

# THE ABSTINENT TIMES

A Publication of Food Addicts Anonymous

Featured in this Issue...

## 2014

### FAA WORLD CONVENTION EXPERIENCE

Palm Beach Gardens, Florida

*“For today, I ask God to keep me spiritually centered so that I may fully experience the joy of growing in wisdom and compassion.”*

# THE ABSTINENT TIMES

A Publication of Food Addicts Anonymous

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September 12 - 14, 2014*

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## 2014 FAA World Convention Experience “With Love & Service - We Care & Share”

Palm Beach Gardens, Florida

The 2014 FAA Convention was a huge success! There were approximately 60 attendees this year. Many people remarked about how encouraging, educational and entertaining it was with the variety in workshops, speakers and face to face meetings.

All weekend long, the hotel provided delicious buffet style abstinent meals poolside on the veranda. On Friday night we debuted a fashion show, put on by attendees wearing the latest fashions found in the fashion boutique. By Saturday night everyone was overflowing with love both emotionally and spiritually. On Sunday we all departed with a sense of renewed strength, energy and vitality thanks to the sharing and caring from the fellowship.

All proceeds from the convention registrations, raffles and fashion boutique were donated to the World Service Office.

In Loving Service - Vanita & Patty  
Chair & Co-Chair of the 2014 World Convention

### My FAA Convention Experience

I walked into the hall that was filled with love  
It was like my disease was being given a shove  
As the evening went on it became clear to me  
That this was the place I was meant to be  
Surrender came with tears of great joy  
I realized that the disease was loosing its toy  
Lessons were shared and experiences given  
My mind wanted more as if it was driven  
Many shared tools to defend against the disease  
So that into that little black dress they could squeeze  
Gaining a sponsor was my sheer delight  
My disease was surely given a fright  
The strength from my sisters was great  
They showed me I could lose the weight  
What I learned was what heaven is like  
And joy will come daily if I ride my bike  
Thanks to all who shared from their heart  
To give us newbies a brand new start



**Christine R**



World Service Office  
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Port St Lucie, FL 34983

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Email: faawso@bellsouth.net  
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Office hours: Monday through Friday  
from 9 am till 5 pm EST  
~ Now Open 5 Days a Week ~



*Tea Time with  
Abstinent Annie ...*

Dear Abstinent Annie,

My whole family has a weight problem, from 50-200 lbs overweight. We need help, but there are no meetings near where we live. What do you suggest?

Anxious in Arizona

Dear Anxious,

Face to face meetings are a precious resource in FAA-I am so sorry that there isn't one near you, but you are not alone. There are many people in the same situation who are thriving in this program by utilizing all the other options available like the FAALoop which is a 24/7 online meeting with a new topic daily or phone meetings with various topics held daily and at various times. Both of these options give you the opportunity to reach out to other FAA members and get the help you need. That is the most important thing-ask for help. Find someone who has strong recovery and experience in this program and can be a mentor or sponsor or part of your support network. Typically, we have one person (sponsor) who is our main contact, and then we befriend others, so that our recovery is not dependent on one person. Some people go to other local face-to-face 12 Step meetings to hear the recovery message as well.

Eventually, consider starting an FAA meeting yourself-a great opportunity to anchor your recovery and give back to others in need. Also, take advantage of the annual convention and retreats that are offered.

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.*

**~FAA GREEN BOOK NOTICE~**

It was discovered in July 2014 that the FAA Green Book has a misprint on page 273 under item number 10. It is written that clear diet soda is permitted on the FAA Food Plan. This is incorrect and clear diet soda is not suggested on the FAA Food Plan. The misprint has been removed from the book and will not appear in the next printing scheduled for the beginning of 2015.

We are continuously working to improve the FAA literature and welcome any comments or suggestions. If typo's or misprints are found they can be reported to Patty in the WSO at (772) 878-9657 or faawso@bellsouth.net.

FAA Board of Trustees

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

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

**Okolona Library  
Louisville, KY**

**Wednesday 6:15 pm**



**~Coming Soon~  
Drogheda, Ireland  
County Louth  
Sunday 7:30 pm**

**“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:** \_\_\_\_\_

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

# Save The Date

October 2 - 4, 2015

23rd Annual

## FOOD ADDICTS ANONYMOUS WORLD CONVENTION

### Doubletree Hotel

200 Atrium Drive • Somerset • New Jersey

Attending an FAA World Convention provides wonderful fellowship and workshops with fun and laughter, listening to speakers and the enjoyment of sharing meals with recovering food addicts. The Convention is FAA's largest fundraiser of the year and supports World Service Office so we can carry the message to the food addict who still suffers.

