



# 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 to the food addict who still suffers and support the expenses of the World Service Office. A list of events currently scheduled for 2014 can be found on the FAA Website under the Meetings & Events tab and also below:

### 22nd Annual

### 2014 FAA World Convention

“With Love & Service - We Care & Share”

Double Tree Hotel

4431 PGA Boulevard

Palm Beach Gardens, FL 33418

September 12 - 14, 2014

~The Early bird registration has been extended until July 15th, 2014~

Don't miss out on this amazing experience full of fun things to do, fellowship with other food addicts in recovery and inspirational speakers!

We look forward to seeing everyone there!

### Convention Chair

Vanita L in CA (619) 741-4419

vanitasunnysandiego46@gmail.com

### Convention Co-Chair

Patty H in FL (561) 370-8576

brightsidefinancial@mail.com

Visit the Meeting & Events tab on the FAA website to download the registration form...

### World Service Office

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

Skype:faacanhel

Email:faawso@bellsouth.net

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

Monday, Wednesday, Friday

9am till 5pm Eastern Standard Time

## ANNUAL

## FAA BOARD MEETING



Double Tree Hotel

September 12, 2014

9:00 am

Palm Beach Gardens, Florida

~All FAA members are welcome to attend~

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## I AM RESPONSIBLE

What if we scheduled a meeting and nobody came? Worse yet, what if someone came to a meeting and no one was there? While writing this issue and thinking of new beginnings, thoughts came to our mind about growth and our responsibility towards change in ourselves.

Recovery doesn't just happen! When we come through the doors of FAA we are in pain, full of shame and unable to be honest with ourselves and those around us. Other food addicts are here for us, hold out their hands and help to guide us into recovery. This gives many of us a life that was out of reach for many years. As we achieve abstinence our world and our relationship in it changes dramatically. We learn to live!

Shouldn't I be willing to give the thoughtful, exciting, gift of hope for those who are yet to start this journey? Do I volunteer to chair a meeting? Do I volunteer to be a sponsor, even if only a temporary one? Am I willing to linger after a meeting to talk to a newcomer? Do I place principles above personalities and attend a meeting even though there is someone there that I might not want to hear? Am I willing to represent my group at Intergroup meetings? Are these my responsibilities? You bet they are!!

If not us who will? Why do we expect someone will be there for us and yet be unwilling to offer the same for someone else?

We can continue this process only so long as there is someone to show us the way. FAA is a place people who need help can come to. The information we are sharing is life saving and not something easily found. We must continue to be available. I am responsible!

Editor - The Abstinent Times

## Hosting a FAA Annual World Convention

The Convention Committee is looking for FAA members willing to host the 2015 FAA World Convention. If you have never hosted a convention before, this will be a great opportunity for volunteering your service. The deadline to submit a proposal to the World Service Office is September 10th, 2014. Proposals can be faxed, emailed or mailed. Assistance is available upon request on how to prepare a written proposal. If interested, please contact Patty in Florida at (561) 370-8576 or [brightsidefinancial@mail.com](mailto:brightsidefinancial@mail.com).

2014 Convention Committee

\* \* \* \* \*

*"For today, I recognize the growth I have achieved in FAA and I celebrate my new way of living."*

### *New Face-to-Face Meetings*

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

#### **Club 450**

North Palm Beach, Florida

Mondays 6:00 pm

#### **Lake Murray**

La Mesa, California

Wednesday - 6:00 pm



### Marathon Phone Meetings

Find 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. 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. 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.

### Upcoming

#### Phone Meeting Marathons

(712) 432-0900 - Access Code 433801#

**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 any marathon please contact Trish at (240) 838-4858 or [trishhouston317@aol.com](mailto:trishhouston317@aol.com)**

## My Story

My whole life I have been overweight. In first grade I had to get a special suit, and at school sit in an eighth grader's desk. My brother Frank meanwhile was a skinny little squirt.

Because of difficulty with weight, I lost my job at age 52. In 2001 my kidneys failed and I spent a month in the hospital. At that point I weighed 400 pounds. At this time my father died, I was alone, and my weight problem became worse. I almost had a nervous breakdown.

