
New Jersey	0.00	404.00
Florida Intergroup	890.00	890.00
Cleveland IG	900.00	1,300.00
Cyberspace	1,731.17	3,455.62
Individuals	878.71	3,394.71
California Retreat	0.00	1,255.00

**GIVING BACK**

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.

FAA World Service Office



## Ask Abstinent Annie

Dear Annie,

I've been following the food plan now for one week and feel I would really benefit from having a sponsor. What is the best way to go about getting one? I am very shy and I don't feel comfortable. Maybe with a little guidance from you I can get started in the right direction.

Desperate Daisy

Dear Desperate Daisy,

Great question! A key component to getting and staying abstinent is asking for help from a sponsor, so I'm really glad to hear that you are looking. Since you are shy, you might feel more comfortable approaching people online at first. There are online meetings set up, as well as ways to communicate with others on our website, which is [Foodaddictsanonymous.org](http://Foodaddictsanonymous.org). Start contacting people, start posting your own shares, start reaching out. Of course, we also have face-to-face meetings listed on our website, as well as phone meetings several times each day. Bring a friend with you to the face-to-face for support if there is one near you. If not, you can start listening to the phone meetings, jot down names and numbers of those you can relate to. If you feel brave enough, share a little bit about yourself, or just give your name and number at the end of the meeting and people will call you.

Pray to your HP for a sponsor, and also think about what you are looking for in a sponsor. This is an important relationship, and you want to get a "good fit." Welcome to Food Addicts Anonymous!

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

Addie M	1 yr	CA
Joni B	1 yr	CA
Heena R	1 yr	VA
Connie C	2 yr	CA
Cathy C	4 yr	CA
Margaret H	8 yr	OR
Joni C	18 yr	HI
Judi M	18 yr	CA
Carolyn G	19 yr	CA

If you would like your FAA abstinent anniversary date listed please contact Patty H. by sending an email to [faawso@bellsouth.net](mailto: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 \_\_\_\_\_

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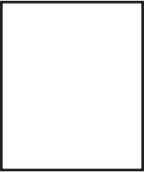
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strive for balance.”**

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