

# THE ABSTINENT TIMES

FOOD ADDICTS ANONYMOUS QUARTERLY

**IN THIS ISSUE.....CONVENTION EXPERIENCES AND MORE!**



Volume 22 Number 4

4th 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 Serenity Prayer”**

What is your experience with the **Serenity Prayer** in FAA?

We are looking for a variety of experiences.

Submit articles to “AT Editor” at  
[faawso@bellsouth.net](mailto:faawso@bellsouth.net)  
or by mail  
Deadline for next issue: 3/15/17  
Articles can be 1/2 to 1 page  
or 300-600 words

## SUBSCRIBE TODAY!

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and support FAA

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Two-year subscription is only \$22.00

Order by phone: (772) 878-9657

Order on-Line:  
[www.foodaddictsanonymous.org](http://www.foodaddictsanonymous.org)

Subscriptions make great gifts!

## Herbal Tea Time

with *Abstinent Annie*....



Dear Abstinent Annie,

I am a newcomer and I get so mad when I know that there are 30 or more people on the phone line and it seems like the same few people share every time. Why don't the people with longer recovery share more?

- **Frustrated Fay**

Dear Fay,

I can identify with what you are saying, and I have also been resentful at times. But I learned that I can't afford to be resentful, because it threatens my abstinence. At one point, I stopped going to phone meetings for a few weeks. I realized that the only person I was hurting was myself and I needed the meetings and the fellowship. I started making more outreach calls to people who I knew from going to conventions and retreats and those who I know from the phone meetings. This helped expand my support network. As a result, I was not reliant solely on the phone meetings. I would definitely encourage you to also take advantage of any face to face meetings/workshops that are possible.

I may be tempted to judge others, but this program teaches us to "stay on our side of the street." In other words, I stay focused on my own recovery, rather than taking the inventory of anyone else.

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
Libby V.	CA	1/8/2009	8 years
Linda G.	FL	1/1/2016	1 year
Barbara O.	VA	11/12/2014	2 years
Gloria P.	OH	10/31/1991	25 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.

**Red Bluff, CA**                      **San Diego, CA**  
**Wednesday, 12:15 PM**      **Wednesday, 7:30 PM**

**East Hartford, CT**                      **DeKalb, IL**  
**Saturday, 2:00 PM**                      **Sunday, 6:00 PM**



