



THE ABSTINENT TIMES

A Publication of Food Addicts Anonymous

UPCOMING EVENTS

Attending an FAA planned event 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.

20th FAA World Convention

As we go to press, the Convention convenes September 21-23 in Pittsburgh, PA. A detailed report will be in the December issue. If you can't attend, the speakers are recorded. You can experience the recovery shared by purchasing a full set of Convention CD's available soon on FAA website.

“Annual Gratitude Dinner”

Brick, New Jersey

Sunday, November 4th, 2012

Hosted by the NY/NJ FAA Intergroup

dorenelevy1@comcast.net

“Serenity by the Sea”

Harvey Cedars, Long Beach Island, NJ

May 3 - May 5, 2013

Hosted by the New Jersey FAA Intergroup

31peckel@comcast.net

“Don't Quit, No Matter What Cruise”

Long Beach, CA to Hawaii

October 19 - November 3, 2013

Hosted by the Cyberspace FAA Intergroup

Joe D. (610) 739-3557

Visit the Events page on the FAA website
for more information

www.foodaddictsanonymous.org

World Service Office

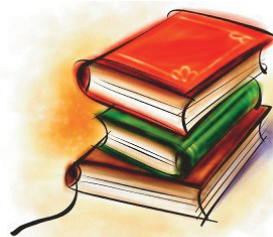
**529 NW Prima Vista Blvd., Suite #301A
Port St Lucie, FL 34983**

Ph:(561) 967-3871 Fax:(561) 967-9815

Skype:faacanhel
Email:faawso@bellsouth.net
Monday through Friday
9am till 5 pm Eastern Standard Time

FAA Literature Committee

We are looking for submissions to create a FAA Third Step Prayer. Anybody who would like to submit a writing or suggestion is asked to use one of the following avenues of communication:



Email: faawso@bellsouth.net

Fax: (561) 967-9815

Mail: World Service Office

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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 hosted by Cyberspace Intergroup. 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:

Halloween

Wednesday, October 31, 2012

8:00 am - Midnight

Thanksgiving Eve/Day

November 21 & 22, 2012

4 pm - Midnight (11/21)

8 am - Midnight (11/22)

Christmas Eve/Day

December 24-25, 2012

4 pm - Midnight (12/24)

8 am - Midnight (12/25)

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 buy for Halloween without sugar, flour or wheat...

Halloween is *fast* approaching and it will soon be time to stock our bowls with treats. With all the candy allergies kids have and those with braces or other dental issues, why not give the kids in your neighborhood a fun, "no candy" trick or treat!

Here are a few ideas: Little hand-held games, Glow Sticks/Bracelets, Mini bottled water, Crayon/Chalk sets, Hair Accessories, School Supplies, Plastic Jewlery, Party Favors, Play-doh.



NEW MEETINGS

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

Memorial West Alumni Foundation

Signal Hill/Long Beach, CA

Sunday 4:00 pm

The Salvation Army

Roswell, NM

Monday & Friday 7:00 pm

Verona United Methodist Church

Verona, VA

Thursday 7:00 pm

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

Back to Basics Intergroup Special Announcement

Hello to the Food Addicts Anonymous Fellowship:

We have great news! Our fellowship is growing and one way in which it is growing, is a new Intergroup has been formed. It's the Back to Basics Intergroup and the following is our mission statement:

The mission of the Back to Basics Intergroup is to come together as representatives of the back to basics meetings to ensure the meetings listed as Back to Basics are a safe, anonymity-protected environment that follow the twelve steps and twelve traditions of FAA. We will not use any type of dashboard to monitor meeting attendance, nor will we record meetings at any time. The Back to Basics meeting telephone line will be used only for the purpose of the meeting, before, during and after the hour designated for the meeting. No one will be excluded from attending a meeting.

We have six phone meetings currently designated as Back to Basics. They are: Monday 8pm, Tuesday, 8pm, Wednesday 7am, Thursday 7am, Friday 7am and Sunday 7:30am. The phone number to attend is (712) 451-6000 pin 1000130#. Please come and check us out, all are welcome!

Denise H - Wisconsin
Back to Basics Intergroup Chairperson

Addiction

I have had this addiction disease for many years. I remember stealing food from the 'ice box' after I was told it was for guests who were coming. I remember stealing pennies from my mom's purse to buy candy.

I went to school, grew up, studied, and worked in my profession. I married, had children, stayed home and raised them. I ate what was left of their dinners. I always had more than my share. This disease worsened. It did bully me. I did bully me. I gained weight to over 300 pounds.

