

# THE ABSTINENT TIMES

FOOD ADDICTS ANONYMOUS QUARTERLY

**IN THIS ISSUE.....RETREAT EXPERIENCES!**



Volume 22 Number 3

3rd Quarter 2016

# THE ABSTINENT TIMES

Volume 22 Number 3

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## FOOD ADDICTS ANONYMOUS



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## 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: "The Steps"

How have you experienced the steps in FAA?

We are looking for a variety of experiences.

Share your stories with us!



Submit articles to "AT Editor" at  
[faawso@bellsouth.net](mailto:faawso@bellsouth.net)  
or by mail

Deadline for next issue: 1/15/17  
Articles can be 1/2 to 1 page  
or 300-600 words

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and support FAA

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Subscriptions make great gifts!



## Herbal Tea Time



with *Abstinent Annie*....

Dear Abstinent Annie,

What is the difference between emotional eating and food addiction? I'm not sure which I am, I just know that I have a problem with food and I really notice it when I'm upset.

Emotional Emily

Dear Emily,

Great question!

Let me start out with my understanding of food addiction: it is a biochemical disease. What that means is that by paying attention to what I am putting in my mouth I can rid myself of cravings, which cause the uncontrollable urge to eat too much. In FAA, we abstain from the foods that cause cravings, namely, sugar, flour, wheat, and highly processed, high fat foods, or any foods that we want to binge on. We follow a weighed and measured food plan so that we are eating the right amount of food. Too much food can cause cravings, even if it is sugar, flour and wheat free. What I am trying to articulate is that cravings are caused by a biochemical reaction in our bodies to highly processed foods, rather than our feelings.

However, I know that before FAA I had a lifetime pattern of turning to food whenever I felt bad, rather than processing why I felt bad and dealing with it in some way other than food.

My guess is that most food addicts are also emotional eaters. Are there emotional eaters who are not food addicts? I can't definitively answer that. My thought is that it would depend on the severity and frequency of the overeating.

I would highly recommend that you attend some FAA meetings, read our literature, talk to some of our members, and see if you can relate to the definition of food addiction or not.

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 ten years of FAA abstinence, One Day at a Time.

# Congratulations!

## FOR CONTINUOUS FAA ABSTINENCE

Name	State	Abstinent Date	Time
Geeta V.	CA	1/6/2016	9 months
Victoria H.	UT	11/2015	1 year
Susan A.	MA	8/11/2013	3 years
Dorene L.	NJ	9/28/1989	27 years
Phyllis E.	NJ	8/27/1990	26 years



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

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

## **NEW MEETINGS!**

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

**Westminster, CO**  
**Wednesday, 7:00 PM**

**Delray Beach, FL**  
**Tuesday, 7:00 PM**

**Colorado Springs, CO**  
**Friday, 2:30 PM**

**Yonkers, NY**  
**Saturday, 11:00 AM**

**Brecksville, OH**  
**Tuesday, 6:30 PM**

**Carlsbad, CA**  
**Monday, 10:30 AM**  
**(new location)**



# FEATURE ARTICLE

## CHANGE

Most of us want to change something about ourselves. Often I will have a spurt of motivation, a fire being lit underneath me, and in that moment I am utterly committed to that change. When I first read the FAA website I was scared and relieved to find out that I had a disease, something that could be managed. It gave me the hope that I could change my behaviors around food. I was ready to jump in with both feet. But almost immediately I lost confidence in my ability to change.

Beginning the FAA program was difficult, painful and daunting. I remember agonizing over what would my family possibly do when I could not make the Christmas coffee cake for them because it was too tempting for me. Well Christmas was months away and it turns out I was the only one who ever really cared about the Christmas coffee cake (which explains why I ate  $\frac{3}{4}$  of it every year). This is why committing to 24 hours at a time is so important. One step on the path at a time. Also, I found out that I cannot just do the food plan. I need to be a part of the FAA community and I needed to follow the entire program. Commit to that one step, commit to the program and jump into the FAA community.

In the beginning, I had several relapses. But once I had felt the wonderful freedom of this program I knew I had to get back to it so that I could feel that way again. The freedom from food cravings and food obsession, the freedom of having mental clarity and the freedom of a healthy body that gives me energy and vitality is a freedom worth fighting for. I've now been abstinent for over a year. When I have tough days, tough moments, I remember my commitment to change, to stay on this path until I get over the rough patch and can enjoy the gifts of this wonderful program.

