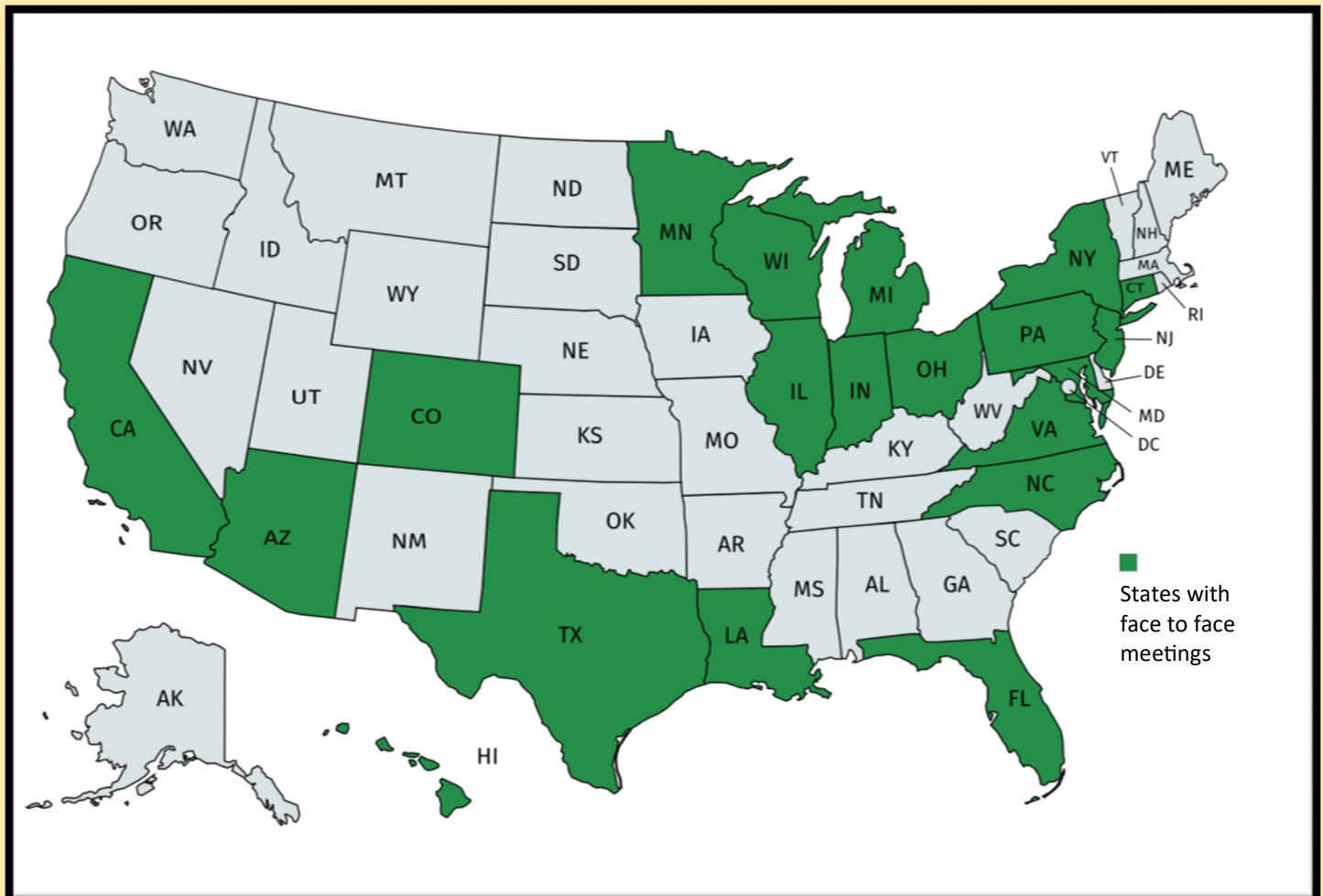


THE ABSTINENT TIMES

FOOD ADDICTS ANONYMOUS QUARTERLY

IN THIS ISSUE: MEETINGS

Coming to a State near you....?



