

THE ABSTINENT TIMES

A Publication of Food Addicts Anonymous

Featured in this Issue...

“Sponsoring a Newcomer”

THE ABSTINENT TIMES

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

FEATURES

World Service Office Special Announcement 1

Articles from the Membership 2

Grace & Addiction - By Lue from Kalamazoo
Discipline, Commitment, and Recovery - By Arlene from Florida

Abstinent Annie Column 3

My Abstinent Anniversary - By Trish from Maryland

Featured Article 4

"Sponsoring a Newcomer"
Article By: Libby from California



ANNOUNCEMENTS

New Face to Face Meetings 1

Starting the Road to Recovery

Next's Issues Featured Topic 4

"My 2015 Convention Experience"

Subscribe to The Abstinent Times 4

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DEPARTMENTS

The Board of Trustees 5

Fiscal Year 2015 - 2016

FAA Board Meetings 5 & 6

Meeting Minutes for 9/20/15 and 10/02/15

World Service Office 6

Financial Report & Seventh Tradition Contributions

FOOD ADDICTS ANONYMOUS

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WORLD SERVICE OFFICE SPECIAL ANNOUNCEMENT

The Executive Assistant, Patricia Herlehy-Baxter, submitted her letter of resignation to the FAA Board on November 1, 2015 and her last day in the office will be on December 17, 2015. Patty worked in the World Service Office for Food Addicts Anonymous for the past 6 years.

We appreciate and thank Patty for her assistance in helping FAA during this transition period. Her enthusiasm and dedication will be missed and we wish her huge success in her future endeavors.

The Board of Trustees has hired a new Executive Assistant, Donna Magnani, who started training for the position on Tuesday, November 10th. She is very eager to begin work at FAA World Service Office and we trust that she has the skills to run the World Service Office in a pleasant, professional and efficient manner.

The Board of Trustees wants to thank the FAA membership for their cooperation and understanding during this time.

FAA Board of Trustees

New Face-to-Face Meetings

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

Start a meeting in your city today!

Grace and Addiction

There really is no doubt in my mind that I am a food addict. I have known for years that my body metabolizes sugar and wheat—processed food in general—in an odd way. No matter what the substance in these categories, once ingested, I want more. It became apparent to me after my exposure to the book, “Sugar Blues” and for years I attempted to limit my sugar intake, certain that the depression and other woes were directly related to this not-so-subtle substance. I just didn’t understand the power that it held over me—how in bondage I truly was to it until an encounter with Kaye Shepherd’s book in a 12 step program {FAA} that recommended a meal plan, including suggestions for foods to include and avoid, hours between meals, and held meetings on the phone to accommodate so many of us unable to find or get to meetings. The people were sane in this program, unlike a similar one I attempted a few years prior where sponsors dictated your food plan and the loss of weight was of the utmost importance. I found this particular program punitive and shame-based, and I suppose for some it worked well, but for me, not a good fit. The shame I carry with me is abundant and I knew participating in that program was merely an attempt at weight loss.

Food Addicts Anonymous has shown me the beauty of abstinence. The journey is a gradual one; at least it has been for me. I have learned that the deep surrender of abstinence allows for the gradual peeling of the many layers of pride and shame that have dictated so much of my life. When I let go of my tight grip, initially on the sugared, processed substances, slowly a deep abiding gradual peeling of so many other layers of chaos begins to happen. The peace is prominent. There is a grounded, yet flexible, stance from which I begin to breathe and move.

It’s more than giving up the sugar, flour and wheat. It results in acknowledging the beauty of this particular vessel that I have been gifted with, and letting go, slowly, of other foods, and behaviors, that endanger life within my body, mind and spirit. There is an aesthetic gentleness that spills forth on this journey as I become aware of the ability to discern what will bring life to my being, and therefore, to this world.

The journey is a slow one for me . . . deepening in the process. A few years abstinence, then something I must test. Another few years, then a compelling need to explore certain ideas that I hold as true. Just to make certain that the reasons I remain abstinent are true for me. Each time bringing me to my knees, begging for food addiction not to be so in my life. “If you could just let this cup pass before me!” Then, slowly, with great sadness and grief, “thy will, not mine, be done.”

I’m not sure I will ever understand what makes me choose to risk losing the great gift of abstinence. I think my sponsor would say, “It’s the voice of the disease.” But to me, it often feels as though if I don’t listen to the objections that the wise woman inside of me begs me to consider, my abstinence would be a fraud—a lemmings mentality that goes contrary to all that abstinence and recovery promise. This being the most cherished gift: that I must respect the voice from within. It holds some truth, despite the apparent paradox that it presents.