## FEATURE TOPIC

### "The Steps"

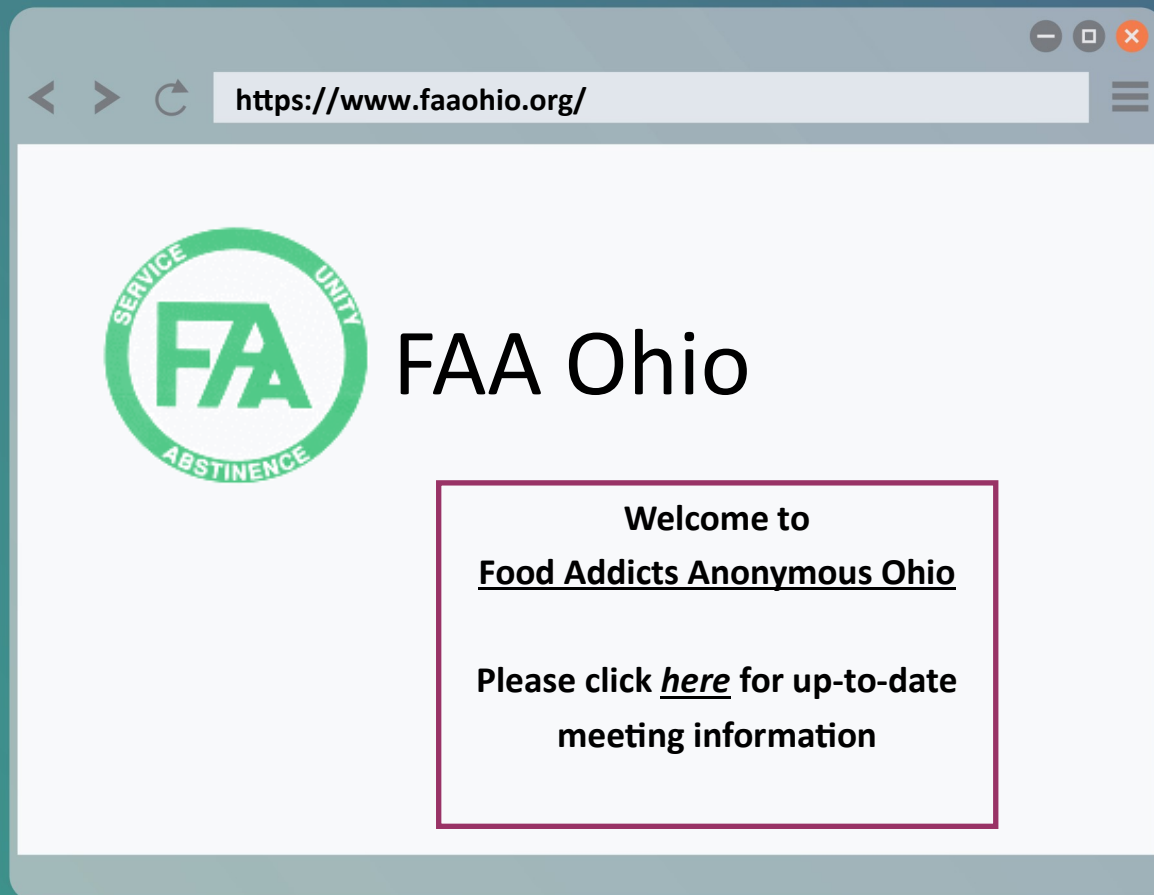
The Steps are where the healing really started to happen for me. I was five months abstinent and ready to accept that I was a food addict and needed to start the steps with another food addict. Before that five months of abstinence, I had had ninety days and then relapsed on a cruise. I was insane for that week on the ship, hellbent on getting and using non-abstinent food. When I got home, I got right back on the food plan and had a twenty-two-day detox from the relapse, which was much worse than my first detox. I found a sponsor who had been through the steps with her sponsor and who had the willingness to help me through the steps. I was so grateful for her willingness.

We started on the questions in the FAA "Steps to Recovery" book, meeting every Saturday on the phone for over a year. She took me through every one of the Steps and with each one I noticed changes in me, my family and in my life. It gave me the confidence to then begin taking others through the Steps, a gift of working the program.

My sponsor left FAA shortly after we finished, so I began looking for another sponsor. I went to a lot of meetings and read the Loop and finally found someone who had the calmness I wanted. She agreed to be my sponsor and we started on the Steps again. I had some different issues come up in my Fourth Step this time, and with encouragement from my sponsor could seek therapy and resolve the long-standing issues. It was very freeing! My new sponsor and I have just completed the Steps. It is a second time, in FAA for me and I am so grateful for the guidance and friendship that I have achieved because of the beautiful sponsor/sponsee relationship. I am also grateful for the strengthened relationship with a higher power that has come by working the Steps and removing what has blocked me from the light of recovery. **Kirsten J. in Oregon**

My experience with the steps is that I had worked the steps in AA. I didn't know if I really needed to do them here. Glad I did. I have taken one sponsee through the steps and started them with two others. I needed to have done them myself with my sponsor before taking others through them. **Shirley M. in California.**





**Ohio Intergroup started a website at  
<https://www.faaohio.org/>**

We hope this is a colorful and useful way to connect to local fellow food addicts. It took two years of discussions and it was well worth the time and effort. Ohio Intergroup thanks: Brenda C. Laurie N. Mary Kay L. and Charlotte E. for all their efforts to get this site up and running.

Need a Meeting? Ohio has 11 meetings where recovering food addicts come together to help carry the message of abstinent recovery!

In viewing the web site, we have tabs for: *Home, New to FAA, Abstinence, Meetings & Events, FAQ's, Testimonials*, and our *Contact* which is (216) 485-3652. These tabs further explain; *What is FAA? Are you a Food Addict, FAA's Twelve Traditions, FAA Promises, Sponsorship, For Addiction Professionals, The FAA Food Plan, FAA's Twelve Steps*.

