

Upcoming

Phone Meeting Marathons

(712) 432-0900 - Access Code 433801#

Fourth of July July 4, 2014
Halloween Oct 31, 2014
Thanksgiving Eve Nov 26, 2014
Thanksgiving Day Nov 27, 2014
Christmas Eve Dec 24, 2014
Christmas Day Dec 25, 2014
New Year's Eve Dec 31, 2014
New Year's Day Jan 1, 2015

Please visit the Phone Meetings Page on the FAA website for more information. To volunteer to lead a phone meeting during one of the marathons please contact Paula at paulafilkins@hotmail.com

Guidelines & Traditions

Having guidelines and traditions offers us a familiar place to gather no matter where we travel. The road to recovery is paved with many people from many paths. We come together for one common purpose, to achieve abstinence and to help others achieve abstinence. Come join us on this wonderful adventure. We learn to love ourselves and others and find out what we have in common. We put aside personality issues for the principles of the program. We find friendship, peace and serenity, **ONE DAY AT A TIME!**

Moment of Gratitude

In this moment I am grateful to be abstinent. I had been thinking on the topic today of being in the moment and I wasn't sure how it applied to me.

I started reading my journal from a year ago and found all these references to a diet program I was on a year ago. Each day a common theme in my entries was what I ate, what I was going to eat, how that was going to change me weight. I logged how much I weighed and suffered my food choices.

I am in a better place now. I think of my food choices once a day when I send them to my sponsor. I don't weigh myself everyday so that is not on my mind. My food plan is fixed, so I don't have to agonize over every bite. This year my journal is filled with my hopes and dreams, and not food.

Alice fromMiddletown, NY

Working the FAA Steps

I started out in my script of Joan of Arc. If you did not do things my way, I would defeat your armies. A great way to get burned at the stake!!! It was my job to change society, the world, my family, my friends...and I had a sword and shield and armor to help me. After all, you just did not know what was the right way to accomplish anything.

I have studied the 12 Steps for almost 7 years. Each time I begin the 12 Steps again, I ask for something. I have always asked for enlightenment around my Joan of Arc script...that I no longer be judgmental about everyone I meet.

My sponsor said "Bless Them...Change Me." I used that for a very long time. Then she said it was time to use "Bless them... Bless Me." And I did have a spiritual awakening each time I studied the 12 Steps here. And now Joan of Arc is in her state of grace and says what she needs and lets it go at that.

As for judgment...I now know that everyone is happy with their opinion. I am glad that everyone is happy with the way they do things. I am no longer judgmental about everyone I meet...everyone is happy doing things their own way.

After 7 years and about 10 months of FAA abstinence, I am still a food addict, my drug of choice is SFW, and there is still Recovery.

Jewell E. from Rockville, MD

* * * * *

"We no longer will be judgmental about everyone we meet."

New Face-to-Face Meetings

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

New Attitudes Clubhouse

Freehold, New Jersey

Sundays - 3 pm

Kapaa Baptist Church

Kauai, Hawaii

Thursday - 5:30 pm



Acting As If

The behavior we call “acting as if” can be a powerful recovery tool. Acting as if is a way to practice the positive. It’s a positive form of pretending. It’s a tool we use to get ourselves unstuck. It’s a tool we make a conscious decision to use.

Acting as if can be helpful when a feeling begins to control us. We make a conscious decision to act as if we feel fine and are going to be fine.

When a problem plagues us, acting as if can help us get unstuck. We act as if the problem will be or already is solved, so we can go on with our life. Often, acting as if we are detached will set the stage of detachment to come in and take over.

There are many areas where acting as if, combined with our other recovery principles, will set the stage for the reality we desire. We can act as if we love ourselves, until we actually do begin to care for ourselves. We can act as if we have a right to say no, until we believe we do.

