

THE ABSTINENT TIMES

FOOD ADDICTS ANONYMOUS QUARTERLY

IN THIS ISSUE.....SERVICE OPPORTUNITIES!



THE ABSTINENT TIMES

Volume 22 Number 2

TABLE OF CONTENTS

FEATURES:

Abstinent Annie	2
New Meetings	2
FAA Anniversaries	2
<i>Members Celebrating Milestones</i>	

ARTICLES:

Abstinence Comes First	3
Relieved of the Diet Mentality	4

FAA BOARD AND WORLD SERVICE OFFICE:

Board of Trustees	5
<i>Contacts and Committee Chairs</i>	
Board Meeting Minutes	5
Service Opportunities	6
Donations to FAA	6

**Special Insert: Donations Needed for the
FAA World Convention**



FOOD ADDICTS ANONYMOUS

529 NW Prima Vista Blvd.,
Suite #301A Port St. Lucie, FL 34983
Phone: (772) 878-9657
Fax: (772) 878-9658
Email: faawso@bellsouth.net
Office Hours: Tuesday, Wednesday
and Friday 9:00 AM to 5:00 PM EST
www.foodaddictsanonymous.org

THE ABSTINENT TIMES

Statement of Purpose

The Abstinent Times (AT) is the quarterly newsletter of Food Addicts Anonymous. The purpose of the AT is to carry the message and inform the fellowship of FAA Board activities and donations to FAA. The articles and features are submitted by FAA members and are not approved by the FAA Board and are not intended to be statements of FAA policy. The articles voice a variety of abstinent experiences, while keeping to our primary purpose: to stay abstinent and help other food addicts to achieve abstinence.

SUBMIT YOUR STORY



Articles Needed for Next Issue: "Change"

How have you changed in FAA?

We are looking for a variety of experiences.

Share your stories with us!

Submit articles to "AT Editor" at
faawso@bellsouth.net
or by mail

Deadline for next issue: 9/15/16
Articles can be 1/2 to 1 page
or 300-600 words

SUBSCRIBE TODAY!

**Help carry the message
and support FAA**

**One-year subscription is \$12.00
Two-year subscription is only \$22.00**

Order by phone: (772) 878-9657

**Order on-Line:
www.foodaddictsanonymous.org**

Subscriptions make great gifts!

Herbal Tea Time



with *Abstinent Annie*....

Dear Abstinent Annie,

If I am unable to do the FAA suggested food plan as written, does that mean I am not a member of Food Addicts Anonymous? - Unsure Ursula

Dear Ursula,

What a great question! The way I see it, there are 2 different issues here: what defines abstinence and who is considered a member of Food Addicts Anonymous.

In my humble opinion and for anyone I sponsor, anyone is considered abstinent if they are abstaining from sugar, flour and wheat. I highly recommend following the FAA food plan as it is written, unless there is a good reason, such as a medical condition and then make changes with a physician's recommendation.

According to Tradition 3, the only requirement for membership to Food Addicts Anonymous is the desire to stop eating addictive foods.

I have worked with people who want me to endorse their food plan, with the changes that they want. I gently tell them that they don't need me, because they are already doing their own thing, not the FAA food plan, which has helped me so much. I have also worked with people with medical conditions who have needed to make changes and are abstaining from sugar, flour and wheat.

When I first started sponsoring, I only worked with people who were willing and able to do the FAA food plan as written, because it was all I knew and it was working so well for me. The longer I am in FAA, the more people I meet who have both medical conditions and food addiction and are addressing both issues. I now sponsor people who need to make changes.

Wishing you all the best in your food addiction recovery, ***Abstinent Annie***

Abstinent Annie is not a professional therapist. She is a recovering food addict with nine years of FAA abstinence, One Day at a Time.

Congratulations!

FOR CONTINUOUS FAA ABSTINENCE

Name	State	Abstinent Date	Time
Francis O	NY		17 months
Kirsten J.	OR	7/16/2012	4 years
Libby V.	CA	1/8/2009	7 years



Share your abstinent milestones.
Let the newcomer know the program works!

Submit your information to "AT Editor"
at faawso@bellsouth.net
or call (772) 878-9657

NEW MEETINGS!

Start a meeting. Carry the message.
Support FAA and your own recovery.

**Canfield,
Ohio
Saturday 10:00 AM**

**Santa Barbara,
California
Thursday 5:30 PM**

**Indianapolis,
Indiana
Saturday 12:00 PM**



Abstinence Comes First:

As I write this, it is nine months since I attended the 2015 FAA convention in NJ, gave up sugar, flour and wheat, and started following the green & white plan one day at a time. Life is good...even when things are not so good. I'm feeling the feelings, enjoying healthy, nourishing meals that have a beginning and an end, checking my behavior, finding gratitude, and, as an added bonus, I'm physically more comfortable.