The 2015 Convention Committee is already planning the next FAA World Convention in Somerset, New Jersey. The sub-committees need your support: decoration, registration, program, meal planning, entertainment, and more. There are openings on all committees. No abstinent requirement is necessary. What is necessary is the willingness to do service. If you are planning on attending the 2015 FAA World Convention and are interested in participating on a committee, contact **Rachel R in New Jersey at (908) 472-5180 or rachel.rem@verizon.net.**

Groups and individuals can donate items for the annual "Gift Raffle". Popular gifts range from \$25.00 to 100.00 in value and have included; FAA Literature bundles, FAA CD sets, gift cards, cash, and electric travel food scales. Gift items should be of a size that can be carried on a plane. Donations are also needed for the "Fashion Boutique." Clean, neatly folded, odor/stain free items such as: handbags, jewelry, shoes, accessories, new cosmetics and clothing. Please bring the items with you or if flying send to Phyllis E in New Jersey at: **Phyllis Eckel, 31 Chesterfield Lane, Toms River, NJ 08757, Attn: Fashion Boutique or Gift Raffle.**

You are invited to be part of the fun  
by volunteering today!



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

Dorene NJ 25 Years  
Phyllis NJ 24 Years

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

### From the Editor

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 written contributions to the World Service Office. No need to worry about grammar and structure, we will edit.

\* \* \* \* \*

~On sale now at the FAA website~

### The 2014 FAA World Convention

CD Set includes 6 workshops,  
1 Old Timers' Panel and 3 Guest Speakers.

*Buy a copy today and enjoy the  
2014 FAA World Convention Experience!*



## BOARD OF TRUSTEES FOR 2014/2015

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
Chuck S.	OH	Co-Moderator	(330) 607-2144	jacob_scholl@hsbct.net	Public Information
Jewell E G.	MD	Secretary	(301) 762-6360	jewelleg@comcast.net	-----
Libby V.	CA	Trustee	(925) 324-4746	libbyonalabel@aol.com	By-Laws
Phyllis E.	NJ	Trustee	(732) 244-4324	31peckel@comcast.net	Office
Rachel R	NJ	Trustee	(908) 472-5180	rachel.rem@verizon.net	Convention
Susan K.	MI	Trustee	(586) 321-7491	suekfrommichigan@aol.com	Literature
Valerie B.	PA	Co-Moderator	(412) 805-4128	vmbu@comcast.net	-----
Vanita L.	CA	Treasurer	(619) 741-4419	vanitasunnysandiego46@gmail.com	-----

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

### Minutes – FAA Board of Trustees July 13, 2014

Open with Serenity Prayer at 8:00 PM

**Roll Call:** Valerie, Amie, Kelley, Vanita, Sue, Jewell, Libby. Dorene not here. Patty, our Executive Assistant, is here and no visitors are here.

**Co-Moderator:** No report.

**Executive Assistant:** Would like quarterly reports from committee chairs to go into the Abstinent Times. Abstinent times and convention brochure are going out in the mail this week.

**Treasurer report:** Not good news overall for last 3 months. Expenses over budget and donations and income was down. Not in trouble, but trend is not good. Reports have not been coming in on a regular basis from the EA. Comment/questions. Is this normal to be low just before the convention. Treasurer says no it's not usual. Donations and literature income is down.

**Office Committee:** Training the new part time person. She is having a hard time with learning the computer part of the job. Managing space to store all the literature orders that came in.

**By Laws Committee:** No meeting has been held. The reworded motion about the concepts will be sent to the board to be voted on. No future meeting scheduled.

**Public Information Committee:** No Report

**Literature Committee:** Next meeting August 6th at 8:00 PM. Committee sent out a draft 3rd Step prayer and asked Board Members to please send back comments. Comments: There is a procedure in the By Laws for creating and approving new literature. Everyone should follow this procedure.

**Ad Hoc Committee:** Next meeting July 14th.

**Convention Committee:** Next meeting August 4th. Need to get announcements out about making proposals for 2015 Convention. Secretary discussed time requirements according to the By Laws to get items on the agenda. Request that agenda items for the Annual Meeting need to be in to the Secretary a month before the meeting, this includes new Board Member nominations. That is August 12, 2014. The Board Member nomination form was retyped and sent to all Board Members. Comments: Convention Chair stated again that they are working on proposals for the 2015 Convention.

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

Acting Secretary,  
Libby V.

### Minutes – FAA Board of Trustees August 24, 2014



Open with Serenity Prayer at 8:00 PM

**Roll Call:** Board Members Present: Jewell, Kelly, Libby, Dorene, Vanita, Valerie, Amie. Patty, our ExecutiveAssistant, is present and there are no visitors.

**Co-moderator:** No report

**Executive Assistant:** No report

**Treasurer Report:** Donations and convention are below target, but other items are on target. Expenses are below budget. We are in the black. Comment and questions: Is postage over budget due to increased literature costs.