I went to work. I joined every weight loss program known to us. I lost 100 pounds 4 times. Each time, I

gained it back because I did not know I was addicted to flour, sugar, and wheat. So, of course, even though I had only 1,000 calories a day, since it was made up mostly of flour, sugar, and wheat, I gained back what weight I had "given up." Again, over 300 pounds in just a few months after losing the 100...4 times.

Still, addiction and all, I went back to school at 48 and at 50 graduated with a degree in my chosen profession. My kids married, had kids. Their kids had kids. I enjoyed life as middle age turned to aging and memory loss and slower walking.

And then I found the beauty, truth, light, and love of FAA. I learned to shut up and to listen. I learned to be quiet. I shut up. I listened. First I heard, "Be Still and Know that I am God." Then I heard the experience, strength and hope that I had not been able to hear in my addiction insanity. I heard of gratitude of being alive, of being on this earth. I learned to be of service. I learned of the wisdom of the 12 Steps. I learned of the unity of the 12 Traditions.

I have been abstinent from flour, sugar, and wheat for 6 years, 6 months, and 16 days. I work full time. I am close to my grandchildren, and to 3 great grandchildren. I love my friends who are in FAA, my f2f meeting, and even the f2f meeting that I have begun across town.... even though there are many days I read aloud to myself.

I am 83 years old and enjoy aging. I enjoy the limitations that come with this age...yes, I even enjoy my senior moments. I still work...I work full-time and enjoy my work. It is a profession that serves. I am enjoying a full life of "Ego Integrity vs Ego Despair"...even without flour, sugar, and wheat...my drug of choice.

I do not know if I will be abstinent tomorrow and I think I will be. I am still addicted to flour, sugar, and wheat and there is still recovery.

Jewell E G - Maryland

* * * * *

*For today, I accept myself no matter what
and pray for the insight I need to move forward.
(from "Food for the Soul")*

FAA Board Members Share on Their Experience, Strength & Hope...



Co-Moderator

It has been my honor to have served on this board for the last 4 years. The last sentence contains the word “service” which is what all members do when they work for others of this fellowship. Service is what brings us from a “I” to a “We” organization. Please if you have 2 years abstinence consider becoming a member of the Board. This can be a rewarding experience and help others who are suffering from food addiction. Just remember where you were when you joined this program. Don’t you wish it to continue?

Chuck S - Ohio

Treasurer

I am proud to say that I have been serving as Treasurer for the FAA Board of Trustees for the last year. The truth is that when I first volunteered I was scared and thought I would not be able to handle the job. Of course, fear was always my first character defect to overwhelm me when confronted with anything new. Sometimes I still feel fear and as a result of working on my abstinence and step work I meet new challenges head on.

I would like to recognize our Executive Assistant, Patty, for all the help she has given me by putting the Treasury Report together. It is the responsibility of the Treasurer to analyze the figures and report to the Board where we stand regarding the income, expenses and investments on a monthly basis. It is also the responsibility of the Treasurer to prepare a proposed budget for the fiscal year to be presented to the Board of Trustees for a vote. The fiscal year for FAA is always July 1st to June 30. Our membership is to be congratulated for their generosity as the World Service Budget ending June 30, 2012, showed a total Income of \$98,140 and total Expenses of \$79,367 netting \$18,773 under budget and also had a reserve of \$40,000.

Unfortunately, our new budget started on a negative figure, so please send in your donations for the phone meetings, face-to-face meetings and on an individual basis.

Giving service is a very vital part of my recovery, for without giving back what I received, I would just be on another diet.

I urge everyone to step up to the plate; we need all the help we can receive to get out the word to the still suffering food addict.

Phyllis E - New Jersey

Convention Committee Co-Chair

I was surprised when my first sponsor suggested I had met the abstinent requirement for serving on the board and she was going to nominate me if I was willing to do service for FAA. This was nothing new; as my sponsor made sure I was always doing service, first teaching me that service helps us stay abstinent. I had always done service since I can remember, knowing that these words were true, I trusted and believed my sponsor, I agreed.

Well, I know when I feel uncomfortable, scared or fearful, then God must have a plan and more responsibility is coming, and that was true, but so was deep personal growth. My higher power has a plan for me and most of the time I grow up a little more.