I've done it before. Been abstinent on and off. But this time felt like I had reached the end of the line. I knew I had to surrender yet embrace the program wholeheartedly and deal with real life while remaining abstinent. If not, I would just go back to the same old song. Despair as I sunk into the back hole; resolve to start on the only plan that works for me; withdrawal with lots of tears and exhaustion; some great days feeling very in touch with my Higher Power (HP), then getting thrown off after a little stress or maybe just an "F-It" moment. Soon after, I would be back into full-blown food addiction, focusing on my next fix, or how to fix focusing on that fix. It became all-consuming as I drifted away from my HP. Powerless over these substances, for sure!

I had become so tired of feeling terrible about myself but I never gave up hope. My beautiful, vibrant, active mother passed away from an aggressive cancer seven months before the convention, after her treatment was unsuccessful. I felt blessed to know that, for food addicts, at least there is a solution.

One thing I took away from the long-timers who seemed peaceful and calm with their clear, shining eyes and words of wisdom...was that abstinence has to come first---no matter what! That really resonated. Planning ahead, batch cooking and always having abstinent foods available is key. And there lies the beautiful dichotomy of recovery...as we become disciplined, we find freedom. With that, prayer, gratitude, and reading literature need to be a daily practice since all we really have is 24 hours.

A real connection with other food addicts was also what I had been missing. Being at the convention and seeing and hearing others who I could relate to was very inspiring! Reaching out, though, was way

out of my comfort zone, which is exactly why I needed to do it. Despite my advancing age (ha-ha), it was very intimidating to attend the convention on my own. I stayed in the hotel room for awhile...just getting up the courage to mingle, but it was worth it! There was so much enthusiasm and sharing (I just listened), wonderful meals, and some great music and dancing, too.

Throughout my years of playing around with FAA, I always read the email meeting the FAA Loop. This time, though, I started going to face to face meetings when I returned home, and I was lucky enough to have another loving food addict offer to take my food via email each day. I also call into phone meetings and try to keep in touch with others (although I can always do more!).

My HP is always with me too and so is the FAA program with its kind and loving fellowship. We just have to reach out. The disease will fight to keep us in it but there is an answer. With this program, the tools, the steps, our HP and others who understand, we can find freedom from this addiction one day at a time.

I'm looking forward to the next convention in October! - Robin in NJ

FOOD ADDICTS ANONYMOUS 24th Annual World Convention



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

Relieved of the Diet Mentality:

I am Kathy B. from Massachusetts and I celebrated one year of abstinence in October 2015. On that day a year ago I called a woman and asked her to be my sponsor. I felt very desperate, hopeless, helpless and totally defeated. I was trying to do a food plan on my own. It was one day on then three days off. The minute I called this woman I felt immediate relief. Weighing and measuring my food, writing my food down and calling in my food to my sponsor has always given me a sense of relief and freedom. It works for me and I am grateful. In addition, I make the time to shop for the right foods, check all ingredients, cook and follow the timing of my meals. I have noticed that this has stabilized my blood sugar levels.

I regularly attend the 5:45 AM phone meetings. I love it, it is like my medicine for the day. Meditation has always been an important part of my life, even when I wasn't abstinent.

Of course, my connection to my Higher Power is much better now that I'm not fogged up by sugar, flour and wheat. I really feel this one daily tool has helped me return to 12-step recovery. My spiritual life has grown and I feel better and better each day. I believe my HP and following the food plan has kept me abstinent.

I work on the steps with my sponsor weekly. My past history has been trying to deal with this disease by dieting. It has been a challenge to change my mind-set to one of recovery and spiritual growth, rather than giving so much importance to my weight and looks. I am seeing progress as I continue to focus on recovery through prayer, meditation and working the steps.

My goal is to be relieved of diet mentality and live my life in serenity and peace. I want to be the best person I can be and today I am hopeful to reach that goal. I am learning to take care of myself physically, emotionally and spiritually. I am reaching out and helping other food addicts.

I am so grateful to be abstinent today.

Thank you FAA!

***“For today,
I will put my gratitude
into action.”***

FOOD FOR THE SOUL page 223

***“For today,
I ask my Higher Power
for the courage to make
a few phone calls,
a form of love and service
at my fingertips
24 hours a day.”***

FOOD FOR THE SOUL page 321

FAA BOARD OF TRUSTEES 2015-2016

The FAA Board is made up of members of FAA. The Board runs the business end of the FAA organization. This includes maintaining the website, printing literature, and keeping the World Service Office open. The minimum abstinent requirement to serve on the Board is 2 years. There is no abstinent requirement to join a Committee. All FAA members are welcome to attend Board and Committee meetings. The FAA By-Laws are available upon request from the World Service Office (WSO).

