



THE ABSTINENT TIMES

A Publication of Food Addicts Anonymous

World Service Office

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

Skype: faacanhel
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Ph: (772) 878-9657 Fax: (772) 878-9658
Monday through Friday
9am till 5pm Eastern Standard Time

FAA GREEN BOOK

Replacement Instructions

A misprint issue was discovered in the FAA Green Book during July of 2013. On several pages throughout the book, in the middle of the page on the left hand column the first one to two letters are missing in 4 to 5 sentences. If you were one of the people who received a book with **this misprint**, simply make a copy of this page, fill in your name and address and mail it with the book to the World Service Office. Once we receive it, a check for postage incurred and a new FAA Green Book will be mailed to the address on your original order. Please contact Patty at the World Service Office with any questions or concerns at: (772) 878-9657 or by email at: faawso@bellsouth.net.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Food Addicts Anonymous
529 NW Prima Vista Blvd., Suite 301A
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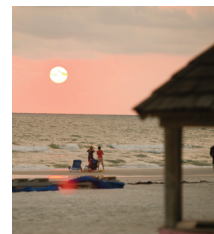
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"We are recovering together one day at a time from the biochemical disease of food addiction."

2013 FAA WORLD CONVENTION

CD Sets are now on sale for \$60 plus \$9 shipping & handling

Order one for you and a friend today!!



Supporting World Service

Is your group sending a donation to World Service? How much should the group send? If every group sent just \$10 a month we could expand more services like carrying the message to the food addict who still suffers. You support world service by going to meetings, staying abstinent, spreading the message and purchasing literature. 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 today to make arrangements. We need your contributions and thank you for all your continued support and generosity.

FAA World Service Office

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FACE TO FACE MEETINGS

The FAA World Service Office is happy to report this new face to face meeting.

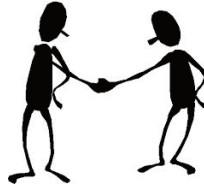
**Memorial Regional Hospital
Hollywood, FL
Friday - 6:30 pm**

**Lynnwood Alano Club
Friday - 3:00 pm**

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

A Meeting

Two or more people gathering together to share their experience, strength and hope.

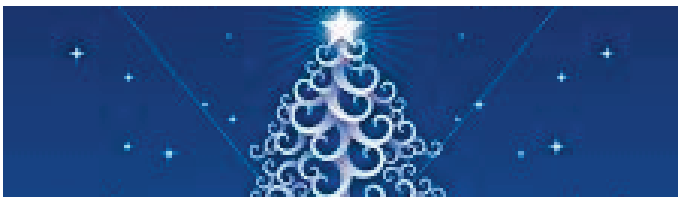


Want to go to a face to face meeting? No one is holding one in your area or one is not within driving distance? Not sure how to start a new face to face meeting in your area?

Yes, starting a meeting can be an uncomfortable undertaking and one may find themselves sitting alone for a brief period of time until the word gets out.

One of the things to consider when planning to start a face to face meeting is scheduling it during a time when there is also a phone meeting. This way if you are alone in the beginning, you can dial into a phone meeting for support.

Face to Face meetings are needed to help carry the message to the food addict who still suffers. Help be a part of the solution and call World Service today to order a meeting starter kit for as little as \$35 plus shipping and handling.



Cyberspace Intergroup Phone Meeting Marathons (712) 432-0900 Access Code 433801#

Christmas Eve December 24, 2013
Christmas Day December 25, 2013
New Year's Eve December 31, 2013
New Year's Day January 1, 2014
Valentine's Day February 14, 2014

Please visit the Phone Meetings Page on the FAA website for more information. To volunteer contact Paula at (518) 221-7757

FAA has three types of meetings

- 1. Face-to-Face Meetings:** These are meetings held in certain cities regularly. The meetings last for 60 minutes and have a leader. A contact name and phone number can be found on the meetings page on the FAA website. We have meetings in the United States, as well as other countries.
- 2. Phone Meetings:** These are free phone meetings available to anyone in the world. The meetings last for 60 minutes and have a leader. The topics and times are listed on the Phone Meeting Page.
- 3. Online Meetings:** This is a 24/7 meeting that occurs online on the "FAALoop". Each week a different topic will be suggested by a leader and everyone is welcome to share on the topic, especially the newcomers. To get to this meeting, go on the internet to the following link:

<http://health.groups.yahoo.com/group/FAALoop/>

Please note, meeting topics and leaders change on a regular basis. Please be sure to check the FAA website for the most up to date information.