All this effort is to let people know we are here and to gain the attention of the food addict who still suffers and is looking for a way out.

**In Service, Ohio Intergroup**



# 2016 FAA CONVENTION EXPERIENCES

## CONFESSIONS OF AN FAA CONVENTION CHAIRPERSON

I have been an abstinent member of FAA since May 28<sup>th</sup> 2010. I started my abstinent journey at the NJ Serenity by the Sea Retreat and at that time I was focused on the food plan. There were so many questions running through my head. . . how was I going to not eat my favorite foods? Do I need a sponsor? how was I going to cook non-abstinent foods for my family? How would I get through my birthday without cake? One thing that NEVER entered my head was "I think I am going to Chair the FAA Convention!"

Well, as my recovery progressed over the years, I attended face to face meetings, retreats and conventions. I met experienced members with long term abstinence. One thing that was common in their message was service. I heard them speak of the rewards they gained from service work. And one thing was clear, service kept them connected to the fellowship and others in the program. I knew that food addiction is a disease of isolation. If I wanted a chance at keeping my abstinence, I needed to step out of my comfort zone and try something different. I spoke to other members about how to get involved and got a copy of the by-laws to read. After research and prayer, I decided to give it a try. I spoke to a fellow FAA member and told her I was interested in getting involved. She submitted my name to be voted in as a board member.

I went to my first annual board meeting at the 2014 FAA Convention. I was anxious and didn't know what was really going on. I listened to reports, motions that were discussed and voted on and then came to nominations for new board members. I was eventually voted in and when it was time to fill the committee chairs, I volunteered for the Convention. Going into this commitment, I knew I had the support of prior Chairs and those who had served on the Convention.

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## **FOOD ADDICTS ANONYMOUS** *24th Annual World Convention*



# KEEPING IT GREEN

**Somerset, New Jersey**

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Serving on the committee turned out to be one of the best things I could have done for my recovery! Over the year of planning and committee meetings I met so many wonderful people and built relationships that wouldn't have been possible otherwise. Not to mention all the beautiful FAA friends I met that weekend! When I took on the commitment, I thought I would just be giving service. What I hadn't anticipated was that I would be gifted with the blessings of unity, humility, friendship, patience, tolerance of others, responsibility, faith and courage!

In loving service,  
**Rachel R. in New Jersey**

## **FAA CONVENTION: FASHION BOUTIQUE**

Service is very important to my recovery. One way I serve FAA is to coordinate the Fashion Boutique at the convention. I get to meet and greet women and men who share my addiction. It helps me stay grounded in my program. I have done this service for about 7 years.

The Fashion Boutique is a fund-raising event that occurs during the FAA Convention. Trendy women's apparel in all sizes and elegant jewelry will be found in our fashion boutique. The way it works is that all items are donated by members of FAA, are displayed in a special room and are for sale at \$2.00 each. All money that is collected is donated directly to Food Addicts Anonymous.

This is a great way to declutter your closet and give service by donating unwanted items. You never know what you can find in our boutique. Last year we had jewelry, scarfs, shoes, new handbags and vintage items.

Last year, we had a fashion show with the items that were purchased. It was a great success and lots of fun preparing our show. I wore a black blazer, dressy white and black blouse, and black leggings. Also, a beautiful necklace and earrings to match. My entire outfit was purchased for \$10.00. I got many compliments on it.

The best part of coming to the boutique is the fun of shopping and being greeted warmly and interacting with other FAA members. I continue to do service in organizing the Boutique because I love helping people find clothing that looks stylish. It's exciting to see them wear their findings at the convention.

I'm looking forward to seeing you at another successful fashion boutique at our 2017!

**Ellen L. in New Jersey**

## **FAA CONVENTION: THE HIGHLIGHT OF MY YEAR**

I remember going to my first convention in 2009 and from that day forward I vowed to never miss a convention. Since then, I never have. I view the Convention as a holiday and the highlight of my year. I connect with friends I've met on phone meetings and face-to-face. I get to visit with my sponsor who lives a great distance away who I would not see otherwise. I meet newcomers and long timers. The workshops are always an inspiration. I love the banquet, the camaraderie and laughter in the rooms. The face-to-face meeting is uplifting and inspirational. Last year's fashion show from the boutique was a blast and I danced the night away with friends in my new clothes! I remember hearing it was a functional family reunion! That's what it is to me. I come away from the conventions with a feeling of gratitude for being in these rooms with my family being inspired for another year of abstinence in FAA.

