

THE ABSTINENT TIMES

FOOD ADDICTS ANONYMOUS QUARTERLY

TAKE THE ABSTINENT TIMES SURVEY!

GOD GRANT ME
THE SERENITY
To accept THE THINGS
I CANNOT change, THE
COURAGE TO change
THE THINGS I CAN, and the
WISDOM TO KNOW
THE DIFFERENCE.

THE ABSTINENT TIMES

Volume 23 Number 1

TABLE OF CONTENTS

FEATURES:

Abstinent Annie	2
New Meetings	2
FAA Anniversaries	2
<i>Members Celebrating Milestones</i>	
Convention "Save the Date"	3

ARTICLES:

The Serenity Prayer	4-6
From the WSO	7
Abstinent Times Survey	8

FAA BOARD AND WORLD SERVICE OFFICE:

Board of Trustees	9
<i>Contacts and Committee Chairs</i>	
Board Meeting Minutes	9
Donations to FAA	10



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:
"MEETINGS"

What is your experience
with FAA Meetings?

We are looking for a
variety of experiences.

Submit articles to
faawso@bellsouth.net

Deadline for next issue: 5/15/17
Articles can be 1/2 - 1 page
(300-600 words) or shorter

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,

I am already involved in other 12-step programs. Should I drop them and focus only on my food addiction recovery in FAA?

- **Wondering Wanda**

Dear Wanda,

Excellent question!

My advice is to stay involved in any 12-step program that is necessary for your recovery. For example, if you are an alcoholic, stay involved in AA. Each of us has to find balance and avoid "all or nothing" behavior. In other words, do what you need to do to stay sober and embrace AA and FAA. Having your foundation of sobriety puts you in a good place to get and stay abstinent in FAA and achieve the full benefits that are waiting for you in this program.

As you may know, there are several 12-step food recovery programs. For most people, the best choice is to focus on one, rather than "picking and choosing" what we like from several and combining them.

I have found membership in FAA to be beneficial for my food addiction recovery. Being understood and being able to identify with others provides the safe haven I need. If you are following the FAA food plan, I would suggest getting an FAA sponsor who has a good grasp of the food plan and is abstinent.

These are my thoughts. I encourage you to discuss this important topic further with your sponsor.

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
Annette M.	NJ	2/6/2017	1 Year
Jackie	OH	2/9/2005	12 Years
Ann K.	NY	3/19/2000	17 Years
Linda A.	TN	2/1998	19 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.

Huntington Beach
Orange County, CA
Sunday, 3:00 PM

Bradford
Vermont
Wednesday, 6:30 PM





***SAVE THE
DATE!!***

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

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

THE SERENITY PRAYER: ONE PRETTY AMAZING PRAYER

There may not be a magical cure for food addiction or an easy way to achieve abstinence and freedom, but the Serenity Prayer comes close.

Wisdom, grace and valuable life lessons are all rolled into one pretty amazing prayer. In some ways, I've come to see it as a microcosm of the 12-steps along with a beautiful way to connect with my higher power. It's a mini-meditation and, for me, it's also been a symbol of hope as I struggled with this disease.

I would close my eyes and say it several times a day when I first became abstinent (several times through the years) and it sustains me still. It made me stop and think before I gave into cravings, and helped me let go of the poisons & the addictive behavior, and accept that I was a food addict. Finally, it encouraged me to take action and fully embrace FAA.

I've come to learn that its message goes beyond food addiction and can be applied to just about everything in life....relationships, work situations, difficult emotions, and big decisions.

*God, Grant Me the Serenity
To Accept the Things I Cannot Change
The Courage to Change the Things I Can
And the Wisdom to Know the Difference*

I love hearing and saying these words in unison after a meeting. It brings food addicts together with a common purpose; we may have different stories and our own versions of a higher power but, in many ways, we are all the same. We understand each other and the message resonates with us.

There may not be a magical cure for food addiction but the Serenity Prayer is truly magical!

- Robin in New Jersey



THE SERENITY PRAYER: A RECENT SAVING GRACE

This prayer has been part of my life for over thirty years of recovery, with the last ten years being in FAA. Using this prayer on a daily basis I found that the things I couldn't change involved more than just my powerlessness over my addiction to sugar, wheat and flour, but over people, places and things.

Serenity came the more I worked steps 1-3. The courage to change the things I can come by working steps 4-9 along with the knowledge that the only thing I am responsible for and can change are my attitudes and my actions. Finally the wisdom to know the difference between knowing what I can or can't change came from working steps 10-12.