* * * * *

"Courage is simply the willingness to be afraid and to act anyway."

Just for Today

Wow, 24 years of abstinence. Hard to believe, so many one day at a times. At 250lbs and my health starting to fail and my self-esteem in the toilet, I entered a food rehab in Sebastian Florida 24 years ago. I blindly listened and followed what I was told, “Fake it till you make it”, “Act as if”, “Pray for the willingness to be willing.” I had to learn how to shop and prepare abstinent meals. How to eat out in restaurants and peoples’ homes. I was instructed to go meetings. When I say go to meetings...I went out of my house. I had to get clean and dressed and meet other addicts that wanted recovery. Well, today my weight is normal; my health is good (at 69 I take no medications); I go to 3 FAA meetings a week in my area and I give service in order to keep what I have so graciously been given. I celebrate each year not so much for me; but for the newcomer who needs to know FAA works. I would love to shout out across the country and world that food addiction is a bio-chemical disease. That there is no shame or blame associated with this disease. The shame and blame is merely our disease shouting at us or at times whispering it in our ears. It’s very hard for the disease to let us go because it needs our hands and mouth to be fed. If you are struggling today, please remember that this is a one day at a time program. I told myself 24 years ago, “Okay, I can do this just for today”.

Dorene L. New Jersey

Convention Program Committee

It was my joy to serve on this year’s Program Committee for our 2013 World Convention in September. I was amazed by the wonderful planning process. I thought I would share about the program committee’s efforts that resulted in having 35-40 volunteers lead the FAA programs and workshops at the convention.

Soon after the 2012 World Convention in Pittsburgh, FAA members started talking about the plans for the 2013 World Convention in St. Pete Beach, Florida. Vanita from “Sunny San Diego, California” stepped up to serve as the chair of the Program Committee. Patty from World Service volunteered to chair the Convention Committee and later Valerie from Pittsburgh joined Patty. Vanita tried to get a co-chair for

the Program Committee early on, but then agreed to be the sole chairperson. Vanita made numerous phone calls and was able to recruit volunteers to join the Program Committee. Plus, other volunteers stepped forward thanks to our FAA announcements asking FAA members to join the Program Committee and other Convention committees. Not everyone that stepped forward to serve was able to continue his/her service, but a core group accomplished the following tasks.

The Program Committee met via the phone monthly and then twice a month closer to the Convention. Mary Louise from Chicago stepped forward to be the Secretary. We did a lot of brainstorming in the beginning so Mary Louise took notes, notes and more notes. Our committee worked with the Convention Committee to learn about the number of programs and workshops that we were to provide as well as to develop the opening program at the Convention. We came up with all of the potential program topics and ideas.

Next, we came up with names of FAA members that we wanted to contact about doing service at the convention. Program Committee members then called these folks to see if they were going to the convention. Next, we broke the names of the folks planning to go to St. Pete’s Beach into separate lists according to lengths of abstinence. In the meantime, we decided on the required lengths of abstinence for the various Convention Program workshops and special speakers.

The Program Committee members called these candidates again to ask them to do service at the Convention...and they overwhelmingly replied with a “Yes!” Our committee focused on assigning the volunteers to the various workshops and programs. Mary Louise kept it all straight for us by entering the data into a spreadsheet. Vanita kept our phone meetings organized and on target. More calls were made to the volunteers to finalize the programs and to review the details of each workshop. We also decided on the volunteers that would introduce each session, lead the Long Timers’ panel, lead the Prayer & Meditation programs, and do service at the closing. Lastly, the Program Committee submitted all of the volunteers’ names to be published in the Convention program. This all occurred before the actual Convention!

Thank you to my fellow Program Committee members and to all of the volunteers that planned the Convention and/or did service. We hope that the Convention was a rewarding experience for all in attendance. As Vanita, our Program Committee Chairperson, told me, “it was a labor of love.”

