



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. Below is a list of events currently scheduled in 2013:

“New Beginnings”

Lincolnshire, IL

April 5 - April 7, 2013

Hosted by the Midwestern Intergroup

Debbie A. (773) 485-3588 or

dacpd129@sbcglobal.net

“Serenity by the Sea”

Harvey Cedars, Long Beach Island, NJ

May 3 - May 5, 2013

Hosted by the New Jersey FAA Intergroup

Phyllis (732) 244-4324 or 31peckel@comcast.net

2013 FAA World Convention

“Together in Recovery”

St Pete Beach, FL (Tampa Bay)

September 27 - September 29, 2013

Patty (561) 967-3871

brightsidefinancial@mail.com

“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 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 5pm Eastern Standard Time

***** FAA WSO *****
***** Phone Number Change *****

Effective February 1, 2013, our phone number and fax number will be changed to the following numbers:

Office (772) 878-9657
Fax (772) 878-9658

If you have any questions or comments, please contact Patty at the World Service Office.

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Marathon Phone Meetings

Are you finding 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 (EST) for the upcoming 2012/2013 marathons:

Valentine's Day
February 14, 2013
4pm - 11:30 pm

Easter Sunday
March 31, 2013
7 am - 11 pm

Memorial Day
May 27, 2013
7 am - 11:30 pm

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 Paula at (518) 221-7757

2013 FAA STEP BOOK WORKSHOP

All FAA members are invited to sign up for the 2013 "Step Into Serenity" Workshop beginning Thursday, January 17, 2013. This is an in-depth focused study group that meets on the phone every Thursday at 7:00 pm for one hour. Each month the group works a step. Every participant is assigned a phone buddy, weekly homework and given a list of emails/phone numbers of each member in the workshop to make outreach calls and connect.

Don't miss out on the opportunity to join us as we journey through the Twelve Steps of Food Addicts Anonymous! For more information or to sign up to participate in the workshop, please contact Patty from Florida at brightsidefinancial@mail.com. The last day to sign up for the workshop will be February 29, 2013.

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
Bellville, OH
Monday 6:00 pm

Christ Liberty Restoration
Aurora, CO
Tuesday 6:00 pm

Lodge at the Woods
Little River, CA
Thursday 6:30 pm

Clare Foundation
Los Angeles, CA
Thursday 8:00 pm

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

Gratitude

I would like to congratulate Phyllis E. for 22 years of abstinence and service to our fellowship of FAA. Her calm manner and cool head has been an inspiration to me and many others who have been so fortunate as to have been touched by her presence. There have been many times I have been so hot headed and righteous only to be calmed down and by her Godly gifts of compassion and understanding.

In my many years in program, I have seen many a suffering food addict come and go. Unfortunately most go and we never hear from them again. It's important for my recovery to stick to the winners and to keep the program simple and basic. Follow the FAA food plan, use the tools of recovery, go to meetings and give service.

There are many things in life that I question and will argue with; however my recovery is not one of them. FAA works, I don't need to change it or have it fit my life style. I'm the one that needs changing. I learned that if I want to change, I need to change what I do. For this "garden variety" food addict, I learned that I need to do what the winners do.

Again, my sincerest congratulation to Phyllis. I am not only blessed with her being my sister in fellowship, she is my loving sister.

Dorene L - New Jersey

* * * * *

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



New Year's Eve

Today I celebrate the approaching new year with a clear mind, body and soul.

I recall those New Year's Eve's of the past. I would eat until the clock struck midnight, resolving to begin a diet the next day. I was certain that *this* year I would finally transform into a slim and happy version of myself.

Numbers had a lot of power when I was in active addiction. I calculated calories consumed and burned, and I estimated and continually revised projected weight loss for two, four, or six months down the line. The number on the scale determined my self-esteem and could make or break my mood on any given day. The last day of each month was a last chance to indulge. Each month's new beginning carried the illusory hope of a new diet, as did each holiday, birthday, and astronomical event, such as a new moon or the summer solstice. With each New Year, of course, I projected dreams of real and lasting change.

What a breath of fresh air it is to celebrate this New Year's Eve, not with intentions of leaving my old self behind, but rather of continuing steadily along this intriguing spiritual journey of recovery.

*For today, I ask God to keep me centered,
serene, and abstinent as I anticipate the dawning of the
New Year. (from "Food for the Soul")*

Overheard At A Meeting

**"Don't quit one minute...or 5 years...before
you experience the miracle"**

"Don't believe everything you think"

"The elevator is broken. Take the Steps"

**"Having resentment against someone is like
me taking poison in hopes that the person that
I resent will die."**

"The answer is not in the fridge"

"The middle aisles will kill you"

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



Special Announcement

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

Visit the [FAA Online Store](#) to order one today!