THE ABSTINENT TIMES

Volume 23 Number 2

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FOOD ADDICTS ANONYMOUS

529 NW Prima Vista Blvd.,
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Phone: (772) 878-9657
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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 AN ARTICLE!



How do you experience
GRATITUDE?

We are looking for a
variety of experiences.

Submit articles to
faawso@bellsouth.net

Deadline for next issue: 10/1/17
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 have been abstinent from sugar, flour and wheat for almost 2 years. Sometimes I hear about another food plan or diet and I'm tempted to look into it. I know the FAA program and food plan works beautifully for me, so why do I entertain thoughts of trying something else?

Confused Cathy

Dear Cathy,

Great question! Keep in mind that a commercial diet/food plan's primary purpose is financial gain, so there will be a slick advertising and PR campaign to entice people to try it. The promotion will present the diet as easy, glamorous, rapid weight loss, miraculous, etc. Compare that to FAA, which is a spiritual program. Our primary purpose is to stay abstinent and help the food addict who still suffers. There are no dues or fees. The benefits are physical, emotional and spiritual recovery. We are given something that is priceless for free!

My advice to you would be to keep your memory "green"- stay close and involved to the program that is working for you. Is it possible that you have fallen into the trap of treating FAA as a diet only? If so, take advantage of discovering your true self by working the 12-steps. Make sure you are going to enough meetings and have a support network of fellow food addicts to talk to and hear the message of recovery.

**Wishing you all the best,
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
Shirley M.	CA	6/22/2013	4 Years
Susan A.	MA	8/11/2013	4 Years
Cindy K.	NJ	6/30/2013	4 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

**Middleburg Heights,
Ohio**

Saturday, 10:00 AM

**Philadelphia,
Pennsylvania**

Sunday, 11:00 AM

**Carbondale, Illinois
Monday, 7:00 PM**

**Orange County,
California
Wed., 7:30 PM**

**Flager/Palm Coast,
Florida
Sunday, 5:00 PM**

**Los Molinos,
California
Thursday, 5:30 PM**





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.

MEETINGS: WHERE I GET MY FACE-LIFT

A little more than 7 years ago, while working in an outpatient treatment program, I was haunted by a flyer on the corkboard in a group therapy room. It was a simple flyer- black and white- with a large, bold image taking up 85% of the page that had the letters FAA surrounded by a circle marked with the words "service, unity, abstinence." At the bottom of the flyer was a phone number and website. I would refer many clients to this flyer, weighing a total of 260 lbs. myself and knowing in my largest of guts that I would benefit from my own referral. It wasn't until just over 4 years ago that I had built up enough emotional and physical pain, shame, desperation, and nerves to make THAT decision to attend THAT first meeting THAT I saw on THAT website listed on THAT glaring flyer in THAT group room at THAT stage in my life.

I told everyone I knew where I was going that Wednesday night. I told them that I was attending my first FAA meeting and that I was not certain I would be successful, but I knew I needed to explore this option. Now....keep in mind I have been to other 12-step fellowships for food addiction in the past as well as drug addiction even longer ago, and I currently work in a substance abuse and mental health field...I was no stranger to this format and all the more excited to potentially find a home despite the nerves. As I walked in, I felt the butterflies in my stomach and the heat rise through my face as I shared giant distracting smiles with the strangers who welcomed me with hugs.

The first thing I heard was a simple statement from a member who was recalling the days of holding a sweater draped over her forearm in front of her abdomen as if to hide the mass behind the sweater. I thought I was the only one who had that trick. I related immediately

to that memory of hers and continued to listen with such intensity to the words from these people who were seemingly speaking about me! This was my new home. I continued to attend weekly and made calls in between to help me figure this program out. Each meeting I attended had the same serenity as the last. I would leave each meeting feeling lighter, not in weight, but in soul.