Elizabeth B From Pennsylvania

**TEN SUGGESTIONS
ON RELAPSE PREVENTION**

1. When you are troubled, ask for help.
2. Avoid getting “cocky” about recovery.
3. Practice new ways to nurture yourself.
4. Avoid rationalizing or minimizing your disease.
5. Talk about your feelings with peers or a therapist.
6. Avoid using other substances to “medicate” feelings.
7. Have an “attitude of gratitude.” Keep a positive outlook.
8. Take time daily to pray and meditate. Practice relaxation techniques.
9. Avoid exhaustion. Get enough rest. Take naps if necessary ... and if possible.
10. Follow your food plan - do not skip meals. Exercise moderately and consistently.

Service Strengthens Recovery

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 email 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

A GUIDE TO RECOVERY

**BE ABSTINENT!
GO TO MEETINGS!
CALL YOUR SPONSOR!
GET A LIFE!**

When I started in this program my sponsor told me to write these words and put them on my mirror. Now almost two years later I am still recovering and life is getting better and better, one day at a time!!!

Thoughts on Sponsorship

- 1. Who is a sponsor?**
Someone who has abstinence and is working the program by living the Twelve Steps to the best of their ability.
- 2. How do I get a sponsor?**
You ask someone who has the kind of recovery that you want.
- 3. Can I have more than one?**
Yes, you can have a couple of sponsors, if you think it necessary.
- 4. Do I call a sponsor daily?**
It is suggested to do this in the beginning. We need to replace the void that we feel after we begin to abstain. A sponsor helps to fill that void by giving direction into working the 12 Steps of recovery.
- 5. Can I change sponsors?**
Sometimes we go as far as we can with one sponsor. We may need to change sponsors if we are further in the steps than our sponsor.
- 6. Do I take my fifth step with my sponsor?**
You can if you choose to. Taking a fifth step is about trust. If there has developed a trust between you and your sponsor you may wish to share your fifth step. Sometimes you may want to share it with a clergy, spiritual advisor or a therapist.
- 7. Does a sponsor give advice?**
No - a sponsor only shares experience, strength and hope. A sponsor can only give what is given to them.
- 8. Can my sponsor suggest therapy?**
A sponsor can suggest anything that might help in learning to live the Twelve Steps.
- 9. Why should someone sponsor?**
It is suggested to give away what we have been given so that we can keep it. This sounds like a contradiction, but it works.
- 10. What if my sponsor is continuing to slip?**
A sponsor takes no credit and no blame. A sponsor’s job, is to carry the message of the Twelve Steps. Sponsorship is like being connected in a circle of hope - one hand in your sponsor’s hand and the other holding your sponsee’s hand.

Want your anniversary, article or event included in the March 2014 issue? Submit information to:
faawso@bellsouth.net



Patty H. from FL - Convention Co-Chair

“Thank you all for the wonderful celebration on the beautiful white sand beaches of St. Petersburg, FL!!

During the planning stages of the convention, I held on to the original idea of developing a spirit of unity and focus on the newcomer. On Saturday night, at the closing of the talent show, I knew my dream for what I had invisioned had come true! Everyone got up out of their seats to join hands as we all sang “That’s What Friends are for.” As I looked around the room at all the smiling faces I could feel love pouring out in to the middle of the room.



It was powerful and uplifting! A spirit of unity and fellowship was felt throughout the entire weekend. I enjoy being a part of this fellowship. It was an honor to be Co-Chair of this year’s convention.”



Libby V. from CA

“Attending the convention reminded me why I am so proud to be an active member of FAA.

The speakers and panels were inspiring and informative. Over the weekend I learned a lot about how to live in abstinence. It was great to see familiar faces and meet new friends. The entertainment was fantastic!”

Amie T. from IL

“I really enjoyed attending the World Service Convention this year in St Pete. The location was perfect with access to both the beach and a grocery store.

While I was initially concerned about the distance from the airport, the shuttle service available was well organized. It was wonderful to connect with the many friends I have made through the years and also meet some new people from as far away as Ireland.

How wonderful that we have an opportunity to meet for growth and fellowship each year. My thanks to those who did service in putting together an outstanding weekend.”



Valerie B. from PA - Convention Chair

“I enjoyed the 2013 Annual Convention. It was lovely to see, in person, long time frienda AND to meet some new ones. I thought the workshops had depth and significance to my recovery here in FAA. The folks really shared themselves with us all and I appreciated this. The weekend had a little bit of everything fun, friends, excitement, relaxing, serious and silly, and a really warm flow to it all. What a great and memorable time.”

