



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:

**WHAT IS THE STATE OF YOUR RECOVERY?
HELP MAKE THIS A “WE” PROGRAM**



Together in Recovery 21st Annual

2013 FAA World Convention

St Petersburg, FL (Tampa Bay)
September 27 - September 29, 2013

Valerie (412) 805-4128
Patty (561) 370-8576

“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

2013 Florida Gratitude Dinner

Port St Lucie, FL

Saturday, November 16, 2013

Hosted by Patty H (561) 370-8576

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

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

Special Announcement

FAA Board of Trustees and World Service Office shall not run, organize, or host any meeting, group, intergroup, parking lot discussion, bulletin board, on-line forum, on-line discussion group, blog, or chat room, of Food Addicts Anonymous. Therefore, the Forum and Chat Room will be removed and the Office Committee is working with the Executive Office Assistant at the World Service Office to remove them from the FAA website. This motion does not affect or include the FAA World Service Convention, Board, Board Committee, and Board sub-committee meetings.

The 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:

Halloween
October 31, 2013
7 am - 11 pm

Thanksgiving Eve/Day
November 24-25, 2013
7 am - 11 pm

Christmas Eve/Day
December 24-25, 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 Halloween without using 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. We are happy to report these new meetings.

Largo Medical Center
Monday 5:30 pm
Largo, FL

St Columbia Episcopal Church
Wednesday 7:00 pm
Inverness, CA 94937

Rays Family Center
Monday 7:00 pm
Seattle, WA

775 Nath Mam Street
Monday 10:00 am
Winterport, ME

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

* * * * *

*Program plus Fellowship
equals Recovery from food addiction*

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 in others recovery? What have you or your group done to carry the message? Please share with us. This is your newsletter...

What brings me to this program?

It has changed over the years. I look at this step one (from our step book!) question as of today. Food addiction is my primary addiction. This I am clear about. If I pick up a bite, I will be off and running at the races. There is not enough food in the world. Period. I am clear on that. So I work this program today because I am honest with myself.

I come here, work this program daily, so as to be present in my life today, so as to be a Mom today, and actually be present in my children's lives. I work it because I don't wanna lose it. I don't wanna be missing from my kids' lives. My kids have never seen me drunk on food or anything else. I don't want them to see me otherwise ever.

I don't want to lose what I have gained by working the steps - my clarity, the person I have become, whom I love and like and enjoy, my life, which I truly enjoy living.

I work this program to live and not to die. I work this program because I don't believe I'll stop eating and being completely obsessed only with eating and using everything and everyone to get my fix, if I stop working this program. I work this program because I guess I believe that it is the easier softer way, rather than the harder, more painful, depressed life I led in the food.

I work this program because I blacked out on food more than I have ever been willing to admit. I am missing whole chunks of my life, and I would experience that in real time if I ever lived a bingeing life again.

I work this program because I like to, because it brings me serenity, ability to love and give, and to tackle the obstacles I encounter in life. It enables me to enjoy my life rather than look at it as a burden I have to endure. I have blossomed in this program. I write this and publish it here so that you too will know that this can happen for you.

By Felicia S.

Getting Clever Feet

These tools in the FAA Literature start to build this relationship with a Power greater than me! That is one aspect of this recovery business that really moves me - the simple act of putting down the extra bite of vegetables, the extra piece of food is such an incredible simple way of surrendering again, and inviting my Higher Power in, yet at times it can be so hard to do. I guess that's where the combination of Will and Surrender comes in.

I know that the correct use of my Will is to firmly aim myself towards the food plan, and the other FAA tools. I have this repetitive thought that is starting to become louder, which says 'you still have a choice' just as I am reaching for an extra bite/ or walking into a shop I know I've picked up sugar in (these days I try to avoid a particular deli that I often picked up in)... if I find one part of my mind has begun explaining to me why its' a good idea to go to that particular shop, or just have one more tiny bit of a vegetable, the thought pops in... 'you still have a choice' and then the saying I hear at meetings comes to mind 'get clever feet' - these are the kind of feet that walk me away from dangerous places/shops/behaviors, so even whilst the addict part of my mind is saying 'yes but what about eating this or going there' my feet are quietly walking me in another more loving direction.