I Hope to see you in Florida on the beach in 2017! **Lesley B. in Canada**

***SAVE THE  
DATE!!***

***25th FAA Convention  
October 13-15, 2017***

***Dolphin Beach Resort  
St. Pete Beach, Florida***

**2016 Annual FAA Board of Trustee Meeting**  
**Somerset, New Jersey**  
**October 21st**



**MINUTES**

**MORNING SESSION 9:00 AM – 12:00 PM**

A. **Open with the Serenity Prayer**

B. **Roll Call:** Dorene L, Phyllis E, Elena F, Libby V, Rachel R, Donna Magnani, E.A.  
Guests: Deb PA, Mary CAN, Chuck OH, Marietta PA, Ann NJ, Peggy VA, Elizabeth MD, Valerie MD, Ellen MD, Cheryl MD

C. **REPORTS**

**1. ANNUAL REPORT:** By Laws Article XII: Annual Report – Acting Moderator/Treasurer- Dorene presented the updates and changes that occurred over the past year. Procedures have been updated and improved to ensure transparency and a system that supports checks and balances between the WSO, Treasurer and fellowship. Finances are stable and currently in the black. Money Market Account holds \$54,300 and bank account balance is currently \$9,000. Discussion among Board and guests included recognizing the improvement of the financial status. The improvement of income was reflected in literature sales being up due to better accessibility to the WSO. Office EA noted a correlation to increased literature sales and marathon phone meetings. The Prudent Reserve was questioned and it was determined that due to the lack of policy and procedure, it is unclear what the PR should be. Due to possible government regulations putting limitations for non-profit organizations, more information is needed before determining what the policy should be. Phone meeting donations are currently up from this time last year (\$6,132) The newly established newcomer contact list was attributed to the increase in the positive relationship between phone meetings and WSO.

**2. EXECUTIVE ASSISTANT REPORT:** Donna reported that office is running smoothly. Her anniversary in her position will be in November. Website needs update to allow for ease of online donation. Current OS (Drupal) is out of date and being changed to create a more effective and approachable relationship. Office committee is working with the webmaster to make the necessary changes. The office did not receive any damage during the recent hurricane, because of the storm changing course and the precautions taken by the EA.

**3. SECRETARY REPORT:** No Report. Denise, outgoing Secretary, was unable to attend the Annual Board Meeting. Rachel volunteered to be the recording secretary

**4. COMMITTEE REPORTS:**

**Convention-** Dorene: Despite the challenging start to this year's planning, many members returned from last year's subcommittees to serve again. The Committee was active and came together to create another successful convention.

**Office-** Phyllis: The committee was very active with ongoing support from several FAA members. The best accomplishment was the hiring of the new EA. A 1 year independent contract was signed 4/11/16. The fiscal budget was added to the website to create transparency and accessibility to the fellowship. Update to our Copyright: 13 pieces of FAA literature were submitted, most completed, balance to be completed by middle of Nov. The Abstinent Times has been overhauled and Libby volunteered to be editor. Publisher is now being used to create better accessibility and ease of editing. Last quarter reflected 45 paid subscriptions. "Welcome Newcomer" editing was accomplished in conjunction with the Literature committee. The new 12-step volunteer list, along with the development of the corresponding service manual has improved correspondence between the community and the fellowship. The increase in literature sales has identified a need for a policy for bulk order discounts. A one-time 25% discount was instituted by the committee for a recent large order of 160 books.



**By-Laws-** Vanita-no report. Board members contacted her after her absence from the last 3 Board meetings. Vanita reports that she is ill. The Board wishes her well and thanked her for her service.