Thank you FAA!  
Tracy H. in California



***“For today,  
I ask God to help me be willing  
to make changes.  
I ask God to help me love myself  
as much as I love others.”***  
*FOOD FOR THE SOUL page 217*

***“For today,  
I ask for the confidence to  
present myself to the world  
exactly as I am.”***  
*FOOD FOR THE SOUL page 249*

# FAA RETREAT EXPERIENCES

In 2016 there were four FAA Retreats: California, New York, New Jersey, and Ohio. Retreats are run by members of FAA and offer a time to gather for fellowship, spirituality and unity. The following articles are individual experiences from each of our retreats this year.

## CALIFORNIA FAA RETREAT "THE PROMISES DO COME TRUE"

I attended my first FAA retreat in January 2016. It was in Southern California. I had just discovered FAA and had attended my first face to face meeting in Walnut Creek, CA. It was at this meeting that I learned about the upcoming retreat and I had heard it was full. In the next couple of days, something greater than myself nudged me to call the retreat coordinator and ask if there still was room. I called and was told that if I paid for it today, I could attend. I did just that.

The retreat started on Friday and ended Sunday morning. I went to work for a couple of hours that Friday morning and drove six hours to the retreat straight from work. I remember during the drive my mind body and spirit were aligned and I was in good spirits. I didn't know why I was going or whether I was a food addict or not. I was being moved physically without much thought.

I had been in FAA about two weeks when I attended the retreat. I didn't know what to expect. I went with the thought of being willing and being open.

It was an eye opener to see so many people at the retreat dealing with the same stuff. I expected everyone to be overweight. This was not the case at all. I felt out of place. I remember saying to one member that she looked so fit I never would of have thought she had a food addiction. I loved her answer: "My outsides do not match my insides." One of the reasons I came into FAA was just that reason. I was sick of not feeling my feelings. I remember continuously asking God to please help me feel....never in a million years would I have thought the answer would come

through my food addiction and thorough FAA—all with the grace of my Higher Power.

During the retreat and perhaps about two months after, I was still doubting and continued to question whether I was an addict. It was nice to hear everyone's share as this was my first exposure to the members and the experience strength and hope of their recoveries.

I remember the last day of the retreat, when we shared our experience of the retreat and my share was that I received exactly what I came with. I came open and without much judgements and I was received openly and without any judgements. I felt empowered and determined when I left.

At the retreat, We also had an opportunity to make an intention board for the year. I made one but didn't believe in them. As I write this, my intention board is hanging on the wall right in front of me and I am so happy to say that some of the intentions on my board have come to fruition while others are in progress.

I am in the program for seven months now and my program started strong with a face to face meeting and a retreat. I also got the opportunity to be of service by leading a FAA phone meeting which was a direct result of attending the retreat. I keep in contact with few of the members that I met at the retreat and am so, so grateful to this program, my sponsor, and FAA members.

Geeta V. in California

## 1st ANNUAL MEDITATION RETREAT STELLA NIAGRA, NEW YORK (JULY 15-17, 2016):

I am so grateful that in FAA and through the gift of abstinence I had the opportunity to travel to several retreats this year. In July, I traveled from NJ to 'upstate' NY to attend the First Annual Meditation Retreat at Stella Niagra Retreat Center. I knew I was blessed to be going to the retreat because even my drive up was spiritually filling. I was amazed at the magnificent greens and blues of the rolling farmlands of Pennsylvania and New York. As I approached the main entrance of the center my sponsor greeted me warmly with a big hug; meeting for the first time in person was completely affirming.

The weekend began with an abstinent meal and a face-to-face meeting. This set the stage for Step 11, "Sought through prayer and meditation to improve our conscious contact with God, as we understood God, praying only for knowledge of God's will for us and the power to carry that out." It was great to see everyone; I was able to put several faces to the names I hear quite often on the phone meetings.

Friday evening was an introduction to several forms of meditation in a workshop format. I learned to quiet my thoughts through a guided body scan. We 'set our intentions' for the retreat and practiced a walking meditation through a carefully manicured labyrinth then let go of expectations through the burning bowl. I learned that eating too, could be a form of meditation.

The next day started early with morning stretches at 6:15 am followed by an abstinent breakfast and unfolded into a meeting looking at Step 11 and how it relates to our program. This was followed by a relaxing, heart centered guided meditation that ended with a loving song about peace. The afternoon was filled with playtime, a very important component in recovery. Free swim time in the pool even included noodle races!