Phyllis E. from NJ

“I love going to the conventions, I always come back with more knowledge to help with my journey. Being with everyone keeps me humble and teachable. Keeping me aware that after so many years there is always something new to learn about how cunning the disease of food addiction is. It is also so wonderful to see the people I have shared with during the year.”

Dorene L. from NJ

“Going to conventions is like taking out an insurance policy for recovery. Being together with my FAA family was so inspiring. We played together, we worked together. We cried and we laughed together. It was wonderful. See you all next year!”

Betty C. from FL

“I totally enjoyed the convention. The fellowship was wonderful. The hotel was great as was the beach. Food was abstinent and awesome. Many people commented that this was more like a family reunion rather than a convention. There was a lot of love in the rooms and that will always be cherished.”

Vanita L. from CA

“My best convention ever, that was what I heard over and over again. The highlight for me was the fellowship especially in small groups. I also enjoyed the key note speakers so much because I learned so much to help in my recovery. All things said it was an electric, exciting and a exhilarating convention. Let’s do it again next year!”



BOARD OF TRUSTEES FOR 2013/2014

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	Treasurer	847-478-1762	03amie@gmail.com	-----
Becky E.	TX	Trustee	440-263-2443	beckyjo13@yahoo.com	Trustee
Betty C.	FL	Secretary	732-804-6109	smokies37@gmail.com	-----
Dorene L.	NJ	Trustee	908-377-7939	dorenelevy1@comcast.net	Public Information
Jewell E G.	MD	Trustee	301-762-6360	jewelleg@comcast.net	By-Laws
Libby V.	CA	Co-Moderator	925-324-4746	libbyonalabel@aol.com	-----
Susan K.	MI	Trustee	586-321-7491	suekfrommichigan@aol.com	-----
Theresa K-B.	FL	Trustee	727-692-5931	thebusyblonde@hotmail.com	Literature
Valerie B.	PA	Trustee	412-805-4128	vmbu@comcast.net	Office
Vanita L.	CA	Trustee	619-741-4419	vanitasunnysandiego46@gmail.com	Convention

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

Minutes – FAA Board of Trustees September 27, 2013

Open with Serenity Prayer at 9 am EST

Roll Call: Roll Call: 6 of 7 members present in Florida, one member present via telephone. Parliamentarian is not present and Executive Assistant is present. Five visitors identified themselves.

Co-Moderator: Explanation of Board Meeting expectations and welcome to the visitors.

REPORTS:

Annual Report: Overall a very good year. New this year is Moderator’s Introduction to keep the meeting running smoothly and alleviate visitor obstructions during the meetings.

Treasurer Report: Donations are steady but we need to continue to encourage donations in the meetings. August Pay Pal costs are up. Attorney, webmaster and telephone costs were up for short term and now back to normal. Any future Public Information Committee request for money will be added to the budget for specific time only. Comments: Excellent job. EA noted that budget is now stable.

Convention Committee: We are here! 85 registered participants. Chairs note there is very good hospitality of caterer and hotel and a lot of work by committee. Comment: Convention should be where we have face to face communities to help get the word out. Comments from visitors: Southern California may be able to do a convention. Contact EA for a proposal form. Committee is still working on a planner document or notebook.

Office Committee: Chair reviewed accomplishments for the year. Long search for a webmaster has ended and we have a new web master that will fix the Internet Explorer issues and other issues. New phone number saves 80 dollars per month. The lawsuit has been resolved. Board never had indemnity insurance and board members now have indemnity. We now save a few hundred dollars on liability insurance. Office is now using a 12 step list to send out incoming calls. Comments: All thankful for the great service and keep 12 step list going. And new webmaster is sick and cannot be here but wanted to be here. 12 step list would work generate fellowship and inter-groups.

By Laws Committee: Chair gave end of year report. Learned this year what the By-laws are and the importance of rules. Have a kind heart to learn to implement the rules.

PI Committee: Chair gave end of year report. Committee spent all the money, and more, that was in the budget and got the word out. 22 new meeting were started.!! Comment: Free meeting kits was a really good start.

Mid-morning break: 10:20 am - 10:40 am

Literature Committee: Chair gave thanks to the writers on the committee. Worked on Spanish translation to the newcomer packet, but

still needs effort so it was tabled. 3rd step prayer was tabled because there were 17 submittals, but were not good enough. Worked on a piece of new literature called Treating My Body with Reverence, but was not passed to continue.