We don’t pretend we have enough money to cover a check. We don’t pretend an alcoholic is not drinking. We use acting as if as part of our recovery, to set the stage for our new behaviors. We force ourselves through positive recovery behaviors, disregarding our doubts and fears, until our feelings have time to catch up with reality.

Acting as if is a positive way to overcome fears, doubts, and low self-esteem. We do not have to lie; we do not have to be dishonest with ourselves. We open up to the positive possibilities of the future, instead of limiting the future by today’s feelings and circumstances.

Acting as if helps me get past shaky ground and into solid territory.

Cheryl M. - Food Addict

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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.”

My Higher Power is at the Wheel

When I was little, I used to have nightmares about Godzilla. I would be running across some nighttime landscape, with this massive thing coming after me, ready to crush me, or pick me up and toss me into his fiery mouth.

Living a life of addiction was like living in this nightmare. There was such emotional chaos and devastation all around me due to my behavior. And my addiction, like Godzilla, was threatening to swallow me whole.

This was twenty years ago, with a different addiction. Through a 12-step program, I found freedom from the nightmare by turning everything over to God. I handed him the keys to my life and let him take over, and simply ceased being the driver anymore.

And yet, I was still hanging onto the food. Recognizing I had an addiction here was trickier, because things weren't as extreme as with my other addiction. Instead, I kept the devastation to myself, and tried to ignore it, to soldier on. Until I realized I would spend the rest of my life like this, never knowing what it was like to be a whole person.

I thought that would be the saddest thing, never knowing true freedom. And so I finally became willing to turn that area of my life over to God.

The funny thing is, I stopped having those childhood Godzilla nightmares when I learned to stop running from him (as my mom suggested). I clearly remember how it felt to give up running, to sit my butt down in the road, and to watch as Godzilla stepped over me and kept on going. I never knew that surrender could bring such relief...

Jennifer L. from Whidbey Island, WA

* * * * *

“In recovery, I give God the steering wheel and sit peacefully and comfortably in the back seat.”



A New Way of Life

I am Candy, a food addict in Virginia Beach. I am on day 27 of abstinence and I woke up feeling so light of worries and full of pride. Never in my life have I ever gone this long without s/f/w or without bingeing and it is only by the grace of my HP and of FAA. It gets easier and more fulfilling each day.

I agree that flexibility is key. Rather than focus on what I "can't" have - I choose to focus on the wonderful variety of foods I can have. I enjoy cooking and experimenting with herbs, spices and different textures of foods. My taste buds are thankful for the variety of foods with which I choose to nourish my body. It takes effort and it will take some getting used to, but when I think about how much effort I put into bingeing and hiding and lying about my disease...and eating the same trigger foods over and over...this new way of life seems like a no-brainer.

Don't get me wrong, it is tough to adjust to this new life. There are days when my first thought is to lay in bed all day. My thoughts and passions have been hidden for so long under this blanket of disease, I am afraid that I don't know who I am without my neurotic, bingeing behavior. But, I tell myself to get up, get dressed and just show up. Just for today. If I want to eat off plan tomorrow, we can deal with that tomorrow. It truly is a disease that we can battle one moment at a time and be successful. And little by little, with clear thoughts and feelings, my true self is being revealed to me again.

I am really just getting used to new routines and having more time on my hands. I have moments where a flash of food hits my brain, but I choose to focus on keeping busy. I was unpacking some boxes in a closet I've long ignored and I found some art supplies from my design days. I thought "why not?". When my creative juices started to flow again, I was overwhelmed with a sense of purpose. I don't recall exactly when the disease took over that part of my life but I am so relieved to discover my passion for art again; so much so that I am attending an art exhibit tonight with a friend from work. 27 days ago, I would not have gone. I would have made an excuse, gone out of my way to avoid getting dressed up and going in public and I would have spent my evening full of self loathing and bingeing.

But today is different. I am going to push myself outside of my comfort zone a bit because I am feeling really good about where I am today. All thanks to my Higher Power and Food Addicts Anonymous. Thank you for all of your support and shared bravery in battling this disease.

