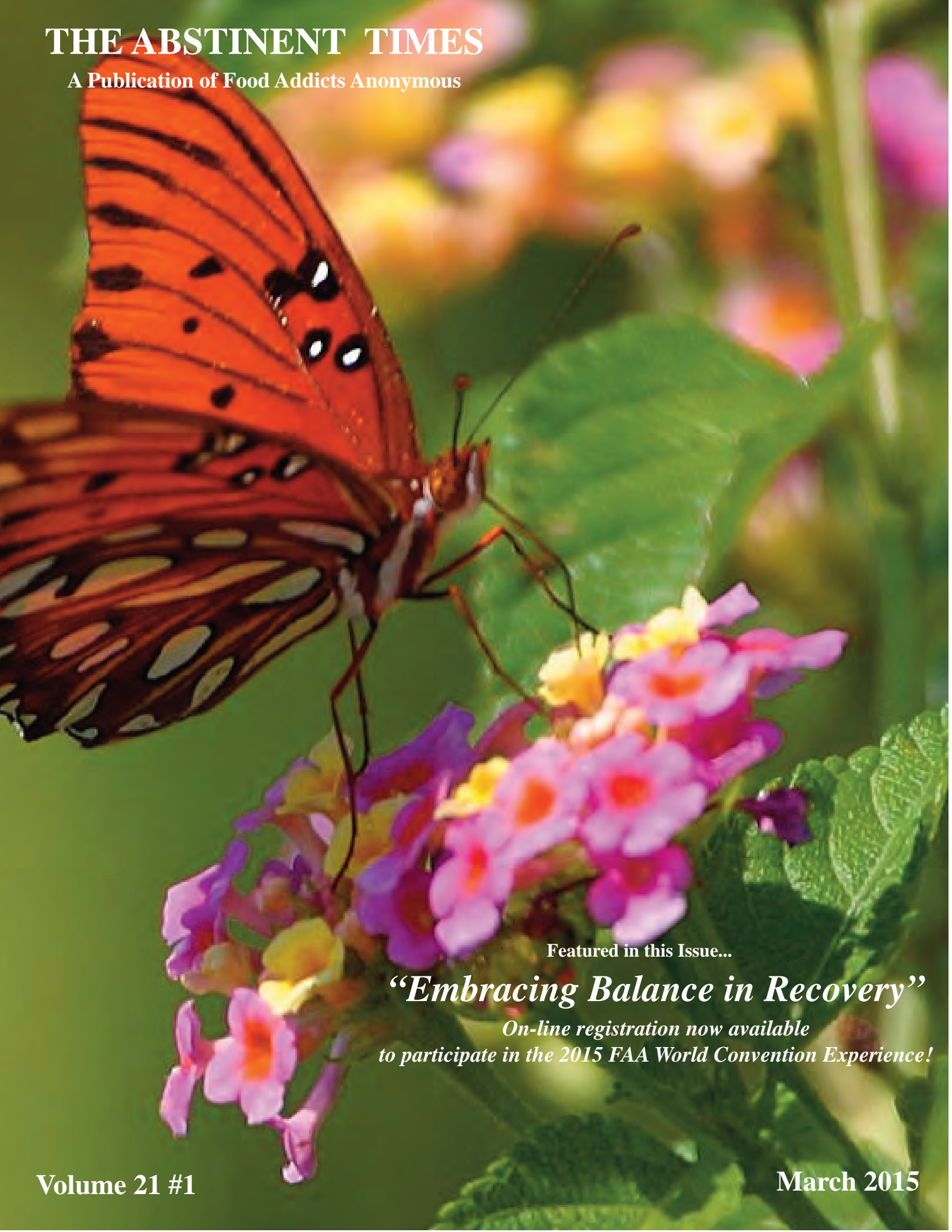


THE ABSTINENT TIMES

A Publication of Food Addicts Anonymous



Featured in this Issue...

“Embracing Balance in Recovery”

*On-line registration now available
to participate in the 2015 FAA World Convention Experience!*

Volume 21 #1

March 2015

THE ABSTINENT TIMES

A Publication of
Food Addicts Anonymous
529 NW Prima Vista Boulevard, Suite #301A
Port St Lucie, FL 34983

23rd Annual FOOD ADDICTS ANONYMOUS WORLD CONVENTION

Embracing Balance in Recovery



*Somerset, NJ
October 2-4, 2015*

FEATURES

The 2015 Convention Experience 1

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



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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 has been very busy planning the 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.