Thank God for the ongoing development of 'clever feet' and the kindness and generosity of other people in FAA sharing their experience.

A Newcomer from Ireland

* * * * *

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



Becoming Aware of My Triggers

One of the first things my sponsor had me work on after surrendering the sugar, flour and wheat was a list of my triggers - emotional mostly. I pretty well knew what foods I used to push down feelings.

H.A.L.T. and sometime S. is a good place to start for me - don't get too Hungry, too angry, too lonely, too tired, or too serious (as in taking myself too seriously).

I need to watch the timing of my meals and not let too much time between meals go by or I'm setting myself up - even the wallpaper begins to look good, if I do. Not to mention that my mind seems to begin playing tricks on me (as the blood sugar drops) and it's just not safe for me to get careless with the timing.

Anger is a biggie for me and if I don't deal with whatever brought me to this emotion by using the steps, then I risk it becoming a resentment against some person, place, thing or whatever. Mixed in with this lethal mix is the fact that I needed to learn to set my boundaries with others and if they are trampled on, then I need to take some action (usually a gentle reminder is all that is needed - as long as I step up to the plate, then my disease doesn't get a foot hold in this area).

Lonely can be a hard one for me to recognize - to name it, claim it and then take some action so I can let it go. Usually just recognizing it and getting to a phone meeting or making one of those dreaded outreach calls takes care of it for me.

Tired is a very big one for me - I can't afford to not recognize when I've pushed myself too hard or too long - my mind seems to turn to mush when I get too tired and those addictive foods begin to look too good.

Serious is one that I need to watch - when I begin taking myself too seriously, then my ego is getting in the way somehow - something is out of balance and usually HP is out of the picture.

The other thing that I need to watch for is if my triggers begin stacking up. If I've allowed too much time between meals and have been too busy and allowed myself to get too tired, then I'm setting myself up and those addictive foods begin looking too good.

By Jackie L From Ohio

* * * * *

Denial is the cloak of addiction

Wondering Minds Want to Know

Since I frequently bring my food with me and eat it in front of other people, I usually get a lot of questions and comments.

What are you eating? (Brown rice, cabbage, pork roast, yum!) It looks delicious! (it is, thank you) Can I have a bite? (Nope) Do you have food allergies? (Yes, I break out in morbid obesity...lol) Are you on a diet? (No, but I do follow a weighed and measured food plan) Is it gluten free? (Not necessarily). Don't you feel deprived? (Absolutely not!) Do you ever cheat? (Nope) You are going to eat all that food? (Yep, and enjoy every bite) Try a bite of this or that...it's really good and it doesn't have sugar or flour in it (no thanks, I just eat my planned meals and nothing in between). Or one of my favorites... You would lose more weight if you ate less (gee, thanks, but this isn't designed for weight loss, it is a cure for food addiction)

And then of course I get people that are searching for a change and are desperate and they want to do something different and they have lots of questions. When I tell them about the plan, most of them say they could never do it. My response is "Sure you could, you just have to make the decision and make the commitment to recovery".

I know that a lot of people get annoyed by these questions and comments and feel self-conscious but I don't. I know people just mean well and they are curious. It doesn't really faze me a bit and most people are used to my weird ways now.

I find with most people that the best course of action is just to worry about my own food and be friendly and open to answering questions. I don't ever try to force the program on anyone because it almost always backfires. Attraction not promotion is my motto. Besides, this is a program for people who want it, not just for people who need it.

By Amy From Oregon

Want your anniversary, article or event included in the December 2013 issue of The Abstinent Times? Submit information to: faawso@bellsouth.net

Finding My Way

November 5, 2012, I found FAA and the food plan, the phone and loop meetings, and all the printed information on the web. I jumped on three meetings my first day. After my 10th day, I asked for a sponsor. She had me volunteer to lead in the Thanksgiving Day Marathon. I quickly amassed 90 meetings in 90 days. Then I started to sponsor others, lead a weekly step study and most recently, taking minutes of the Program Committee for our Florida convention. In June 2013 I started a face-to-face meeting in downtown Chicago.