Ad Hoc Web Site Committee: Co-chairs gave report. Moved forward in getting the web site organized and will continue for at least another year.

OLD BUSINESS:

Select Next Meeting Dates: November 3rd, December 15th and February 2nd, 2014 are scheduled (every six weeks)

MOTIONS:

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.” Note: This motion was read and discussed and voted on during last meeting. The motion will be voted on again at this meeting according to by laws procedure. Seconded by Libby V. All reviewed the vote and discussion of last meeting. Vote: 1 yes 5 no. Did not Pass.

Motion: Dorene L - I make the following motion on behalf of the By-laws Committee – “Article VII: Officers - amend the Secretary’s 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.” Note: This motion was read and discussed during last meeting. The motion will be voted on at this meeting according to by laws procedure. Seconded by Valerie B. and co-moderator reviewed the discussion from last meeting. Vote: all yes. Motion Passes.

Motion: Phyllis E - I make the following motion on behalf of the Web Site Ad Hoc Committee. ”To post on the FAA Web Site under the heading titled “Donate” the following statement. "In accordance with American Tax law, a copy of the financial information listed on our Form 990 is available on request by contacting the World Service Office at (772)-878-9657.” Seconded by Dorene L. Vote: all yes. Motion Passes.

Motion: Jewell E - "I move that this new draft of FAA Literature, entitled "My Prayer Companion" is to be presented to the full FAA membership for their comments and suggestions according to our policies, procedures and bylaws. Since it contains quotes already approved in the FAA Literature and is simply reorganized, the Literature Committee recommends a 30 day review." Seconded by Valerie B. After discussion. Vote: 1 Yes and 5 No. Motion is Not Passed.

Motion: Libby V - I make the following motion on behalf of the Ad-Hoc Web Site Committee, I make the following motion: "To use the attached document as the design for a new Phone Meeting Page on the

Web Site. This page will replace the current page." Seconded by Phyllis E. Comments: Neat, easy to read, and an asset. International is included. Discussion that this is just the format. Vote: All yes. Motion is Passed.

NEW BUSINESS:

Motion: Libby V - I make a motion on behalf of the Ad Hoc Web Site Committee, I make the following motion: "Remove the Frequently Asked Questions section of the Web Site, found as a sub heading under the "About" header." Valerie B. Seconds. After discussion, vote all yes. Motion is Passed.

Motion: Phyllis E - I make a motion on behalf of the Correspondence Committee, "To approve and send out the attached letter to Tana K in response to her letter dated August 3, 2013. Valerie B. seconded. No comments Vote all yes. Motion is Passed.

Lunch break: 11:40 AM to 1:00 PM

AFTERNOON SESSION:

Open with the Serenity prayer at 1:00 PM

Review and Confirm Board Members for 2013 – 2014 Year

Board members continuing:

Amie T. - 2nd year of second term

Dorene L. - 2nd year of second term

Libby V. - 1st year of second term

Jewell Elizabeth G. - 1st year of second term

Kelley B. - 1st year of second term

Valerie B. - 1st year of second term

Becky B. – Parliamentarian – 2nd year of first term

All thanked Phyllis for her devoted and level headed service. Reviewed the terms of continuing members and all are continuing. Need to confirm parliamentarian. Kelley will confirm with Becky B.

Nomination: New Board Members for 2013-2014 Year, Vanita L. by Mary Louise D. and Betty C. by Valerie B. Discussion of Nominations and Reviewed suggestions for serving on the FAA Board. Discussion of should members be required to attend Annual Meeting in person. It is not in the By-laws, but may have been addressed in a motion.

Vote for new Board Members: Both nominees are elected to the Board. The vote was taken using a closed ballot. A person may be appointed by a majority vote of the Board.

Selection of Officers and Committee Chairs for 2013-2014 Year:

Co-Moderator: Libby V.

Secretary: Betty C.

Treasurer: Amie T.

Office: Valerie B.

Public Information: Dorene L.

Literature: Kelley B.

Convention Vanita L.

By-Laws: Jewell Elizabeth G.

Ad Hoc Web Site: Libby V.

Board's summary comments of the past year: Continue upward and face ongoing challenges. Love and respect. Had many challenges and dedication and doesn't understand why new literature got rejected. Show up and give service. Do what needs to be done. It has been a great year. One day at a time. Do service.

Meeting to closed at 2:30pm with Serenity Prayer.