Serving on the board has been a great experience, I have made some great friends, it’s been a pleasure getting to know people, and even if I don’t agree or vote differently, I know I respect everyone and each person’s opinion and I expect the same in return. I have a voice and an opinion, and the right to express that at a Board meeting, I respect others opinion and realize we’re not always going to agree. But all of us are there to do service and serve all the members of this wonderful fellowship. I love FAA and like how Elizabeth Gibson writes in her story green book page 11, “Guard FAA. Take care of this program. Make sure it is here for you, your children, your nieces and nephews, for those who come after you. Be proud. Even though it’s difficult, be proud, It’s your program. Take care of it. Do it. No Matter What.”

I have learned to be patient, kind, open-minded, see things from others point of view, listen, stay calm, so please step up and do service on the board as I will be resigning, as my two year term is completed, it’s been an honor to serve on the board, and keep another commitment and see it through, I just may be a grown up very soon!

With love and in service, Shirley M - Pennsylvania

Literature Committee Co-Chair

I am a grateful recovering food addict and my name is Dorene Levy. I was the co-chair for the Literature Committee this past year. I recently came back to the FAA Board. I have been a member many times before. I say this because after 20+ years my program was slipping, my abstinence was at the edge of the dock, I had abandoned meetings and service. I was not a happy camper. The weight which brought me into this program was gaining and my soul was declining.

A few members in program asked me to come back on the Board and with their help, I agreed. I would like to tell you of all the wonders that were accomplished this year; however, that's not what happened. The Literature Committee was sparsely attended and no earth shattering events took place.

We edited (for grammar only) the Green Book. Finalized the change in our Green Book that took out "all" the artificial sweeteners and unanimously agreed to improve the pamphlet "Just for Today".

What happened to me was earth shattering. In giving service to the program that altered and saved my life, I renewed my commitment to follow the FAA Food Plan, get a sponsor, attend meetings and continue to give service. My relationships with my family, friends, business associates and my Higher Power expanded to new ever growing heights.

To all those who think they have nothing to offer, you are mistaken. If you want to change, change what you do. To all those who have years of abstinence and are not giving service; take heed. In order to keep it, you have to give it away.

Dorene L - New Jersey

Literature Committee Co-Chair

I served a one year term on the FAA Board from 2010 to 2011. Wow, what a whirlwind learning experience that was! It was informative, educational, exciting, challenging and at times—downright scary. However, the personal growth that developed while serving that year was huge. I served in the position of Co-Moderator. This position moderates the monthly board meeting every other month. I had not had any previous experience in this kind of position, but I learned as I went and everyone was extremely helpful. I chose to not serve another year at last year's Board meeting. This was a directive from my Higher Power. I'm grateful that I listened because the following year proved to be quite

busy and I would not have had the time to dedicate to the Board.

I "re-enlisted" in late spring this year, due to the changes that were occurring in FAA with the phone meetings. I felt the dissension, fear and misunderstanding settling into our fellowship and wanted to be part of the solution. It's been another interesting year. I co-chaired the Literature Committee. We have worked together with a small, but eager group of members, looking for ways to improve upon or add to the awesome literature already provided. Again, more learning has occurred.

I would encourage anyone with the required amount of abstinence to think about this challenge. Are you looking for a new way to do service? Is your program feeling stagnant? Do you want to be a part of a group of fellow members dedicated to the growth and improvement of our group as a whole? Well, maybe serving a term on the Board may be for you. It's been quite a growing experience for me.

Denise H - Wisconsin

Office Committee Co-Chair

Several years ago I found myself attending a meeting of the Cyberspace Intergroup. I was immediately inspired by the leadership of the group that seemed to have a deep respect and understanding for new technology. It was obvious that the Twelve Step programs were now entering a new age. We have phone meetings, the FAA Loop and an Online Forum. This excited me because I was now talking in the language of my grandchildren. I have enjoyed the warm relationships with the phone coordinators and learned many new things being around those who worked with the Forums and the FAA Loop. The deep connections with other food addicts interested in expanding our fellowship and sending the message has enriched my life and supports my abstinence and recovery.

*Jewell Elizabeth - Maryland
Office committee Co-Chair
Secretary - Cyberspace Intergroup*



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
Jewell E 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

June 17, 2012

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

Roll Call: 11 Board members, the Parliamentarian, EA and 16 identified guests were present.

Treasurer Report: Donations and literature Sales are down this month and this in turn makes Postage Income down. There was an increase in Offices Expenses due to purchase of upgrade of Quick-Books in the amount of \$402. Overall Expenses exceed Income by a negative \$1262. Money market account the same at \$40,000.