One of the greatest things about this food plan is once I gave up sugar, flour, wheat, caffeine, and alcohol, and I went through a brief period of detox with just a one-day headache and some tiredness, my desire for sweets went away. The cravings for these foods has been lifted, and it is truly a miracle that I can be in the same room with these items and they will not bother me. Today I know the answer—I have a bio-chemical disease that doesn't process sugar, flour and wheat normally.

I'm finding this program has given me more self-confidence as I am taking bigger risks, not being so afraid. I never learned how to say no to anyone, so I found myself in bad situations, being a people pleaser. I'm grateful I always believed in God, (my Higher Power), and he protected me in so many instances. I never spoke. Today I'm just the opposite. I start conversations with just about anyone. I am grateful to finally have the answer, the FAA way of life. Oh, by the way, I've lost 43 pounds.

By Mary Louise From Chicago

2013 FAA World Convention

As members of FAA, please consider setting aside part of your contributions from Face to Face meetings, retreats and special events to donate to the FAA World Convention.

Quality Items are also needed for our fashion boutique. Please bring your unwanted clean, neatly folded, odor/stain free items such as handbags, jewelry, shoes, accessories, new cosmetics and clothing 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

21st Annual

FAA WORLD CONVENTION

Celebrating 26 years of Food Addicts Anonymous

St. Petersburg, FL

September 27 - 29, 2013



Together in Recovery

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! Registrations will be accepted at the door this year. 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

Convention Committee - 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!

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	thebusyblonde@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

June 23, 2013

Open with Serenity Prayer at 8:05 EST

Roll Call: 4 of 6 Board Members present, 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: Valerie gave report. April and May treasury report and proposed budget went out to all Board members. Increased insurance costs and PI costs were over budget. Will PI committee send in a motion for more funds? Treasurer will contact PI chair to discuss.

Convention Committee: Valerie gave report. Registration is live and active, with a handful of registrations. Expect the highest registrations in late July. Treasurer of Convention working well with co- chairs, souvenir picked, publicity announcements have gone out, program committee has 6 workshop titles. Skeleton agenda in place. Making an effort to avoid exclusive meetings, but still have impromptu meetings. Still looking for entertainment. Next meetings: July 15th program committee, July 1st committee, and entertainment committee June 24 th at 8:00 pm.

Office Committee: Phyllis not here, but Amie read the Office Committee meeting minutes. All Commented that of a lot of work was completed and great job!

Literature Committee: Jewell Elizabeth gave report. Next meeting is June 27th. No one except Jewell Elizabeth attended the last meeting.

Ad Hoc Web Committee: Libby gave report. Did not have a June meeting and the next meeting is July 15th at 7:00 PM EST.

PI Committee: Libby gave report for Kelley. Discussed the current Board Motion that will remove the Forum from the responsibility of the Board. The committee is in favor of this motion and noted that the motion affects other issues than just the Forum and the PI committee. 10 meeting starter kits went out for free to new meetings. 3 more library book requests from Florida. Reviewed Google Analytics report for 2012

By-Laws Committee: Dorene gave report. Still working on getting the changes on the agenda, but will add for September meeting. A comment asking if the committee is working on the hearings for new Board members. Response that the committee is going back to the original motion request that did not include hearings it only discussed voting procedure. The response back was that there was added detail, but didn't take away anything from the original. Comment yet 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: July 19th and August 25th, 2013 at 8:00 EST and Annual Meeting at the Convention on September 27th, 2013.

Motion: Motion made by 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. Libby seconded and followed with discussion. Vote: 3 No and 1 Yes. The motion does not pass.

Motion: Motion made by Dorene L "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." Valerie Seconds the motion. No discussion. Vote: All in favor with 4 Yes votes. The motion passes.