The Serenity Prayer has helped me in times of indecisions with food, and has always helped me make the right choices for my recovery. I have also found the prayer helpful when dealing with relationships issues, health concerns, job choices, and all types of emergencies.

The most recent saving grace I felt when saying the prayer was last week when my eight year old Russian Blue cat, who has been housebound since birth, because of her feline HIV status, was able to go outside after the normally latched screen door wasn't. She had never played in the grass or known freedom of any kind. I took the only action I knew which was asking God for help.



My cat Fergie had made it clear she wasn't coming to me. Then I said The Serenity Prayer. The sun went down, and darkness was all I could see. I decided to prop the front and screen door open praying she'd come back on her own. Six hours later she wandered in the same door from which she escaped. All was well. One more situation that would have sent me to my addictions in the past - squashed.

- Karren K. in California



THE SERENITY PRAYER: I CANNOT DO IT ALONE

When I got into my first 12 step program 30 years ago the Serenity Prayer helped me immensely to be comfortable with and to benefit from the program.

Since then I still have resistance to the concept of God, even of "Higher Power". But due to several instances I'm closer to that now. Not that it's a goal, nor should it be a goal. I believe it's best to believe what you believe and not try to force it. For me "Inner Power" is more useful.

For a long time, I was a "dedicated Atheist" who believed people were crazy to believe in God. But I have observed many people, religions and belief systems over the years and have met many people who gain so much strength from their belief in God. I have decided that even though I do not believe in the existence of a deity I have great respect for those that do. I see belief in God bringing great peace, humility, grace and sustenance to those who truly do believe. Sometimes I almost wish I were a believer. But then I can just hear certain people saying "Yes, Tom, just believe and you will be saved!" and that's enough to turn me off.

But, here's the thing: I sometimes create a state of mind that is very similar to a belief in God. I have also noticed that the idea of "Let Go and Let God" is present in many secular practices such as in baseball when a batter is told "don't press" and others are advised to "relax" to be able to perform a task more easily. It seems in all endeavors it is important to avoid the "I can do it all" attitude. The Serenity Prayer helps remind me that I cannot do it alone.

After many years, the word God does not bother me. I just let it mean whatever it means to whoever is saying it. One interpretation I like is: "Good Orderly Direction".

I now use the Serenity Prayer often and it is a great help. When I really focus on what it means to me I feel like "This is the only prayer I need".

Peace,

- Tom in Connecticut

FROM OUR WSO EXECUTIVE ASSISTANT:

Last October, I had the opportunity to attend the 2016 FAA World Convention. I know that my primary goal was to be active and present at the Annual Board Meeting and to be available to sell literature to the members in attendance. I know I served my "purpose" at the Convention BUT *I received so much more in return.*

I met all of the Board Members and Committee Members that I interact with and serve as EA. We have had phone conversations, email exchanges and other types of interactions and it was certainly a pleasure and an honor to finally meet all of them. I immediately felt like a member of the FAA family. Everyone was so accepting and welcoming to me. I thoroughly enjoyed working side-by-side with the entire Board of Trustees and Convention Committee Members!

Meeting so many members, speaking to them and getting to know them personally was a gift and I was appreciative for the experience. I feel it was a privilege to spend my time with all of the members and hear so many stories of strength, experience, and, most of all, hope. It was nice to see that the Convention was not all work and included lots of fun, as well. The speakers (that I was able to hear) and the skits incorporated both seriousness and humor into their messages. The banquet, raffles and dance were definitely enjoyable and entertaining. The FAA members are all such kind, caring, and loving people. Every one of them had been so very supportive and patient with me during my first year and I was glad to finally meet the members whom I had assisted so often.

I want to tell you all that it was a great experience for me. **I definitely came away from the 2016 FAA Convention a better person and, for that, I thank you all!**

I am looking forward to the 2017 Convention being held in Florida from October 13-15. I hope to see all of you there and look forward to spending time with everyone again, meeting new members and making new friends.

- Donna Magnani, WSO EA

FAA TRADITION 8:

FAA should remain forever nonprofessional, but our service centers may employ special workers.

Tradition Eight makes provision for some paid workers in Our World Service Office. Our fellowship needs skilled workers to perform tasks necessary for communication with groups, to facilitate the printing of literature, maintain the FAA website and to be sure we operate in compliance with state and federal laws.

- Food for the Soul, page 242



ABSTINENT TIMES SURVEY

The Office Committee is evaluating if the Abstinent Times should be available on the FAA website.