There are times, many times, that I drag myself to the meetings, yet it is of no coincidence that those are precisely the times where my face walking into the meetings is laden with stress, tiredness, and distraction. Somehow-through the grace of God and this fellowship, my face by the end of the meeting feels capable of rest, peacefulness, and smiles. Being in a room of people who are there to support my every fiber without judgement or criticism is one of the most glorious gifts I have received. I often imagine how many people carry on about their day without a network of people, unrelated and disconnected to their personal lives, yet seemingly completely woven into the very miniscule and ever impactful moments without ever being present. What would it be to not have these people to call my friends and family? This fellowship and these meetings walked me through the toughest personal experience of my life to date, and for this I am grateful. It is only right that I continue to attend despite my desire to stay home, so that I can share that story that a newcomer might hear and cling to as a welcome home memory. I need to give back in the form of service, and I am reminded often by many other members that my attendance at meetings is the simplest and strongest form of service that I can provide. If I don't continue giving back, I surely will not get to keep what was freely given to me.

Cindy K. in New Jersey

MEETINGS: PHONE MEETING GRATITUDE

Sometimes when I'm feeling weary I will dial into a meeting. Listening to people share is the balm to my soul. Confusion lessens, resolve strengthens, and any doubt that I am a food addict is put to rest. The thought that always comes to mind while listening is that these people are my tribe. It is amazing to know someone you've never met on such an intimate level. The thread that holds us all together is more like a steel rod. While I am sorry others have suffered like me, I am relieved to know that I'm not alone, and I am inspired by their stories of recovery and faith. I am a newcomer and these meetings are an integral part of what keeps me solidly on my road to freedom from food addiction. Thank you to all who share. You have no idea who may be listening, and how much you have helped, or even possibly saved a life. Someday I hope to share. Until that day I will listen with more gratitude than you all will ever know.



Debbie in New Jersey

MEETINGS: 200 MILE DRIVE TO MEET MY SPONSOR!

Oh my gosh.... I was sooo excited to go to my first F2F FAA meeting. I got to meet my sponsor in person. Almost 4 years ago I found FAA. I didn't want to do the phone meetings. Just not a phone person. Just yuk and expense.

The website had so much information that got me started. I got on the loop. Having been in 12-step programs for many years I knew I needed to focus on getting a sponsor right away. I wrote to one woman from the Loop. We clicked and she started taking me through the steps of Food Addicts Anonymous. But there weren't any F2F meetings very close.

The one meeting my sponsor was leading was over 200 miles away. This friend of mine, just happened to tell me she was going to drive down to her rental property for a few days and did I want to go with her. So we drove down. I got to go to my first FAA meeting, meet some very nice folks and my sponsor too.

I have purchased the start up kit to start a meeting, but it just has not seemed to be the right time yet.

Shirley in N. California



MEETINGS: CHANGE, HOPE, AND RECOVERY

These meeting rooms are where I learned about coming together in “Unity” - the unity found in Tradition One: Our common welfare should come first; personal recovery depends on FAA unity.

I didn't realize how lost and isolated I really felt till I began to feel the warmth of the group as it came together to share on a topic or listen to a speaker tell their story of what their lives had been before they found these rooms and what changed and what their lives are like now.

The addiction wanted me to live in isolation because it thrives in it. Today I'm so grateful for all of those loving addicts who reached out their hands to me in fellowship and offered hugs which I reluctantly accepted at first and then began to love the hugs and love those offering them.

I didn't realize how closed-minded I was till I began to see that I was having trouble listening with an open mind. I tended to think in black and white terms – it was either all good or all bad and that applied to people also. Mixed feelings were foreign territory to me and I began to see how judgmental I was and that I placed so many expectations on others. I was not open to listening to others expressing opinions that were different from my way of thinking. FAA Promise number 10 tells me that “We will be able to listen to others’ ideas and suggestions without becoming defensive or argumentative.” The other thing that I learned about myself in these meeting rooms was that if my opinions or way of thinking proved to be wrong or in error,

then somehow that showed that I was somehow not good enough also. By working the Steps, I began to see this as not true and an undesirable trait. I can be in error or have opinions that turn out to be less than desirable and I'm still a human being doing the best I know how. When this happened, then I was able to extend this way of thinking to others. They could have their flaws and still be doing the best they knew how – life became so much easier when this happened.

