

THE ABSTINENT TIMES

A Publication of Food Addicts Anonymous

Featured in this Issue...

“Planning & Preparation”

Volume 21 #2

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



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FOOD ADDICTS ANONYMOUS

World Service Office
529 NW Prima Vista Blvd. Suite 301A
Port St Lucie, FL 34983

Open Monday through Friday
9 am till 5 pm
Email: faawso@bellsouth.net
Skype: faacanhelp
(772) 878-9657 Phone
(772) 878-9658 Fax



Doubletree Hotel

200 Atrium Drive • Somerset • New Jersey

The 2015 FAA World Convention is here! The Convention Committee is looking forward to a well planned and prepared for event in Somerset, New Jersey. Support is still needed on a few of the sub-committees before and during the convention. 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.**

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.

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.** *(Continued on page 2)*

Here's what some of our members are saying ...

Here's what some of our members are saying ...

It's time to gather and witness something so much greater than myself... a chance to gain new perspective and incorporate new friends into my life.

Cindy K. from NJ

Embracing Balance in Recovery



*Somerset, NJ
October 2-4, 2015*

The best word to describe convention is FUN! It is the most fun I have all year. So much connecting, laughing and dancing!

Paula F. from NY

Though I have been in FAA for almost 5 years, this will be my first convention. It will strengthen my commitment and service to FAA which has given me so many gifts. This is where I will experience fellowship, love, learn and have fun.. I am so excited!!

Elena from NY

I think of the annual FAA convention as the family reunion I WANT to attend.

Denise H. from WI

Conventions for me are intense healing experiences. I love connecting faces with phone voices and it's life saving to shore up my program with face to face fellowship.

Gayle from NJ

I love convention. I love the excitement, the fellowship, and of course, the abstinent food prepared and served to me. The fellowship is phenomenal and I love seeing people I have not seen in a year. I can't wait until I get there in October!

Betty C. from FL

The "Ask It" baskets have allowed me to ask questions and put my fears in the proper perspective. Many of my issues have been solved during these sessions.

Camille H. from FL

I never fail to leave the convention inspired, energized and thankful. Inspired by the wonderful speakers and those who share, energized by the message of hope and recovery I always experience and thankful that I am a part of this life-changing fellowship.

Ann W. from NY

I was not abstinent when I went to my first FAA convention, even though I had been listening to meetings for over 6 months. When the convention ended, I had 3 days of clean FAA abstinence. I have been abstinent ever since. That was nearly four years ago.

Marietta M. from PA

Having the privilege of going to the World Conventino is an open door to giving and receiving hugs and congratulations to each other as we have progresses along our individual, yet combined paths together. I am EXCITED to be attending the 2015 World Convetion!

Willie from WV

Don't miss the opportunity to be a part of this celebration of recovery.

Register now at www.foodaddictsanonymous.org

See you there!

Tea Time with Abstinent Annie ...



Dear Abstinent Annie,

What do I look for in a sponsor, and how do I go about getting one?

Newbie Nancy

Dear Newbie Nancy,

Great question! Let me preface my remarks by saying that all I can share is my experience, strength and hope. Please consult other food addicts in our fellowship to get different ideas and perspectives. With that said, I would encourage you to read the chapter on sponsorship in our Food Addicts Anonymous Green Book. It is very helpful and informative.

Next, I would urge you to pray to your Higher Power for guidance and help in seeking the best sponsor for you.

Take a few minutes to jot down what you hope to receive and learn from working with a sponsor.

When I was looking for a sponsor, I knew I wanted someone I could trust, someone I could be honest and vulnerable with. I wanted someone with strong recovery who would care enough to help me get beyond my rationalizations and the voice of my disease. Someone who would help me clean up my act with the food plan.

I found my sponsor at an FAA convention. Other ways to find a sponsor include:

1. Get phone numbers of other food addicts while attending meetings.
2. Start calling people and identify yourself as someone new and ask questions.
3. Join the FAALoop.
4. Participate in online meetings.
5. Go to face-to-face meetings, workshops, and retreats.

All of this information is available on our website at: foodaddictsanonymous.org.

Calling people up and asking them how they found their sponsor is a good question to ask people you don't know and it may prove helpful in your quest. Welcome to FAA Nancy- it is a fabulous journey!