Candy from Virginia Beach, VA

Willingness

When I first discovered FAA, I had no problem admitting that I was a food addict. It was a total relief to hear those words, and to discover that I'm not alone. I discovered the answer I'd been searching for all my life.

I was unwilling to admit I could not fix my food addiction. I was unwilling to admit that I will always be a food addict (thought that once I got down to my goal weight, I could gradually add in foods and become a normal eater). I was unwilling to admit that FAA was the only thing that worked for me. I tried to do the food plan on my own, or do the food plan only without the other work, or make up my own rules. I was stubborn, and insisted on learning things the hard way. Even when I found the answer to freedom from my addiction.

Now, I feel I have surrendered on a deeper level. I am experiencing my longest stretch of abstinence. What they say is true- it IS easier to stay abstinent than to get abstinent. Each day gets better and better. I am experiencing miracles in my life, I am grateful, I'm discovering who I am and enjoying the present moment. I feel great and the cravings and insanity are less and less. This is a million times better than the days when I dieted and did get to my "goal weight."

I know that the disease of food addiction is lurking, sulking, waiting for me to get weak, or cocky. It will pounce the second it gets a chance. I pray to stay humble, and to stay keenly aware of the fact that my disease is still there, and to remember how awful active food addiction is. And how amazing abstinence is, even on my rough days. Thanks for this fellowship and opportunity to share.

Rachel from Northern CA



We all need to act ourselves into a full recovery, while getting abstinent, and most definitely to stay abstinent. Living fully in recovery starts in the meetings. We learn to be a part of, to get involved, to be committed. Then we take this out into the world, in our relationships, our jobs. We grow and change and recover. We receive from Food Addicts Anonymous and continue giving back. Receiving and giving back is what keeps us all healthy and alive!

All Necessary for Recovery

- Accountability
- Self Responsibility
- Giving Back
- Getting Involved Fully
- Risk-taking
- Acting as if
- Acting ourselves into recovery
- Self-Honesty
- Living 100%



Meditation Basics

Many people view meditation as a very difficult thing to learn. In reality tho we do it often without even knowing it. When you daydream or find your mind fixed on one thought, that is a form of meditation. Have you ever watched a bird in flight, or stared up at the clouds in the sky, or maybe even found yourself watching a stream of water flow by? If you have and at that moment the rest of the world around you has seemed removed, then you were in a state of meditation.

So you ask, what can it do for me? Well, beyond just being a good way to really relax, which we can all use in this hectic world, it can be a doorway to the truth inside yourself. It is a way of gaining wisdom.

Connect with your inner wisdom by taking time to sit quietly each day for 10-20 minutes. sit in a chair and close your eyes and just let thoguths drift by. when your mind starts to connect with a thought - just let it go and imagine your thoughts just passing by, like drifting clouds. It takes practice to quiet the mind, but it is well worth it. Meditation allows you to connect with your Higher Power and that can change your life.

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Did you know???

The first issue of The Abstinent Times newsletter was published in March of 1993.

10 Suggestions for Maintaining Recovery

1. Develop a plan for change.
2. Pre-plan and prepare your food plan.
3. Do daily meditations and readings.
4. Maintain a regular moderate exercise plan.
5. Keep a food and feelings journal.
6. Attend support groups and meetings weekly.
7. Practice self-awareness and learn to recognize feelings.
8. Increase self-understanding - get honest.
9. Dispel negative thought patterns.
10. Repeat steps 1-9 daily.