The addiction to sugar, flour and wheat had brought me to my knees figuratively in so many ways. My weight was out of control and so were my medical problems that were connected with a large amount of weight that I had gained in a relatively short amount of time.

Coming to the FAA meetings and hearing others share gave me hope that if the 3-part solution had worked for them, then maybe it could work for me. And it has literally given me a second chance at learning how to live my life.

Each meeting begins with the Serenity Prayer and the reminder that I can ask for help in accepting the things I cannot change and ask for the courage to change the things I can.

Serenity Prayer

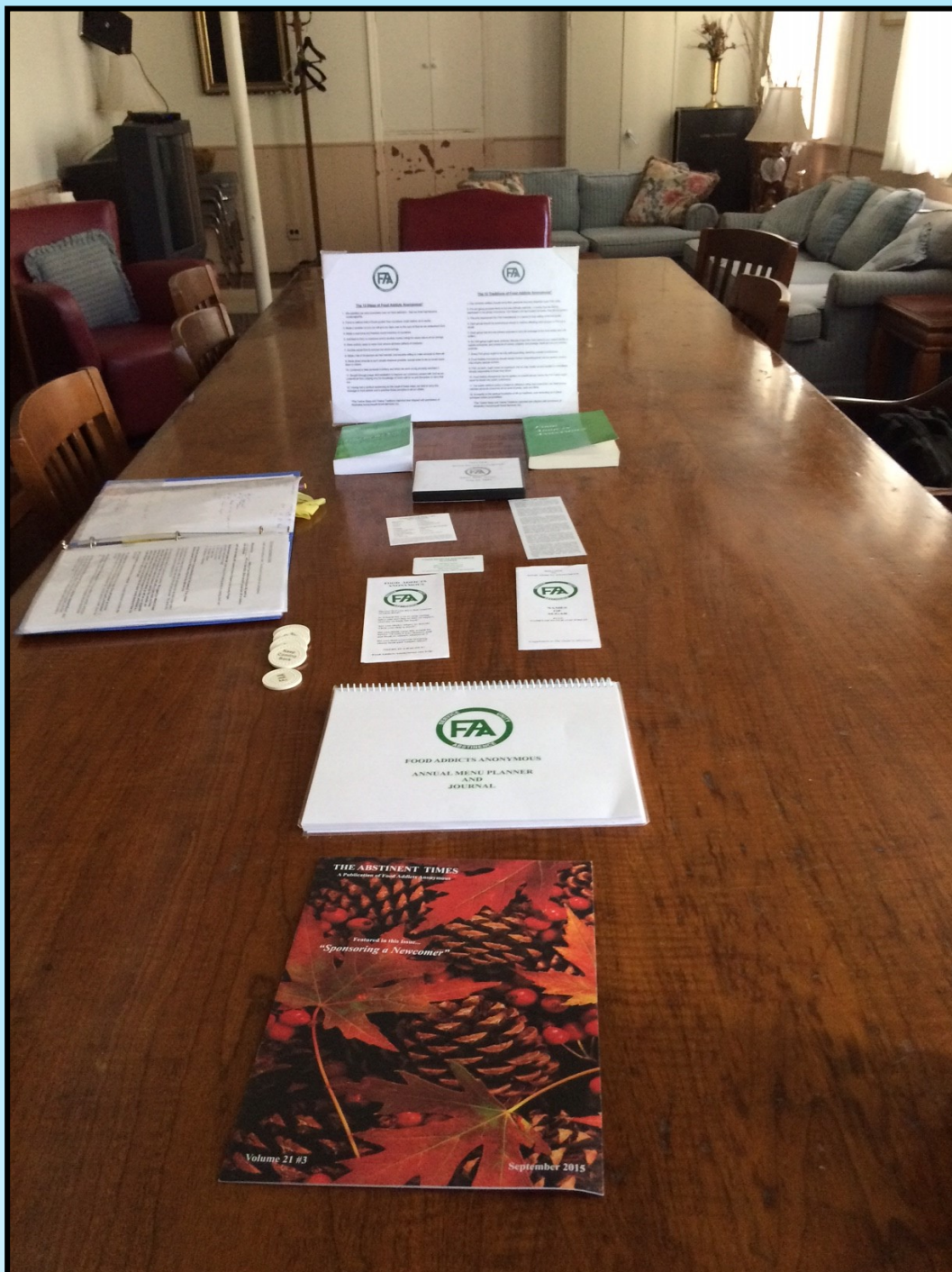
*God, grant me the serenity
to accept the things I cannot change,
courage to change the things I can
and the wisdom to know the difference.*

Anonymous

MEETINGS: YONKERS, NEW YORK!!