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

Susan A MA 9 Years
Amanda HI 30 Days

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.”*

**West Feliciana
Parish Library**
St. Francisville, LA
Tuesday 5:30 pm

**Lane Regional
Medical Center**
Zachary, LA
Thursday 5:30 pm

**St. Albans
Episcopal Church**
Elkins Park, PA
Saturday 10:30 am

246 W. Main Street
Gaylord, MI
Saturday 10:00 am

**Hearing, Health &
Wellness Center**
Shelby, NC
Monday 7:00 pm

**Bracebridge
United Church**
Bracebridge, Ontario
Tuesday 7:00 pm

Start a meeting in your city today!



“Feature Topic - Planning & Preparation”

I plan to be abstinent today. I plan to follow the FAA food plan. I plan to go to a meeting. I plan to call another food addict. I plan to pray to my Higher Power. I plan to read FAA literature.

What good are my plans if I don't prepare for them? Empty plans – empty promises....empty life. So what do I do to prepare?

1. My refrigerator and cabinets have abstinent food in them. When I shop, I read labels. Even if it's foods I buy all the time. Manufacturers often change their recipes.
2. I have the “Guide to Abstinence” close by and I read it. My disease will have me believe there are foods in the “guide” that are not there.
3. I have my scales and cups in a convenient place in the kitchen and I use them.
4. I have the meeting schedule. I was told there are only times you should go to a meeting. A. when you want to and B. when you don't want to.
5. I do not call in my food plan every day; however, in the beginning, I did!
6. I share daily with other food addicts – whether they are new and struggling or if they have many years and a strong program. I need both. As we say in program. I can't keep it unless I give it away.
7. I start each day with the Serenity Prayer. I need help daily and I know I must reach out to my HP on a daily basis. Sometimes, many times, during the day. I am a stronger and healthier person because of surrendering to my HP.
8. I read the “Food for the Soul” book daily. It's truly a wonderful inspirational piece of literature.

Each abstinent day is a blessing. Each abstinent day is filled with growth.

Dorene from New Jersey

“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!!!**

* * * * *

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

WE NEED YOUR HELP!!



The next issue's feature topic is “Sponsoring a Newcomer.” Please kindly submit article by e-mail or snail mail by October 31, 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

May 17, 2015

Open with Serenity Prayer at 8:00 PM

Roll Call: Chuck, Vanita, Jewell Elizabeth, Libby, Phyllis, Valerie, our Executive Assistant, and there is six (6) visitors.

Co-Moderator: Searching for BOT members.

Executive Assistant: Deferred to Office Committee Report.

COMMITTEE REPORTS:

Office Committee: Finalizing contract for our EA and assistant. Finalizing an attorney to complete the trademark and copyrighting. Reviewing new ways to digital files of literature can be distributed. Next meeting June 3rd at 9pm.

By-Laws Committee: Reviewed motion on the floor and that the committee is working on other issues. Next meeting has not been selected.

Public Information Committee: Busy working with lots of community outreach, including cable networks and doctors offices. Next meeting is June 14th at 8pm.

Literature Committee: Steadily working on proofreading and edits to the FAA Green Book. Next meeting is Tuesday June 16th at 9pm.

Treasurer’s Report: No Report.

Convention Committee: Planning is on time and on target. 63 registered attendees. Next meeting is May 24th at 7pm.

OLD BUSINESS:

Motion: Made by Libby V. “I make the following motion “To add a second paragraph to ARTICLE XI: EXECUTIVE ASSISTANT. The entire ARTICLE XI is listed in the July 26th, 2015 meeting minutes. Phyllis seconded the motion. We ran out of time and the motion was tabled.

NEW BUSINESS:

None

Comments from Visitors: Paula had a concern about her desire for changing the Food Plan permanently. Discussion ensued including the previous BOT process of reviewing the Food Plan.

Next Scheduled BOT Meetings: July 26th, 2015, September 20th, 2015 and October 2, 2015 (Annual In Person Meeting in New Jersey).

9:05 pm Close with the Serenity Prayer.

Respectfully Submitted,

Valerie B. from PA



Minutes – FAA Board of Trustees

July 26, 2015

Open with Serenity Prayer at 8:00 PM

Roll Call: Chuck, Valerie, Phyllis, Vanita, Jewell, Libby and Patty, our Executive Assistant, and there is one visitor, Dorene L.

Co-Moderator: No report.

Executive Assistant: No report

COMMITTEE REPORTS:

Office Committee: We now have a signed contract for our Executive Assistant and the office assistant. We emailed members asking for writings in the “Abstinent Times”. Working to update the website store to get our literature to not be able to download so readily and to have a host to properly support our needs. Next meeting August 19th @ 9pm.