Meditation through art was presented and I was sorry to miss this gentle soul searching exercise as I decided to visit the very majestic Niagara Falls with two friends from the retreat.

For Laughing Yoga, we were led on several exercises involving laughter; real belly breathing, face

smiling, deep eye gazing laughter. I found this wonderful exercise touched my soul and opened my heart.

Each meal at the retreat was lovingly prepared and presented with care. I tried chickpea salad and cucumber water. I sometimes get into a rut and this allowed me to discover new ideas to add into my food rotation. Eating a meal with a group of fellow FAAs is a workshop in itself. There are lots of measuring cups, scales, spices and condiments to try. No one seemed to be in a hurry, just focused on careful weighing and measuring.

Later in the evening after a group picture, the group untied their knots through sharing our gratitude and then settled down for an exercise in relaxation meditation or Yoga Nidra, the sleep of yoga. We were gently led into a form of meditation that helps calm and relax the mind and body and prepare for the restorative gift of sleep.

Sunday began with yoga stretching, an abstinent breakfast and wrapping up. The morning was filled with hugs, phone number exchanging and hopes to meet again soon at the convention.

I left Stella Niagra with a joyful heart and a greater understanding of the FAA program. My toolbox is filled with healthy coping strategies that use laughter, spending time with others, meditation and gratitude in place of eating addictively. I had the privilege of being with a group of people who practice healthy principals in a loving judgment free manner. And finally, I began to learn how to quiet my mind so I may be open to the gifts my HP and FAA are sending my way.

A few weeks after the retreat was over I received the group photo of a lovely, smiling, happy group of folks from the retreat; everyone in the photo looked content and at peace. The photo hangs on my refrigerator and whenever I catch a glimpse of it I am reminded that the FAA promises do come true; Promise 8 says 'we will no longer fear trying something new or different'. I'm glad I tried it.

Annette in New Jersey



## **8th ANNUAL SERENITY BY THE SEA RETREAT LONG BEACH ISLAND, NEW JERSEY (JUNE 3-5, 2016):**

The Serenity by the Sea retreat was a huge success again this year due to the commitment and service demonstrated by all the attendees and the committee. It was amazing how everyone worked together sharing in the service opportunities and giving so generously of themselves and to the fundraiser raffle. The workshops were not only helpful in learning about abstinent recovery; but entertaining as well. Our entertainment this year was enjoyed by all and gave the retreat an extra bonus of fun and laughter. In addition to the abstinent food, fellowship and fun, the retreat donated \$1,333.00 to FAA.

The weather was great and the grounds are beautiful. Stella Maris is located between the Bay and Atlantic Ocean. The charming cottages offer a

home-like atmosphere. The weekend once again proved that FAA is truly a "family-ship".

Mark your calendars for the 9th Annual Retreat scheduled for June 2-4, 2017. It fills up quickly. If you are planning to attend the next FAA Annual World Convention, the retreat always contributes a \$210 (paid in full) Gift Certificate to one lucky winner at the gift raffle! Looking forward to seeing you next year.

Dorene L. in New Jersey

## **BRIDGE OVER TROUBLED WATERS RETREAT MADISON, OHIO (JUNE 25, 2016):**

The Ohio Retreat was a one day retreat on June 25, 2016. 26 food addicts arrived for a day of reflection and fellowship. We opened with a breathing meditation. At noon we had a Brown Bag lunch followed by a walk in the next door park. The discussions were held outdoors on a large shaded veranda surrounded by trees. There were 3 speakers as keynote sharing their experience, strength and hope reflecting on the 12-Steps of our program. We had Patty W. on steps 1,2,3 and 4, Dave G. on steps 5,6,7, and 8, and Gloria P. on steps 9,10,11,and 12. We also had a clothing exchange and a fundraiser raffle to make a donation to FAA.

The first part of the program discussed speaking our truth from the heart. How it was better in here than out there. Letting your Higher Power be your guide. It was about hiding and perfectionism and so much drama around food. This program is the calm waters; the calm we were looking for, especially after knowing the constant turmoil we were in before this program.

The Second part, was looking at why I am insane and working with the steps for my sanity. Looking at what needed to go in my life and not selling this program short. We remember this issue is in our heads. Being in the food you don't feel human and that can be overwhelming. We need to have some faith in order to build a new life.

