

THE ABSTINENT TIMES

A Publication of Food Addicts Anonymous

Featured in this Issue...

“Keeping It Green”

2016 FAA World Convention Registration

Mail-in and On-line registration now available!

Volume 22 #1

1st Quarter 2016

THE ABSTINENT TIMES

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

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*2016 FAA World Convention
Somerset, New Jersey
October 21 - 23, 2016*



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Fiscal Year 2015 - 2016

FOOD ADDICTS ANONYMOUS



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24th Annual FOOD ADDICTS ANONYMOUS WORLD CONVENTION



**Somerset, New Jersey
October 21-23, 2016**

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 2016 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 2016 FAA World Convention and are interested in participating on a committee, contact **Dorene L. in New Jersey at (908) 377-7939 or dorenelevy1@comcast.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 digital pocket 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 Ellen L. in New Jersey at: **Ellen Lawson, 412 Bolton Rd., East Windsor, NJ 08520, Attn: Fashion Boutique or Gift Raffle.**

Contact phone: (732) 718-5928

Contact email: ellenjlawsen@comcast.net

All are invited to join the fun by volunteering today!

The Promises of FAA

When I first came into FAA, as I always say when sharing, “In the Beginning,” I was looking to lose weight, nothing else mattered. I thought the key to my happiness was being thin. I say “In the Beginning” because after over 25 years of recovery in FAA I now know the true meaning of happiness is having the clarity of mind so that I can experience the Promises coming true in my life. Twenty five years ago I just existed, now I am an active member of the human race.

In the past my life was fear based, always blaming others, had no self esteem and now I know I was also depressed. Never did I look to myself to make any changes in my behavior. What for? – Nothing was wrong with me. It was everyone else’s fault. What a joke that was.

Thank God for one of my character defects, stubbornness, that I stayed long enough in the program to achieve this clarity. This was only accomplished by building a solid foundation when I surrendered to my Higher Power and followed the suggested FAA food plan.

I can speak about all of the Promises; however, I would love to share with you some of the ones that mean so much to me.

We can be ourselves because we won’t allow abuse of any kind to be done to us by ourselves or others: Before my journey on the road to recovery, I was in two abusive marriages. Both times I thought I had no choice but to accept the situation. My higher power, working the steps, and the help of others has shown me that as a child of God I had choices and do not have to allow abuse to myself, by me or others.

We will accomplish complicated tasks with less confusion than before we were abstinent:

When I worked and even when I first became involved in giving service, I thought I wasn’t smart enough to do the tasks that were asked of me. So what I did was not to volunteer and just procrastinated until I was forced into completing whatever I needed to finish. For today, I have the confidence to attempt and also volunteer to take on tasks that I sometimes deep down inside of me still feel that I am not sure I am capable of doing. That is when I ask for help. In the past I didn’t ask for help because I didn’t want anyone to know how “stupid” I was. FAA is a “we” program. None of us can do it alone.

We will know freedom from the fear of change in our relationships with the community, our families, and our friends: As I stated before, my entire life was fear based, afraid to fly, afraid to drive somewhere new, afraid to speak in groups, afraid to tell someone that I was unhappy with what they said or did, and most important, afraid to change. I was afraid of the unknown and a lot more. Today is a completely different story. I embrace change, as it has given me the courage to take the necessary steps to overcome this fear. I learned many years ago that courage is fear that has said its prayers. I now have the courage to take on new projects; FAA has given me a voice to express myself without fear. The FAA Promises has shown me that change is good. As they say in program: “if nothing changes, nothing changes.”

We will cherish our abstinence as critical to our physical, emotional and spiritual survival, and we will stay abstinent:

For me this sums up the promises, without abstinence, the 12 Steps, and my Higher Power, I would not have the tools to continue on my mission to live a free, useful and happy life. I always need to keep my memory green and remember “DO NOT PICK UP–NO MATTER WHAT!! Otherwise, I will be doomed to go back to the life that kept me isolated and miserable.

Above is just a small part of the changes that I have accomplished since I started on my journey as a member of Food Addicts Anonymous.