Fashion Boutique

Left over clothing and other items from the Fashion Boutique at the 2012 FAA World Convention were donated to a non-profit organization who provides vouchers to their clients to purchase items at their store located in Pittsburgh, PA.

Thank You
FAA Convention Committee



Tips on giving during Holidays

Part of the merry-making of the Holidays is the satisfaction that comes from giving. Seeing the delight on loved one's faces at these special occasions makes the holidays truly special. Here are a few budget-friendly gifts that will be appreciated:

Coupon Books: Creating a book-o'-favors for your loved ones, including good deeds especially for them, can be an incredibly thoughtful money saver. Coupons offering free babysitting to busy parents, airport trips to the frequent traveler, or a hand-delivered homemade meal to just about anyone can be a welcome and thoughtful gesture. (The possibilities are wide open when you create a coupon book for a spouse or child!) The key to making this one successful is to be sure to follow up and push people to actually use the coupons, or include a specific date on which they should be used, if possible.

Teacup Candles: You'll need craft-store wicks, wax (or old candles) that can be melted down, old teacups, and maybe a fragrance or two. Pretty single teacups (with or without saucers) can often be found at thrift stores for less than a dollar. Melt the wax in a double boiler, add fragrance if desired, then support the wick standing in the teacup while carefully filling the cup with wax. As the wax cools, it will contract and form a well. You can add more melted wax of the same color or add a second shade. These are fairly easy to make, but beware of cups with obvious cracking; the hot wax may cause them to shatter.



21st Annual
WORLD CONVENTION
“Together in Recovery”
Celebrating 26 years of FAA
St. Pete Beach, Florida
September 27 - 29 , 2013

The **21st Annual World Convention** will be held in St. Pete Beach, Florida at the beautiful Dolphin Beach Resort located directly on the Gulf of Mexico. The yearly Food Addicts Anonymous convention provides wonderful fellowship and workshops with fun and laughter, listening to speakers and enjoying eating meals with other recovering food addicts. Newcomers have said they became abstinent that weekend after seeing how easy it is to follow the food plan.

The registration form will be coming soon to our website. Get your registration in on or before July 1st, to take advantage of the **Early Bird Package** - great savings!

Join us **Together in Recovery** as you continue to live a happy, useful life you have chosen with **FAA!**

For more information:

Kelly (727) 692-5931
busyblonde82@gmail.com

Patty (561) 370-8576
brightsidefinancial@mail.com

Dolphin Beach Resort
4900 Gulf Blvd.
St. Pete Beach, FL 33706
Hotel Reservations (727) 360-7011



“Looking to Give Service?”

The FAA Board of Trustees is looking for a qualified individual with the ability to analyze the monthly Google Analytic Reports and be proactive in figuring out ways to enhance the overall performance of the website. This individual will look at the sources of traffic and figure out ways to increase the ones that aren't working well. In addition, he or she will be looking at the places people spend most of their time on the FAA Website and ways to make it easier to get to those pages. If you are interested in this service position, forward your contact information, qualifications and availability to: faawso@bellosuth.net.

FAA World Service Board

Other Service Positions

Phone/Online Meeting Leaders

To volunteer to do service or for a list of available days and times, please contact Patty at: brightsidefinancial@mail.com

Spanish Translator

The Literature Committee is looking for people to help edit the spanish translation of the FAA Newcomers Booklet.

Native speaking FAA members who can also check to see that the book is also written in the language of how we speak as food addicts

Spanish teachers who are also FAA members

Bi-Lingual speaking members of FAA

Any FAA members who understand or speak spanish

FAA members who are teachers of english as a foreign language (ESOL)

Please contact Jewell E. in Maryland at: jewelleg@bellatlantic.net

BOARD OF TRUSTEES FOR 2012/2013

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	Co-Moderator	847-478-1762	03amie@gmail.com	-----
Dorene L.	NJ	Trustee	908-377-7939	dorenelevy1@comcast.net	By-Laws
Jewell E G.	MD	Trustee	301-762-6360	jewelleg@bellatlantic.net	Literature
Libby V.	CA	Secretary	925-324-4746	libbyonalabel@aol.com	-----
Phyllis E.	NJ	Trustee	732-244-4324	31peckel@comcast.net	Office
Theresa K-B.	PA	Trustee	727-697-5931	thebusyblonde@hotmail.com	Public Information/Convention
Valerie B.	PA	Treasurer	412-805-4128	vmbu@comcast.net	-----
Becky E.	TX	Parliamentarian			Parliamentarian

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

Minutes – FAA Board of Trustees September 21, 2012

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

Roll Call: Jewel Elizabeth, Shirley, Dorene, Phyllis, Amie, Libby, Kelley, Patty, Denise, Valerie, Diane via phone and 4 guests.

