

THE ABSTINENT TIMES

FOOD ADDICTS ANONYMOUS QUARTERLY

IN THIS ISSUE: GRATITUDE



gratitude

- The quality or feeling of being grateful or thankful.
- A feeling of thankfulness or appreciation, as for gifts or favours.
- Thanks, thankfulness, appreciation, gratefulness.

Examples:

Signs of gratitude and support were everywhere at the Crawford ranch. The gratitude for every bl

THE ABSTINENT TIMES

Volume 23 Number 3

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FOOD ADDICTS ANONYMOUS

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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!



From Chapter 3 in the
FAA Green Book:
Withdrawal,
Detoxification and
Beyond

We are looking for a
variety of experiences.

Submit articles to
faawso@bellsouth.net

Deadline for next issue: 1/30/18
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,

Can you explain the biochemical aspect of the disease? The last program I was in they described my food addiction as a spiritual problem.

- **Wondering Wendy**

Dear Wendy,

What a great question!

I am not a scientist, so my explanation is going to be based on my own experience, strength and hope as a food addict in recovery, rather than a medical perspective.

The easiest way to explain it is that a food addict's body is wired differently. A "normal" person can eat one cookie and then go about their business. For a food addict, one cookie triggers the phenomenon of craving that activates our addiction. For me, when I am in the throes of craving, I feel ravenously hungry. In addition to the physical sensation of hunger, my mind is obsessing about addictive foods. The addiction takes over and I can't think about or do anything else until I get the food that I am craving.

If you are desiring a more scientific explanation, I highly recommend the FAA pamphlet written by a nutritionist that goes into more detail. It is titled "Understanding Food Addiction and Why Abstinence is Necessary" and can be purchased through our World Service Office or online at <http://www.foodaddictsanonymous.org/>. It is a separate pamphlet and it is also included in the Newcomers booklet. Other FAA literature, such as Food Addicts Anonymous (known as the "Green Book") and Food for the Soul have helpful information as well.

In closing, let me say that I agree that food addiction is also a spiritual disease. In active food addiction, the body, mind and spirit are negatively affected. Happily, in recovery and abstinence, the body, mind and spirit begin to heal.

Staying connected to my Higher Power is a crucial part of my recovery and one of my most important "tools".

**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
Chris W.	CA	11/29/2011	6 Years
Jason S.	CA	01/02/2016	2 Years
Heather V.	CA	01/02/2016	2 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.

Mesa, Arizona
Sunday, 3:00 PM

**Houston,
Texas**
Friday, 10:00 AM

Wantage, New Jersey
Saturday, 9:00 AM



GRATITUDE: IT WAS A PUZZLE AT FIRST

I heard them refer to Step 11 as “an attitude of gratitude” when I was in other 12-step fellowships before I found FAA and it was a puzzle why they said it. From the FAA *Steps to Recovery*:

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.

When I began the journey in FAA, my sponsor had me send a list of three things I felt grateful for along with my food for the day. At first it was hard to find three things to put down on my list – not because I didn't have anything to be grateful for; but rather, I wasn't open to looking at life that way.

I was so used to being stuck in negative thinking and where my next food fix was coming from that my life had slipped away mostly unnoticed and unappreciated. I took for granted the good things like I was owed them or had earned them all by my lonesome.

So, by learning to pay attention to what was around me, I began to experience the small joys of the day – the smile of a small child, how good my abstinent food began to taste about the 4th week (after my taste buds had time to change) and how appetizing it looked on the plate or bowl and the smell of the whole grains cooking was wonderful. I learned to tell by the smell when they were finished cooking.

And what does all of this have to do with Step 11 & gratitude – for this food addict, as I began to really take notice of things around me, I found myself naturally giving thanks for them – my attitude of entitlement began to change.

And the more things I felt gratitude in my heart for, the more things I began to see, and I began to feel much closer to my Higher Power, who I choose to call God.

This autumn I felt grateful for the dew drops on the grass and hanging from the plants as I worked in the garden. The rains that made their way to my valley and the air smells so clean and good afterwards. And I am grateful for my sponsors who have been so patient while I inch forward in my recovery.



Jackie in Ohio

GRATITUDE: A DAY IN GRATITUDE

Gratitude List October 6th, 2017

I'm grateful for the alarm App on my phone that uses gentle vibration to awaken me. Waking up, I am grateful to be alive.

I ask my Higher Power for guidance, willingness and abstinence for today. I am grateful to have a HP.

