



# 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:

### “Miracles of Recovery - God as I understand God”

St. John Medical Center, Westlake, Ohio  
June 29, 2013

Hosted by the Ohio FAA Intergroup  
Charlotte (330) 607-2144 or monica-42@live.com

### 21st Annual

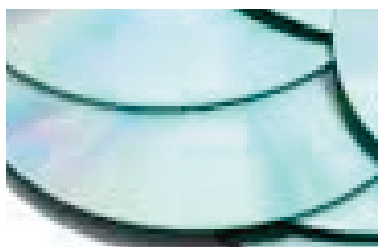
### 2013 FAA World Convention “Together in Recovery”

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



**ON SALE NOW**  
2012  
World Convention  
CD Sets  
For Only \$33 plus SH  
**While Supplies Last**

### World Service Office

**529 NW Prima Vista Blvd., Suite #301A**  
**Port St Lucie, FL 34983**  
Ph:(772) 878-9657 Fax:(772) 878-9658

Skype:faacanhelp  
Email:faawso@bellsouth.net  
Monday through Friday  
9am till 5pm Eastern Standard Time  
**For assistance please contact**  
**Patty at the World Service Office**

*Program plus Fellowship  
equals Recovery from food addiction*

## Special Announcement

A motion was presented and passed at the Board of Trustees meeting on May 19, 2013, to remove from the Meeting Starter Kit the reading entitled "I Express My Emotions Directly", as it was determined to be a copyrighted piece of literature and we do have permission to use it. The Board is recommending that all meetings discontinue using this reading.

Thank You-FAA Board of Trustees

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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 2013 marathons:

**Fourth of July**  
**July 4, 2013**  
**7 am - 11:30 pm**

**Labor Day**  
**September 2, 2013**  
**7 am - 11 pm**

**Halloween**  
**October 31, 2013**  
**7 am - 11 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**

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

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



### NEW MEETINGS

The website carries all the current meeting information. 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**

**Loyola Marymount University**  
**Los Angeles, CA**  
**Thursday 8:00 pm**

**First United Methodist Church**  
**Burlington, VT**  
**Friday 12:00 pm**

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

## What's Going on in Your Area

Send us news of what is going on in your area. What have you been doing to help others recovery? What have you or your group done to carry the message? Have you raised extra funds for the FAA WSO of the 2013 Convention? Please share with us. This is your newsletter.

### New York / New Jersey 2nd Annual Gratitude Dinner

The NY-NJ Intergroup is proud to announce that our 2nd Annual Gratitude Dinner was a tremendous success, heightening our bonding through fellowship, spirituality and also financially. Our theme was "Abstinence in the Real World."

The topics covered by our panel of 4 members were: Abstinence while traveling in the States as well as abroad; Abstinence at the work place and at holidays; Abstinence eating out, suggestions for a "vegetarian day" as suggested by our food plan; Abstinence with friends, family and in retirement. A question and sharing time followed.

Thirty attendees enjoyed an abstinent dinner prepared by committee members. We invited family members, friends and associates along with members. We had a monetary profit of \$371 and voted to split the monies between the World Convention and the World Service Office.

The real success however, it was in the planning, preparing and working together to spread the word that FAA works in the remission of our disease – food addiction.



## CA Fund Raiser

### Seventh Annual CA Retreat for Food Addicts

A life-altering weekend-The annual CA retreat held February 1-3 at the Mary & Joseph Retreat Center in Rancho Palos Verdes made a \$700.00 contribution to FAA World Service Office. For the annual recap, we begin by sharing that we had the largest turn out ever! Forty people assembled, with a guest speaker/facilitator with 35 years of abstinence. Old-timers and newcomers, representing 7 states gathered to celebrate the abstinent-lifestyle change we found that delivers us from the bondage of food addiction.

Each year the Retreat theme focuses on a Step and this year's theme, Drop the Rock focused on the 6th & 7th Steps. Tears flowed and healing began with the Friday night Ice Breaker, posing the question, "What defects do you want to drop?" Saturday's workshops were powerful, followed by all of our speakers sharing their experiences strength and hope. We had an art project, where we painted rocks that reflected the life we would have, once we discarded our character defects.