Treasurer’s Report: Donations and literature sales were down this month. The literature costs were up due to the purchase of food planners and green books. Total loss of 2821.00. Current prudent reserve is \$38000. There was some discussion on why literature sales might be down and two thoughts were:

1. We are giving the Food for the Soul away by having it available for free on the recorded line.
2. People purchasing on line versions may be forwarding these versions to others.

The EA noted that the literature sales trend was the same this time last year. It was suggested we have a disclaimer stating that the downloadable literature not be forwarded to others and shared. Lit/PI/Office should get together to discuss literature sales and the procedures that could be changed and implemented.

Committee Reports:

Convention: 88 people officially registered. For new convention chairs it would be helpful to have some kind of guidelines to follow. Some suggestions for help were:

1. Have a former chair on the new committee as a consultant
2. Write a procedural manual

While Boston and Florida are in discussion about hosting, we currently have no proposal for the 2013 convention. All convention meetings should be held on the WSO conference line since this is a WSO sponsored event and falls under the Board.

Office: The FAA Green Book and the Just for Today bookmark along with the Abstinent Times were delivered. There was discussion about the Board saving the \$85 monthly fee by dropping the 561-967-3871 number and only using 772-878-9657. There had been a request from a blind Food Addict to have us tape all our literature and the Board decided that it was too expensive at this time. At this time, there has been no additional progress on finding a web master.

Public Information: The chair gave a recap of the Google Analytic statistics. They are still analyzing the Forum and what action should or should not be taken to keep it running. The library project is time consuming because each library has a different procedure for donating books. It was suggested that we have members of the fellowship contact their local library and do the leg work and then the committee would only have to send out the book.

Ad Hoc: The newly formed Ad Hoc Correspondence Committee needs a chair and this committee is for Board Members only since it is to draft responses to letters sent to the Board. An update was given on pending correspondence.

The Ad Hoc Website Committee has been working hard and has two motions on the agenda.

By-Laws: No activity this month

Literature: The green book was edited for grammar and the passage on artificial sweeteners was finalized. The Chair addressed the letter from a member regarding the two professionals who were asked to evaluate our food plan. It was noted that the proper procedure was followed when the literature committee reviewed the suggestions and the reports were sent to the Board. No motion was needed as it was decided the food plan as written was sufficient. The member who requested that our Literature be changed was answered and thanked for his input.

Old Business: There was no old business.

New Business:

Motion: Motion made by Libby and seconded by Phyllis. On behalf of the ad-hoc Web-Site Committee, I would like to make a motion to add the following as the first paragraph on the Face to Face Meeting List Page on the FAA Web-Site. "Food Addicts Anonymous World Service (FAAWS) is providing this meeting information as a service for those who wish to attend FAA meetings. According to Tradition 4 each group is autonomous as long as the group has no outside affiliation. FAA does not review, endorse, or govern any meetings. We appreciate your interest and hope you find this information helpful.." The motion passed unanimously.

Motion: Motion made by Libby and seconded by Dorene. On behalf of the ad-hoc Web-Site Committee, I would like to make a motion to amend the paragraph about getting directions to meetings, which is found on the Face to Face Meeting List Page on the FAA Web-Site. The new wording more accurately describes how to actually get directions on our page and it also clarifies our use of Google Maps. Below are both the amended wording for this motion and the original wording as a reference.

Amended Wording:

NEED DIRECTIONS? Click the “get directions” link under City Name in the meeting list and you will be taken off this site and sent to the Google Maps™ web-site. This link is provided as a service to anyone trying to find their way to a meeting. FAA does not endorse nor have any affiliation with Google Maps™ and is not responsible for their content, nor any pages linked from those pages.

Original Wording:

NEED DIRECTIONS? Click a street address of any meeting location and an interactive map, courtesy of Google Maps™, will appear in this frame for easy reference. (FAA does not endorse nor have any affiliation with Google Maps™ and is not responsible for their content.) The motion passed unanimously.