As I rise, I am grateful for the comforts of my old nubby robe, and my knee-high mukluk slippers.

As I leave the bedroom I am grateful for the reassuring sounds of life, the soft snoring of my husband and the dog. Thank you, God, for my kind and loving husband. And our dog.

I head downstairs, Thank you, God, for mobility, and two successful knee replacement surgeries.

As I pass through the family room, my son is sitting in front of the computer. Thank you, God, for reminding me to say, "good morning" instead of saying "where you up all night?" Thank you for our son and my family.

As I open the doors to the patio the refreshing sharp coolness of autumn air in northern Wisconsin wakens me further. Thank you, God, for the gift of living in an area of the country with four distinct seasons.

Returning to the kitchen I start water boiling in an electric kettle with an automatic stopping feature. I am grateful for the willingness and grace to make this adjustment, because of the numerous glass pots I left to boil dry on the gas range.

Then I put on my best friend's warm goose down coat she gave me when she moved to Florida. I am grateful for the gift of friendship. I put the coat on over my robe, Thank you, God, for the privacy in my back yard.

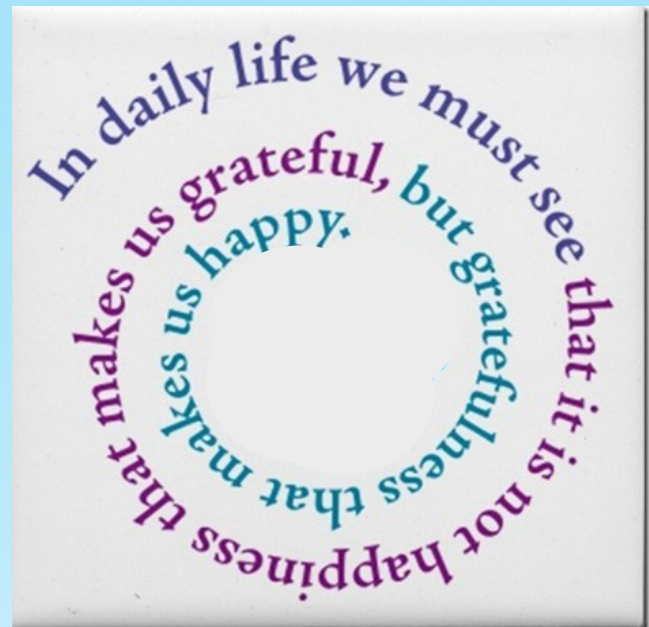
I go outside with hot tea and sit on the old weathered wood chairs. Thank you, God, for a home to live in and a place to raise a family for the last 24 years.

As I sit, a grey sky slowly turns to the rose-salmon color of the coming sunrise. Thank you, God, for my eyes and the colors I see.

I become aware of the morning sounds. First, honking geese that fly above me in perfect formation, then the squirrel chatter, some birdsong, (not so much in the fall), the bells from the abbey church, and finally the familiar drone of cars and trucks on the distant streets. Thank you, God, for my ears, my ability to hear, help me hear you today.

Going back inside for my phone I will connect with other food addicts on the meeting this morning. Thank you, God, for this family, which loves and supports me. Thank you, God, for the gift of abstinence today. I am grateful.

Constance H. in Wisconsin



GRATITUDE: 28 YEARS OF ABSTINENCE

So, what's it like to be 28 years abstinent from sugar, flour and wheat and to belong to the family-ship of Food Addicts Anonymous?

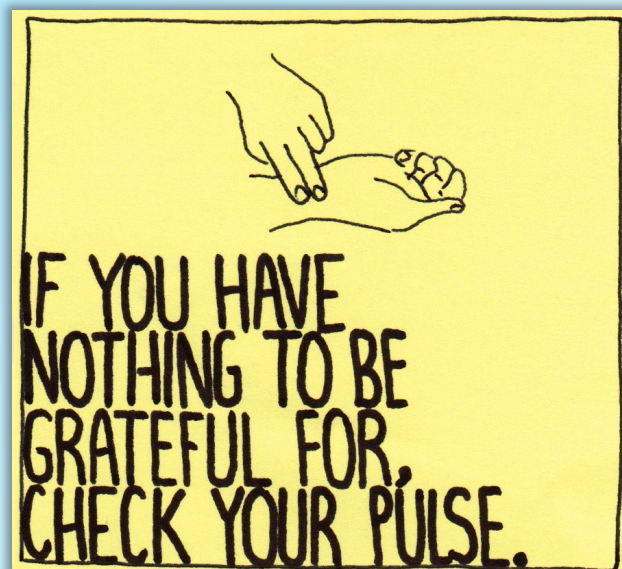
Well, my body feels great at the young age of 73. I have learned that acceptance is the key to everything. I have learned that the word "change" is a wonderful and miraculous alternative to living in the past. I have learned that even though originally, I didn't believe in a Higher Power, it was really my disease that kept us separated from each other. I have learned that FAA offers me a full tool box and it's my responsibility to keep them clean and sharpened and with these tools there isn't anything that can't be fixed or created. I have learned to live the Steps.