Then we stayed on the creative side with Saturday night's recovery theater which featured: Singing, Skits, Artwork, Inspired Poetry and Storytelling. Everyone who contributed had the opportunity to express their creative side. Sunday morning's laughter yoga had us shedding stress and filling us up with joy and connection. Two closing speakers brought inspiration and connection to keep us spiritually fit.

Remarks that were shared at the closing were, "This retreat inspired me to change." "I have an intention to stay abstinent." "I feel lighter and a new freedom." We headed for our homes committing to see each other next year, same time, same place, even the co-chairs volunteered to serve again. In addition to fun and fellowship at the retreat, we are thrilled to support our World Service Office. We recognize the importance of carrying the message of recovery to food addicts around the world. This year's contribution of \$700.00 brings the total for seven years from the So. California Retreat to over \$7,000!

Beverly T-J & Carolyn G, Co-Chairs, CA

\* \* \* \* \*

*We go to meetings for relief,  
but we work the steps for recovery.*

21st Annual  
**FAA WORLD CONVENTION**  
Celebrating 26 years of Food Addicts Anonymous



## Together in Recovery

**St. Pete Beach, FL**  
**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 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 is available on the FAA 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!**

### **Convention Committee**

#### **Chair**

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

#### **Co-Chair**

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

### **Dolphin Beach Resort**

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

*Call the Resort to make your reservation today!*

## **Fashion Boutique** **"Twice as Nice"**

Quality clothing is needed for our fashion boutique at the FAA World Convention September 27-29, 2013!

Clean, neatly folded, odor/stain free items such as: handbags, jewelry, shoes, accessories, new cosmetics and clothing items. Please bring the items with you or if flying send to the World Service Office at:

**Food Addicts Anonymous**  
**529 N W Prima Vista Blvd. #301 A**  
**Port St. Lucie, FL 34983**  
**Attn: Fashion Boutique**

Looking forward to seeing everyone!  
"Together in Recovery"

### **Fundraising Committee**

As the 7th tradition states... it is our responsibility to contribute to our group meetings as well as our World Service office so we can insure a place for us to recover from this disease. We must gain unselfishness when we contribute to our recovery, in money energy and time.

As members of Food Addicts Anonymous please consider setting aside part of your contributions from FAA Face to Face meetings, retreats and Special Events to the FAA World Convention. Share the gift of recovery by paying it forward in this special way to enhance the FAA World Convention experience for everyone.

Thank you,  
FAA Convention Committee 2013



## Looking to Strengthen your abstinence by Giving 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.

### Cyberspace Intergroup Chairperson

There is a job descriptions available upon request at the World Service Office. To volunteer for this position, please contact Tana at: [tana10@me.com](mailto:tana10@me.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 in MD at: [jewelleg@comcast.net](mailto:jewelleg@comcast.net).

\* \* \* \* \*

*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")*

## Website Analytics

The FAA Board is looking for someone to analyze the monthly Google Analytic Reports and being 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 interested, forward your qualifications and contact information to: [faawso@bellsouth.net](mailto:faawso@bellsouth.net).

### California

To celebrate the 10th anniversary of our meeting, group #144 in Carlsbad, CA continued their custom of giving a gift instead of receiving one. We passed a special basket for donations and sent an extra \$224 to WSO. This anniversary donation is in addition to our regular quarterly 7th tradition donations. We also are planning a day of fellowship event for Southern California meetings on August 10th, 2013.

### Special Announcement

Want your anniversary,  
article or event included  
in the September 2013 issue  
of The Abstinent Times?  
Submit information to:  
**[faawso@bellsouth.net](mailto:faawso@bellsouth.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@comcast.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.	FL	Trustee	727-692-5931	the busyblonde@hotmail.com	Public Information
Valerie B.	PA	Treasurer	412-805-4128	vmbu@comcast.net	Convention
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 March 17, 2013

Open with Serenity Prayer at 8:00 EST

**Roll Call:** All Board Members, Parliamentarian and Executive Assistant are present. Four visitors identified themselves.

Co-Moderator gave a brief explanation of Board Meeting expectations.

#### COMMITTEE REPORTS:

**Co moderator:** No report

**Executive Assistant:** No Report

**Treasurer Report:** Valerie gave report. Adjusted January report was finalized and sent out for last meeting. February report has not been received. EA will send tomorrow.