Co-Moderator Report: No report

Committee Reports:

Convention: Everything is moving along well. They are looking for people to do service for the Fashion Boutique. You can contact Juanita W. at 740-264-7991.

Office: No report. Next meeting is June 20 at 9 pm

By-Laws: No report. Next meeting is June 20 at 6 pm.

Public Information: No report. Next Meeting Date: Monday, July 2, 2012 8:00 pm.

Literature: No report.

Ad hoc Web Site: Next Meeting: Monday, July 16th, 2012 at 8:00 pm.

Old Business:

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.” Seconded by Amie then passed unanimously.

Motion: Dorene L- “I make a motion that the Board of Trustees acknowledge and answer Bob R.’s letter regarding his concerns as follows: 1. Joe D. termination from the Board 2. His reference to Kay Sheppard 3. His reference to the Cyberspace Phone Dashboard. Also included in this motion is that the Board approves the letter before sending to Bob R.” Amie made a motion to amend the motion to remove last names. Diane second. Passed unanimously Diane seconded Dorene’s motion and that too was passed unanimously.

Motion: Kelley B - “I make a 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 immediately.” Seconded by Gloria P. There were comments made both supporting and objecting to the motion. The comments were from board members and guests. Due to time constraints, there was no vote taken and it will be continued at the next meeting.

The next 3 meetings are scheduled for the following dates.

July 8, August 19 and Sept 21, Closed with the Serenity Prayer

Minutes – FAA Board of Trustees

July 8, 2012

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

Roll Call: Twelve Board members were present, the Parliamentarian and the EA along with 19 guests.

Treasurer Report: Donations and the Abstinent Times are still down this month. Literature Sales are up. Recap of this past fiscal year: The FAA World Service Budget came in \$18,773 under budget and with a current reserve of 40,000.

Co-Moderator Report: No report.

Committee Reports:

Convention: The committee has currently collected \$1055 in donations from the fellowship. The program is coming along well and some registrations have come in. The hotel has received reservations for 46 and we need a total of 100 to meet our quota. If anyone has any difficulty booking additional nights at the quoted rate, please contact Valerie. If you need some registration forms for your face to face meeting, please contact the WSO

Office: The EA will email a pdf of the Green Book, cover of the Green Book, and Annual Menu Planner to the chair of the literature committee. If the literature committee has any editing that causes changes, the office committee would like to be informed as they are ready to place the printing order. The old Abstinent Times will be sold at the convention at cost. They will be \$.50 each or a bundle of 5 for \$2.50. The committee discussed ways to increase our literature sales. They are looking into ways to communicate with the membership that any errors in the website, including getting on, be reported immediately to the WSO. The office committee will work on developing a job description for web master and have it put in layman’s terms. They will see about getting 3 bids. The next meeting is on Wednesday, July 18, at 9pm.

By-Laws: The Bylaws were sent to Pittsburgh for the Convention. It was discussed what the bylaws procedure is. Next meeting is on Wednesday, August 15th.

Public Information: Discussed the recent motion by Cyberspace Intergroup (CIG), to give responsibility for the Forum on the FAA web site back to the FAA Board of Trustees as of August 1, 2012. Also discussed how to determine if the Forum should continue to function or not on the FAA web site. A review of Google Analytics Report for June 7th through July 7th was read. The full report is in the PI minutes from the July 2 Meeting. Next Meeting is on Monday, August 6, 2012 8:00 PM EST.

Literature: No report. Next meeting is on Thursday, July 9th.

Ad hoc Web Site: There are only 2 members at this time and the committee needs to reach out to the membership for increased

participation. They will send out notices to all intergroups, face to face meetings and the Abstinent Times to invite members to attend and give service. The notice will include information about the purpose of the committee and next meeting date. Next Meeting Date: Monday, July 16th, 2012 at 8:00 EST.

Old Business:

Motion: Kelley B - "I make a 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 immediately." Seconded by Gloria. There was discussion from Board members and guests. The motion did not pass with 6 no votes and 5 yeses.

The next 3 meetings are scheduled for the following dates. It was suggested that we add an extra meeting because there is so much on the agenda that was not gotten to due to time restraints. No date was decided upon. July 22, August 19 and Sept 21. Closed with the Serenity Prayer

Minutes – FAA Board of Trustees

July 22, 2012

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

Roll Call: There were 10 Board members and 9 guests present.