**Office Committee:** New hire update-ads went out and hired a new person. Searching for a new printing service for the Green Book and Food for the Soul, committee is reviewing bids. Are expenses related to convention being reimbursed by the convention committee, yes. The office is not taking money out of the budget for convention expenses. The ad was no cost in a local paper.

**By Laws Committee:** No report

**Public Information Committee:** No report

**LiteratureCommittee:** No report.

**Ad Hoc Web Site Committee:** 2 motions on the agenda. No meetings scheduled.

**Convention Committee:** Still working on program next meeting is August 31. Then going to print. Need 93 and have 78 room nights. Groups are donating literature. 38 registered.

**Old Business:**

Determine moderator for Annual meeting. Valerie will be moderator, Libby Secretary, and Jewell will call in.

**New Business**

**Motion:** Libby V. makes the following motion: "Phone meeting marathons will be listed under the "Events" page header on the FAA Web Site and no longer on the regular Phone Meeting page header." Amie seconds. Discussion: Will this increase awareness. Yes. Glad to see it makes equality in groups and Intergroup events. All in agreement. Motion passes.

**Motion:** Libby V. on behalf of the ad-hoc Web Site Committee: I make the following motion: "The "Meeting Announcements" page on the web site be removed." Valerie seconds. No comments or questions. All in agreement. Motion passes.

Close at 9:00 PM with the Serenity Prayer.

Acting Secretary,  
Libby V.

**Minutes – FAA Board of Trustees  
September 12, 2014**

Open with Serenity Prayer at 9:30 AM

**Roll Call:** Libby, Valerie , Vanita, Jewell Elizabeth (by phone), Sue, Dorene and Executive Assistant. Visitors: Chuck, Phyllis, Rachel, Deanna, Camille, Peggy.

Moderators Introduction - Welcome

**Reports**

**Annual Report:** No Report

**EA Report:** Slow this month, new part timer doing well. Comment: Need to change phone message to reflect current hours.

**Secretary Report:** Ask that all Board members read and comment or approve draft agendas and minutes on a timely basis.

**Committee Reports**

**Convention Committee:** We are here. Thanks to all for hard work. Committee is pleased to announce a proposal for next year to be discussed later. This Convention has 54 registered attendees. Comments: Good work and hard work to all of the committee to be able to get here, given the rocky start. Convention Manual: There is a CD with all the forms and hard copy manual. The office buys 10 CD sets at the convention for the office.

**Office Committee:** New office assistant is working well. Copyright and trademark clarification is progressing; will meet with attorney as next step. Working with landlord on the issue of office noise from another tenant in the building. Drupal upgrade is postponed. Issues for next Committee: Upgrade the computer, fix the shopping cart issue, make SOPs for everything, need to establish way to have EA ask for assistance. Comments: We are anonymous to the outside world and not to ourselves. Get a new computer and possibly a monitor. Get the web site to be capable of accepting foreign money. Are our workers sub contractors and not contractors? After discussion of employee and employer regulations, EA confirmed that she is independent contractor. Past minutes may have referred to her as an employee, but she is really an independent contractor. Patty will look into the W2 option for her and may cost between \$225 and \$275 more a month.

**By-Laws Committee:** No Report.

**Public Information Committee:** We were very busy in the beginning of the year. Also, we continued our research on getting FAA books into Libraries. Follow up with the Dr. Oz mention of FAA. Comments: Office staff continues to give public and press inquiries to the chair of this Committee.

**Literature Committee:** They were working on a Third Step prayer and came up with a proposal. Comments: The draft was a duplication of the Seventh Step Prayer, also we don't need a Third step prayer just because AA has one. Our Seventh Step prayer is beautiful. Were there other items on the agenda? Another view was expressed that the Third Step is special and FAA needs a Third Step prayer. This committee did not work on Spanish translation. Need a professional person to review and edit the format of our literature. As example, Food for the Soul looks and feels professional, because a professional editor edited it. This did not occur for the other literature. Next committee could

Cont..

investigate working on this. And looking forward it should be put into bylaws. We should hire professionals for professional services. Keep in mind this is a program of attraction.

**Ad Hoc Web Site Committee:** Committee has accomplished most of what it wanted to do in the past three years and will no longer continue. We do recommend that By Laws Committee consider creating a Web Site Committee that would be responsible for Web Site content and format issues (not programming or web master duties). Possibly this committee could work with the Office Committee and the Web Master.

**Old Business**

Shedule Next meetings. For the next year, the Board will meet on the 3rd Sunday every other month starting Sunday November 16, 2014, January 18, 2015, and March 15th, 2015.