By-Laws Committee: No report. Next meeting has not been selected.

Public Information Committee: No report. Next meeting is August 23rd @ 8pm.

Literature Committee: No report. Next meeting is Tuesday August 11th @ 9pm

Treasurer’s Report: We ended slightly in the black.

Convention Committee: Lots of activity for the Convention.. Keynotes speakers are confirmed. We are still confirming workshop leaders. 54 registered attendees. Lots of good service going in at all levels for this convention. Next meeting is August 16th @ 7pm.

OLD BUSINESS:

No old business to review.

NEW BUSINESS:

Motion: Made by Vanita “To approve the new 2015-2016 budget.” members noticed that some things were lower for next year mostly because of the expected about of income for convention is projected as low.. Also Patty has gone down to 2 days a week in the office. Voted on new Budget, all members voted yay including Jewel Elizabeth who voted by email, her vote. Budget for 2015-2016 Fiscal year is passed.

Motion: Made by Libby V. “I make the following motion “To add a second paragraph to ARTICLE XI: EXECUTIVE ASSISTANT. The entire ARTICLE XI shall read: The Board of Trustees is empowered to employ the services of an Executive Assistant whose general duties shall be to supervise the day-to-day operations of the World Service Office and to perform duties as specified by the Board of Trustees and the Executive Committee. The Executive Assistant will be required to attend

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

INCOME

Convention Income	8,269.44
Donations	13,908.45
Literature Sales	40,208.02
Newsletter	593.00
Postage Income	6,014.04
Interest	24.99
<u>TOTAL INCOME.....</u>	<u>69,017.94</u>

EXPENSES

Accounting (tax return)	350.00
Annual Report	61.25
Credit Card Processing	954.45
Insurance	1,105.00
Literature	7,793.06
Office Expenses.....	4,285.03
Office Rent	5,100.00
PayPal Costs	1,947.64
Outside Contractors.....	38,826.00
Postage	5,125.11
Telephone	1,963.72
Travel (Convention Expenses)	507.26
Website Assistance	900.00
<u>TOTAL EXPENSES</u>	<u>68,918.52</u>

NET INCOME/(LOSS) **99.42**

PRUDENT RESERVE **40,009.22**

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

***“Program plus Fellowship
equals recovery from food addiction.”***

~ 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 - 06/30/2015

State	Group Info	4/1 to 06/30	YTD
AZ	#9950; Tucson	50.00	75.00
CA	#0514; Solvang	0.00	30.00
CA	#0000; Walnut Creek	173.00	173.00
FL	#0364; Jacksonville	69.50	121.50
FL	#0366; Port Orange	0.00	25.00
FL	#0000; Port St. Lucie	11.00	11.00
FL	#0000; St. Petersburg	50.00	50.00
FL	#9403; West Palm Beach	100.00	200.00
OH	#0306; Cleveland	0.00	100.00
OH	#9443; Parma Heights	100.00	100.00
PA	#0481; Bryn Mawr	140.00	240.00
WA	#0825; Sequim	0.00	50.00
WI	#0729; Green Bay	40.00	71.00

INTERGROUPS & INDIVIDUALS

1/01/2015-06/30/2015

Group	4/1 to 06/30	YTD
Cyberspace/Phone	1,359.32	3,692.00
Individuals	1,494.53	2,832.53
New Jersey Intergroup	425.00	630.00

(Minutes Continued from Page 5)

Board meetings. The Executive Assistant and any other paid staff working in the FAA World Service Office will be hired as Independent Contractors. All contractual agreements will be signed by the contracted worker, Co-Moderator and Secretary of the FAA World Service Board of Trustees. All contractual agreements will be reviewed and signed annually."

Reason: The Executive Assistant and any other paid staff will not be employees of FAA World Service Office, but will be hired as independent contractors. This is the most beneficial and economic choice for FAA to keep the WSO staffed. Libby read it and Phyllis seconded the motion.

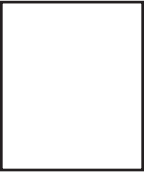
Next Scheduled BOT Meetings: September 20th, 2015 and October 2, 2015 (Annual In Person Meeting in New Jersey).

8:35 pm Close with the Serenity Prayer.

Respectfully Submitted,
Valerie B. from PA



TO:



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

“For today, I will show up for life.”

-Food for the Soul -