Old Business:

Motion: Amie T. "I make a motion that we immediately acknowledge all letters to the Board with the previously approved template." Seconded by Denise H. A vote was taken and the motion passed unanimously.

Dear _____,

On behalf of the FAA Board of Trustees, you are receiving this response to let you know that the Board has received your letter, and will be looking into the concerns you have raised. You will be notified of the findings.

Thank you for bringing your concerns to our attention.

In Service,
FAA Board of Trustees

Motion: Executive Committee "We make a motion that a sub committee be formed called the Correspondence Committee. This would fall under the PI Committee and be responsible for drafting responses to any mail sent to the Board. The draft would then go before the board for approval prior to being sent." Seconded by Amie T., a vote was taken and the motion was passed unanimously.

New Business:

Motion: Dorene L. "I would like to make a motion to have a disclaimer on our web site for "all" meetings, to the effect that we are not responsible nor have any control over any FAA meetings". Dorene L. withdrew her motion. Dorene L. amended her motion from "I would like to make a motion that "all" outside literature be removed from our literature list". To – "I would like to make a motion to remove The Sugar Trap from our literature list because it is outside literature." The motion was seconded by Phyllis E., voted on and passed unanimously.

Motion: Dorene L. "I make a motion to form a committee to put the 12 concepts into practice in the FAA fellowship." Dorene L. withdrew her motion.

Motion: Dorene L. "I make a motion to review the menu planner to go back to the original and take out "pancakes, shakes and muffins." Dorene L. withdrew her motion.

The next 2 meetings are scheduled for the following dates: August 19 and Sept 21. Closed with the Serenity Prayer.

Minutes – FAA Board of Trustees

August 19, 2012

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

Roll Call: In attendance were Chuck, Phyllis, Amie, Jewell Elizabeth, Kelly, Diane, Libby, Denise, Dorene, Valerie, Shirley and Patty as well as 5 guests.

Treasurer Report: Donations and literature sales were down for the month of July and there were some one-time expenses. Monthly recap reflects a loss of \$1614.

Co-Moderator Report: This will be Chuck's last meeting. He has completed two terms on the Board and he is unable to attend the convention.

Committee Reports:

Convention: There was some discussion of next year's convention. At this time there is one area considering it but there are no proposals. We have met our hotel quota and registrations will be accepted up until the day of this year's convention, even at the door.

Office: The committee has ordered 250 new Menu Planners and chosen the color for the new Green books. They are asking for articles for the Abstinent Times. A new system has been implemented to log in all calls to the WSO with time and details. The next meeting is Wednesday, August 19, 2012, at 9pm.

Public Information: The committee discussed the Forum and the service necessary to keep the Forum running. More outreach is needed to find others to help moderate the Forum. Marya encouraged everyone to visit the site to get a better understanding of the Forum. There was much discussion and the PI committee will continue to evaluate the pro's and con's of maintaining the Forum under the Board. The Google Analytics report can be viewed by contacting the PI committee. Next Meeting will be Monday, September 10th, at 9:00 PM EST.

Bylaws: No new business.

Literature: The committee decided to have the Executive Assistant print the following in the news letter and post on our web site: The Literature Committee is looking for submissions to create an FAA 3rd Step Prayer. Anybody who would like to submit a writing or a suggestion, please use the one of following avenues of communication: Email: FAAWSO@bellsouth.net, Fax: 561-967-9815 or Direct mail to the World Service Office. All submissions will be the property of the fellowship of FAA and will be subject to editing. Next meeting Sept 10th 7:00 pm.

Ad hoc Web Site: The committee reviewed their purpose. One of the first goals is to review and make changes on the meeting page and to make disclaimers. They are trying to list the meetings in a more professional way so that all meetings get the same billing. Next meeting Mon Aug 27, 8 pm EST.

The next meeting will be on Thursday, September 21 at the convention. Closed with the Serenity Prayer

FAA LITERATURE COMMITTEE

Special Announcement

The style of the "Just For Today" pamphlet has been changed into a bookmark shape with larger print for easy reading.



Visit the FAA Online Store to order one today!