NAME	STATE	BOT POSITION	COMMITTEE	Phone	E-MAIL
Dorene L.	NJ	Treasurer	Convention	(908) 377-7939	dorenelevy1@comcast.net
Denise H.	WI	Secretary	-	(920) 465-9775	denisehouge@gmail.com
Rachel R.	NJ	Trustee	Public Information	(732) 281-8794	rachel.rem@verizon.net
Phyllis E.	NJ	Trustee	Office	(732) 762-0930	31peckel@comcast.net
Elena F.	NY	Trustee	Literature	(718) 335-8161	feliz_elena@yahoo.com
Vanita L.	CA	Trustee	By-Laws	(619) 741-4419	vanitasunnysandiego46@gmail.com
Libby V	CA	Parliamentarian	-	(925) 324-4746	libbyonlabel@aol.com
VACANT		<i>Co-Moderator</i>			
VACANT		<i>Co-Moderator</i>			
VACANT		<i>Trustee</i>			
VACANT		<i>Trustee</i>			
VACANT		<i>Trustee</i>			
VACANT		<i>Trustee</i>			
VACANT		<i>Trustee</i>			
VACANT		<i>Trustee</i>			
VACANT		<i>Trustee</i>			

FOOD ADDICTS ANONYMOUS BOARD OF TRUSTEES MEETING on MAY 22, 2016

Minutes Summary:

Meeting opened with the Serenity Prayer.

Roll Call: Present: Denise, Dorene, Elena, Libby, Phyllis, Rachel, Executive Assistant and one visitor.
Not Present: Vanita.

Co-Moderator: No report. We are still looking for a Co-Moderator

Executive Assistant: Newcomer Booklets are coming in this week. Convention flyers will be sent out this week. The Step Book revision is almost finalized.

Treasurer Report: Treasurer gave a brief description of the Treasurer's duties. The position description will need to be updated when we have an active Bylaws Committee.

Office Committee: Welcome Newcomers Booklets are complete. Chairperson thanked everyone who worked on this project. The new printers are very professional and have done an excellent job.

Public Information and By-Laws Committee: No reports

Literature Committee: Phase One of Welcome Newcomers complete. Phase Two is to have two versions of revised sample menu plans.

Convention Committee: All committees have a chairperson except for the Hospitality Committee. Full committee minutes are recorded with the WSO and available to anyone who would like a copy, by request.

Old Business: none.

New Business: On behalf of the Office Committee, Phyllis made the following motion: To correct the title on the cover of the book "The Steps to Recovery", to "The Twelve Steps and Twelve Traditions of Recovery", so that it matches the inside title of the publication. Reason: While the Committee was editing for grammar, it was discovered that there was an inconsistency because the inside title of the book is the correct title as the book clearly covers the 12 Steps and 12 Traditions. Motion was seconded and passed unanimously. **Meeting closed with the Serenity Prayer.**

HELP WANTED:

SERVICE OPPORTUNITIES

THE FAA BOARD OF TRUSTEES NEEDS MEMBERS

Are you looking for a service opportunity? The FAA Board can have up to 15 voting members. The abstinent requirement to serve on the Board is 2 years. The Parliamentarian has a 1 year abstinence requirement and serves as a non-voting Board member.

The FAA Board of Trustees meets by telephone conference call every other month and is responsible for running the financial and business end of FAA, including the FAA website and World Service Office. The Board holds its Annual Meeting in person at the FAA World Convention.

All FAA members are welcome to attend the regular Board meeting conference calls and the Annual Meeting at Convention. Contact WSO or any member of the Board for more information.

Board meetings are generally scheduled on the third Sunday of every other month at 8:00 PM Eastern Time. The number to call is 712-432-0926 pin 3871#. Check the FAA web site for meeting times.

THE FAA BOARD COMMITTEES NEED MEMBERS

Committees need support too. The chairperson of the committee is a Board Trustee and any member of FAA can join a committee. There is no abstinence requirement to join a committee. The committees also meet by conference call. All FAA members are encouraged to attend committee meetings and support FAA. The number to call is 712-432-0926 pin 3871#. Check the FAA web site for meeting times.

Office Committee
Convention Committee
Literature Committee
Public Information Committee
By-Laws Committee

7th Tradition Contributions to Food Addicts Anonymous

From January 1 to July 12, 2016, these meetings, inter-groups, and individuals have sent financial donations to FAA. Thank you for your continued support.

January 1 to July 12, 2016		
Type	Number of Donations	Amount
Face to Face Meetings	37 Meetings	\$ 5,053.15
Email Meeting (FAALoop)	27 Individuals	\$ 548.00
Phone Meetings	141 Individuals	\$ 3,181.00
Individuals	282 Individuals	\$ 3,332.60
Totals	487 Donations	\$ 12,114.75

Supporting FAA

Are you sending a donation to FAA?
Donations can be made through your meeting or by sending a donation through the World Service Office.





TO:

529 NW Prima Vista Blvd. #301A
Port St. Lucie, FL 34983

FAA WSO
From:

***“For today, I cherish FAA’s oneness
of purpose and focus on the
need for unity.”***

FOOD FOR THE SOUL page 17