FOOD ADDICTS ANONYMOUS



Skype: faacanhel
Email: faawso@bellsouth.net
Ph: (772) 878-9657
Fax: (772) 878-9658
Office open: Mon - Fri 9 am till 5 pm EST

The Miracle of Abstinence: A Quiet Mind

As I stood in my backyard in Pleasanton, California, the wind stroked across my skin like velvet. The Springtime sun warmed my body. I heard morning doves sing their soft, drawn out calls that sound like a lament.

The wind picked up and the spring blossoms on the pear tree fluttered to the ground. I felt like I was standing amidst falling snow petals. And the most remarkable thing happened. I was present. Really present. I had this sense of total and complete contentment and serenity. I felt God all around me. And my mind was empty of anything but the bliss of the moment. Let me repeat this. My mind was empty of all thoughts!

That's the gift I have been blessed with as I enter a year and a half of abstinence from sugar, flour and wheat. Any of you who are just beginning your recovery or even those of long-sustained abstinence know that to NOT have any negative, delusional, crazy, angry, defensive, argumentative, masochistic thoughts running like broken records in your head is a miracle.

I think of the old me before abstinence. I was always mad, indignant, anxious, pissed off at some one or myself, argumentative, paranoid, depressed and tired. Somebody or something else was always the problem and the only solution to my brutal mental war was food. Lots of food. The only time my mind stopped the crazy thinking was when I slept.

I came to a point where I was heading to rock bottom. I was crazy, 200 pounds on a 5'4" frame and pre-diabetic. I was going to die. It was inevitable. The disease (which I didn't know I had) was accelerating to the point where I could not go more than 20 minutes without my next sugar or fatty carbohydrate fix. I gorged, gorged some more and gorged more after that. Until I fell asleep in a food coma.

My family kept their distance and my friends disappeared. I kept attracting horrible bosses, financial catastrophe, and zero men.

I was done. I didn't want to go through another minute of the life I was living. My therapist was clueless as to what was wrong. Her view was that I was eating because of my emotions. I thought so too. I thought there was just no hope for me.

In desperation, I tried another counselor who specialized in food issues. He told me I was a food addict and I should join Food Addicts Anonymous. I was totally shocked. What was a food addict? I didn't even know such a thing existed. But at that point I was willing to try anything.

I was incredibly resistant to going to a meeting and I waited a month before I went to a meeting and of course was late. I didn't want to start the food plan. I was so pissed and angry and just a crazy, awful person. But somehow, with the help of a very patient and tough sponsor, I got through my first month, and my next month. One day at a time.

I'm grateful for another day of abstinence. And I'm grateful for a mind that is serene, content and thoughts that are loving, kind and compassionate. And my wish is that everyone of us on this journey are graced with these moments of being present.

Written By: Kim A. from California

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, an FAA Committee is the best way to begin. 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. Our Committee's welcome your support.

The Editor

*Tea Time with
Abstinent Annie ...*



Dear Abstinent Annie,

I am so terrified....I have some very serious health problems, and still can't find the willingness to get abstinent and stay abstinent. I feel like this is impossible for me, what do I do?

Scared Scarlet

Dear Scarlet,

I once heard at a meeting, "Do all the things you don't want to do and you'll be fine." I'm sure that's not what you want to hear, but whatever you are or aren't doing isn't working, so you need to talk to people in the program who have long term abstinence, ask them what they are doing, and get one of them to sponsor you and help you. To simplify even further, ASK FOR HELP. I would suggest asking for help from your Higher Power, the FAA fellowship, and/or professionals if needed. Do what your sponsor tells you, make abstinence your #1 priority, and immerse yourself in your recovery. Whatever feels impossible to you is not impossible for your Higher Power. It is normal to feel powerless over our food addiction, that is something we all share. However, we are not helpless and we are not victims. My experience is that when I asked for help, I found FAA. So I was presented with the solution, but it was up to me to implement the tools to get abstinent and stay abstinent. In other words, I couldn't just pray and then hope for the best. I had to participate in my recovery. Keep in mind that this is a critical juncture in your life and the voice of your disease is working overtime to discourage you and tell you that you can't do this, it's all too much, just go back to your comfort foods, etc. So, do yourself a favor and get to lots of meetings, develop a support network beyond just having a sponsor, and use the tools that are working for those who are abstinent and have long term recovery. If this sounds overwhelming, it can be in the beginning, but just take it a moment or a day at a time, and it gets easier. Imagine what it will feel like to not have cravings, to not be obsessed with food 24 hours a day, to start feeling healthy and happy. These are the

(Cont.)

promises of recovery. The misery you are in now are the promises of your disease. Please join us on the road to recovery- being abstinent is the most miraculous experience!