Respectfully submitted,

Libby V., Secretary

Minutes – FAA Board of Trustees

November 3, 2013

Open with Serenity Prayer at 8:00 EST

Roll Call: All members present by telephone. Three guests identified themselves. Co-moderator welcomed all.

REPORTS:

Treasurer Report: With the exception of postage, our income was on target for the month of September and the same goes for our expenses.

Once the total comes in from the convention the numbers will look substantially better. will look substantially better.

Office Committee: There is a need for an editor for the Abstinent Times. Patty will put this in the next newsletter and ask some people. There will also be a letter going out concerning the misprint of the Green Book. There is a need to get quotes for literature to include the menu planner, Food for the Soul and Understanding Food Addiction. Convention donation will be between \$12,000.00 and \$13,000. Patty will begin looking for quotes for a new computer tower. Her training has been going well and she is learning more about the fellowship and the running of the office.

Literature Committee: All members received a copy of AA concept and discussion followed. The procedure for changing literature was discussed. Kelly shared that she received a request from a member about a vegetarian cookbook. The committee viewed this as against traditions and it was agreed that this request be sent to the Board. All members received copies of the step workbook and discussion followed as to whether or not this is outside literature.

By-Laws Committee: Committee is waiting for copy of the newly revised By-Laws when all motions are voted on.

Public Information Committee: Discussion was held about membership for this committee. New meetings were started this year as a result of free membership kits from this committee. The library book project was discussed. Suggestions were made about ways to use radio announcements and about contacting radio stations.

Ad-Hoc Website Committee: There was discussion of where to place phone meeting marathons on the web page as well as where to place additional phone numbers. Should there be a mission statement for this committee?

NEW BUSINESS:

Motion: Libby V - "I make a motion to approve and send letter Niki H. in response to her letter dated September 16, 2013, regarding misprints in the FAA Green Book." Motion was unanimously approved.

Election of New Trustees:

Rebecca B. and Susan K. were unanimously approved. The position of Co-Moderator was discussed. No decision was reached and the issue was tabled due lack of time.

Meeting closed at 9:00 pm EST with the Serenity Prayer.

Respectfully Submitted,

Betty C., Secretary

Service Opportunitites

Food Addicts Anonymous has run by a Board of Trustees who are FAA members. The FAA Board of Trustees manage the business and affairs of FAA. To serve on the Board of Trustees, a member has to have two years of continuous abstinence. We currently have vacancies on the board and would welcome anyone who is willing to serve. If you call the World Service Office, they can send you an application. Board members generally serve as officers, or assume the responsibility and chairmanship of one of our committees. Often they have been involved at the World Service Level in one or more of the various committees:

Office Committee

Literature Committee

Public Information Committee

By-Laws Committee

Convention Committee

Please visit the "About" section within the FAA website for more information on FAA Board Committees.

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

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.

INCOME

Convention Income	12,500.00
Donations	7,474.26
Literature Sales	17,826.65
Newsletter	357.00
Postage Income	2,413.97
Interest	17.88
<u>TOTAL INCOME.</u>	40,589.76

EXPENSES

Accounting (tax return)	350.00
Annual Report	0.00
Credit Card Processing	380.12
Insurance	253.00
Literature	10,164.26
Office Expenses	1,157.24
Office Rent	2,125.00
PayPal Costs	703.30
Payroll	18,418.51
Public Information Allowance	40.25
Postage	2,145.07
Telephone	875.44
Travel (Convention Expenses)	314.72
Website Assistance	412.50
<u>TOTAL EXPENSES</u>	37,339.41

NET INCOME/(LOSS) **3,250.35**

PRUDENT RESERVE **55,004.74**

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*“We don’t get to recovery by asking questions,
we get to recovery by following directions.”*

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State	Group Info	9/1 to 11/30	YTD
AZ	#9950; Tucson	0.00	275.00
CA	#144; Carlsbad	0.00	449.00
CA	#05/12; Santa Ana	80.00	105.00
CA	#05/13; San Diego	0.00	95.00
CA	#05/14; Solvang	47.00	158.00
CA	#05/11; Walnut Creek	0.00	75.00
FL	#364; Jacksonville	0.00	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	0.00	300.00
FL	#9403; West Palm Bch	0.00	150.00
FL	#000; St. Pete Beach	30.00	30.00
MD	#9922; Rockville	0.00	200.00
MD	#0000; Silver Springs	0.00	50.00
NM	#303; Silver City	0.00	43.00
OR	#351; Salem	199.00	272.50
PA	#470; Mountainville	0.00	30.00
PA	#483; Elkins Park	0.00	88.00
PA	#206; Bryn Mawr	0.00	326.00
WI	#000; Green Bay	0.00	10.00
Int'l	#000; Oslo, Norway	100.00	100.00