Motion: Motion made by LibbyV " I make the following Motion - "FAA Board of Trustees and World Service Office shall not run, organize, or host any meeting, group, intergroup, parking lot discussion, bulletin board, on-line forum, on-line discussion group, blog, or chat room, of Food Addicts Anonymous. Therefore, the Forum and Chat Room will be removed and the Office Committee will work with the EA to remove them. This motion does not affect or include the FAA World Service Convention, Board, Board Committee, and Board sub-committee meetings. Dorene Seconds the motion. Comments and discussion ensues. The moderator defers to the Parliamentarian to make the determinations before a vote can be taken. Motion tabled.

Meeting closed at 9:00 EST with the Serenity Prayer

Respectfully Submitted,

Libby V.

Minutes – FAA Board of Trustees

July 21, 2013

Open with Serenity Prayer at 8:05 EST

Roll Call: 6 of 7 members present, Parliamentarian and Executive Assistant are present. Three visitors identified themselves. Co-Moderator gave a brief explanation of Board Meeting expectations. All agree to move the motion concerning the proposed budget to the first motion to be discussed.

REPORTS:

Co moderator: No report

Executive Assistant: No Report

Treasurer Report: Valerie gave report. June was a little under budget from donations. Proposed budget is on this meeting agenda.

Convention Committee: Valerie gave report. Registration is live and active, with 15 registered expecting more. Souvenir was done this past week. Program committee is finding speakers. All groups meeting and working hard.

Office Committee: Phyllis gave report of highlights. The new web master is working on Internet explorer compatibility. EA reviewing

the content of the meeting starter kit. Meetings notified of motions passed in previous meeting. Office is running well.

Literature Committee: Jewell Elizabeth gave report. No one showed up at the meeting, but a task force is working on the Treating my Body with Reverence. Comments are about what is a task force.

Ad Hoc Web Committee: Libby gave report. Group met on July 15th and is working on the Phone meeting page design, looking at the Frequently Asked Questions, and working on adding a more detailed description of the Board on the Board page.

PI Committee: Kelley gave report. Free offer for new starter kit over. Continue library book project into next year.

By-Laws Committee: No report.

Scheduling Next Meetings: Next board meeting after convention is November 3rd.

Motions: Valerie B. "I make a motion for the FAA Board of Trustees to accept the proposed budget for the 2013-2014 fiscal year. This budget will be in effect from July, 2013 to the end of June 2014. The budget has some updates and adjustments to allow for a balanced budget for this year. We have the insurance line item and a slight adjustment on the salaries of our office employees. Phyllis Seconds the motion. All vote in favor and the motion passes.

Motion: Libby V. "FAA Board of Trustees and World Service Office shall not run, organize, or host any meeting, group, intergroup, parking lot discussion, bulletin board, on-line forum, on-line discussion group, blog, or chat room, of Food Addicts Anonymous. Therefore, the Forum and Chat Room will be removed and the Office Committee will work with the EA to remove them. This motion does not affect or include the FAA World Service Convention, Board, Board Committee, and Board sub-committee meetings. Kelley Seconds the Motion. All in favor and the motion passes.

Motion: Dorene L. "I make the following motion on behalf of the By-laws Committee - To amend Article V to read: "No employee of the WSO shall be a member of the Board." To be inserted in Article V as the 3rd paragraph. Phyllis seconded. Decided motion needs clarification and it was sent back to By Laws Committee.

Motion: Dorene L. "Article XI to read: "The Executive Assistant shall not serve as a voting member on any Board Committee that could potentially present a conflict of interest." To be inserted in Article XI as the 2nd paragraph. Phyllis seconded and the motion was tabled.

Motion: Dorene L. "Article XI to read: "The Executive Assistant shall serve in an advisory role and staff role to the Food Addicts Anonymous Board and to Food Addicts Anonymous Committees when called upon, but shall hold no membership or voting privilege." To be inserted in Article XI as the 3rd paragraph. Phyllis seconded. Decided this motion is redundant it was suggested to take both motions back to committee.

Motion: Phyllis E. "I make a motion to approve and send out the letter to Tana K. in response of her letter dated May 14, 2013. Libby seconded and motion passed.

Meeting closed at 9:00 EST with the Serenity Prayer

Respectfully Submitted,

Libby V.

Minutes – FAA Board of Trustees

August 25, 2013

Open with Serenity Prayer at 8:05 EST

Roll Call: 6 of 7 members present, Parliamentarian and Executive Assistant are present. There are 3 visitors.