Executive Assistant: The EA reviewed past motions and brought some to the attention of the Board that needed clarification. The new Green Book cover was presented and the color approved by the Board. There was much discussion about the Swedish translation of our literature and

a member from Sweden gave the Board the history of what had been approved and accomplished to date. We have some 6 month medallions still in inventory but once they are all sold, there will be no more ordered as a previous Board passed a motion to that effect. Going forward we will have chips instead. We will now have chips for 30, 60, 90 days, 6 and 9 months.

AFTERNOON SESSION 1:30 PM – 3:00 PM

Election/reelection of Board Members for 2012 – 2013 year.

Board members continuing and their new positions:

- Amie T** – Moderator- 1st year of second term
- Dorene L** – Bylaws and will continue as Literature Chair until we have new Board members elected- 1st year of second term
- Jewell Elizabeth**- Convention and will become Co –Moderator if we have any new Board members elected. 2nd year of first term
- Kelley B** – Public Information- 2nd year of first term
- Libby V** – Secretary- 2nd year of first term
- Phyllis E** – Office -2nd year of second term
- Valerie B** – Treasurer - 2nd year of first term
- Cynthia L** – Parliamentarian – 2nd year of first term

The next 3 Board Meetings will be held on Sunday, Oct 21, Dec 2 and January 20th at 8:00 pm EST. Each member briefly discussed their past year of service on the Board. The floor was then open to guests for questions and comments. Meeting adjourned at 2:51 pm with the Serenity Prayer.

Respectfully Submitted,
Amie T - Secretary

**Minutes – FAA Board of Trustees
October 21, 2012**

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

Roll Call: All Board members were present and 6 guests were in attendance.

Treasurers Report: The detailed report was sent to the Board for review. 2012 Convention total income was \$ 16,863.00. There were 88 registered attendees which was down from 112 last year.

Co- Moderator: No Report

Executive Assistant: No Report

Committee Reports:

Convention: Report from the past committee is that overall, they are very pleased with attendance and money raised from 2012 Convention in Pittsburgh, PA. Final numbers for money raised will be available next meeting. The past committee would like to be able to hand down experience to next committee. Requests for refunds by attendees were a problem this year. Kelley volunteered to be convention chair until someone else can be chair.

Office: The Committee is creating a convention procedures manual for use by future convention committees. The Office Procedures Manual was discussed and the manual will be given to each new Office Committee Chair only, with new passwords for on-line business accounts. Committee continues to look for webmaster. Also looking for someone to analyze Google Analytics as a non-paid position. It was brought up that this is already being done by PI committee. The EA thought it would be a good idea for the Office to get someone to help with this because PI has a lot to do.

By Laws: Meeting coming up in November 5th at 7:00 EST. Past Chair will forward old agenda items to new Chair.

Public Information: Full report was submitted to the Board. The On-Line Forum was discussed with its history and should the Forum be under the Board and PI committee. Contact form on web site has no

place for phone numbers. Many agreed that direct phone calls were the best way to reach out for 12th Step work. Request for all to submit informational flyers and other materials. Looking into giving seminars in libraries. The Forum and Google are not listed anywhere in the bylaws. Library Book Project should be continued. No books were sent out last year or the year before. Next meeting is November 7th, 9:00 pm EST.

Literature: Full report was distributed to the Board. The Committee has a Spanish translation of the New Member's Packet. They are looking for FAA members who speak Spanish and would be willing to edit the Translation.

Nominations: Nomination of Becky B. as Parliamentarian. Vote was to accept Becky as Parliamentarian. Yea – 5 and Abstention -1

Discussion: Becky gave a statement of why she wants to serve on the Board and give service to FAA. Comments and discussion by the Board: Becky was asked if she has any experience being a parliamentarian. Others commented that it was good for Becky to give service and commended her for willingness to join the Board. At 8:55 PM, a vote was taken to extend the meeting to discuss the 2013 convention proposal.

2013 Convention Proposal: Patty emailed a full proposal to the Board before the meeting and made a brief presentation of the proposal. Patty also volunteered to be Co-chair of the Convention Committee, with Kelley as Temporary Chair. The proposal is for the 2013 Convention to be in Florida at the Dolphin resort. It was also reported that the location is excellent for food shopping, an Alano Club is nearby, and sight-seeing activities are also available. Vote: Unanimous Yea.

Next Committee Meeting is Monday, November 5, at 6:30 pm EST
Meeting was closed at 9:15 EST with the Serenity Prayer.

Respectfully Submitted,
Libby V - Secretary

Strengthen your abstinence by doing service...