28 years ago, I woke up with tears of gratitude and thanked my Higher Power for another day of abstinence. That has never changed, and I pray it never will. I know that I have only a one day at a time reprieve from the throes of this debilitating and fatal disease of food addiction. Therefore, it's my responsibility to know what I am putting in my mouth and it's my responsibility as to what comes out of my mouth.

I have learned to treasure being a food addict in recovery. It has opened an entire world of wonderful people who understand me and who I understand. We may not share the same background and experiences; but we share the same feelings and struggles with our disease. We learn to work together for the unity and growth of FAA. I have learned that I can't keep it unless I give it away.

So, what's it like to be in recovery today..... **WONDERFUL!**

**Hugs and Love,
Dorene L. in New Jersey**



Thank You and Follow-up from the FAA Literature Committee

On behalf of the FAA Literature Committee, I would like to thank the fellowship who participated in providing feedback for the sample menu plans to replace page 42 and 43 of the Welcome Newcomer booklet. Following our FAA Bylaws, on September 24, 2017, the FAA Board finalized approval of the sample menu plans for publication. This means that future Welcome Newcomer booklets will reflect this change.

As you may recall there were seven reasons to make this change: (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.

For those who have already purchased a Welcome Newcomer booklet, the FAA Board will explore ways to address updates and other communication to share this change. Along with feedback to the sample menu plans, many contributed other suggestions and comments that the FAA Literature Committee will archive.

As my term of two years is now completed, as an FAA Board member and Chair of the Literature Committee, I am grateful for this opportunity to serve. I encourage others to do service as an FAA Board member and/or serve on the various committees that are open to the fellowship. This is one of the ways to create sustainable recovery.

If you have any questions/comments, please email me at feliz_elena@yahoo.com or call me at 718-335-8161 (NY-USA).

Elena F.
Chair, FAA Literature Committee



BOARD MEETING MINUTES: SUNDAY, JULY 23, 2017

Opened Meeting with the Serenity Prayer

Roll Call: Dorene L (NJ), Elena F (NY), Denise H (WI), Phyllis E (NJ), Libby V (CA), Cindy K (NJ), Ashley (MD), Donna M. (FL)

REPORTS

Executive Assistant – The office survived the hurricane with a period of power outage as the only impact. The newcomer packets have been completed with the bookmarks, wallet menu cards added. Acknowledged EA diligence in maintaining the literature supplies in a consistent and timely manner.

Treasurer : Sending payments for all necessary bills including rent, salaries, literature orders, webmaster payments, etc.

Office: The phone, fax, stamp.com, and PayPal bills have all been placed on auto pay to save money on late fees. EA negotiated a reduction in the monthly fax bill from \$10 to \$5. EA making copies of previous convention CDs to sell at convention. The webmaster will be upgrading the content management system after convention. The Abstinent Times was finalized, and EA mailed them. The 12th-Step volunteer list is going well with a lot of activity both in the US and internationally. New contacts are being made, questions are being answered, however a new contact for Canada is needed.

By-Laws: There are 2 motions in place.

Public Information: Answering inquiries and generally educating people about FAA.

Literature: Elena's last meeting as Chair of the Literature Committee. The Board thanked Elena for her service as Chair.

Convention Committee: A bid has been placed for Cleveland for the 2018 convention.

OLD BUSINESS

Motion 1:

As Chair of the Bylaws committee, I make the following motion: To remove the second sentence in Article IX: General Operations. The sentence is: "A Group Service Representative is elected from each meeting to attend regular Intergroup meetings where, they consider issues affecting the groups they represent."

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, the FAA Board does not govern Intergroups. This represents a conflict between our practice and our Bylaws. Removing this clause will remove the conflict.

This motion was 2nd by Doreen on 7/23/17. There was further discussion about the 12 Concepts of AA in relation to their service structure as FAA does not follow the same structure. The motion was passed with 7 "yes" votes and 1 "no" vote. The motion passed.