And so I rise again from ashes, sad, somewhat resigned, somehow accepting of my fate. I try to remember how neophyte I am in the journey. Willing to listen, afraid of failing once again. Trying to believe that each failure brings with it a wisdom that enhances and deepens the journey, and that any one day abstinent is a movement forward into a truthful existence. Yes, I am a food addict. Powerless over this insidious biochemical malady. Afraid of the stigma that it attaches itself to and the refusal of so many to believe in its power and veracity. May God help me to remember this and to accept myself as I am.

Written By - Lue from Kalamazoo

Commitment, Discipline, Recovery...

I know I don't like commitment or discipline, but when it comes to the food, it is good for me and I know that. I need this program, it is my life line and it works if I work it. Every day I make a commitment to my sponsor to email in my food and follow my food that I committed to. I read FAA literature, write my Dear HP letter daily, and make a gratitude list for the day. I commit to give service to keep myself in recovery. I recognize I need balance so that I don't over commit.

In the past, I tend to do all or nothing, like being on a diet years ago. I would follow it for a week if I was lucky then see that I lost and give myself permission to eat whatever I wanted. Years ago I was able to get back it on for a few days, but as my disease progressed it got shorter and shorter and my weight gain increased. I had fewer and fewer clean days, and my food addiction progression to the point that I was 100 lbs overweight. I was sick and tired of being sick, depressed and spiritually bankrupt.

When I was married I made a commitment for better or worse for richer or poorer. My marriage lasted for 37 years and I ate my way thru most of it because I lived by my feelings. I was co dependent and living with another addict, it was war.

Since coming back to FAA 18 months ago, I understand today what commitment means. I take it serious now. I know when I'm in the disease I can't make a commitment without backing out of it, for one excuse or another. If I want to save my life I must follow this program, find a healthy balance and not over commit like I had in the past. I've been in relapse, because I didn't put first things first.

For today I am working on balancing my commitments. I commit to work this program and to continue to stay in recovery for the next 24 hours to the best of my ability.

Written By - Arlene from Florida

Tea Time with Abstinent Annie ...



Dear FAA Family,

Today is my 10th anniversary of FAA abstinence from sugar, flour and wheat. I can honestly say it has been the best 10 years of my life. I am so grateful to my Higher Power, and all of you in FAA who are part of my support group that keeps me abstinent. Abstinence is the foundation for an incredible life for me. I am constantly comparing my life now to what it was like in active addiction, and I immediately feel so blessed to feel serenity and peace around food today. which positively impacts the rest of my life.

When I first came in July 2004, I was scared to death when I heard what the food plan was. You mean I can never have pizza, ice cream, donuts again?! ARGH! Then I heard about the concept of "One day at a time" and I decided to try it for one day. Believe me, at that point, one day seemed impossible. However, I made it through one day, and then I was at a crossroads. Do I go back to absolute freedom to eat whatever I want, which got me to 400+ lbs, living a very limited, miserable life, or do I keep going with FAA? Even though I was not excited about the food plan, I knew that absolute freedom was going to kill me, so I kept going. I got involved, which was so key to my recovery. I got a sponsor who was comprehensive with me about all aspects of the program: getting my food squeaky clean, weighing and measuring, getting involved in service and embracing the steps and the spiritual aspect of this program. We talked on a daily basis for at least a year and a half, and that helped me so much, as well as going to lots of meetings and developing my own support network.

Today and everyday, abstinence is my first priority. Without it, I have nothing. With it, the possibilities are endless. After all, I consider it a miracle that I am abstinent, so I look forward to seeing what other miracles my Higher Power has in store for me. Thank you all, FAA family,

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 Ten years of abstinence, One Day at a Time.*



TO BE ABSTINENT IS ABOUT WILLINGNESS, NOT STRUGGLE

"If you are willing to be abstinent, this is a state of great humility. If you are trying to be abstinent, this is a state of great confusion.

A willingness to be abstinent implies that you do not know how to do it, but are willing to learn.

Trying to be abstinent implies that you should be able to do it, but are struggling with it.

If you are willing to be abstinent, you are open to receive. If you are trying to be abstinent, you are closed to guidance.

If you have been trying to give up old ways and have condemned yourself for failure to do so, simply be willing to learn how the old ways may be replaced with ways of peace.