I hope that my story inspires you to continue on **your** “Journey of a Lifetime.” There is so much more to come for all of us, “One Day at a Time.”

Written By: Phyllis E., Toms River, NJ

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 Committees welcome your support.

The Editor

*Tea Time with
Abstinent Annie ...*



Dear Abstinent Annie,

Are there any meetings for teens that are dealing with food addiction? I would like to pass on information to my granddaughter.

Grandma Grace

Dear Grandma Grace,

I can only speak for FAA, and currently there are no meetings that are teen specific. However, your granddaughter is more than welcome to attend any face to face or phone meetings or join the FAA Loop. The meeting information is found on our website, www.foodaddictsanonymous.org. At a convention that I attended a few years ago, there were 3 generations in one family that were following the food plan and our spiritual program of recovery and reaping the benefits.

Wishing you and your granddaughter all the best,

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.*

* * * * *

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

* * * * *

REGISTER! REGISTER! REGISTER!

**24th ANNUAL
FOOD ADDICTS ANONYMOUS
WORLD CONVENTION
October 21-23, 2016**

Need more brochures? Contact the World Service Office

**Do You Have an
FAA ABSTINENCE ANNIVERSARY?**

(FOR CONTINUOUS FAA ABSTINENCE)

Send us your name and FAA abstinent anniversary!
Let people know that the program works! Share your joy!

faawso@bellsouth.net



CONGRATULATIONS!!!

FOR CONTINUOUS FAA ABSTINENCE

Linda A.	TN	18 years
Libby V.	CA	7 years
Colleen L.	VT	6 months (Oct 15)
Patty W.	OH	1 year (Jan 1)
Jackie L.	OH	11 years (Feb 9)
Linda L.	PA	2 years (Feb 13)
Jewell E.	MD	10 years (Feb 17)
Linda G.	FL	2 months (Feb 25)
JoAnn D.	CA	10 years (June)



New Face-to-Face Meetings

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

La Jolla United Methodist Church

La Jolla, CA

Wednesday 7:30 pm

**St. Anne’s
Episcopal Church**

St. Paul, MN

Monday 7:00 pm

Ursuline Center

to begin July 23

Canfield, OH

Saturday 10:00 am

Start a meeting in your city today!



“Making Outreach Calls”

When I make outreach calls, I try to keep in mind that many people work full time and I'll probably get the answering machine or voice mail and usually I'll just say who I am and that I'm making an outreach call and leave my contact info so they will know that it's for real and most people don't call back and that's ok. Somehow the action of making the call seems to be what works for me - not sure how to explain that - other than give it a try and see if it's helpful for you also.

If I do get a person answering, then I tell them that I'm making an outreach call and ask them if they have a few minutes to talk - it goes about 50/50 for me. Most people offer to take my contact info if I need to talk and they need to finish a task. Some folks will say they have 10-15 minutes or something like that and it's up to me to honor that amount of time.

If I get another person who answers (home phone), then I need to be careful - very careful. Some addicts haven't told their families that they are going to 12 step groups. And this can get very tricky - some people demand to know who is calling and why, etc. and might sound a bit like a control freak at times so I usually say that it's not important and that I can call back later. You might want to get just cell phone numbers to start and I always mark it down if it's a cell number or a home number or just ask them and some people will say that it's ok to leave a message because their families know they are a member of a 12 step group. We need to be careful to not break their anonymity.

And now many are saying it's ok to text them and maybe this might be a good option to begin with—get to know them a bit before calling....

Hope this helps a bit in picking up that 250 lb. phone.

Jackie L. (OH)

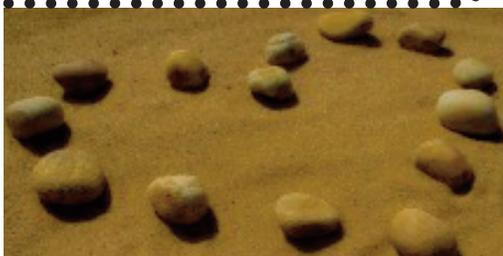
“The Abstinent Times”

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!!