Motion 2: Motion to modify Article XV, paragraph 2 of the By Laws:

Current language: The Secretary shall, as soon as practical, mail each member of the Board of Trustees at their last known address, a notice containing a copy of such proposals for amendment to these By-Laws.

Proposed language: The Secretary shall, as soon as practical, contact each member of the Board of Trustees at their last known address (e-mail or postal mail), a notice containing a copy of such proposals for amendment to these By-Laws.

The purpose of this change is to update the By Laws to allow for the use of e-mail to communicate proposed By Laws changes with members of the board.

This motion was seconded by Cindy on 9/24/17 and all agreed that the language could be modified. As with any change to the By Laws, no votes will be taken until the next Board meeting.

Motion 3:

As Chair of the Literature Committee, please find the attached for your review and approval the FAA Literature Committee's final revision of page 42 and 43 of the Welcome Newcomer Booklet re: Women's Sample Menu Plan and Men's Sample Menu Plan.

Motion was seconded by Phyllis. There was a unanimous vote to allow the revision and this motion was passed.

NEW BUSINESS: None.

OPEN FORUM: The Office Committee and the EA will work together to print the revised sample menus on double sided card stock for temporary inserts with a statement that these sample menus are to replace the current sample in the book. This will be a temporary measure until it is time to reorder the literature and make the final adjustments to the books. Phyllis will add these suggestions to the Office Committee agenda.

Elena will submit a thank you from the Literature Committee to the fellowship for their feedback on the sample menu plans to the Abstinent Times.

Closed the meeting with Serenity Prayer

BOARD MEETING MINUTES: SUNDAY, SEPTEMBER 24, 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), Ashley (MD)

REPORTS

Executive Assistant: Considering a new fax method through the phone line to save money. Prior to our current EA, the phone bill was approximately \$184 and is now \$113 per month. In the process of ordering wallet sized menu cards and Just for Today bookmarks to add to the Newcomer Bundle. The price of the Newcomer Bundle has been set at \$45 and has been selling well. Elena from the Literature Committee requested an inventory count of the Welcome Newcomer booklet.

Treasurer: Proposed budget increase sent to board members, however there was no conclusion on the budget which means FAA is currently working without a budget. To remain in compliance with the bylaws, the budget proposal will be emailed to Board members for approval and implemented as soon as possible.

Office: Current goals include a review of the literature return policy, review of literature cost in relation to shipping costs, generating a policy regarding the manner in which meetings are listed on the website (ex. "temporarily suspended" or "call first"). Cyberspace Intergroup is requesting instructions for international calling to be placed on the website. The Newcomer Bundle is posted on the website. A new conference call number is now in effect and listed accordingly on the site. The Abstinent Times needs more people to submit articles and anniversaries. Only 1-2 responses were received from a questionnaire sent for feedback on access and availability to the Abstinent Times via the website.

By-Laws: Nothing new to report, waiting on motions that were presented during the last meeting.

Public Information: Answering responses to media and other professionals who have been inquiring about interviewing FAA members for issues outside of FAA and explained this is not appropriate.

Literature: The Literature Committee submitted a motion to conclude Phase II. The next project is to revise the list of sugar, flour, and wheat. Elena will be transitioning as Chair by October and is confident in the competency of the committee to continue the work. The Board acknowledged Elena's service as the Chair.

Convention Committee: NY/NJ retreat raised \$1,212.00 for the convention. A tumbler will be the souvenir for the convention. Registrations are coming in. We will be sold out of rooms soon. The Decorating Committee needs volunteers to help decorate. All other positions are filled.

OLD BUSINESS

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.

Motion was seconded by Doreen during the prior Board Meeting on 5/23/17. More discussion occurred in accordance with the bylaw amending procedures. It was discussed that the purpose of the 12 Concepts of AA aligns with their organizational structure which is extremely different to the organizational structure of FAA in terms of magnitude, committees, and procedures. It was also noted that the 12 Concepts of AA currently have a copyright rendering FAA's use illegal. This motion received 4 yes votes and 2 no votes, therefore the motion passed and the statement will be removed.

Motion 2:

As Chair of the Bylaws committee, I make the following motion: To remove the second sentence in Article IX: General Operations. The sentence is: "A Group Service Representative is elected from each meeting to attend regular Intergroup meetings where, they consider issues affecting the groups they represent."