From the Editor: Thank you for the photo and I hope you fill the room and get many visitors who are traveling through Yonkers, NY.

<http://www.faayonkers.org/>



BOARD MEETING MINUTES: SUNDAY, MAY 21, 2017

Opened Meeting with Serenity Prayer

Roll Call: Dorene L (NJ), Elena F (NY), Denise H (WI), Phyllis E (NJ), Libby V (CA), Kelley B (FL), Cindy K (NJ), Donna (WSO)

Guests: Rabia (NY), Gloria (OH), Linda (NY)

REPORTS

Executive Assistant – Everything in the office is running well, no concerns.

Treasurer – Doreen is now Treasurer; previous Treasurer stepped down. Proposed budget increase sent to board members.

Office: The 12-step volunteer list is going well. There are 12-15 members. Seeking people willing to take international calls. The Abstinent Times needs more people to submit articles. Discussed posting the AT on website.

By-Laws: Working on bringing the by-laws to date and submitted 2 motions. The next initiative is developing board position descriptions and responsibilities.

Public Information: EA sent several inquiries to Dorene that had been received in the WSO from professionals requesting additional information regarding FAA. Hopefully they will further endorse FAA in their respective professions.

Literature: Proposed a motion (see below) Analyzed the feedback from the fellowship for the men's/women's sample menu plan for the Welcome Newcomer booklet and will make the few changes that will not need to be reviewed by the fellowship. They will document the general suggestions submitted by the fellowship for future Literature Committee review.

Convention: 21 rooms are currently booked. Registration is \$ 225.00 and form to be submitted to EA.

OLD BUSINES: None

NEW BUSINES: Motions

Motion #1:

As Chair of the Bylaws committee, I make the following motion: To remove the first sentence in Article XIV:

Procedures. The sentence is: "The FAA World Service Board recognizes the Twelve Concepts of Alcoholics Anonymous as our operational guideline." Reason: Bylaws reflect the current and fundamental rules governing an organization. When clauses become obsolete or do not reflect the current reality of the organization, they should be removed so that there is no conflict between actual practice and the written Bylaws. In practice, FAA does not recognize or follow AA's 12 Concepts for World Service. This represents a significant conflict between our practice and our Bylaws. Removing this clause will remove the conflict. Motioned 2nd by Doreen.

Discussion: Against removal: more education should be provided on the 12 Concepts of AA as they are vital to the development of this program in conjunction with the 12 Steps and 12 Traditions. For removal: Our founder, Judith C. did not initially include the 12 Concepts of AA in the development of this program and discussed some differences between the functioning of the Alcoholics Anonymous and Food Addicts Anonymous. AA's organizational structure is not conducive to the much smaller size of FAA. Having the 12 Concepts of AA in the FAA by-laws does not accurately reflect the reality of the structure and/or function of FAA. The 12 Concepts of AA are confusing and should be removed. FAA is a valid organization with or without the 12 Concepts and it's not clear if permission was requested from AA to add this in the by-laws. A variety of 12-Step programs all have different structures in for how their organizations operate, as should we. This may also impact us legally if we are operating in a way that is not in accordance with our written by-laws. A guest questioned how the voice of the people may be heard in the most appropriate way if we are eliminating the 12 Concepts. Board members agreed that the voice of the membership needs to be heard but the concepts in the by-laws do not assist with the voice of the members. FAA should grow into it's own program with a service structure that is a better fit and more independent as FAA is a very different program. Also, the primary growth of FAA is in the phone meetings rather than face to face. We are not AA. The by-laws committee can continue to iron out the structure.