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

REPORTS:

Co-moderator: No Report

Executive Assistant: No Report

Treasurer Report: Valerie gave report. July literature costs were high this month as Patty stocked up on literature - will not have to order more

for 3-6 months. Donations are still down for the month of July by \$500. Treasurer compared donations to last year same time and we are doing better now.

Convention Committee: Valerie gave report. We are on track. Souvenirs have already been shipped to the WSO. The Entertainment committee is busy planning the talent show and hiring a D.J. Program Committee has selected the 3 key note speakers and soon will select speakers for the workshops. A little behind in registrations. All groups meeting and working hard. No questions from Board or guests.

Office Committee: Phyllis gave report of highlights. Patty & Michele are still working on putting together a list of volunteers from every state to be part of our 12 Step Contact List.

Literature Committee: Jewell Elizabeth gave report. No one showed up at the meeting that was scheduled for August 14th. Jewell Elizabeth reported on the two motions the Committee previously submitted and that will be presented again at this meeting.

PI Committee: Kelly gave report. The committee reviewed the goals of this year and spent the meeting putting in order the goals to be presented to the coming years committee.

Ad Hoc Web Committee: Libby was not present to give report. A lot of work went into editing the FAA Web Site to make it something we will be proud of. It was also pointed out that there were motions on this months agenda as result of the work done on this committee.

By-Laws Committee: No report.

Schedule for the next 3 meetings: Annual Board Meeting, September 27th, November 3, December 15th, 2013.

Motion: Kelley B. "I propose for the Treasurer to allocate \$600.00 to be budgeted for the 201/2014 fiscal year for the Public Information committee. This money will cover the expenses of the Committee related to sending out free meeting starter kits." Motion seconded by Valerie. Decided that the motion was too vague and was amended as follows:

"I make the following motion on behalf of the PI Committee for the Treasurer to allocate \$600 to be budget for the 2013/2014 fiscal year to be used for New Meeting Starter Kits, sending our Green Book to libraries and other avenues to increase awareness of FAA." All agreed on the amended motion and motion passed.

Motion: Jewell Elizabeth "This new draft of FAA Literature is to be presented to the full FAA membership for their comments and suggestions, according to our policies, procedures, and bylaws. "Treating My Body with Reverence" . Motion seconded by Phyllis.

A vote was taken and motion was defeated.

Motion: Dorene L. "I make the following motion on behalf of the By-laws Committee - To amend Article XI: Executive Assistant to add the following sentences: "The Executive Assistant may not be related to any person on the Food Addicts Anonymous Board of Trustees. In addition, the Executive Assistant may not employ anyone who is related to him/her." Motion seconded by Phyllis. A vote was taken and it was then determined that a vote needs to be taken at our next meeting according to our By-laws. Vote did not count.

Motion: Dorene L. "Article VII: Officers - Amend the Secretary duties item a: to read "Preside at meetings of the Board in the absence of both co-moderators and the Treasurer". Also amend the second sentence of the first paragraph, the Treasurer duties, to say "The Treasurer shall preside at meetings of the Board in the absence of both co-moderators." Seconded by Jewell Elizabeth. According to our By-laws these issues will be discussed again at our next meeting and then voted on.

All motions not addressed will be addressed as "Old Business" at the annual Board of Trustees meeting on Sept 27th.

Meeting closed at 9:00 EST with the Serenity Prayer

Presiding as Secretary,

Phyllis E

**FAA FINANCIAL REPORT
JULY 1, 2013 - AUGUST 30, 2013
2013-2014 FISCAL YEAR**

INCOME

Convention Income	0.00
Donations	3,097.51
Literature Sales	6,824.98
Newsletter	165.00
Postage Income	1,071.28
Interest	6.82
<u>TOTAL INCOME.</u>	<u>11,165.59</u>