**Convention Committee:** Valerie is now the Chair and gave report and Patty is co chair. Committee has a theme, souvenir, treasurer, public awareness. All monies collected will be sent to WSO, including fund raisers. Contracts and menu negotiations with hotel going well. Program Committee is meeting on 1st Monday of the month at 7:00 PM. Souvenir is a picnic blanket. Looking into insurance and contract issues. EA is looking into buying additional insurance policy to cover office and conventions. Ohio convention bought additional insurance for the convention and price was very reasonable.

**Office Committee:** Phyllis gave report. 5 library books sent out to Pa and Ohio. March 25 is expected date for menu planner delivery. Tuesday will have the webmaster conference call with Kevin and applicants. We need an editor for Abstinent Times. CA Lawsuit update: our attorney has not heard back from their attorney. EA described the editor position will be to obtain articles, help with format, and possibly revamp the newsletter overall. We need someone to take initiative for overall AT production. EA reported subscription is total 90-110 and we have to print 150. Some are also sold individually on the Internet. Some are also sold as PDF's. All meeting contacts and board members get a free copy.

**Literature Committee:** Jewell Elizabeth gave report. The current issue is the copyright issues concerning "I Express My Emotions Directly". They did not discuss any other issues at last meeting. Discussion started with what book was it found in and did anyone investigate getting permission to use for FAA to adapt it. Response was committee was not looking into getting permission. The committee decided to write a new one and not get permission to use the old one. Also asked if the committee still working on third step prayer. No they put that on hold. Ad Hoc Web Committee: Phyllis gave report. A guest asked about minutes being posted on the Web. This is not being done and needs further discussion. It was noted the next meeting is Monday, March 18, at 7:00 EST.

**PI Committee:** Kelley gave report. 5 green books went out to libraries and will continue that project. Working on how to get more meetings started. How to make an affordable meeting starter kit at little to no

cost or send out free. Need money in the PI budget to do things. Thinks that the 500.00 went back into the general fund. Next meeting is April 3, 9:00 EST. A Board member clarified that the 500.00 in 2011 was never put back into the General Fund. It's been carried over every year. Another Board member said it was a one time 500.00 allocation to be used for anything. Since that time, a new motion was made that all committees need to state a time limit in their motion.

**By laws Committee:** Dorene gave report. Next meeting date is March 25th. All are invited to attend. A visitor asked if there is an agenda. Committee will make one and send it out.

**Scheduling Next Meetings:** Next meetings April 21, May 19th, and June 23rd, 2013 at 8:00 EST

#### MOTIONS:

**Motion:** Dorene of the correspondence committee to approve and send the response letter to Sharon C. All voted in favor. Motion passed and the letter will be sent.

**Motion:** Phyllis for Ad Hoc Web Site Committee. This is a motion to add a new first paragraph (the disclaimer statement from the face to face meeting page) on the phone meeting list page on the FAA Web Site. Valerie seconded. All voted in favor. Motion passed.

**Motion:** Libby for Ad Hoc Web Site Committee. This is a motion to add the Board Meeting Agenda to the web site. Valerie seconded. All voted in favor. Motion passed.

**Motion:** Jewel Elizabeth for the Literature Committee. This is a motion that "I EXPRESS MY EMOTIONS DIRECTLY" be dropped immediately from the New Meeting Packet and from the readings at all our meetings. Phyllis seconded. Discussion by the Board. Time ran out during discussion of the motion and discussion is tabled.

Meeting closed at 9:00 EST with the Serenity Prayer

Respectfully Submitted,

Libby V.

### Minutes – FAA Board of Trustees April 21, 2013

Open with Serenity Prayer at 8:00 EST

**Roll Call:** All Board Members, Parliamentarian and Executive Assistant are present. Two visitors identified themselves.

Co-Moderator gave a brief explanation of Board Meeting expectations.

#### COMMITTEE REPORTS:

**Co moderator:** No report

**Treasurer Report:** Valerie gave report. February report was sent to the Board and March report should be going out tomorrow. Donations are steady, literature sales are down, PayPal and credit card expenses are up. Overall, good treasury status.