This past week I weighed 500 pounds. That day I resolved to change my ways with the help of my Higher Power, so that I could go to Church at Easter. I made a pledge, after receiving ashes and communion at my home. I have always prayed, but this time I prayed from the heart: "God, please help me."

I contacted Food Addicts Anonymous in Florida and they connected me to the telephone meetings. These Twelve step meetings really work! Now I am 350 pounds and hope to have lost 150 pounds by New Years.

When Easter came I had lost 80 pounds. I returned to Sunday Mass that day and every Sunday since. Most months my weight loss is double-digits. Some months I lose two or six pounds but, as long as I do not gain weight, that is the key thing.

I currently weigh 331 ppounds. I strongly know that God is helping me. I tell everyone that I could not do it without God. The more I talk to God, the better off I am. I haven't felt this good about myself in twenty years. I give full credit to FAA and leave all to God. That is my story.

Walter R. - Wilmington, DE



## Are you stuck?

The term plateau is banded about in FAA as a negative state. Plateaus are seen as a holding pattern that a person can't seem to get beyond. If you think about the meaning of the word, it's really about a relatively stable period or level. How you perceive a plateau, just like how you perceive any situation, will determine if it becomes stressful or not.

In FAA we hear about plateaus mostly when it comes to weight loss. If you are losing anywhere from 20-100 pounds, your body may have a period where it stalls for a bit as you begin to release weight. If you're focused only on the numbers, you may be excited when they drop and then feel like you're doing something wrong if they stall.

Instead, I encourage newcomers to forget about the numbers and forget about plateaus. Sometimes our bodies know best and we have to give them time to adjust to our new plan of sound nutrition.

TIPS for Responding to Plateaus:

1. Take an inventory of how you feel. Tune into your body and your moods. Notice all of the benefits you are experiencing from inside, rather than simply focusing on the outside.
2. Focus on Building New Habits. If your goal is only about losing 50 pounds, you may miss the opportunity to focus on creating a lifestyle that supports your abstinence for a lifetime. Trust that your abstinence will allow you to reach your goals.
3. Accept that sometimes, there are bumps in the road...and adjust. This may just be the time to pick up the other tools, especially working the Steps with a sponsor. Emotional abstinence is just as important as physical and leads you closer to your Higher Power.
4. Never forget to look at the Big Picture. The real goal is freedom from the ravages of food addiction. As long as I work on my recovery on a daily basis and ask my Higher Power for help to abstain, then those moments when I'm feeling like I'm on a plateau is temporary. As Annie says, tomorrow the sun will come out...

Judi M.

Food Addict, CA

**"Don't quit before you experience the miracle"**

\* \* \* \* \*

*"Never lose sight of your dream. Your dream is proof that something inside of you needs to be expressed"*

**Author-Helene Lerner-Robbins**

## Serenity by the Sea

Nestled between the bay and ocean on Long Beach Island, New Jersey.....we held our 6th Annual Serenity By The Sea Retreat. It was great. The workshops were dynamic. The food was abstinent and delicious. The Entertainment delightful and the fellowship extraordinary!

Due to the generosity of the attendees we earned a profit of \$1200. A contribution of \$800 was sent to this year's convention for seed money and a contribution of \$400 was sent to the World Service Office.

If anybody is thinking of coming to New Jersey next year, we have booked the last weekend in May. Mark your calendar. We are limited to 42 people and we usually max out.

Phyllis E and Dorene L.

\* \* \* \* \*

### Service Keeps Me Abstinent

I learned early in FAA that by doing service I have a very strong tool to stay abstinent.

There are many ways to do service and we don't have to do them all but the more we do, the better chance we have of staying abstinent. Here are a few: be a sponsor, start a meeting or post on the FAALoop as a leader.

I would like to talk about two of these options of doing service. Months ago, I started a meeting on Tuesdays at 10 am in Costa Rica. So far no one has attended. Two people have expressed interest but neither have shown up. But I am doing service so that I can stay abstinent. I am not worried how long it takes for someone to come, I do it because it helps me stay abstinent.