The third part of the program was sharing how our Higher Power opens it up for us. Knowing we don't pick-up no matter what. Knowing surrender. Without the Higher Power, this disease gets bigger every day and without the Higher Power we are fear based persons. Looking for humility to change my attitude. Remembering the biggest amends is to myself. Knowing we talk about this disease or we die. Hoping to be Happy, Joyous and Free with the God of our understanding. Knowing the eyes are the window into the soul. Asking ourselves what am I running away from? Don't be afraid, use Honesty, Unselfishness, Love and Purity. Knowing gratitude can be inherited, we get it from our fellow members.

Chuck S. in Ohio

## **SPECIAL NOTICE:**

### **PROPOSED NEW SAMPLE MENU PLAN IN THE WELCOME NEWCOMER BOOKLET**

#### **BACKGROUND:**

On September 18, 2016, the FAA Board of Trustees approved a motion submitted by the Literature Committee. The motion is to replace the Sample Menu Plan on page 42 of the Welcome Newcomer booklet with 2 revised sample menu plans - one for women and one for men and follow a communication plan in accordance with our By-Laws.

The proposed change is based on seven reasons:

1. Follow our traditions.
2. Keep our newcomer in mind to maximize their success.
3. Not try to create meals that take away from the seriousness of the disease.
4. Not try to duplicate non-abstinent foods with abstinent food.
5. Support the principle of rotation.
6. Support all FAA fellows – women and men in our program.
7. Have the sample menus separate to provide a less crowded document and make reading it less confusing.

#### **ACTION:**

The Literature Committee is collecting feedback for 90 days and the final date for feedback is February 28, 2017.

1. View and download the proposed menu plans on the FAA website under the “Events” header. If you need assistance or would like a copy of the proposed menu plan mailed to you, contact Libby V. at [libbyonlabel@aol.com](mailto:libbyonlabel@aol.com) or (925) 324-4746.
  
2. Send your comments to Elena F. at [feliz\\_elena@yahoo.com](mailto:feliz_elena@yahoo.com) or by calling (718) 335-8161.

#### **IMPORTANT NOTE:**

When reviewing, consider how the proposed menus are now consistent with the Guide to Abstinence and all FAA literature. It may also be helpful to use the seven reasons agreed on by the Literature Committee (see above) when making comments.

For example, the Guide to Abstinence suggests:

- Wide variety and attractive presentation of your meals will help you stay abstinent.
- For those with elevated cholesterol levels limit eggs and red meats to 3 times a week.
- Red Meat should be limited to 3-5 times per week. Other sources of protein include: tofu, tempeh, beans, chicken, fish, and low-fat cottage cheese.
- Include fish or poultry in your food plan daily if possible (not on the vegetarian day).
- We suggest one vegetarian day per week. Try soy protein (tofu or tempeh).
- Do not repeat the use of any starchy vegetable or grain more than three times per week.