If you are trying to be abstinent, you will fear not being able to be abstinent. You will judge yourself a failure. If you are willing to be abstinent, no setback is a problem, for you know that you will be shown.

If you are trying, you are attempting to surrender by yourself. If you are willing, you are asking for guidance.

Trying to be abstinent places responsibility on you. Being willing to be abstinent places the responsibility on God.

Willingness to be abstinent is, in a sense, a prayer. Trying to be abstinent is an act of separation from God

When you try, there is resistance. When you are willing, there is acceptance.

If you are trying to be abstinent, everything is an interference. If you are willing to be abstinent, everything is of assistance.

The freely made choice to be abstinent is the most important decision you make each day because it speaks for your willingness to be abstinent each day.

Outside of the Will of God, there is no such thing as success. Inside the Will of God, there cannot be any failure."

Author Unknown

“Feature Topic - Sponsoring a Newcomer”

Sponsorship is one of the tools for recovery. The basics of how to be a sponsor and what to expect from being sponsored are described in Chapter 4 of the Green Book - Food Addicts Anonymous and in the Sponsorship pamphlet. I read these pieces when I was first looking for a sponsor and I read them repeatedly when I started sponsoring. Sponsorship is so much more than words in a book. It keeps the program alive at the personal level and at the whole fellowship level.

Sometimes I still think that I would rather do this program alone, just follow the food plan (as a diet), and not have a sponsor, not be a sponsor or not do other service work. Then I remember that I tried it that way and it didn't work. I lost my abstinence and lived inside my head with the struggle of active addiction for many years after knowing what abstinence felt like. I don't want to go back there. As they say, you have to give it away to keep it.

My experience with sponsoring the newcomer in FAA is mostly that it has helped my own abstinence. It has taught me to better understand the food plan, how to set boundaries, how to let go of outcomes, and to be honest and comfortable with my own program. I think it's important for the newcomer to learn the basics of the food plan and understand the disease concept of food addiction. The literature is great for this, but the real learning (for both of us) comes through conversation. In the very beginning, I usually ask sponsees to get their containers of store bought items out of the refrigerator and we read the ingredient lists together. We go through the Green Book together and after some time with abstinence, we start step work. What I get out of this is a constant review of the literature, because I read it too. I am always amazed at how many times the food question that a sponsee will ask about turns out not to be the real issue and it was something else that was discovered through conversation. This is also true for me when I have an issue. Sponsoring helps us to figure out our situations and get perspective, especially when it comes to food. I always have to remind myself that if I could have figured out how to eat non-addictively on my own, I would have done it long ago.

"Growth is not always easy or comfortable but the rewards are great. We will have a stronger personal program and a stronger fellowship to continue carrying the message of hope and recovery. Sponsorship is the glue that binds us together in recovery. Take care, and know that when our Higher Power is invited into each sponsoring relationship, the path we follow is safe and sure." - Food Addicts Anonymous pp. 50

Written By: Libby V. - Walnut Creek, CA

“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 take responsibility
for what I say and do.”*

**WE NEED
YOUR HELP!!**



The next issue’s feature topic is “My 2015 Convention Experience.” Please kindly submit article by e-mail or snail mail by January 31, 2016.

Food Addicts Anonymous
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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 2015-2016

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.	OH	Co-Moderator	(847) 846-2065	03amie@gmail.com	Co-Moderator
Denise H.	WI	Secretary	(920) 246-5518	denisehouge@gmail.com	Secretary
Dorene L.	NJ	Treasurer	(908) 377-7939	dorenelevyl@comcast.net	Treasurer
Elena F.	MD	Secretary	(718) 335-8161	feliz_elena@yahoo.com	Literature
Phyllis E.	NJ	Trustee	(732) 244-4324	31peckel@comcast.net	Office
Rachel R.	NJ	Trustee	(908) 472-5180	rachel.rem@verizon.net	Public Information
Scott C.	MS	Trustee	(917) 673-6219	scott.d.cunningham@gmail.com	Convention
Vanita L.	CA	Trustee	(619) 741-4419	vanitasunnysandiego46@gmail.com	By-Laws

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



Minutes – FAA Board of Trustees October 2, 2015

Minutes – FAA Board of Trustees September 20, 2015

Open with Serenity Prayer at 8:00 PM

Roll Call: Chuck, Rachel, Jewel Elizabeth, Libby, Phyllis, Valerie. Patty our Executive Assistant and two (2) guests, Maria(PA) Doreen(NJ).