**INTERGROUPS & INDIVIDUALS
12/1/2012-11/30/2013**

Group	9/1 to 11/30	YTD
CA Retreat	0.00	787.17
Florida Intergroup	0.00	2,000.00
Ohio Intergroup	0.00	1,080.00
NY/NJ Intergroup	0.00	485.00
DQNMW Cruise	140.00	140.00
Cyberspace	1,167.00	4,261.59
Individuals	2,347.45	6,166.81

“The Abstinent Times”

Quarterly Newsletter

Mail a check to:

Food Addicts Anonymous
529 NW Prima Vista Blvd., #301A
Port St. Lucie, FL 34983

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GIVE THE GIFT OF ABSTINENCE TO A FRIEND!!!



Tea Time with Abstinent Annie ...

Dear Abstinent Annie,

I have been following the FAA Food Plan but, can't seem to string more than 6 months at a time of good clean abstinence. Usually what happens is I start to lose weight and feel good about myself then in time, I start to get lazy at weighing and measuring and start to even skip meals all together.

I really want this and do my best to attend meetings, call my sponsor regularly and write down my food. Somehow, I lose my focus on my addiction to food and start to focus on other things in my life which in turn causes me to relapse...

Do you have any suggestions for me to try? Maybe I am missing something important?

Henrietta

Dear Hopeful Henrietta,

Great question! However, you already answered it for me, so I'll just embellish a little bit...

First and foremost, this is a biochemical disease, so if you aren't following the food plan accurately, you are triggering the biochemical aspect of the disease, which causes cravings and mental obsession. So, it is really important to weigh and measure and eat all your meals. Treat it like your medicine- if you skip it, you will get sick. Isn't it ironic that when you start to lose weight and feel good about yourself that you stop doing the things that made you feel good about yourself in the first place?! That is the nature of addiction and our disease. Our disease wants us to forget or even doubt that we are truly food addicts. So, please put your abstinence and recovery first and foremost and I'll bet you will find the continued abstinence you are striving for and so much more.

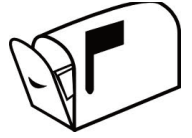
Wishing you the joy of continued abstinence,
Abstinent Annie

Abstinent Annie is not a professional therapist.
She is simply another food addict who is passionate
about FAA and has Eight years of abstinence,
One Day at a Time.



Questions, comments or suggestions???

We want to communicate with you. The phone is staffed Monday through Friday from 9 am to 5 pm and there is a recording at all other times. To ensure an adequate response, please send questions in writing to the FAA World Service Office.



Free Literature for Professionals

Although many food addicts have had dramatic improvement in their lives, many members seek the assistance of addiction specialists or medical professionals. Many food addicts have had physical or emotional symptoms that are related to the disease that require professional help. FAA recognizes the value of professionals.

We offer two pieces of literature for free to therapists, doctors, nurses, nutritionists, dieticians, addiction professionals or treatment centers. You may get these by simply calling the World Service Office at (772) 878-9657 or by emailing your address to: faawso@bellsouth.net.

Information Pamphlet: A short trifold piece of literature that briefly describes the program.

Newcomer's Booklet: A booklet containing several pieces of approved literature, including the pamphlet "Understanding Food Addiction and Why Abstinence is Necessary" that describes the biochemical aspects of the disease, in simple terms. This booklet of information includes a food plan, testimonials, as well as several other readings. It is everything someone needs to get started in the Food Addicts Anonymous program.

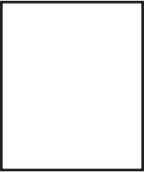


CONGRATULATIONS!!!
FOR CONTINUOUS FAA ABSTINENCE

Marietta PA 2 yr
Carol Anne CA 1 yr

Please provide your FAA abstinent anniversary
to the World Service Office at faawso@bellsouth.net.

TO: CURRENT RESIDENT/OR



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

**“For today, I release the resentments of yesterday
and live in the joy of the present.”**

-Food for the Soul