# THIS IS A SAMPLE ONLY

## GO TO THE FAA WEB SITE "EVENTS" HEADER TO VIEW AND DOWNLOAD THE PROPOSED MENU PLANS

### Women's Sample Menu Plan

Meals	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b> 1 protein 1 fruit 1 dairy 1 grain or starchy vegetable	2 eggs 1 large orange 1 c. non-fat or 1% milk 1 c. oat bran	6oz. tofu ½ (6") cantaloupe ½ c. low fat cottage cheese 1 c. brown rice hot cereal	1 c. black beans 1 c. pineapple 1 c. low fat yogurt 1 c. grits	2 eggs 1 large peach 1 c. buttermilk 3 brown rice cakes	4 oz. chicken 1 medium apple 1 c. non-fat or 1% milk 1 c. buckwheat hot cereal	4 oz. salmon 3 small kiwi 1 c. soy milk 1 c. steel cut oats	1 egg 2 oz. sausage ½ large grapefruit 1 c. low-fat yogurt 6 oz. potato
<b>Lunch</b> 1 protein 1 c. salad/raw vegetable 1 c. cooked vegetable ½ oil portion	4 oz. hamburger 1 c. broccoli 1 c. lettuce, tomato, onion ½ T. mayonnaise	4 oz. shrimp 1 c. asparagus 1 c. cucumber ½ T. oil and ½ T. vinegar	6 oz. tempeh 1 c. beets 1 c. kale salad ½ T. oil and ½ T. vinegar	1 c. kidney beans 1 c. turnip 1 c. mixed greens ½ T. oil and ½ T. vinegar	4 oz. turkey sausage 1 c. onion, mushroom, peppers 1 c. mixed greens ½ T. oil and ½ T. vinegar	4 oz. hot dogs 1 c. zucchini 1 c. broccoli coleslaw ½ T. mayonnaise	1 c. garbanzo beans (chickpeas) 1 c. carrots 1 c. lettuce, tomato, red cabbage ½ T. oil and ½ T. lemon
<b>Dinner</b> 1 protein 1 c. salad/raw vegetable 1 c. cooked vegetable 1 grain or starchy vegetable ½ oil portion	4 oz. chicken 1 c. string beans 1 c. salad 6 oz. potato ½ T. oil and ½ T. lemon	4 oz. pork chops 1 c. brussels sprouts 1 c. tomato and onion 1 medium ear of corn ½ T. oil and ½ T. vinegar	6 oz. tofu 1 c. bok choy 1 c. salad 1 c. brown rice ½ T. oil and ½ T. vinegar	4 oz. fish 1 c. collard greens 1 c. salad 6 oz. sweet potato ½ T. oil and ½ T. vinegar	4 oz. steak 1 c. spinach 1 c. mixed greens 1 c. quinoa ½ T. oil and ½ T. lemon	4 oz. chicken 1 c. stir-fry vegetables 1 c. beansprouts ½ c. peas ½ T. oil	4 oz. salmon 1 c. cauliflower 1 c. spinach salad ½ c. butternut squash ½ T. oil and ½ T. vinegar
<b>Metabolic Adjustment (MA)</b> 1 dairy or 2 oz. protein 1 fruit	1 c. low fat yogurt 1 c. blueberries	1 c. soy milk 1 large pear	½ c. low fat cottage cheese 1 large nectarine	2 oz. chicken 1 c. watermelon	3 oz. tofu 1 c. blackberries	1 c. buttermilk 2 small tangerines	1 egg 1 c. strawberries

- T. = tablespoon; tsp. = teaspoon; c. = cup; oz. = ounce.
- Read the ingredient list on all products and ask questions about ingredients when dining out.
- The suggested meal plan allows for 1c. of clear broth before lunch or dinner. Some examples are: 1 tsp. liquid amino and 1/2 tsp. salt free seasoning in 1c. of hot water, vegetable stock, chicken stock, or miso.

- This chart is meant to be suggestive only. Ask for assistance from your sponsor and other members of FAA. Keep in mind that your tastes will change as you go through detox.
- Take time to learn what different foods taste like. Learning how to cook may be more beneficial than seeking out "recipes".
- Study the entire "Guide to Abstinence." It contains valuable suggestions about planning, herbs and spices, condiments, fats and rotation of foods.