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

Velma A	LA	30 Days
Joe David	PA	60 Days
Martina	CA	60 Days
Tracy	CA	90 Days
Anne	Aus	11 Years

Send us your FAA abstinent anniversary!
Let people know! Share your joy!
faawso@bellsouth.net

New Face-to-Face Meetings

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

Community Room
Allentown, PA
Tuesday 12:00 Noon

The Triangle Club
Waynesville, NC
Saturday 12:00 Noon

**Grace Church
in the Mountains**
Waynesville, NC
Monday 5:30 pm

**Eastminster
Presbyterian Church**
Grand Rapids, MI
Sunday 3:00 pm

Start a meeting in your city today!



“Feature Topic - Batch Cooking”

I have found that batch cooking the best way to get me out of the kitchen. With batch cooking one always has ready (weighed and measured) food when mealtime comes. For batch cooking protein, I usually broil and season 2-4 days worth of chicken pieces. After it cools, I weigh and measure meal sized portions, with my scale, and put the weighed portions into separate, or wrap and refrigerate or freeze. When needed for a meal, just thaw or microwave and presto-its ready to serve! My favorite way to batch cook grains is in a rice cooker. A wide variety of grains can be found in the bulk section of the supermarket and big bags are sold at a bargain price at the big box stores. To learn how to cook different grains, follow the directions on the package or from a good, basic cook book. Again, I cook 2-4 days worth, let cool, measure 1 cup portions, and put into containers or zip bags. When needed, just heat and serve. Starchy vegetables, such as sweet potatoes can also be pre-cooked and frozen for later use. For regular cooked vegetables, I cook 2-4 days worth and refrigerate. Cold steamed carrots, brussel sprouts, or cauliflower are perfect to add as the cooked vegetable in a lunch salad. I usually make simple salads each day for dinner. But to batch prepare a salad, just make 2-4 days worth and put in a crisper container in the refrigerator. Then measure out one cup of raw salad and one cup of cooked vegetable for your lunch or dinner meal (re-heat the vegetables only if needed for dinner). Fruit is best prepared daily, but larger melons can be cut up and berries can be put into weighed and measured portions for breakfast and metabolic adjustment meals. Batch cooking can be enjoyable and less of a chore and you will always have something ready to go at a moments notice.

Written by Chuck from Ohio

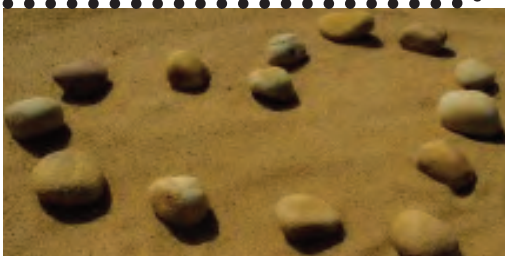
“The Abstinent Times”

Quarterly Newsletter

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

**GIVE A SUBSCRIPTION AS A GIFT OR
DONATE A TWO-YEAR SUBSCRIPTION
AS A RAFFLE PRIZE AT CONVENTION!!!**

*“Let food be
your medicine,
and medicine
be your food.”
~Hippocrates~*



WE NEED YOUR HELP!!



The next issue’s feature topic is “Planning & Preparation”. Please kindly submit article by e-mail or snail mail by June 30, 2015.

Food Addicts Anonymous
Attn: Abstinent Times Editor
529 NW Prima Vista Blvd., Suite 301A
Port St Lucie, FL 34983

Email: faawso@bellsouth.net
(Attn: Abstinent Times Editor in the subject line)

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

March 15, 2015

Open with Serenity Prayer at 8:00 PM

Roll Call: Chuck, Valerie, Phyllis, Vanita, Jewell, Libby and Patty, our Executive Assistant, and thereis one visitors.

Co-Moderator: No report.

Executive Assistant: No report

COMMITTEE REPORTS:

Office Committee: Committee agreed to one vendor to purchase the computer. The Committee is currently working on a contract to be approved for the Executive Assistant and Administrative Assistant. The Committee is also working on an Operations Manual for the WSO. Next meeting April 8th at 9p.m.

By Laws Committee: Motion on the agenda. Next meeting April 6th at 7pm.

Public Information Committee: No report. Next meeting April 19th at 8pm.

Literature Committee: The new pamphlet and the need for board approval of the newness and cost. The committee is editing the entire Green Book. Next meeting April 19th at 9pm.

Treasurer Report: Patty & Vanita & Phyllis met to make the new budget. Review year end report. We have lots of literature in stock and Patty going to 2 days has lowered this years spending. A question why we lowered the income of the convention, answer, we are low balling the number of attendants.

Convention Committee: Budget for anticipated 75 member attendance, hoping for lots more. 195,205 early bird and 215,225 regular price registration. Constant contact with the hotel. All Committees are underway. Registration should be live this week. Next meeting April 12th at 7pm.

