

THE ABSTINENT TIMES

A Publication of Food Addicts Anonymous

Featured in this Issue...

SERVICE

“Giving it Away to Keep It”

Volume 20 #4

December 2014

THE ABSTINENT TIMES

A Publication of

Food Addicts Anonymous

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



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!

* * * * *

*“For today, I thank God
for the simple joy of being myself.”*

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*2015 FAA World Convention
Somerset, New Jersey
October 2 - 4, 2015*



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FOOD ADDICTS ANONYMOUS



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Ph: (772) 878-9657
Fax: (772) 878-9658
Office open: Mon - Fri 9 am till 5 pm EST



S O S *WE NEED YOUR HELP!!!*

We need articles from FAA members on the topic of “Batch Cooking” for the March 2015 issue of The Abstinent Times. Please kindly submit articles on or before March 31, 2015 to allow for formatting and editing by email or regular mail to:

**Food Addicts Anonymous
c/o The Abstinent Times Editor**

529 NW Prima Vista Blvd., Suite 301A

Port St Lucie, FL 34983

Email: faawso@bellsouth.net

or

Libby V from California

(925) 324-4746

Email: libbyonalabel@aol.com

Looking to Strengthen your Abstinence?

Service is a component of supporting your program and remaining abstinent. In addition, service allows you to contribute to the many ways FAA develops as an organization. If you are new to FAA, or have been in FAA awhile and desire to do service at the World Service Level, service on an FAA Committee is the best way to begin. The FAA committees submit their recommendations to the FAA Board. Most of these committees do much of their work by e-mail and/or phone meetings. There is no abstinence requirement to be on the committees. However, we ask that you come with a willingness to serve and an open mind to listen to each other’s input. All committees are run with a group conscience. No one person, including the Chairperson has more votes than any other. Our committees can use more support. For a brief description of the function of each committee, please visit the FAA website.

The Editor

“Giving it Away to Keep It”

I just finished reading the latest edition of the Abstinent Times. Bravo! What a terrific piece of literature. It’s an opportunity to “meet” each other via this monthly newsletter. I enjoy reading the articles from newcomers, oldtimers and those in between. In addition to our personal recovery stories, the Abstinent Times gives us an opportunity to know what’s going on in our fellowship as a whole. I find the minutes from the Board of Trustees very interesting. I’m reminded that FAA does not run on its own. It requires a good deal of time, talent and treasure from all of our members. However, I think the sad truth is that much of the time, most of the work is done by a few.

I had the good fortune in my first two and a half years of recovery to have a sponsor who was the epitome of service and she passed this important principle onto me. I learned early on that doing service not only helped the group as a whole to continue and flourish, it also benefited individual members in their recovery and the greatest gift of all. . . was a my own recovery strengthened. Each time I did service, I felt more committed to the fellowship and more connected to each of you. Service is definitely a “you get more than you give” concept.

Each one of us is a vital part of Food Addicts Anonymous. in my opinion, everyone can do service. There are no exceptions. First and foremost, being abstinent is service. I’m not going to list all the different ways to do service, but be creative and inquisitive. You could base one of your FAA outreach phone calls or emails on the topic of service. Ask each other, what do you do for service, what do you like doing best, what’s most uncomfortable for you, what type of service makes you grow the most, etc?

Over the past eight years, I have done service on the very smallest level to serving on the Board of Trustees. There is not one act of service that I’ve done that I’ve said afterwards, “I wish I wouldn’t have done that”. Is it always fun or convenient to do service, not in my experience. But am I willing to do my part in order for the fellowship to continue and grow, you bet! I want Food Addicts Anonymous to continue to be here for me, my family and the next generation of food addicts who will need this program and will be willing to work it.

Ask yourself right now. . . what am I doing to help? And if I’m not doing anything, why not? I can’t keep it unless I give it away.

Denise H
Food Addict in Wisconsin

Tea Time with Abstinent Annie ...



Dear Abstinent Annie,

I think my sponsor is too strict. She wants to know if I make any changes to the food plan that I've committed and why. What's the big deal? Doesn't she realize how far I've come and that nobody's perfect?