Exercise Guidelines

Exercise can be as simple as walking around the block a couple of times a day. If you are truly interested in a life of full recovery, please read on. The benefits of exercise are practically endless. Bi-products of a program can include:

- * **Decreased risk of heart disease**
- * **Lowered blood pressure and heart rate**
- * **Increased muscle strength and endurance**
- * **Increased range of motion**
- * **Decreased weight and percent body fat**
- * **Increased energy and self esteem**
- * **Decreased stress**

Twenty minutes is often considered the least amount but studies show two ten minute sessions is also acceptable and will be of benefit. We all have time for two ten minute walks. Here are a few example exercise sessions:

- * **One quick walk in the morning and one at night**
- * **A twenty minute bike ride**
- * **A twenty minute swim on your lunch hour**
- * **Rollerblading through a local park**
- * **Walking to work and taking the stairs**

The possibilities are open to you and what you enjoy. Don't pick an activity you hate - enjoy yourself and make it FUN!

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 | COMMITTEE |
|--------------|-------|--------------|--------------|---------------------------------|--------------------|
| Amie T. | IL | Treasurer | 847-478-1762 | 03amie@gmail.com | ----- |
| Dorene L. | NJ | Trustee | 908-377-7939 | dorenelevy1@comcast.net | Public Information |
| Jewell E G. | MD | Co-Moderator | 301-762-6360 | jewelleg@comcast.net | ----- |
| Libby V. | CA | Secretary | 925-324-4746 | libbyonalabel@aol.com | Ad-Hoc Website |
| Susan K. | MI | Trustee | 586-321-7491 | suekfromichigan@aol.com | By-Laws |
| 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 February 9, 2014

Roll call: All members present. There were 5 announced guests, Gloria, Phyllis, Eleanor, Marietta, Denise.

Co-Moderator: No report. Jewell Elizabeth has been selected as co-moderator. A suggestion was made that changes be made to the by-laws indicating that votes are taken for positions.

Committee Reports:

Treasurer's Report: The month of November the donations, Literature and Postage were under our budgeted amount. Expenses for literature costs, payroll and the webmaster are running higher than our budget and we have a new line item for the PI committee and no money was budgeted for this. Any committee needing money should make a motion to the Board requesting funds. The month of December the literature sales, and postage income are both down. The good news is that donations came in over budgeted amount. Expenses, for literature were up. For the month we came in over budget. Year to date we are \$1,126.12 ahead of our annual budget.

Convention Ccommittee: Although the convention committee worked diligently, several hotels in the Baltimore area were visited, and proposals were submitted, there were no formal motions on the agenda about the convention.. There was a lot of discussion about this issue and there was no resolution. The discussion was tabled due to time constraints.

Office Committee: There are still issues with the FAA Website when members browse through pages, downloading, etc. Patty is gathering information about expenses involved in converting the FAA Website from Drupal 7 to Drupal 8. The office is currently open Monday, Wednesday and Friday as there is no assistant in place. Resumes are being gathered and interviews will be arranged.

Ad Hoc Website Committee: Requested Office Committee research FAA's Trademark coverage due to the knowledge that an anonymous person has created a website online using the FAA name. Patty is working on obtaining 3 quotes from Trademark Attorneys to apply for a Trademark on the FAA website due to this recent knowledge. An additional request from the Ad Hoc Website committee to research FAA's copyright coverage. It has been discovered that FAA has NO Copyrighted materials and has not as of 1978. The cost of obtaining a copyright on all FAA approved literature is being researched by Patty.

By-Laws Committee: Jewell Elizabeth has been selected as co-moderator. A suggestion was made that changes be made to the by-laws indicating that votes are taken for positions.

Dates for the next 3 meetings: March 16, April 27 and June 8.
Meeting ws adjourned at 9:00pm with the Serenity Prayer.

Respectfully submitted,
Betty C.- Secretary

Minutes – FAA Board of Trustees March 16, 2014

Roll Call: Nine Board Members present.
The EA and one identified guest were present.

Co-Moderator: No report.

Committee Reports:

Treasurers report: January and February reports submitted. Overall a good budget. February donations were down, but overall year total is good. Other income was up. Comments: Thanks for a clear report and pointing things out.

Office Committee: Office is busy due to online order. The new hire did not work out. Thank you notes went out to all members who made monetary donations. Increased office inquiries may be due to increased media attention. EA reports that the printer says the book cover color changes because their ink is low. The printers cost rate is good, but they are not up to standard.