**Public Information-** Rachel- No report as the Committee was not active this year.

**Literature-** Elena- An active committee is in place The Welcome Newcomer booklet has been revised including the sample menu planner. It has also been esthetically improved. 2<sup>nd</sup> phase of goals is currently being worked on. Content changes are being sent out to the fellowship for input, as per bylaws, with a 90-day timeframe. Names of sugars to be reviewed. Ideas for new literature was discussed.

#### **D. OLD BUSINESS:**

1. Select Next 3 Meeting Dates: November 20<sup>th</sup>, January 15<sup>th</sup>, March 19th
2. Motions: No new motions

#### **E. NEW BUSINESS:**

1. 2017 FAA Convention Proposal Kelly-Florida submitted a proposal to host in St Pete Beach 10/13 -10/15 2017 at the Dolphin Beach Resort. Discussion by all in attendance including pros and cons. Motion to Accept by Dorene to accept the proposal. 2<sup>nd</sup> by Phyllis. Motion passed. Dorene will contact Kelly.
2. Phyllis reported that the WSO was contacted by an FAA group in Russia. They informed the office that they have begun translating the Green Book, five years ago, and have requested assistance in the form of a written proposal, asking for \$1,000 to complete the project. Discussion held and consensus was that our copyright attorney should be consulted before moving forward. The Office committee will also consider how other 12-Step programs handle international literature.
3. A written suggestion from a member, not present, was brought to the table from a board member. The suggestion reflected ideas to increase the pool of board members. Discussion was held. The bylaws were reviewed and it was stated that the board is completely open to anyone who wishes to serve, if they meet the 2-year abstinence requirement. ALL are welcome!

#### **LUNCH BREAK: 12:00 – 1:30 PM and AFTERNOON SESSION 1:30 PM – 3:00 PM**

#### **F. SELECT BOARD MEMBERS, OFFICERS and COMMITTEE CHAIRS FOR 2016 – 2017 YEAR**

Board members eligible to continue:

Elena F – 2<sup>nd</sup> year of 1<sup>st</sup> term

Dorene L – 2<sup>nd</sup> year of 1<sup>st</sup> term

Phyllis E- 1<sup>st</sup> year of 2<sup>nd</sup> term

Rachel R.- 1<sup>st</sup> year of 2<sup>nd</sup> term - Rachel will not be serving the 2<sup>nd</sup> term

Libby - 2<sup>nd</sup> year as Parliamentarian

1. Discuss and vote for new Board Members for 2016-2017 Year  
No nominees at this time.

2. Selection of Officers and Committee Chairs for 2016-2017 Year.

Parliamentarian presented that the Board needs a minimum of three members to operate as an organization. The positions that must be filled are Moderator, Secretary and Treasurer. Due to the crisis status, NO Elections for Committees will take place at the meeting. Elena volunteered to serve as Moderator, Dorene volunteered to serve as Treasurer, Phyllis volunteered to serve as Secretary and serve as temporary Office Chair to maintain business operations. Lengthy discussion was held to create a plan of action to spread the word about the current state of the Board and hopefully encourage membership. Special meeting was scheduled November 6<sup>th</sup> 7:00pm EST, to take place before the next regular Board meeting

#### **CLOSED MEETING 3:00 WITH THE SERENITY PRAYER**

## 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
Denise H.	WI	Co-Moderator	-	(920) 465-9775	denisehouge@gmail.com
VACANT	-	Co-Moderator	-	-	-
Heidi M.	NY	Treasurer	-	(646) 402-2795	hmisken@gmail.com
Cindy K.	NJ	Secretary	-	(732) 300-7255	cynthiagkelly@aol.com
Dorene L.	NJ	Trustee	Public Information	(908) 377-7939	dorenelevy1@comcast.net
Kelley B.	FL	Trustee	Convention	(727) 692-5931	busyblonde82@gmail.com
Phyllis E.	NJ	Trustee	Office	(732) 762-0930	31peckel@comcast.net
Elena F.	NY	Trustee	Literature	(718) 335-8161	feliz_elena@yahoo.com
Ashley B.	MD	Trustee	By-Laws	(301) 399-9365	Ashley.brincefield@gmail.com
Libby V	CA	Parliamentarian	-	(925) 324-4746	libbyonalabel@aol.com
VACANT		Trustee			
VACANT		Trustee			
VACANT		Trustee			
VACANT		Trustee			
VACANT		Trustee			
VACANT		Trustee			

### FOOD ADDICTS ANONYMOUS BOARD OF TRUSTEES MEETING MINUTES SEPTEMBER 18, 2016

**Roll Call:** Denise H., Dorene L., Elena F., Phyllis E., Rachel R., Donna Magnani(EA) **Not Present:** Vanita L.  
**Co-Moderator:** No report.