Annoyed Anita

What a great question! I do agree that nobody's perfect, and am willing to bet that you have already made great changes and improvements in terms of what you eat. That being said, let me challenge you to go even further in your recovery and experience the benefits that go with it. My own experience has shown that my disease is waiting for any tiny opening to lead me into bingeing and/or relapsing with sugar, flour and wheat. I have discovered that the source of my problem is the practice of self will. What works for me is scrupulous honesty. I do not take an extra bite because I don't know the outcome. In the past when I struggled with overeating, my disease would say, "it's just one bite, what's the big deal?" However, sometimes that one bite became 50 or 100. I still commit my food to my sponsor and I don't make changes of any kind without letting her know. Being humble and willing to work with my sponsor contributes greatly to my abstinence and spiritual growth. Be kind to yourself and hard on your disease! 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 Nine years of abstinence, One Day at a Time.*



CONGRATULATIONS!!!
FOR CONTINUOUS FAA ABSTINENCE

Libby V CA 6 years
Trish H MD 9 years
Linda A TN 17 years

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

New Face-to-Face Meetings

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

The Woolley House
Snohomish, WA
Thursday 7:00 pm

First Baptist Church
Springfield, OR
Thursday 6:00 pm

The Rock Church
El Cajon, CA
Saturday 8:00 am

Mt Crandell Cres. West
Lethbridge, Alberta
Sunday 10:00 am

Start a meeting in your city today!



"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 A SUBSCRIPTION TO A FRIEND!!!

The Keys to My Recovery

In these 32+ years of trudging this road with so many amazing folks, I often found myself in a dilemma of some sort or another that knocks me off beam and plunges me back in the abyss of trying to intellectually figure the impeding situation. To this day, I have not found an intellectual solution to any of my day to day stumbling blocks. But, I have found stepping stones that take me back to the world of the spirit. I'd like to share a few of them with you.

The Key is to breathe and let some space happen between me and the situation. Another Key is forgiveness. Forgiving them, frees me. It frees my soul so I can return to The Presence of God. Forgiving them puts me back on my spiritual journey.

The last Key and most important key is Gratitude. No matter where I'm at or what happens in this world, I stay in Gratitude for what I am given by the Grace of a Loving and Merciful God. I'm Grateful for what has been taken away as it clears a space for God to fill it with a new adventure.

This life is so exciting. Oh the places we will go! And I don't want to miss out on any of it! Thank you for 32 years of Recovery and a merciful God who loves all of me unconditionally.

Kelley from Florida



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

Tips on things to do on Valentine's Day without using sugar, flour or wheat...

Go on a picnic or take a long walk

Make a colorful fruit salad with a friend

Put your abstinent meals on red and pink colored plates

Experience the comfort and love of family & friends



My God Box

Sometimes there are problems that seem terribly overwhelming like my old car is falling apart faster than I can get it fixed or I don't have the money to do so and it's probably not a good idea to put much more money into it. Other times it's problems with my close relationships that seem somehow insurmountable.

It's times like this that I write the basic problem on a small piece of paper and put it into my "God Box." I have a small woven basket with a lid that I use. Somehow the physical act of putting it into this basket and putting the lid on it somehow allows me to let go of the problem for a bit and allow my Higher Power, who I chose to call God, to work on this problem. Some very wonderful solutions have presented themselves when I was able to let go.

Anonymous

* * * * *

~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) 322-0489	jacob_scholl@hsbct.net	Public Information
Jewell E G.	MD	Secretary	(301) 762-6360	jewelleg@comcast.net	Literature
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
Valerie B.	PA	Co-Moderator	(412) 805-4128	vmbu@comcast.net	Secretary
Vanita L.	CA	Treasurer	(619) 741-4419	vanitasunnysandiego46@gmail.com	Treasurer

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

Minutes – FAA Board of Trustees November 16, 2014



Open with Serenity Prayer at 8:00 PM

Roll Call: Chuck, Valerie, Phyllis, Vanita, Jewell, Libby and Patty, our Executive Assistant, and there are two visitors.

Co-Moderator: No report.

Office Committee: Quotes from printers have been tabled. Received one quote on the Copy-righting and Trade Marking. Waiting on third quote from computer company. Discussed steps to take to learn of our responsibilities as a non-profit organization that pays an Independent Contractor. The Corporate tax return has been filed. Phyllis to research Google for information what is the responsibilities of the FAA organization when hiring Independent Contractors. All 2014 donation letters have been mailed out. All financial statements are now sent to the Treasurer and Office Chair. Drupal 8 is still in the testing stages. A quarterly report of outstanding literature will be sent to the Board. A new 3 drawer file cabinet is approved. We are looking for an Editor of The Abstemious Times newsletter. Next meeting scheduled for Monday, Jan 5th, 2015 at 7:00 pm est

Bylaws Committee: Discussion of possible items to work on this year to include: Update responsibilities of treasurer to include review of financial statements. Add a procedure for voting in new board members. Perform a page by page review for changes to be made, inconsistencies and unclear language. Reword Article 7 to say the new Board members officially start at the next Board meeting. Next meeting scheduled for December 8th, 2015 at 5:00 pm est.

Public Information Committee: No report.