When I was in New York City a few weeks ago, I went to a meeting, no one was there. I called the FAA contact and she said she was running late but was on her way. Two other women came and we had a great meeting. I am grateful to them for their service, without them I would have been alone.

So that brings me to being of service as a loop leader. There are many of us out here that this is our only source of meetings. Loop leaders are crucial to helping us stay abstinent. Leading the loop is not only good for the person leading, it is great for those of us that use this loop as a life-line. If you haven't tried it, take a leap of faith and do it and you will see what I mean.

Jennifer in Costa Rica

**Tips on things to do  
for the Holidays without  
using sugar, flour or wheat ...**



**Go on a picnic**

**Take a walk or bike ride**

**Make an outreach call to a newcomer**

**Make a bean bag toss game to play with a friend**

**Fire up the grill and cook some meat or vegetables**

**Experience the comfort and love of family & friends**

**Put your abstinent meals on decorative colored plates**

**Brush up on your history and learn fun facts about  
why we celebrate Independence Day!**

**Our Children Need Help Too - Healthy Eating is a Family Matter...**

Many of us struggle with the problem of what to do for our children who exhibit symptoms of food addiction. We can consider the reality of genetics and the biochemistry of our inability to metabolize refined, processed carbohydrates and be aware that our children may also suffer from food addiction.

It is often said that we cannot deprive our children of "goodies," that to do so will cause them low self-esteem and resentment at being different. Perhaps we can find an alternative to this all or nothing at all thinking.

If we keep an abstinent house and prepare all the meals for our family in the same way, our children will have the opportunity to experience not being different at home and will appreciate that the "goodies" at their house are peace and sanity. Our children can make a conscious choice if we set an example for them at home.

How many of us would offer our children lettuce if they had an allergy that caused them to break out in a rash, become emotionally unavailable or distraught?

Perhaps we can look at our own feelings of deprivation when we don't want to deprive our children of substances that will ultimately cause them harm. How many of us can recall our own childhoods when we were unable to think and failed in school or were so uncoordinated that we were not chosen for the team or asked to play a game because of what we had eaten? Do we want to create this same unhealthy reality for our children when we have a solution?

Probably not!!

Anonymous

\* \* \* \* \*

*"For today, I abstain from addictive substances and work the steps so that I may stay balanced."*



## 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 (Acting)	925-324-4746	libbyonalabel@aol.com	Ad-Hoc Website
Susan K.	MI	Trustee	586-321-7491	suekfrommichigan@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

**April 27, 2014**

Open with Serenity Prayer at 8:00 PM

**Roll Call:** Dorene, Valerie, Vanita, Jewell Elizabeth, Amie, Sue, and Libby. Kelley is not present. The EA and one guest are present.

**Moderator:** Jewell Elizabeth

**Acting Secretary:** Libby

**Parliamentarian:** Vacant.

**Treasurers report:** Very good month financially, 4,000 over budget. Literature and donations are meeting budgeted amounts which we have not done in a while. All agree and thank for service.

**Office Committee:** Chair emailed full report to all Board members. Hired new assistant, competent in clerical and availability. 2 days now, three if needed, starting June 16th. Ordered 1,000 new books. See report. Comments: Books should have consistent colors, would like it to be a priority. Office committee will get a more detailed quote for book printing. Libby will work with Val and Patty to review color quotes. New hire will be making 13.00 per hour, based on rate of last assistant. Office committee thought this is our new rate.

**By Laws Committee:** No report

PI Committee: Working on a "Press Release" letter to be sent to newspapers.

**Literature Committee:** No Report

Ad Hoc Web Site: Nothing new to report. We have motions on the agenda.

**Convention Committee:** Theme is with love and service, we care and share and the registration fee is \$220. Next convention meeting is May 5th. Discussion from Committee leaders.

#### **New Business:**

**Motion:** Jewell reads and Dorene seconds. "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. Discussion for the motion: 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. Confusion over the wording, and it is determined that the motion should be reworded. The motion is be sent back to the by laws committee to reword.