Motion: Made and passed to suspend reports and move on to the motions concerning the convention.

New Business:

Motion: Made to discuss three motions before voting. Amie seconded. All agree. All Board members received the proposals via email. During open discussion, Patty said the double tree was the nicest. All seemed to agree. The Baltimore proposal has been discussed at previous meetings. All noted the hard work of the convention Committee to locate and put together proposals.

Motion: Amie T reads motion for Baltimore: Dorene seconds. All against.

Motion: Amie T reads motion for Singer Island, Florida: Valerie seconds. All against.

Motion: Amie T reads motion for Palm Beach Gardens, Florida, Double Tree Hotel: Kelly seconds. All in favor. The 2014 Convention will be at the Double Tree Hotel, in Palm Beach Gardens, Florida on September 12-14, 2014.

Return to Committee reports:

By laws Committee: No report

Public Information Committee: A summary was sent to all Board members. Please look at the follow up report and recommendations for the free literature initiative that was done during last committee.

Literature: Continue working on expanding the steps. Third step prayer will be added into the new step writing. Expanding the 4th step.

Ad Hoc Web Site: We have motions on the agenda.

New Business (Resumed):

Motion: Jewell E-G. make a motion "On behalf of the By Laws Committee, I move that the wording of Article XIV Procedures be changed to: The FAA World Service Board recognizes the Twelve Steps and 12 Traditions from Alcoholics Anonymous as our operational guidelines." Reason: The concepts of AA are not our operational guidelines as stated in our By-Laws, Article XIV: Procedures.



Continued...

During discussion all agree to remove because the concepts were pushed on to us many years ago and we are not ready for them. We don't have the a service structure even close to being near using the concepts. Argument against the motion is that The Concepts should stay as something to strive for. Discussion of this motion will continue next meeting on April 27, 2014.

Dates for the next 3 meetings: April 27, June 8, and July 13th
Close meeting at 9:00 PM with the Serenity Prayer.

Respectfully Submitted,
Libby V. - Acting Secretary

2014 FAA WORLD CONVENTION
“With Love & Service - We Care & Share”
September 12-14, 2014



Double Tree Hotel
4431 PGA Boulevard
Palm Beach Gardens, FL 33410
(561) 776-2927

Now that the holidays are over, the Convention Committee is working feverishly having meetings. We want your convention experience to be one of hope, healing, laughter and bonding. The Committee wishes to send out a couple of bits of information. First of all we have looked at finances and know that we are in need of revenue. However, we have made a decision to trust in HP and our members to do the very best they can.

This year the early bird registration by mail is \$200 before July 1, 2014 and registration is \$215 on or after July 1, 2014. For members paying online, an additional cost of \$10 will be added at checkout. To avoid this additional cost, we recommend mailing in your check to the World Service Office, c/o Convention Treasurer, 529 NW Prima Vista Blvd., Suite 301A, Port St Lucie, FL 34983.

The Convention Committee has worked with the hotel to offer a great price to our members of \$80 per night for double or single bed rooms. When booking your stay, please be sure to mention FAA to get this rate. All rooms come with a refrigerator and the special rate is available two days before and after the convention dates.

Online and printable registrations will be available through the “Meetings & Events” tab on the FAA website on May 1, 2014. This year, there will be additional items to purchase in advance such as, a breakfast and deal, Saturday night raffle tickets, Room Credit raffle tickets and 50/50 raffle

tickets. The tickets for the Saturday night Raffle and 50/50 raffle will also be available for purchase at the Convention.

We’re asking each group leader to pass the basket a second time at their face to face meetings in the coming months before the convention to help with expenses. This money would be kept separate from the 7th Tradition collection. Ask members of your group if they would be willing to donate items for the raffle such as small gifts that can fit in a suit case, hand made items, gift baskets, gift cards, FAA literature and cash. The raffles at the Convention are one of many fund raisers within the event that generate income. We need your help to make this part of the event a huge success!