Literature Committee: No report. Next meeting January 20th, 2015 at 9pm est.

Treasurer Report: Current Financial Report available in this issue on Page 6.

Convention Committee: Brief report given. Meeting to be held on held on January 9th, 2015.

Next 3 BOT meetings: Jan. 18, Mar. 15, and May 17.

Respectfully Submitted By:

Valerie B

Minutes – FAA Board of Trustees January 18, 2015

Open with Serenity Prayer at 8:00 PM

Roll Call: Chuck, Valerie, Rachel, Phyllis, Vanita, Jewell, Libby and Patty, our Executive Assistant, and there are two visitors.

EA: No Report

Co-Moderator: No report.

Office Committee: Meeting held on Jan 5th, 2015 and there were 4 members in attendance for the copy write update and consults. The committee has 3 answers and will give their complete report on this subject when all consults are in and updated. Patty will continue to get quotes for desktop computer. Review pay options for the independent contractors. Sent out letters for donation from 2014. Finished tax forms for the 2014 year and wrapping up December issue of Abstemious Times. Next meeting is scheduled for January 19th at 9pm est.

Bylaws Committee: Discussed clarifying the voting process of member to the BOT. Discussed clarifying the vying of positions. Discussed clarifying how to vote during the BOT phone meetings. Discussed clarifying the Annual Report. Writing it AND presenting it to the BOT and members. Next meeting February 16th, 2015 at 7pm est.

Public Information Committee: No meeting was held and the next one is scheduled for February 15th, 2015 at 8pm est

Literature Committee: Set out plan for the group for this year. Next meeting January 20th, 2015 at 9pm EST.

Treasurer Report: (Given by EA) Current Financial Report available in this issue on Page 6.

Note: 8:18 pm Libby arrived.

Note: 8:21 pm Vanita arrived.

Convention Committee: Meeting held January 9th. Hotel and theme have been confirmed. Logo is in the discussion and once confirmed the registration can be made live. Next meeting February 8th at 8pm EST

Next 3 BOT meetings are as follows

March 15, 2015, May 17, 2015, July 19, 2015

Respectfully Submitted By:

Valerie B

**FAA FINANCIAL REPORT
JULY 1, 2014 - DECEMBER 31, 2014
2014-2015 FISCAL YEAR**

INCOME

Convention Income	8,269.44
Donations	5,498.92
Literature Sales	18,314.68
Newsletter	332.00
Postage Income	2,681.91
Interest	13.09
<u>TOTAL INCOME.....</u>	<u>35,110.04</u>

EXPENSES

Accounting (tax return)	350.00
Annual Report	00.00
Credit Card Processing	530.92
Insurance	255.00
Literature	4,523.56
Office Expenses.....	1,168.90
Office Rent	2,550.00
PayPal Costs	790.35
Outside Contractors.....	19,576.50
Postage	2,776.57
Telephone.....	893.73
Travel (Convention Expenses)	177.06
Website Assistance	450.00
<u>TOTAL EXPENSES</u>	<u>33,542.59</u>

NET INCOME/(LOSS) **1,567.45**

PRUDENT RESERVE **46,503.42**

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 - 12/31/2014

State	Group Info	10/1 to 12/31	YTD
AZ	#9950; Tucson	00.00	175.00
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	50.00	271.00
CA	#0511; Walnut Creek	148.00	436.00
FL	#0364; Jacksonville	110.00	195.00
FL	#0000; Largo	180.00	180.00
FL	#0365; New Smyrna	00.00	55.00
FL	#0366; Port Orange	00.00	100.00
FL	#9354; Pompano Bch	00.00	200.00
FL	#0369; Port St Lucie	00.00	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
NC	#0000; Charlotte	50.00	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	00.00	85.00
PA	#0483; Elkins Park	00.00	325.00
PA	#0368; Pittsburg	00.00	60.00
WA	#0825; Sequim	00.00	100.00
WI	#0729; Green Bay	62.00	259.00
Int'l	#0798; Red Deer, Can	00.00	50.00
Int'l	#0799; Sydney, Australia	00.00	276.00
Int'l	#0800; Foxford County	00.00	390.00

INTERGROUPS & INDIVIDUALS

12/1/2013-12/31/2014

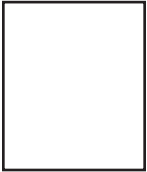
Group	10/1 to 12/31	YTD
Cyberspace/Phone	1,019.00	4,479.20
Individuals	735.00	5,191.00
Cleveland Intergroup	000.00	1,875.00
New Jersey Intergroup	000.00	1,200.00

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 remember
that what I can feel I can heal.”**

-Food for the Soul - Page 357-