**Next scheduled meetings:** June 8, July 13th and August 24th.

Close meeting at 9:00 PM with the Serenity Prayer.

Acting Secretary,

Libby V.

### Minutes – FAA Board of Trustees

**June 22, 2014**

Open with Serenity Prayer at 8:00 PM

**Roll Call:** Vanita, Jewell, Libby, Dorene, Valerie, Sue, Amie. The EA and one guest are present.

**Moderator:** Jewell Elizabeth

**Acting Secretary:** Libby

**Parliamentarian:** Vacant

**Treasurers Report:** Doing well according to our plan for the year. The proposed budget was sent out to all Board members for review prior to the meeting.

**EA Report:** Training new assistant, working to have office open 5 days a week. Back order of Green Books went out. New books came in with natural paper. Printing company will replace order at no charge.

**Co Moderator:** No Report

**Office Committee:** We are having trouble with our printer and have gotten three quotes from other printers. Changed ordering more Green Book from 50 to 200. Our new part time hire has started training and is not a food addict.

**By-Laws:** Next meeting July 10th at 7:00 pm.

**Public Information:** The Committee has not had any meetings in the past few months. Library book update: we are not actively putting books into local libraries, but discussing how to do it on national level.

**Literature:** Committee Chair not here and no report. The Committee is active, but no report.

**Ad Hoc Committee:** No report. Next meeting will be July 14, 2014.

**Convention Committee:** Regular meetings are occurring. Souvenir is a bag. Balloons are scheduled as decoration. Early Bird price extended to July 15th. Co-chair is working on publicity and fund raising with Florida members. Discussion of the movie, fashion show, brochures.

#### **Old Business:**

The motion concerning the removal of the AA Concepts from our By Laws was returned during last meeting to the By Laws Committee to work on the wording of the motion at their next Committee meeting.

#### **New Business:**

**Motion:** Libby V. "I make a motion to remove the side bar information from all of the Web Pages where it is currently found." Seconded by Amie. Vote: All in favor. The motion passes.

**Motion:** Jewell E-G. "I make a motion to have the phone meeting marathons listed on both the phone meeting page and the events page on the web site." Seconded by Libby. Discussion followed. Vote: 4 no, 1 yes, and 1 abstain. The motion does not pass.

**Motion:** Jewell E-G. "I make a motion to accept the proposed budget for the 2014-2015 fiscal year." Seconded by Vanita. Discussion and comments followed. Vote: All in favor. Motion passes.

**Next scheduled meetings:** Aug 24th and Sept 12th (Annual meeting)

Close meeting at 9:00 PM with the Serenity Prayer.

Acting Secretary,

Libby V.



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

INCOME

Convention Income .....	12,899.11
Donations .....	18,433.77
Literature Sales .....	42,114.92
Newsletter .....	487.00
Postage Income .....	6,202.30
Interest .....	55.37
<b>TOTAL INCOME.....</b>	<b>79,793.36</b>

EXPENSES

Accounting (tax return) .....	350.00
Annual Report .....	61.25
Credit Card Processing .....	1,345.98
Insurance .....	1,119.92
Literature .....	24,257.21
Office Expenses .....	2,560.35
Office Rent .....	5,100.00
PayPal Costs .....	1,575.20
Payroll .....	42,177.01
Public Information Allowance .....	40.25
Postage .....	5,278.92
Telephone .....	2,132.91
Travel (Convention Expenses) .....	366.72
Website Assistance .....	937.50
<b>TOTAL EXPENSES .....</b>	<b>87,303.22</b>

**NET INCOME/(LOSS) .....** **(7,509.86)**

**PRUDENT RESERVE .....** **46,000.00**

**Service Opportunit**

Food Addicts Anonymous is 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.