**Motions:** Sue K on behalf of the By-Laws Committee: I make the following motion: "To remove the first sentence under Article XIV Procedures and replace it with: "The FAA World Service Board recognizes the Twelve Steps and 12 Traditions from Alcoholics Anonymous as our operational guidelines." Sue reads and Dorene seconds. Comment: Agree the concepts should be removed. But don't agree the way it was worded. We don't use the Steps to run the corporation. Until we have an idea for our own plan for operations, then we will never get there. The traditions do not run the corporation they run the meetings. Vote: 1 Yes, 2 No and 2 Abstention votes. The Motion does not pass.

**New Business**

2015 FAA convention Proposal: Phyllis and Dorene read the proposal to have the 2015 Convention in New Jersey. Libby seconds. Comments: 2010 was fabulous and look forward to do it again. Hotel was good and felt friendly. What is the earliest we could start the registration? The earlier the better, it will help people budget. Look at cost and food options. Try to keep registration cost below \$200.00. Vote: All in favor. The Motion passes.

**Select Board Members**

**Board Members continuing:** Valerie B., Libby V., Jewell Elizabeth G., Vanita L., Sue K.

**New Board Members for 2014-2015 Year:** Rachel R. All in favor, Phyllis E. All in favor, Chuck S. All in favor

**Selection of Officers and Committee Chairs:** Moderator - Chuck, Moderator - Valerie, Secretary - Jewell Elizabeth, Treasurer - Vanita, Literature - Sue, Public Information - Chuck, By Laws - Libby, Convention - Rachel , Office - Phyllis.

**Review accomplishments:** Suggestion that we look into social media presence. Discussion about anonymity and that the Board does not run meetings. Clarification that it would be for an informational page. No decisions were made.

Close Meeting with the Serenity Prayer.

Acting Secretary,  
Libby V.

\* \* \* \* \*

*“For today, I cherish the love of those  
around me and freely give my own love.”*

**FAA FINANCIAL REPORT  
JULY 1, 2014 - SEPTEMBER 30, 2014  
2014-2015 FISCAL YEAR**

INCOME

Convention Income .....	7,000.00
Donations .....	3,143.20
Literature Sales .....	10,636.43
Newsletter .....	215.00
Postage Income .....	1,580.78
Interest .....	3.41
<b><u>TOTAL INCOME</u></b> .....	<b><u>22,578.82</u></b>

EXPENSES

Accounting (tax return) .....	350.00
Annual Report .....	00.00
Credit Card Processing .....	339.25
Insurance .....	255.00
Literature .....	4,129.75
Office Expenses .....	474.69
Office Rent .....	1,275.00
PayPal Costs .....	437.10
Outside Contractors .....	9,762.50
Postage .....	1,357.70
Telephone .....	359.35
Travel (Convention Expenses) .....	177.06
Website Assistance .....	225.00
<b><u>TOTAL EXPENSES</u></b> .....	<b><u>19,142.40</u></b>

**NET INCOME/(LOSS)** .....

**PRUDENT RESERVE** .....

**Service Opportunities**

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>7/1 to 9/30</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	89.00	132.00
CA	#0511; Walnut Creek	00.00	288.00
FL	#0364; Jacksonville	00.00	85.00
FL	#0365; New Smyrna	20.00	35.00
FL	#0366; Port Orange	00.00	100.00
FL	#9354; Pompano Bch	00.00	200.00
FL	#0369; Port St Lucie	0.00	66.90
FL	#9403; West Palm Beach	00.00	425.00
MD	#9922; Rockville	00.00	100.00
MD	#9923; Silver Springs	00.00	50.00
NJ	#0000; Brick	00.00	80.00
NY	#0244; New York	00.00	23.00
OH	#0305; Bellville	00.00	40.00
OH	#0306; Cleveland	00.00	100.00
OH	#0307; Parma	00.00	100.00
PA	#0481; Bryn Mawr	30.00	55.00
PA	#0483; Elkins Park	43.00	282.00
PA	#0368; Pittsburg	00.00	60.00
WA	#0825; Sequim	00.00	100.00
WI	#0729; Green Bay	00.00	197.00
Int'l	#0798; Red Deer, Can	00.00	50.00
Int'l	#0799; Sydney, Australia	93.00	183.00
Int'l	#0800; Foxford County	00.00	390.00

**INTERGROUPS & INDIVIDUALS**

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

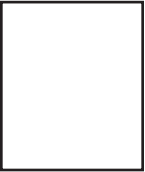
<b>Group</b>	<b>7/1 to 9/30</b>	<b>YTD</b>
Cyberspace/Phone	1,040.20	3,325.20
Individuals	1,290.00	4,758.00
Cleveland Intergroup	000.00	1,875.00
New Jersey Intergroup	400.00	1,200.00

**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

TO: CURRENT RESIDENT/OR



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

**“For today, I focus on the present, not on  
the past or the future.”**

**-Food for the Soul - Page 34-**