We need articles for the next issue. Share your stories of experience, strength and hope. Please kindly submit article by e-mail or conventional mail.

**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 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
Position Open		Co-Moderator			—
Denise H.	WI	Secretary	(920) 246-5518	denisehouge@gmail.com	—
Dorene L.	NJ	Treasurer	(908) 377-7939	dorenelevy1@comcast.net	—
Elena F.	NY	Trustee	(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
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Libby V.	CA	Parliamentarian	(925) 324-4746	libbyonalabel@aol.com	—

One Day at a Time

There are two days in every week
about which we should not worry,
Two days which should be kept free of fear and apprehension.
One of these days is YESTERDAY,
With its mistakes and cares,
Its faults and blunders,
Its aches and pains.
YESTERDAY has passed forever beyond our control.
All the money in the world cannot bring back YESTERDAY.
We cannot undo a single act we performed;
We cannot erase a single word we said.
YESTERDAY is gone.
The other day we should not worry about is TOMORROW
With its possible adversities, its burdens, its larger promise.
TOMORROW is also beyond our immediate control.
TOMORROW, the sun will rise,
Either in splendor or behind a mask of clouds,
But it will rise.
Until it does, we have no stake in TOMORROW
For it is as yet unborn.
This leaves only one day - TODAY.
Any man can fight the battles of just one day.
It is only when you and I add the burdens of those two awful eternities
- YESTERDAY and TOMORROW -
That we break down.
It is not the experience of TODAY that drives men mad.
It is remorse or bitterness for something which happened YESTERDAY
And the dread of what TOMORROW may bring.
Let us, therefore, live but ONE day at a time.

Author Unknown

We all feel down sometimes; Like the pressures of the world are closing in on us.
Once in awhile, we need to be reminded...
That everyone in the world suffers from the
heartbreaks and disillusion of life...
Pass this poem on to someone you care about;
Let them know that you share their hurts, and that they're not alone.

THE GIFT OF SURRENDER

I wasn't dramatically overweight or underweight when I hit bottom before FAA. You couldn't tell by looking at me that I was struggling with food. I worked so hard to keep it hidden. I was the role model for healthy living. NOT. However, if anyone could see how unmanageable my life really was, they would have stayed clear from me. I was a Dr. Jekyll and Mr. Hyde. My internal world and personal life was really screwed up and food tied in with it. Life was not good and it certainly was not going to get any better if I kept repeating the same behaviors over and over again expecting different results. I was frustrated, depressed, discouraged and disoriented from my true spirit. I was surviving, but far from thriving. I had disconnected from working my program from my other addictions. I was a woman with long time sobriety, but I was not spiritually well.

Surrender is a daily practice for me. Why? Because my disease is cunning, baffling and powerful. It is going to find some way to creep into my life. Those ways are not always manifested by the desire to pick up one of my substances. It's my thinking, my other behaviors, my desire to isolate. Sometimes, I have to surrender to my path of change several times a day.

I can't do this on my own. I am an addict. Doing things alone means all I am left with is doing things with my disease. That never works out well.

So, I surrender – I give up the battle – I say " I can't do this anymore," my way isn't working.

S - serenity
U - uplifting
R - rational
R - real
E - ego-less
N - nice
D - determined
E - evolving
R - Recovering

Karen from VT



This 24 Hours

I could not have even started this program if it had not been for the focus on one day at a time! I could not (and still cannot) imagine never consuming: sfw again in my life. Before I began, I spent some time grieving the loss of these "friends" in my life. The thought of giving them up was overwhelming: and I almost did not begin. But I read many of your shares and the focus on "just for today". So, I decided I could abstain just today and did! Now: when friends ask how long I am going to stick with: this "diet", I reply, "just for today - not sure what: tomorrow brings." This keeps me from feeling: pressure to be perfect and gives me confidence that: I can be successful today. None of us knows what: tomorrow holds. I hope I do not pick up tomorrow: but if I do, I have tools to help me recover. I choose: to live in today!

Bobbie from TX

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 take responsibility
for what I say and do.”*

-Food for the Soul - Page 139-