**FAA FINANCIAL REPORT
JULY 1, 2012 - AUGUST 31, 2012
2012-2013 FISCAL YEAR**

INCOME

Donations	2,793.55
Literature Sales	6,232.01
Newsletter	109.00
Postage Income	995.39
Interest	1.66
<u>TOTAL INCOME</u>	<u>10,131.61</u>

EXPENSES

Accounting (tax return)	350.00
Annual Report	0.00
Bank Charges	0.00
Credit Card Processing	161.20
Education	0.00
Insurance	282.48
Literature	3,050.26
Office Expenses	438.02
Office Rent	850.00
PayPal Costs	285.69
Payroll	7,395.00
Postage	676.10
Telephone	512.85
Travel (Convention Expenses)	414.88
Website Assistance	150.00
<u>TOTAL EXPENSES</u>	<u>14,566.48</u>

NET INCOME/(LOSS) **(4,434.87)**

PRUDENT RESERVE **38,000.00**

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

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

12/1/2011-08/31/2012

State	Group Info	6/1 to 8/31	YTD
AZ	#9950; Tucson	40.00	175.00
CA	#144; Carlsbad	252.00	724.00
CA	#460; Daly City	0.00	258.50
CA	#05/12; Santa Ana	0.00	109.75
CA	#05/13; San Diego	41.50	161.50
CA	#9988; El Cajon	80.00	180.00
CA	#05/14; Solvang	70.00	110.00
CA	#05/11; Walnut Creek	180.00	430.00
FL	#364; Jacksonville Tues	30.00	131.00
FL	#9403; West Palm Beach	0.00	200.00
GA	#281; Atlanta	0.00	55.00
MD	#9922; Rockville	0.00	200.00
MD	#9938; Wheaton/Silver Spring	0.00	50.00
NC	#280; Young Harris	0.00	25.00
NM	#303; Silver City	3.00	23.00
OR	#351; Salem	0.00	44.30
OR	#249; Eugene	0.00	15.00
PA	#470; Mountainville	45.00	90.00
PA	#483; Elkins Park	191.55	274.55
TX	#47/01; Midland	0.00	8.70
WA	#268; Langley	0.00	25.00
WI	#344/356; Green Bay	0.00	25.00

**INTERGROUPS, INTERNATIONAL
& INDIVIDUALS**

12/1/2011-08/31/2012

Group	6/1 to 8/31	YTD
New Jersey	440.00	844.00
Florida Intergroup	0.00	890.00
Cleveland IG	0.00	1,300.00
Cyberspace	1,396.50	4,852.12
Individuals	1,517.00	4,911.71
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 Abstinent Annie:

I am having a hard time putting together one day of abstinence. I make it through breakfast and lunch, but then I eat dinner and want more and wind up bingeing big time. It is so discouraging. What do you suggest?

Troubled Trudy

Dear Troubled Trudy,

Great question...I could write a book on this issue alone!
Getting abstinent is a huge time of change and transition for you-

- your body, mind and spirit are all going through withdrawal from sugar, flour and wheat.

- you are learning how to plan in advance, rather than "winging it".

- you are learning how to be careful about timing your meals.

- you are learning how to ask for help from a sponsor, and other loving food addicts, and your HP.

- you are learning how to problem solve without picking up food.

- you are learning how to "feel your feelings" without picking up food.

- you are becoming humbly aware that you are powerless over your food addiction, and that a spiritual solution is the only answer...

Like I said, I could write a book on this question! A few final thoughts, it is very important to work with a loving sponsor and be accountable to them on a daily basis. It is very important to make sure your food is "clean"-that no traces of sugar, flour and wheat are present, so that you can get rid of your cravings. It is important to realize that withdrawal from sugar, flour and wheat takes time. It is important to immerse yourself in your recovery - go to lots of meetings, make outreach calls, pray, read literature.

I want to point something out to you-you are aware of your vulnerable time (dinner and beyond), make a "recovery strategy plan" to deal with that time most effectively to maintain your abstinence. Once you make it through that first day, just keep going, it DOES GET EASIER.

Wishing you the joy of continued abstinence, 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

Dorene L	NJ	23yr
Phyllis E	NJ	22yr
Jane J	CA	11yr
Gail G	AZ	10yr
Jack K	CA	8yr
Sharon C	MD	7yr
JoAnn B	CA	6yr
John Mc	CA	4yr
Catherine D	CA	4yr
Cheryl L.	AZ	1yr

If you would like your FAA abstinent anniversary date listed please contact Patty at faawso@bellsouth.net

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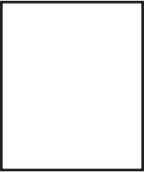
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Want your article, event or anniversary
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Submit information to:
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From:
529 NW Prima Vista Blvd., #301A
Port St. Lucie, Florida 34983

**“For today, I am thankful that I am
willing to surrender.”**

-Food for the Soul