~ **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**

<b>State</b>	<b>Group Info</b>	<b>4/1 to 6/30</b>	<b>YTD</b>
AZ	#9950; Tucson	00.00	100.00
CA	#0144; Carlsbad	00.00	100.00
CA	#0512; Santa Ana	00.00	35.65
CA	#0513; San Diego	00.00	100.35
CA	#0514; Solvang	43.00	43.00
CA	#0511; Walnut Creek	00.00	288.00
FL	#0364; Jacksonville	35.00	85.00
FL	#0365; New Smyrna	15.00	15.00
FL	#0366; Port Orange	00.00	100.00
FL	#9354; Pompano Bch	100.00	200.00
FL	#0369; Port St Lucie	6.90	66.90
FL	#9403; West Palm Beach	100.00	425.00
MD	#9922; Rockville	50.00	100.00
MD	#9923; Silver Springs	00.00	50.00
NJ	#0000; Brick	80.00	80.00
NY	#0244; New York	23.00	23.00
OH	#0305; Bellville	00.00	40.00
OH	#0306; Cleveland	00.00	100.00
OH	#0307; Parma	100.00	100.00
PA	#0481; Bryn Mawr	25.00	25.00
PA	#0483; Elkins Park	00.00	239.00
PA	#0368; Pittsburg	60.00	60.00
WA	#0825; Sequim	100.00	100.00
WI	#0729; Green Bay	43.00	197.00
Int'l	#0798; Red Deer, Can	00.00	50.00
Int'l	#0799; Sydney, Australia	00.00	90.00
Int'l	#0800; Foxford County	390.00	390.00

**INTERGROUPS & INDIVIDUALS**

**12/1/2013-11/30/2014**

<b>Group</b>	<b>4/1 to 6/30</b>	<b>YTD</b>
Cyberspace/Phone	854.00	2,285.00
Individuals	1,050.50	3,468.00
Cleveland Intergroup	1,500.00	375.00
New Jersey Intergroup	800.00	800.00

**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 OfficeOffice



## Tea Time with Abstinent Annie ...

Dear Abstinent Annie,

I am new to the program and have heard that sponsees call in their food everyday to their sponsor. What is the reason for that? Wouldn't it make more sense to call it in after you eat it?

Perplexed Penelope

Dear Penelope,

Great question! Welcome to FAA, by the way. I remember asking the same question when I first came. It was the first time I had worked with a sponsor and the whole idea of committing my food seemed kind of extreme. However, what I discovered was that committing my food in advance forced me to plan ahead, rather than being spontaneous. Today I am aware that I am spontaneous in other areas of my life, but not with my food. Failing to plan is planning to fail. I am also being accountable to someone else, not working alone. Every day that I follow my plan, I feel good that I am honoring my commitment to my abstinence and recovery. Finally, committing my food before I eat it is an act of humility, a way of admitting my powerlessness and turning it over to someone else, rather than acting alone or indulging in my self will.

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.*



**CONGRATULATIONS!!!**  
FOR CONTINUOUS FAA ABSTINENCE

VACANT SPACE

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 than 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.

### News from the WSO Office

When you purchase your books from us, you are supporting the World Service Office. Without such help our doors will eventually close and we will not be able to carry the message of recovery to the food addict who still suffers. Reproducing our literature is dishonest and illegal. We implore you, please, do not reproduce any literature, other than order forms or your personal diary.

Also, it is important that your group be registered with the World Service Office. Recently, we "discovered" a group in one area that had been meeting for a number of years and had abstinent recovery. For all that time, when people called from that area, we could give them no support group. How sad.

Please remember to inform us if your address changes. We are receiving returned newsletters from subscriptions.

## "The Abstinent Times"

Quarterly Newsletter

**Mail a check to:**  
Food Addicts Anonymous  
529 NW Prima Vista Blvd., #301A  
Port St. Lucie, FL 34983

*Four exciting issues per year for only \$12!  
or a Two year subscription for \$22!*

**Name:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**GIVE THE GIFT OF ABSTINENCE TO A FRIEND!!!**

TO: CURRENT RESIDENT/OR



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

**“Faith sees the invisible, believes the incredible  
and receives the impossible.”**

**-Corrie Ten Boom**