**Convention Committee:** Valerie is now the Chair and gave report and Patty is co-chair. Program Committee meetings are on the first Monday of the month at 7:00 PM EST. All planning service positions are covered except entertainment. A plan to hold the Convention is set in place will continue. May 1st is the target date for posting an

announcement flyer. Audio taper set and the program is forming.

**Office Committee:** Phyllis gave report. Committee is still looking for an editor to help with content of abstinent times. Insurance for Convention update: expecting quotes by Friday between 8-900 dollars. New desks and chair were purchased for the office. Part time employee, Michelle has resigned. Office is now covered three days a week. Collecting resumes to hire a part time person to get the office back to full weekly coverage. Web master status: 2 candidates did not work out..

**Literature Committee:** Jewell Elizabeth gave report. Committee is working on 3 projects. Spanish translation is being typed. The 3rd step prayer is tabled. And "Emotions" issue, which has motions submitted to the Board.

**Ad Hoc Web Committee:** Libby gave report. Committee continues working on a new phone meeting page. Making final style comments and should have a final page ready soon. Next meeting is May 20th, 2013 at 7:00 PM.

**PI Committee:** Kelley gave report. During last meeting a member submitted papers on how to get public service announcements out and a flyer to put on bulletin boards. PI will ask the Office to put this in new meeting kits. Committee members suggested to talk to literature committee to have green and white digitized. 3 new face to face meeting were started; Maryland, Florida and NC. PI will be using part of its 500 dollars on sending out free meeting starter literature packs for the next 60 days. 2 more library books went out to California. Visitor comment: Can announcement be made at meetings for getting free kits. Yes. Has to be in next 60 days and have a meeting location. Next meeting May 1 at 9:00 pm. PI meets every first Wednesday at 9:00 PM

**By laws Committee:** Dorene gave report. Proposed motions were submitted to the Secretary to be put on the agenda. The Secretary and Parliamentarian determined that the motions were not in a presentable form. The Committee will work on the motions and put them in a proper format.

#### **MOTIONS:**

**Motion:** Phyllis of the Correspondence Committee to approve and send the response letter to Joe D. Phyllis seconded. All voted in favor. Motion passed and the letter will be sent.

**Motion:** Jewel Elizabeth for the Literature Committee. This is a revised motion. "Whereas the FAA is an organization that obeys laws, be it so moved by this Board that no copyrighted material shall be used henceforth without written permission of the copyright owner."

Phyllis seconded. Discussion by Board and one Guest comment. The motion does not pass.

**Motion:** Jewel Elizabeth for the Literature Committee. "I move that FAA not ask for the use of the copyrighted material since it was not written for food addicts - it was written for Adult Children of Alcoholics and it is therefore in violation of FAA Tradition Four." Phyllis seconded. Discussion by Board. The motion does not pass.

#### **Scheduling Next Meetings:**

Next meetings May 19th, June 23rd, and July 19th 2013 at 8:00 EST

Meeting closed at 9:00 EST with the Serenity Prayer

Respectfully Submitted,

Libby V.

#### **Minutes – FAA Board of Trustees**

**May 17, 2013**

**Roll Call:** All Board Members, Parliamentarian and Executive Assistant are present.

Three visitors identified themselves.

Co-Moderator gave a brief explanation of Board Meeting expectations.

#### **REPORTS:**

**Co moderator:** No report

**Executive Assistant:** No Report

**Treasurer Report:** March was a good month. Comment that literature

sales should not be in red and will be fixed. Convention income is reported as one lump sum on the month it is received and transferred to savings.

**Convention Committee:** Program committee getting together workshops and speakers, souvenir is done. Fund raiser notice will go to meetings.

**Office Committee:** WSO hired a new part timer and will be starting on Monday, May 20th. Received final invoice from our attorney. Web master will be resigning as of the end of May 2013. Discussed the letter the Board received from one of our members asking for copies of minutes and financial statements. We have purchased Indemnification insurance for all Board members starting June 1, 2013. We also purchased our regular liability insurance which will also cover FAA at our yearly convention. Final figures to our accountant for the preparation of our yearly tax return due the end of June. When sending out free literature to professionals, we will no longer include the pamphlet, "Understanding Food Addiction", which also is in our Welcome Booklet. Decided it was redundant. New chips with the black lettering. The Office Committee is asking the Literature Committee to look over exactly what is needed in the meeting kit.. We have sent out 8 New Meeting Starter Kits as proposed by the PI Committee. Previously we sent about 10 books to libraries at an approximate cost of \$70.