It was questioned what would replace the concepts. And the history of adding the 12 Concepts was described as being placed in the by-laws without good cause. This organization is barely functioning with the minimum amount of Board members and the concepts are for a Conference and we don't have the people to support it.

MOTION 1 DISCUSSION TABLED, ALL AGREED TO MOVE ON TO MOTION 4 and 5 AS TIME WAS LIMITED.

Motion #4:

Increase the 2017-2018 Budget as proposed by the Treasurer and initially distributed via email on 5/5/17.

Reason: To update most items and add a budget for legal/copywriting fees. Kelley 2nd motion and it was opened for discussion. It was suggested the motion be tabled as there is no amount attached. This was confirmed by the parliamentarian. Treasurer will resubmit for next time.

Motion #5:

As Chair of the Literature Committee, I make the following motion: To approve adding the Welcome Newcomer booklet (\$6), the Just For Today Bookmark (\$.50) and the Wallet Menu Card (\$.50) to the Newcomer's Book Bundle. This will bring the total cost of the Newcomer's Book Bundle to \$47. Reason: This is a cost-effective and comprehensive way to introduce the newcomer to FAA. It makes sense to do this. Phyllis 2nd the motion. Office Chair offered to make it \$45 dollars. Parliamentarian explained that the motion on the table was for the price of \$47 and informed that a new motion would need to be submitted. Literature Committee Chair read a new motion omitting the price to avoid voting confusion. This was 2nd by Doreen. This was open to discussion and visitor input. Voting occurred and all were in favor.

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
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 MARCH 19, 2017

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

REPORTS

Treasurer - Sent Board members a copy of the Profit & Loss Statements and Treasurer's Report. Total income was \$19,545.14, expenses were \$7,310.75, and the net amount was \$11,432.68- Money Market Account balance is \$66,324.04.

Office: The copyrighting of our literature is almost complete and still in discussion on trade-marking our logo and having our Web-site copyrighted. Chair expressed gratitude for the committee members in terms of their hard work and dedication. A literature return policy is needed. The discount policy is currently in place. Abstinent Times deadline had 0 submissions on the topic and it may be distributed without submissions.

By-Laws: Chair requested that all board members attend to provide feedback about the bylaws in general and making a standard operations manual of board member positions.

Public Information: Chair was contacted by a woman from the magazine-Today's Dietitian for FAA to endorse the magazine. It was explained that FAA does not endorse, but they are welcome to present information about FAA. They agreed on a press release. It was suggested to create a press release template for other members in FAA.

Literature: The sample menu plan Phase 1 included basic editing of the Welcome Newcomer Booklet and has been completed. Phase 2 is simplifying the sample food plan specifically for the newcomer. Mostly positive feedback was received with a total of 26 comments.

Convention: Rooms are going fast and the registration fee has been set at \$225. The logo is almost complete and everything is progressing quickly.

OLD BUSINESS: None

NEW BUSINESS:

Motion to add a line item to the budget in the amount of \$3,000 to cover legal costs. Submitted by Chair of the Office Committee. Reason: The Office Committee is looking into the possibility of having our logo trade- marked at the cost of \$1450 and also the possibility of having the FAA website copyrighted in the amount of \$300. We have also been billed for advice pertaining to these projects. Having a line item for legal expenses would also make our Treasury Report more accurate. Doreen Seconded the motion. There were no oppositions or abstainers to this motion, therefore it has been approved.

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.

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



7th Tradition Contributions to Food Addicts Anonymous

From April 1 to June 30, 2017, meetings, intergroups, and individuals have sent financial donations to FAA. Thank you for your continued support.

April 1 to June 30, 2017		
Type	Number of Donations	Amount
Face to Face Meetings and Groups	8 Donations	\$ 204.77
Email Meeting (FAA Loop)	14 Donations	\$ 225.00
Phone Meetings	66 Donations	\$ 1,080.00
Individuals	88 Donations	\$ 5,355.85
Totals	176 Donations	\$ 4,299.02
Year to Date Total:		\$12,739.02

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 give thanks that others
have shown me a solution.”***

Food for the Soul—Page 150