Saturday afternoon, we will debut our fashion boutique. Here you will find one of a kind items for just \$2. Net proceeds will be donated to the World Service Office. But we need your help. Please bring or send clean usable wearable clothing, jewelry, purses, wallets, scarves or other items you would like to donate for this event. This is not a rummage sale, so clean out your closets and send or bring your best items. Please contact Harriet W. in Florida at (561) 488-2680 for more information. Items can be mailed to the World Service Office.

The WSO staff will be at the convention in the hospitality room selling FAA approved literature, Prior Convention CD Sets and tickets for the Saturday night raffle and 50/50 raffle. Literature orders can be placed in advance through the World Service Office. Please be sure to stop by and purchase some literature to take home.

On behalf of the Convention Committee, we thank you for your love and service and look forward to seeing everyone at the 2014 FAA World Convention in South Florida!

~ With Love & Service ~

Vanita L & Patty H - 2014 Convention Committee

On Sale at the FAA Convention this year
24” X 36” LAMINATED POSTERS

- 12 STEPS \$30**
- 12 TRADITIONS \$30**
- FAA PROMISES \$30**

Wonderful addition to any meeting room!

Did you know???

The first FAA World Convention was held in West Palm Beach, Florida in January of 1993 to commemorate FAA’s 5th Anniversary.

**FAA FINANCIAL REPORT
JULY 1, 2013 - MARCH 31, 2014
2013-2014 FISCAL YEAR**

INCOME

| | |
|----------------------------------|-------------------------|
| Convention Income | 12,799.11 |
| Donations | 13,858.78 |
| Literature Sales | 33,597.58 |
| Newsletter | 481.00 |
| Postage Income | 4,905.36 |
| Interest | 41.57 |
| <u>TOTAL INCOME</u> | <u>65,783.40</u> |

EXPENSES

| | |
|------------------------------------|-------------------------|
| Accounting (tax return) | 350.00 |
| Annual Report | 61.25 |
| Credit Card Processing | 619.44 |
| Insurance | 253.00 |
| Literature | 13,814.29 |
| Office Expenses | 2,039.70 |
| Office Rent | 3,825.00 |
| PayPal Costs | 1,500.43 |
| Payroll | 30,918.01 |
| Public Information Allowance | 40.25 |
| Postage | 4,227.98 |
| Telephone | 1,594.66 |
| Travel (Convention Expenses) | 314.72 |
| Website Assistance | 712.50 |
| <u>TOTAL EXPENSES</u> | <u>60,271.23</u> |

NET INCOME/(LOSS) **5,512.17**

PRUDENT RESERVE **56,000.00**

Service Opportunit

Food Addicts Anonymous is ran 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.

~ **Seventh Tradition in Action** ~

Since **December 1, 2013**, these groups, Intergroups, and individuals have sent in their financial support to the FAA World Service Office. We thank them for their generosity.

**FACE-TO-FACE MEETING GROUPS
12/01/2013 - 11/30/2014**

| State | Group Info | 12/1 to 3/31 | YTD |
|--------------|--------------------------|---------------------|------------|
| AZ | #9950; Tucson | 100.00 | 100.00 |
| CA | #0144; Carlsbad | 100.00 | 100.00 |
| CA | #0512; Santa Ana | 35.65 | 35.65 |
| CA | #0513; San Diego | 100.35 | 100.35 |
| CA | #0511; Walnut Creek | 288.00 | 288.00 |
| FL | #0364; Jacksonville | 50.00 | 50.00 |
| FL | #0366; Port Orange | 100.00 | 100.00 |
| FL | #9354; Pompano Bch | 100.00 | 100.00 |
| FL | #0368; Port St Lucie | 60.00 | 60.00 |
| FL | #9403; West Palm Beach | 325.00 | 325.00 |
| MD | #9922; Rockville | 50.00 | 50.00 |
| MD | #9923; Silver Springs | 50.00 | 50.00 |
| OH | #0305; Bellville | 40.00 | 40.00 |
| OH | #0306; Cleveland | 100.00 | 100.00 |
| PA | #0483; Elkins Park | 239.00 | 239.00 |
| WI | #0000; Green Bay | 154.00 | 154.00 |
| Int'l | #0000; Red Deer, Can | 50.00 | 50.00 |
| Int'l | #0000; Sydney, Australia | 90.00 | 90.00 |