Service is a component of supporting your program and remaining abstinent. In addition, service allows you to contribute to the many ways FAA develops as an organization. If you are new to FAA, or have been in FAA awhile and desire to do service at the World Service Level, service on an FAA Committee is the best way to begin. The FAA committees submit their recommendations to the FAA Board. Most of these committees do much of their work by e-mail and/or phone meetings. There is no abstinence requirement to be on the committees. However, we ask that you come with a willingness to serve and an open mind to listen to each other's input. All committees are run with a group conscience. No one person, including the Chairperson has more votes than any other. Our committees can use more support. For a brief description of the function of each committee, please visit the FAA website.

* * * * *

*For today, I ask God to keep me living
fully in the present as I celebrate my
abstinence in a new year.
(from "Food for the Soul")*

**FAA FINANCIAL REPORT
JULY 1, 2012 - NOVEMBER 30, 2012
2012-2013 FISCAL YEAR**

INCOME

Donations	8,231.38
Literature Sales	18,394.66
Newsletter	243.00
Postage Income	2,364.60
Interest	8.20
<u>TOTAL INCOME</u>	<u>29,241.84</u>

EXPENSES

Accounting (tax return)	350.00
Annual Report	0.00
Bank Charges	0.00
Credit Card Processing	441.83
Education	0.00
Insurance	282.48
Literature	3,773.40
Office Expenses	1,114.34
Office Rent	2,125.00
PayPal Costs	604.51
Payroll	17,908.00
Postage	1,843.60
Telephone	1,299.56
Travel (Convention Expenses)	892.97
Website Assistance	375.00
<u>TOTAL EXPENSES</u>	<u>31,010.69</u>

NET INCOME/(LOSS) **(1,768.85)**

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

12/1/2011-11/30/2012

State	Group Info	9/1 to 11/30	YTD
AZ	#9950; Tucson	20.00	195.00
CA	#144; Carlsbad	150.00	874.00
CA	#460; Daly City	0.00	258.50
CA	#05/12; Santa Ana	25.00	134.75
CA	#05/13; San Diego	40.00	201.50
CA	#9988; El Cajon	0.00	180.00
CA	#05/14; Solvang	0.00	110.00
CA	#05/11; Walnut Creek	65.00	495.00
FL	#364; Jacksonville Tues	40.00	171.00
FL	#000; Port Orange	10.00	10.00
FL	#9403; West Palm Beach	150.00	350.00
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	8.00	31.00
OR	#351; Salem	50.00	94.30
OR	#249; Eugene	0.00	15.00
PA	#470; Mountainville	45.00	135.00
PA	#483; Elkins Park	0.00	274.55
TX	#47/01; Midland	0.00	8.70
WA	#268; Langley	0.00	25.00
WI	#344/356; Green Bay	25.00	50.00

**INTERGROUPS, INTERNATIONAL
& INDIVIDUALS**

12/1/2011-11/30/2012

Group	9/1 to 11/30	YTD
New Jersey	0.00	844.00
Florida Intergroup	0.00	890.00
Cleveland IG	528.00	1,828.00
Cyberspace	1,127.00	5,979.12
Individuals	2,331.33	7,243.04
California Retreat	0.00	1,255.00
Chicago Retreat	478.00	478.00
Australia	20.50	20.50
Sweden	440.00	440.00

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 (772) 878-9657 to make arrangements. We need your contributions and thank you for all your continued support and generosity.

Ask Abstinent Annie

Dear Abstinent Annie:

I am extremely obese and need to lose over 100 pounds. Do I need to change the food plan in any way?

Curious Cathy

Dear Cathy:

Nope. That being said, if your doctor or your sponsor feels strongly that some changes need to be made, then that would be the exception. When I came to this program, I had more than 100 pounds to lose. I was working full time also. I did not experience hunger or low blood sugar at any time, unless I waited too long between meals. The suggested guideline is: eat lunch 4 hours after breakfast, dinner 5 hours after lunch, and metabolic adjustment 4 hours after dinner. Sometimes I ate my dinner 4 hours after lunch, instead of waiting 5 hours. This was a decision I made with my sponsor.

For the first time in my life I experienced what it was like to eat just the right amount and to be satisfied, without becoming stuffed. After losing the excess weight, I am still eating the same way as Day 1, and my weight remains the same. Wishing you all the best in your journey of recovery,

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

Chris W CA 1Year

If you would like your FAA abstinent anniversary date listed please contact Patty at 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 _____

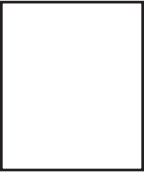
KEEP UP THE GOOD WORK!

Be in the News!

Want your anniversary, article or event included in the March 2013 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 ask God to grant me the willingness
to gladly embrace life on life’s terms.”**

-Food for the Soul