### Men's Sample Menu Plan

Meals	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b> 1 protein 1 fruit 1 dairy 1 grain or starchy vegetable	3 eggs 1 large orange 1 c. non-fat or 1% milk 1 c. oat bran	6oz. tofu ½ (6") cantaloupe ½ c. low fat cottage cheese 1 c. brown rice hot cereal	1 c. black beans 1 c. pineapple 1 c. low fat yogurt 1 c. grits	3 eggs 1 large peach 1 c. buttermilk 3 brown rice cakes	6 oz. chicken 1 medium apple 1 c. non-fat or 1% Milk 1 c. buckwheat hot cereal	6 oz. salmon 3 small kiwi 1 c. soy milk 1 c. steel cut oats	1 egg 3 oz. sausage ½ large grapefruit 1 c. low-fat yogurt 6 oz. potato
<b>Lunch</b> 1 protein 1 c. cooked vegetable 1 c. salad/raw vegetable 1 grain, starchy vegetable or fruit ½ oil portion	5 oz. hamburger 1 c. broccoli 1 c. lettuce, tomato, onion 1 medium apple 1 T. mayonnaise	6 oz. shrimp 1 c. asparagus 1 c. cucumber 1 c. brown rice 1 T. oil and 1 T. vinegar	6 oz. tempeh 1 c. beets 1 c. kale salad 1 large orange 1 T. oil and 1 T. vinegar	1 c. kidney beans 1 c. turnip 1 c. mixed greens 6 oz. potato ½ T. oil and ½ T. vinegar	6 oz. turkey sausage 1 c. onion, mushroom, peppers 1 c. mixed greens ½ c. corn ½ T. oil and ½ T. vinegar	5 oz. hot dogs 1 c. zucchini 1 c. broccoli coleslaw 6 oz. yam ½ T. mayonnaise	1 c. garbanzo beans (chickpeas) 1 c. carrots 1 c. lettuce, tomato, red cabbage 1 c. brown rice ½ T. oil and ½ T. vinegar
<b>Dinner</b> 1 protein 1 c. cooked vegetable 1 c. salad/raw vegetable 1 grain or starchy vegetable ½ oil portion	6 oz. chicken 1 c. string beans 1 c. salad 6 oz. potato 1 T. oil and 1 T. lemon	5 oz. pork chops 1 c. brussels sprouts 1 c. tomato and onion 1 medium ear of corn 1 T. oil and 1 T. vinegar	6 oz. tofu 1 c. bok choy 1 c. salad 1 c. brown rice 1 T. oil and 1 T. vinegar	4 oz. fish 1 c. collard greens 1 c. salad 6 oz. sweet potato ½ T. oil and ½ T. vinegar	5 oz. steak 1 c. spinach 1 c. mixed greens 1 c. quinoa ½ T. oil and ½ T. lemon	6 oz. chicken 1 c. stir-fry vegetables 1 c. beansprouts ½ c. peas ½ T. oil	6 oz. salmon 1 c. cauliflower 1 c. spinach salad ½ c. butternut squash ½ T. oil and ½ T. vinegar
<b>Metabolic Adjustment (MA)</b> 1 dairy or 2 oz. protein 1 fruit	1 c. low fat yogurt 1 c. blueberries	1 c. soy milk 1 large pear	½ c. low fat cottage cheese 1 large nectarine	2 oz. chicken 1 c. watermelon	3 oz. tofu 1 c. blackberries	1 c. buttermilk 2 small tangerines	1 egg 1 c. strawberries

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- Take time to learn what different foods taste like. Learning how to cook may be more beneficial than seeking out "recipes".
- Study the entire "Guide to Abstinence." It contains valuable suggestions about planning, herbs and spices, condiments, fats and rotation of foods.

## 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
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VACANT		<i>Co-Moderator</i>			
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VACANT		<i>Trustee</i>			
VACANT		<i>Trustee</i>			

### **FOOD ADDICTS ANONYMOUS BOARD OF TRUSTEES MEETING on July 17, 2016**

#### **Minutes Summary:**

#### **Meeting opened with the Serenity Prayer.**

Roll Call: Denise, Dorene, Libby, Phyllis, Rachel, Elena, Donna, Executive Assistant

Not Present: Vanita

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

Treasurer Report: Treasurer did not have any new information to report. Bank statements were sent to the Board members. Concern was expressed by a Board member that we do not have our monthly report; therefore, we are without a budget at this time.

Office Committee: Committee is working with Russia on translation of our literature. The 12 step volunteer list is nearly complete. The 12 Step Volunteer Committee has worked very hard to put this together. The Drupal upgrade is still in progress.

Public Information, By-Laws, and Literature Committees: No report.

Convention Committee: All committees are hard at work. A few registrations have come in and will continue to promote the Convention.

Old Business: None.

New Business: None.

Discussion Items: The Secretary of the Board will not be able to attend the Annual Board Meeting. Another member volunteered to take the minutes. The Secretary will attempt to attend the meeting via teleconference.

Any Board member wishing to nominate a member for service on the Board must submit the nomination prior to the meeting. The Agenda will be sent out 30 days in advance of the meeting and a reminder to submit items will be sent by the Secretary 45 days prior to the October 21, 2016 meeting date.

**.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 July 1 to September 30, 2016, these meetings, inter-groups, and individuals have sent financial donations to FAA. Thank you for your continued support.

<b>July 1 to September 30, 2016</b>		
<b>Type</b>	<b>Number of Donations</b>	<b>Amount</b>
Face to Face Meetings	10 Meetings	\$ 807.95
Email Meeting (FAALoop)	121 Individuals	\$ 338.00
Phone Meetings	60 Individuals	\$ 1,786.00
Individuals	121 Individuals	\$ 1,179.75
<b>Totals</b>	<b>203 Donations</b>	<b>\$ 4,111.70</b>

#### **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

From:  
FAA WSO

***“For today, I remember my real source  
of peace and strength and  
listen for guidance.”***

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