**Literature Committee:** Current topics of Spanish translation and 3rd Step Prayer are tabled. Committee has motions on the agenda.

**Ad Hoc Web Committee:** Committee continues working on a new phone meeting page. Will be adding individual meeting contact information.

**PI Committee:** No Report. No one attended last meeting.

**By-Laws Committee:** Three motions were submitted to the Board on this month's agenda. Comment on status of motions discussed during previous meetings. They will be addressed at the next meetings. Comment again from a board member to change the time, but the meeting time will stay on Mondays at 7:00 PM EST.

#### **Scheduling Next Meetings:**

Next meeting: June 23rd, July 19th and August 25th, 2013 at 8:00 EST

#### **Old Business:**

**Motion:** Jewel Elizabeth for the Literature Committee. I move that "TREATING MY BODY WITH REVERENCE" be acceptable as a draft of a new piece of FAA literature. The Literature Committee recommends a 60 day review of this draft by the FAA fellowship in accordance with the FAA By Laws. We further recommend that this be announced in the Abstinent Times, the Face to Face (F2F) meetings, on the FAALoop, at the Phone Meetings, and on the FAA Website. Jewell Elizabeth read the motion and no one seconded the motion. It was determined by the Parliamentarian that this motion can be brought up again as new business.

**Motion:** Phyllis E. of the Office Committee. As Chairperson of the Office Committee, I am submitting the following amended motion. "To immediately remove from the Meeting Starter Kit, the reading "I Express My Motions Directly", as it was determined to be a copyrighted piece of literature. The Office Committee will be responsible for letting the phone meetings, loop meeting, and the face-to-face meetings know of this decision." Dorene seconded. Discussion by the Board. Vote was taken and passed. 5 yes and 1 abstain.

#### **New Business:**

**Motion:** Phyllis E. of the Correspondence Committee. I make the following motion on behalf of the Correspondence Committee - "To approve and send out the attached letter to Jackie M in response to her letter of April 17, 2013." Dorene Seconded. Discussion by the Board. Time ran out and this motion is tabled until next meeting.

Meeting closed at 9:00 EST with the Serenity Prayer



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

INCOME

Convention Income .....	17,065.73
Donations .....	19,699.43
Literature Sales .....	40,338.30
Newsletter .....	510.00
Postage Income .....	5,653.68
Interest .....	45.70
<b><u>TOTAL INCOME.</u></b> .....	<b><u>83,312.84</u></b>

EXPENSES

Accounting (tax return) .....	350.00
Annual Report .....	61.25
Credit Card Processing .....	1,014.75
Insurance .....	1,440.27
Legal Counsel .....	2,180.51
Literature .....	8,802.57
Office Expenses .....	2,513.32
Office Rent .....	4,675.00
PayPal Costs .....	1,522.37
Payroll .....	38,356.00
Public Information Allowance .....	473.45
Postage .....	4,613.76
Telephone .....	2,620.63
Travel (Convention Expenses) .....	892.97
Website Assistance .....	825.00
<b><u>TOTAL EXPENSES</u></b> .....	<b><u>70,341.85</u></b>

**NET INCOME/(LOSS)** ..... **12,970.99**

**PRUDENT RESERVE** ..... **52,005.76**

**GIVE YOURSELF  
THE GIFT OF ABSTINENCE**

"The Abstinents 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**

**Contact Patty at the WSO at (772) 878-9657**

**KEEP UP THE GOOD WORK!**

**7th TRADITION IN ACTION**

Since December 1, 2012, these groups, Intergroups, and individuals have sent in their financial support to the FAA World Service Office. We thank them for their generosity.