EXPENSES

Accounting (tax return)	0.00
Annual Report	0.00
Credit Card Processing	206.41
Insurance	0.00
Literature	5,637.22
Office Expenses	821.28
Office Rent	850.00
PayPal Costs	354.28
Payroll	6,943.50
Public Information Allowance	40.25
Postage	1,094.90
Telephone	348.80
Travel (Convention Expenses)	0.00
Website Assistance	112.50
<u>TOTAL EXPENSES</u>	<u>16,409.14</u>

NET INCOME/(LOSS)

PRUDENT RESERVE

**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

12/1/2012-8/30/2013

State	Group Info	6/1 to 8/30	YTD
AZ	#9950; Tucson	25.00	275.00
CA	#144; Carlsbad	75.00	449.00
CA	#05/12; Santa Ana	0.00	25.00
CA	#05/13; San Diego	25.00	95.00
CA	#05/14; Solvang	0.00	111.00
CA	#05/11; Walnut Creek	0.00	75.00
FL	#364; Jacksonville	55.00	101.50
FL	#000; Largo	0.00	7.50
FL	#000; Port Orange	0.00	44.00
FL	#000; Pinellas Park	0.00	177.82
FL	#9354; Pompano Bch	100.00	300.00
FL	#9403; West Palm	0.00	150.00
MD	#9922; Rockville	0.00	200.00
MD	#0000; Silver Springs	0.00	50.00
NM	#303; Silver City	5.00	43.00
OR	#351; Salem	0.00	73.50
PA	#470; Mountainville	0.00	30.00
PA	#483; Elkins Park	0.00	88.00
PA	#206; Bryn Mawr	226.00	326.00
WI	#000; Green Bay	10.00	10.00

INTERGROUPS & INDIVIDUALS

12/1/2012-11/30/2013

Group	6/1 to 8/30	YTD
CA Retreat	787.17	787.17
Florida Intergroup	0.00	2,000.00
Ohio Intergroup	500.00	1,080.00
NY/NJ Intergroup	300.00	485.00
Cyberspace	1,305.09	3,094.59
Individuals	1,454.58	6,166.81

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 generosity.

Ask Abstinent Annie

Dear Abstinent Annie,
I have been doing the food plan on my own and I am doing fine. Why do I need a sponsor?

Happy Harriet

Dear Happy Harriet,

Great question!

I am not going to mince words, so please try to keep an open mind: if you are indeed a food addict, then you need a sponsor. Most of us have a history of being able to follow a diet for temporary periods of time, but we are not able to continue for very long without relapsing into full blown addiction. Without a sponsor, you are essentially on another diet.

FAA is a spiritual program. The foundation of our program that works includes:

1. Following the food plan, which releases us from cravings, and provides the structure around what foods to eat and how much
2. Following the steps, which puts us in touch with our true selves and the need for a connection with a power greater than ourselves
3. Sponsorship-following the guidance of someone who has a strong program of recovery and is in a position to inform and encourage you on your journey of recovery.
4. Using the other tools of the program to support your abstinence: meetings, outreach with other food addicts, prayer, meditation, literature, writing, etc.

I encourage you to work with a sponsor, I think you will find a whole new level of recovery when you take that leap of faith, I know I did!

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 7+ years of abstinence,
One Day at a Time.



CONGRATULATIONS!!!

FOR CONTINUOUS FAA ABSTINENCE

Dorene L	NJ	24 Years
Phyllis E	NJ	23 Years
Trish H	MD	8 Years

FAA Meeting Leaders

Please provide a list of FAA abstinent anniversaries for your group each month to Patty at the World Service

Looking to strengthen your abstinence by giving service?

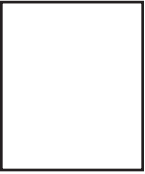
Service is a component of supporting your program and remaining abstinent. In addition, service allows you to contribute to the many ways FAA develops as an organization. If you are new to FAA, or have been in FAA awhile and desire to do service at the World Service Level, service on an FAA Committee 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.

FAA Board of Trustees

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God, show me the areas where acting as if could help set the stage for the reality I desire. Guide me as I use this powerful recovery tool to help create a better life and healthier relationships.

TO: CURRENT RESIDENT/OR



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

**“For today, I take the time to find a quiet place
and listen to the voice of happiness.”**

-Food for the Soul