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, the FAA Board does not govern Intergroups. This represents a conflict between our practice and our Bylaws. Removing this clause will remove the conflict.

This motion was 2nd by Doreen and opened for discussion. No votes will be taken at this time in accordance with the bylaw amending procedures. There was much input on the lack of group service representatives and intergroup meetings in this organization rendering this statement null. It was mentioned that an organizational structure in the future may include this statement provided our population and membership increases, however at this time this By Law is not being executed. This motion will be voted on during the next Board Meeting. *(Continued next page)*

FAA BOARD OF TRUSTEES 2017-2018

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
Cindy K.	NJ	Co-Moderator	-	(732) 300-7255	cynthiagkelly@aol.com
Chuck S.	OH	Co-Moderator	-	(330) 322-0489	Jacob_scholl@hsbct.com
Phyllis E.	NJ	Treasurer	-	(732) 762-0930	31peckel@comcast.net
Ashley B	NJ	Secretary	-	(301) 399-9365	ashley.brincefield@gmail.com
Kelly B.	NJ	Trustee	Public Information	(727) 692-5931	busyblonde82@gmail.com
Laurie N.	OH	Trustee	Convention	(440) 590-2717	clughlaurie@gmail.com
Kirsten J.	OR	Trustee	Office	(503) 543-6248	kirsten54@rocketmail.com
<i>Vacant</i>	-	Trustee	Literature		
Ashley B.		Trustee	By-Laws	(301) 399-9365	ashley.brincefield@gmail.com
Libby V.	CA	Parliamentarian	-	(925) 324-4746	libbyonlabel@aol.com
<i>VACANT</i>		<i>Trustee</i>			
<i>VACANT</i>		<i>Trustee</i>			
<i>VACANT</i>		<i>Trustee</i>			
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<i>VACANT</i>		<i>Trustee</i>			
<i>VACANT</i>		<i>Trustee</i>			

MEETING MINUTES CONTINUED:

Motion 3 (Tabled for the future):

Motion to modify Article XV, paragraph 2 of the By Laws:

Current language: The Secretary shall, as soon as practical, mail each member of the Board of Trustees at their last known address, a notice containing a copy of such proposals for amendment to these By-Laws.

Proposed language: The Secretary shall, as soon as practical, contact each member of the Board of Trustees at their last known address (e-mail or postal mail), a notice containing a copy of such proposals for amendment to these By-Laws.

The purpose of this change is to update the By Laws to allow for the use of e-mail to communicate proposed By Laws changes with members of the board.

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. A budget amount will be sent via email to Board Members for approval.

NEW BUSINESS

Motion 1 (Tabled for the future):

As Chair of the Literature Committee, please find the attached for your review and approval the FAA Literature Committee's final revision of page 42 and 43 of the Welcome Newcomer Booklet re: Women's Sample Menu Plan and Men's Sample Menu Plan.

OPEN FORUM

The parliamentarian reminded members that the deadline for nominations for new Board Members needs to be submitted 30 days prior to the meeting at the annual convention.

Closed meeting with the Serenity Prayer

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 July 1 to September 30, 2017, meetings,
intergroups, and individuals have sent financial
donations to FAA.

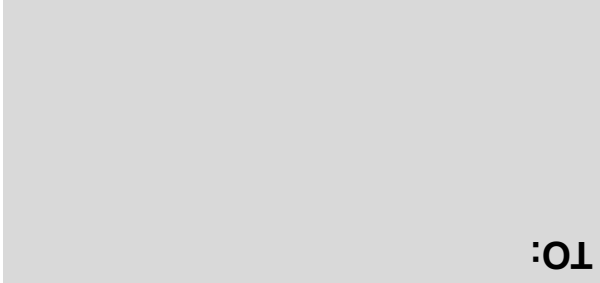
Thank you for your continued support.

July 1 to September 30, 2017		
Type	Number of Donations	Amount
Face to Face Meetings and Groups	14 Donations	\$ 1,712.45
Email Meeting (FAA Loop)	12 Donations	\$ 210.00
Phone Meetings	65 Donations	\$ 1,503.00
Individuals	83 Donations	\$ 1,086.25
Totals	174 Donations	\$ 4,511.70
Year to Date Total:		\$13,271.72

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.





From:
FAA WSO
529 NW Prima Vista Blvd. #301A
Port St. Lucie, FL 34983

***“For today, I am grateful for the
freedom I received with the gift
of abstinence.”***

Food for the Soul—Page 133