**GROUPS**

**12/1/2012-5/31/2013**

<b>State</b>	<b>Group Info</b>	<b>3/1 to 5/31</b>	<b>YTD</b>
AZ	#9950; Tucson	225.00	250.00
CA	#144; Carlsbad	50.00	374.00
CA	#05/12; Santa Ana	0.00	25.00
CA	#05/13; San Diego	70.00	70.00
CA	#05/14; Solvang	80.00	111.00
CA	#05/11; Walnut Creek	75.00	75.00
FL	#364; Jacksonville	71.50	46.50
FL	#000; Largo	7.50	7.50
FL	#000; Port Orange	24.00	44.00
FL	#000; Pinellas Park	20.00	177.82
FL	#9354; Pompano Bch	200.00	200.00
FL	#9403; West Palm	150.00	150.00
MD	#9922; Rockville	200.00	200.00
MD	#0000; Silver Springs	50.00	50.00
NM	#303; Silver City	0.00	38.00
OR	#351; Salem	73.50	73.50
PA	#470; Mountainville	15.00	30.00
PA	#483; Elkins Park	0.00	88.00
PA	#206; Bryn Mawr	100.00	100.00

**INTERGROUPS & INDIVIDUALS**

**12/1/2012-11/30/2013**

<b>Group</b>	<b>3/1 to 5/31</b>	<b>YTD</b>
Florida Intergroup	0.00	2,000.00
Ohio Intergroup	580.00	580.00
NY/NJ Intergroup	185.00	185.00
Cyberspace	811.50	1,789.50
Individuals	2,050.82	4,712.23

**GIVING BACK**

Donations are vital to the ongoing operations of the FAA World Service Office located in Port Saint Lucie, Florida. If you would like to set up to have a certain amount automatically deducted from your credit card each month, please call the World Service Office at (772) 878-9657 today to make arrangements. We need your contributions and thank you for all your continued support and



# Ask Abstinent Annie

Dear Abstinent Annie:

My sponsor recently told me to avoid the BLT's, the bites, licks and tastes when preparing food. This sounded kinda extreme to me, what are your views?

Bewildered Betty

Dear Betty:

Great question! Let me just say from my own experience, that BLT's lead to trouble. Probably the voice of your disease is saying, "Come on, we don't have to be fanatics!.....what's one little bite?" In my case, one extra bite led to a binge. At the time, the voice of my disease assured me it was going to just be one bite....wrong!

As a food addict, I have to be vigilant around food, even the smallest amount can open the door to addictive eating for me. That is why we weigh and measure, because that structure works. When I am preparing or handling food, I wash my hands immediately, so that I won't accidentally or consciously put any extra food in my mouth.

Many people have shared that their relapse began very gradually with extra food. Guard your abstinence, it is so precious.

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

Carolyn	CA	20yrs
Judi M	CA	19yrs
Joni C	HI	19yrs
Amie	OR	8yrs
Jewell	MD	7yrs
Lynn	CA	6yrs
Cathy	CA	5yrs
Bunny	CA	3yrs
Linda	CA	3yrs
Connie	CA	3yrs
Addie	CA	2yrs
Chandra	CA	2yrs
Debra	OR	2yrs
Joni	CA	2yrs
Vanita	CA	2yrs
Charles	CA	1yr
Sandy	CA	1yr
Teri	CA	1yr

If you would like your FAA abstinent anniversary date listed please contact Patty at [faawso@bellsouth.net](mailto:faawso@bellsouth.net)

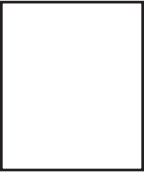
### Attitude towards the Group

I have been doing some reading about attitude and it brings up these thoughts. Having been around FAA for a while, I have seen so many men and women come and go. There's the "I don't care what the group does man" -- if he slips he is the first one to yell loudest and longest to the group for assistance; the "group-must-do-it-my way fella," He is very active, always offering destructive criticism. Like buttons, he is always "popping off." I think God puts one like this in every group to give the rest of us a chance to practice tolerance and patience. Usually stays abstinent but with loads of resentments;

How I strive to be: A loving attitude is the conviction that the welfare of the group comes first, that personal welfare is a close second; that I work quietly for the good of the group in order that both the group and me may benefit.

Judi M, California

TO: CURRENT RESIDENT/OR



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

**“For today, I let God guide me as  
I review my thoughts and actions.”**

**-Food for the Soul**