- 1) Would you like to have current issues of the Abstinent Times available to read and download, at no charge, on the FAA website?
- 2) Would you read old editions of the Abstinent Times if they were made available on the website?
- 3) Would you pay for the Abstinent Times to be delivered to your home if it was also available on the website?
- 4) Would you consider making an extra contribution to FAA if you only read the free versions of the Abstinent Times on the website?
- 5) Would you be more likely to contribute articles or be of service to the Abstinent Times if the Abstinent Times had a page on the FAA website?

Thank you for answering these questions.

Please email your responses to faawso@bellsouth.net or call in your responses to (772) 878-9657.

FAA BOARD OF TRUSTEES 2016-2017

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	-	-	-
VACANT	-	Treasurer	-	-	-
Cindy K.	NJ	Secretary	-	(732) 300-7255	cynthiagkelly@aol.com
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VACANT		Trustee			
VACANT		Trustee			

FOOD ADDICTS ANONYMOUS BOARD OF TRUSTEES MEETING MINUTES JANUARY 15, 2017

Roll Call: Dorene L (NJ), Elena F (NY), Denise H (WI), Phyllis E (NJ), Libby V (CA), Donna Magnani-EA, Heidi M (NY), Kelley B (FL), Cindy K (NJ), Ashley B, (MD) Guests: Rabia (NY)

REPORTS: **Co-Moderator** - No Report, **By Laws**- No meeting report **Public Information**– No meeting report

Executive Assistant - Office is running well.

Treasurer - Sent Profit & Loss Statements and Treasurer's Report. Checking account balance is \$10,378.42- Money Market Account balance is \$54,319.13. There was \$700 less in income, however we had \$625 less in expenses which balanced the budget. Copyrighting our website may add expenses. It was suggested that motion should be made to increase the budget to \$600 in the future.

Office Committee– The 12th step volunteer list has been completed and includes 15 volunteers from across US who agreed to take calls and emails received by the office. As of January 15, 2017 this will be the EA responsibility. The next Abstinent Times will be sent in the beginning of February. There were good responses received regarding the new look of the AT. It was discussed that placing the AT on the website. 5 new subscriptions for the AT were received from the convention. The copyrighting of the literature will be completed within the next few months. The OC is in favor of trademarking the FAA logo, a motion will be submitted. The procedure manual is continuing to be adjusted and updated. An Indian reservation in California ordered 80 green books and 80 step books.

Literature Committee: Moving along with the communication strategy for the Welcome Newcomer booklet. Comments made so far is positive and a few people don't like buttermilk.

Convention Committee: Convention to be held at the Dolphin Beach Resort & Conference Center, St Pete Beach, Florida, on Oct. 13-15, 2017. Previous convention Program committee's procedure write-up is being prepared to be passed to this year's chair. Suggestion for a "Save the Date" be placed on the website. Positions open on the committee but many have been filled.

OLD BUSINESS: None **NEW BUSINESS:** None

OPEN FORUM: Board Members: Discussion of a new Board Member Manual with a detailed description of roles, responsibilities and standard operating procedures for the Board and the Committees. The manual does not need to go through the literature process or through bylaws. All liked the idea. Open to Guests: Requested that all ordering forms have a consistent uniform name for "Welcome Newcomers Booklet" to prevent confusion. And the OC agreed to address it. Also discussion of food on the food plan that this person wanted removed. Then others wanted foods added. Also a discussion of how to amend the Food Plan in the By-Laws procedures.

The Board needs Trustees
Committees need members!

See the chart to the left.
 It is full of vacancies.
 FAA is run by FAA members.

- But:** I'm not organized.
- So:** Service is a learning experience.

- But:** I don't know what the Board or the Committees do.
- So:** Dial in and find out.

- But:** I don't have two years abstinent.
- So:** Join a committee.

- But:** I don't know enough.
- So:** You do know enough.

- But:** I can't go to Convention.
- So:** Join a committee.

- But:** I am afraid of failing.
- So:** There is no failure in service.

Just do it.
 Enough excuses.
 We practice progress not perfection.
 Contact any board member for
 more information.



**7th Tradition Contributions to
 Food Addicts Anonymous**

From January 1 to March 31, 2017, meetings, intergroups, and individuals have sent financial donations to FAA. Thank you for your continued support.

January 1 to March 31, 2017		
Type	Number of Donations	Amount
Face to Face Meetings and Groups	8 Donations	\$ 1,593.00
Email Meeting (FAALoop)	14 Donations	\$ 246.00
Phone Meetings	70 Donations	\$ 1,246.00
Individuals	115 Donations	\$ 5,355.85
Totals	207 Donations	\$ 8,440.85

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:

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

FAA WSO

From:

***“For today, I believe that being
different means being sane
and healthy.”***

Food for the Soul—Page 199