Co-Moderator: Thanked the Committee for the convention plans..

Executive Assistant: Deferred to the Office Committee report.

COMMITTEE REPORTS:

Office Committee: The office committee has been very busy with the copy writing, the phone log, so new assistant is totally updated. Patty has added hours to help because the assistant has left. The Committee is looking for ways to get donations increased to WSO. Lots of other stuff going on which is all in the minutes.

By-Laws Committee: There is a motion on the table to be voted on tonight

Public Information Committee: No Report

Literature Committee: One concern ~there was a paragraph in the "Welcome Newcomer Packet" that was about the forum. Patty said it will be removed before the next printing. Libby brought up that the Definition of Abstinence is not part of the "Welcome newcomer packet" Discussion ensued about the proper channels to get this adjusted.

Treasurer's Report: No Report.

Convention Committee: Approx 84 attendants so far. We have a large committee and everyone has contributed greatly. Rachel talked about putting together, via each committee, bylaws for the Annual Convention.

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. Valerie seconded the motion. Vote was taken and passed unanimously.

NEW BUSINESS:

Motion: Phyllis E from Office Committee. "On behalf of the Office Committee, I motion for the Board to approve the necessary expense over and above the current fiscal year budget to copyright 13 pieces of FAA literature at a rate of \$300 per item for a total cost of \$3,900." Seconded by Valerie. Vote ensued, passed unanimously.

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

8:41 pm Close with the Serenity Prayer.

Respectfully Submitted,

**FAA FINANCIAL REPORT
JULY 1, 2015 - JUNE 30, 2016
2015-2016 FISCAL YEAR**

INCOME

Convention Income	0.00
Donations	3,716.20
Literature Sales	8,501.42
Newsletter	200.13
Postage Income	1,294.15
Interest	4.84
<u>TOTAL INCOME</u>	<u>13,716.74</u>

EXPENSES

Accounting (tax return)	700.00
Annual Report	0.00
Credit Card Processing	230.18
Insurance	250.00
Literature	2,004.45
Office Expenses	966.72
Office Rent	1,275.00
PayPal Costs	402.12
Outside Contractors	8,609.00
Postage	1,207.77
Telephone	544.58
Travel (Convention Expenses)	224.57
Website Assistance	225.00
<u>TOTAL EXPENSES</u>	<u>16,639.39</u>

NET INCOME/(LOSS) **(2,922.65)**

PRUDENT RESERVE **42,326.91**

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

***“For today, I am free to
start each day with a clean slate.”***

~ 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 - 09/30/2015

State	Group Info	7/1 to 09/30	YTD
AZ	#9950; Tucson	0.00	75.00
CA	#0000; San Diego	50.00	50.00
CA	#0514; Solvang	0.00	30.00
CA	#0000; Walnut Creek	0.00	173.00
FL	#0364; Jacksonville	60.45	181.95
FL	#0000; North Palm Beach	25.00	25.00
FL	#0366; Port Orange	0.00	25.00
FL	#0000; Port St. Lucie	0.00	11.00
FL	#0000; St. Petersburg	0.00	50.00
FL	#9403; West Palm Beach	100.00	300.00
LA	#0000; St. Francesville	25.00	25.00
OH	#0306; Cleveland	0.00	100.00
OH	#9443; Parma Heights	0.00	100.00
PA	#0481; Bryn Mawr	200.00	440.00
VA	#0501; Verona	60.00	60.00
WA	#0825; Sequim	100.00	150.00
WI	#0729; Green Bay	43.00	114.00

INTERGROUPS & INDIVIDUALS

1/01/2015-09/30/2015

Group	7/1 to 09/30	YTD
Cyberspace/Phone	1,713.00	5,405.00
Individuals	1,119.75	3,952.28
New Jersey Intergroup	0.00	630.00

Sweet Cheat...

My addict brain says "Aw, give yourself a treat!
Just a little sugar would be so sweet!"
But the road to Sugartown is a dead end street...
When I went that way... I only found defeat.

So I steer past the sugar, being ever so discreet...
No point in preaching, to everyone I meet...
I'm just really grateful I can use my own feet
And I'm no longer bound to that orthopedic seat.

Just for today my life is really neat,
I don't get off on "the thrill of deceit..."
Program has made my addict's brain retreat.
FAA foils the power, of sugar... flour... wheat!

Written By - Cathy from Florida

TO:



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

**“For today, I remember that if I
fail to plan, then I have planned to fail.”**

-Food for the Soul -