NEW BUSINESS:

Motion: Made by Vanita. "I make a motion to have the approval of the 2015-2016 Budget. Chuck ask for a second on the motion, Phyllis makes a second. Vanita reviews and asks for questions. Budget gets approved by the entire board

Motion: Made by Jewel Elizabeth. "I make a motion to



institute a Web Site Committee, seconded by Vanita.

Discussion ensues then motion gets tabled because Committee needs to have a more descriptive of this new committee and then they can pass this on to the by Laws committee.

Motion: Made by Libby. "I motion to remove the current APPOINTMENT paragraph in Article V and replace it with the following: "APPOINTMENT: Nominations to the Board of Trustees, including self-nominations can be made by any member of the fellowship. This applies to both regular term and interim vacancy nominations. Voting for nominees can take place at the annual meeting or any regular or special meeting of the Board. Nomination forms must be submitted to the Secretary to be placed on the Board Meeting agenda in order for any nominations to be discussed and voted on. All Board members will receive a copy of the nomination form(s) along with the agenda. No "last minute" or other nomination changes will be accepted after the agenda has been approved. The nominee(s) must be present at the meeting and any questioning of the nominee(s) will take place at the appropriate time during the meeting according to the agenda.

At the annual meeting, initial discussion will occur with the nominee(s) and visitors present and after this discussion, the Board will be afforded an opportunity to discuss the nomination without the nominee or visitors being present. Voting will immediately follow and will take place by closed ballot. The Co-Moderator will collect closed ballot votes for each nominee and tally the votes and the secretary will record the outcome. The nominee(s) and any visitors will then be invited back into the room and the results of the voting will be read.

At regular or special Board meetings held by conference call, initial discussion will occur with the nominee(s) and any visitors present. After this discussion, the Co-moderator will ask the nominee(s) and any visitors to leave the call so that a closed discussion can occur with just Board members present. Voting will occur by each Trustee calling or sending a private email, within 24 hours to the Co-Moderator, who will tally the votes and notify the Secretary of the results.

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

INCOME

Convention Income	8,269.44
Donations	9,892.60
Literature Sales	28,973.47
Newsletter	450.00
Postage Income	4,183.39
Interest	19.85
<u>TOTAL INCOME.....</u>	<u>51,788.75</u>

EXPENSES

Accounting (tax return)	350.00
Annual Report	61.25
Credit Card Processing	714.25
Insurance	255.00
Literature	7,468.56
Office Expenses.....	1,805.29
Office Rent	3,825.00
PayPal Costs	1,206.07
Outside Contractors.....	29,183.50
Postage	3,634.15
Telephone	1,428.05
Travel (Convention Expenses)	177.06
Website Assistance	675.00
<u>TOTAL EXPENSES</u>	<u>50,783.18</u>

NET INCOME/(LOSS) **1,005.57**

PRUDENT RESERVE **46,152.74**

Page 5 Cont.

The Secretary will email the results to the nominee(s) and all Board members.

All newly elected Trustees will take office at the next regularly scheduled Board meeting after they are elected. The Parliamentarian shall be nominated and appointed following the same procedure as a Trustee."

Reason: The current appointment procedure is vague. This new procedure gives the Co-moderator, Trustees, and the nominees clear guidance. The motion and original "appointment" was read and reviewed and it is recognized that the new writing is clearer. Motion open to questions then tabled to be voted on next time.

Next Scheduled BOT meetings: May 17th and July 19th. 9:02pm Close with the Serenity Prayer.

Respectfully Submitted By;
Valerie B. from PA

~ Seventh Tradition in Action ~

Since **January 1, 2015**, 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

1/01/2015 - 03/31/2015

State	Group Info	1/1 to 03/31	YTD
AZ	#9950; Tucson	25.00	25.00
CA	#0514; Solvang	30.00	30.00
FL	#0364; Jacksonville	52.00	52.00
FL	#0366; Port Orange	25.00	25.00
FL	#9403; West Palm Beach	100.00	100.00
OH	#0306; Cleveland	100.00	100.00
PA	#0481; Bryn Mawr	100.00	100.00
WA	#0825; Sequim	50.00	50.00
WI	#0729; Green Bay	31.00	31.00

INTERGROUPS & INDIVIDUALS

1/1/2015-03/31/2015

Group	1/1 to 03/31	YTD
Cyberspace/Phone	2,332.68	2,332.68
Individuals	1,338.00	1,338.00
New Jersey Intergroup	205.00	205.00

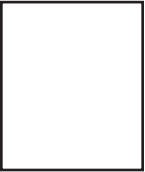
Supporting World Service

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 contact the FAA World Service Office today at (772) 878-9657 or email at: faawso@bellsouth.net 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-