**Executive Assistant:** The Executive Assistant stated the 990 Corporate Tax Forms are in from the Tax Accountant and have been forward to the Office Committee and Treasurer. It was noted by Board members what an excellent job our EA is doing.

**Treasurer Report:** Treasurer forwarded the monthly report to the Board. It was noted that we are still running "in the black" for the month.

**Office Committee:** The 12 Step Volunteer Committee has completed the first working draft of the Volunteer Manual. There are four to five people who have signed up and completed the required questionnaire. It is important for people to complete the questionnaire.

**Public Information Committee:** Not active.

**By-Laws Committee:** No report.

**Literature Committee:** No report Motion to be presented later in the meeting.

**Convention Committee:** The contract with the hotel requires 90 rooms, we currently have 86 rooms booked. All is on schedule and going well.

**Old Business:** None.

**New Business:**

**Motion 1:** Phyllis presented, on behalf of the Office Committee: Motion #1: To the Board of Trustees, On behalf of the Office Committee, I am making the following motion: "To offer a one-time 25% discount on an order of 80 Green Books and 80 Step Books as requested by Allison Smith-Marshall who works with the Greenville Rancheria, a Tribal medical center in Northern California. The total cost would include shipping charges of 15%.

Reasons: Allison asked if a discount was available. Also, It is important for FAA to help the still suffering food addict learn about our fellowship, and such a large order would help the FAA Corporation financially.

Elena seconded the motion, it was discussed and the motion passed unanimously.

**BOT MEETING on SEPTEMBER 18, 2016 (cont.)**

Elena presented on behalf of the Literature Committee:

**Motion #2:** As Chair of the Literature Committee I make the following motion: Replace the Sample Menu Plan on Page 42 of the Welcome Newcomer booklet with two revised sample menu plans – one for women and one for men (attached) and follow a communication plan in accordance with our By-Laws (details below).

Reason: This proposed change is based on seven tenets:

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 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.

Communication Plan:

Create an email address that will allow FAA fellows to give feedback about our proposed sample menu plans.

Use the following media/venues to get the message out that we are revising the sample menu plan. This includes the Abstinent Times, the Phone Meeting Announcements, the Loop, face-to-face meetings, the FAA website.

At the October 21-23 convention, the sample menu plans will be shared and depending on previous feedback could be introduced.

Phyllis seconded the motion. It was discussed and passed unanimously.

The next regularly scheduled Board meetings are as follows: September 18, 2016; October 21, 2016 Annual Board Meeting to be held at the 2016 Convention

General Discussion Items:

Phyllis read a letter sent to the Board by a member as to her experience with the food plan. The member wanted the Board to be aware of the problems she experienced. It was decided that Phyllis would notify the member that the letter was acknowledged by the Board. No further action was necessary.

Meeting closed at 8:00 pm, with the Serenity Prayer.

## 7th Tradition Contributions to Food Addicts Anonymous

From January 1 to December 31, 2016, meetings, inter-groups, and individuals have sent financial donations to FAA. Thank you for your continued support.

January 1 to December 31, 2016		
Type	Number of Donations	Amount
Face to Face Meetings and Groups	54 Donations	\$ 5,997.10
Email Meeting (FAALoop)	49 Donations	\$ 1,264.50
Phone Meetings	261 Donations	\$ 7,054.50
Individuals	488 Donations	\$ 5,355.85
<b>Totals</b>	<b>852 Donations</b>	<b>\$ 19,671.95</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 to apply  
Tradition Ten to my life—controversy  
and serenity don’t mix.”***

***Food for the Soul—Page 280***