**INTERGROUPS & INDIVIDUALS
12/1/2013-11/30/2014**

| Group | 12/1 to 3/31 | YTD |
|----------------------|---------------------|------------|
| Cyberspace/Phone | 1,431.00 | 1,431.00 |
| Individuals | 2,417.50 | 2,417.50 |
| Cleveland Intergroup | 375.00 | 375.00 |

Supporting World Service

Is your group sending a donation to World Service? How much should the group send? If everygroup 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 OfficeOffice

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*"Gratitude is when memory is
stored in the heart and not in the mind."*



Tea Time with Abstinent Annie ...

Dear Abstinent Annie :

I heard about FAA through a friend and I would like to join your group. I've done every diet known to man and continue to regain whatever I lose. So, how do I join?

Desperate Daisy

Dear Desperate Daisy:

Welcome to FAA! I would recommend that you go to meetings: we have face to face, online and phone meetings all over the country and the world. You can find that information on our website. Another valuable resource is to read our literature, which is available through the World Service Office. The phone number is (772) 878-9657. Food Addicts Anonymous is not a diet club, we are a spiritual program that addresses our specific addiction to sugar, flour, wheat, processed foods and any foods that trigger us individually. We follow a weighed and measured food plan and utilize the other tools, such as sponsorship, the 12 Steps of FAA, discovering a relationship with a Higher Power and the support of the fellowship to live a free, useful and happy life. It is recommended that you attend at least 6 meetings before deciding if you are a food addict and if FAA might be able to help you. By following the food plan, I lost all the excess weight that I had. I have now maintained the same weight for several years, and I still eat the same as I did when I began. I was told to focus on recovery and the weight loss would take care of itself, and it 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 Eight years of abstinence, One Day at a Time.*

“The Abstinent Times”

Quarterly Newsletter

Mail a check to:

Food Addicts Anonymous

529 NW Prima Vista Blvd., #301A

Port St. Lucie, FL 34983

GIVE THE GIFT OF ABSTINENCE TO A FRIEND!!!



CONGRATULATIONS!!!
FOR CONTINUOUS FAA ABSTINENCE

Jennifer Costa Rica 1yr
Aaron FL 2yr

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

Wanted

We need stories, original poems, ideas, experience, strength and hope for upcoming issues of The Abstinent Times. Take a few minutes to reflect on your recovery. What obstacles have you overcome? How did you work through them? The newsletter is no different then your meetings. for some, this is the only connection they have with other food addicts. Others need to hear what you have to say. Send your copy to the World Service Office, no need to worry about grammar, structure, etc we will edit.

Food Question of the Month

What do I substitute for bread? We substitute life and feeling good in exchange for not eating bread. It is a small price to pay for freedom. We have lots of grains to choose from including rice cakes, barley, corn, peas, winter squash, regular potatoes and sweet potatoes, brown rice, millet, buckwheat or toasted buckwheat, long cooking thic-cut rolled oats and steel cut oats.

Grinding the grains into flour makes them too processed for food addicts as we are addicted to refined processed carbohydrates. Anything that the body can change to glucose too quickly will cause us a problem because of the release of insulin from the pancreas.

There is more about this process in the “Newcomer’s Booklet” which is available in PDF format for immediate download through the store on the FAA website.

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**“For today, I give thanks that others have
shown me a solution.”**

-Food for the Soul