

FAA Virtual Meeting Suggested Format

Welcome to the (state the NAME of the meeting here) virtual meeting of Food Addicts Anonymous. My name is _____ and I am a Food Addict. I am your host and _____ is co-host (if applicable).

If you would like to read along, feel free to download this format from the FAA website at www.faacanhelp.org.

Please be aware of background noise and place yourself on Mute if you are not actively speaking. If there is background noise that you don't notice, I may place you on Mute if necessary. Please be seated in a private location to uphold the anonymity of other members and reduce distraction.

We will open the meeting with a moment of silence for the still sick and suffering food addict followed by the Serenity Prayer. Please join me if you would like. "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."

Food Addicts Anonymous is an organization that believes that Food Addiction is a biochemical disorder that occurs at a cellular level and therefore cannot be cured by willpower or therapy alone. We feel that food addiction is not a moral or character issue. This Twelve Step program believes that food addiction can be managed by abstaining from (eliminating) addictive foods, following a program of sound nutrition (a food plan), and working the Twelve Steps of the program. After we have gone through a process of withdrawal from addictive foods many of us have experienced miraculous lifestyle changes.

[Screen Share the readings so that others may see them.]

Would someone please read **Our Primary Purpose** found on Page 1 in **The Steps to Recovery**.

OUR PRIMARY PURPOSE: Food Addicts Anonymous is a fellowship of men and women who are willing to recover from the disease of food addiction. Sharing our experience, strength, and hope with others allows us to recover from this disease One Day at a Time. Food Addicts Anonymous is self-supporting through our own contributions. We are not affiliated with any diet or weight loss programs, treatment facilities or religious organizations. We neither endorse nor oppose any causes. Our primary purpose is to stay abstinent and help other food addicts to achieve abstinence.

Would someone please read **Who is a Food Addict** found on Page 1 in **The Steps to Recovery**.

WHO IS A FOOD ADDICT? When we lose control of our lives and can no longer define reality, despair becomes our daily companion. How many times have we attempted to satisfy our soul needs with food, only to find the same emptiness within? As our self-esteem disappeared and our health worsened, we searched frantically for a way out. Diets became our Higher Power, only to fail us again and again. Fear filled us; we became isolated in a room full of people. With abstinence from sugar, flour, wheat and other high carbohydrate foods, we can find hope to live our lives. Our Higher Power leads us forward, with love, to freedom and a happy, useful life. Abstinence will open the door, and by working the Twelve Steps, we can recover from this disease.

Would someone please read **The Twelve Steps** found in the introduction of ***The Steps to Recovery*** booklet.

THE TWELVE STEPS OF FOOD ADDICTS ANONYMOUS

1. We admitted we were powerless over our food addiction—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
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.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to food addicts, and to practice these principles in all our affairs.

Would someone please read **The Tradition of the Month** (found on page 48 in *The Steps to Recovery* booklet) and the **Long Form of the 3rd Tradition** found on page 50 in *The Steps to Recovery* booklet.

NOTE: *On the first meeting of the month, read ALL 12 Traditions.*

The Twelve Traditions of FAA

1. Our common welfare should come first; personal recovery depends on FAA unity.
2. For our group purpose there is but one ultimate authority—a loving God, as God is expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for FAA membership is a desire to stop eating addictive foods.
4. Each group should be autonomous except in matters affecting other groups or FAA as a whole.
5. Each group has but one primary purpose—to carry its message to the food addict who still suffers.
6. An FAA group ought never endorse, finance or lend the FAA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every FAA group ought to be fully self-supporting, declining outside contributions.
8. FAA should remain forever nonprofessional, but our service centers may employ special workers.
9. FAA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Food Addicts Anonymous has no opinion on outside issues; hence the FAA name ought never be brought into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Tradition 3 long form:

The only requirement for FAA membership is a desire to stop eating addictive foods. We come to FAA with nothing more than a desire to recover from the disease of food addiction. This desire will be supported by all those who are walking this path of recovery. We abstain from sugar, flour and wheat in all their forms. We avoid refined, processed carbohydrates. We help each other understand the complexity of learning to eat in a healthy way. We are not a weight loss or weight gain program. We do not judge each other's abstinence or the shape of our bodies. Instead, we continue to share ourselves and practice the spirit of humility. Everyone is welcome to attend our meetings to learn about our fellowship.

Would someone please read the **Definition of Abstinence** found on page 1 of *The Steps to Recovery* booklet.

DEFINITION OF ABSTINENCE

We ask for help from our Higher Power to abstain from those substances we find ourselves craving, ever mindful of our addiction to sugar, flour and wheat. Feeding our bodies with a plan of sound nutrition will allow us freedom from the insanity of this disease. With honesty, an open mind and willingness to share our experience, strength, and hope, we can recover from this disease, ONE DAY AT A TIME.

Are there any newcomers to FAA or anyone attending this meeting for the first time? If so, please introduce yourself by your first name and tell us where you are from so that we may welcome you. (**Welcome newcomers by name**).

We suggest that you attend at least six meetings to help you decide if FAA is for you. Feel free to ask questions after the meeting and write down our phone numbers. You can purchase FAA literature by going to www.faacanhelp.org. Try to listen with an open mind and just keep coming back. We want you to know that experiencing withdrawal symptoms from addictive foods is a necessary part of recovery for some people, but this does pass. In our experience, it is easier to stay abstinent than it is to get abstinent.

In this meeting, we celebrate various periods of abstinence from sugar, flour, and wheat. Is anyone celebrating 30 days, 60 days, 90 days, 6 months, 1 year? Multiple years? **[If yes, ask them how they did it and then say:]** For anyone celebrating 30 days, 60 days, 90, days, 6 months or any yearly anniversary, if you would like a celebration token mailed to you, please send your name, address and abstinence date to: faavirtualintergroup@gmail.com.

For anyone who is new and would like to receive a virtual “Welcome Newcomer” token please send your name and email address to faavirtualintergroup@gmail.com letting them know you are new to our fellowship. You will receive the virtual token through your email. Thanks to the Celebration Representative for their service.

If you would like to add your name to our virtual contact list and receive access to the list to connect with other members of the fellowship, please email faavirtualintergroup@gmail.com with your name, phone number, Gmail/Google address, city/state/country and let us know if you are on WhatsApp for free international texts and calls.

Members willing to share their phone numbers may do so in the chat box or rename themselves to include their phone number and where they are from. If you are available to be a sponsor or looking for a sponsor, you may indicate that as well.

Leader is responsible for the topic (i.e. Read the day's Food for the Soul and then open the meeting for shares... invited speaker... literature reading... etc.)

We will now read from _____ (Leader's choice)

After reading and before sharing, read:

The meeting is now open for people to share. As a reminder, there is no abstinence requirement to share. Group discussion at FAA Meetings is centered on sharing your experience, strength, and hope relative to food addiction and recovery. According to our 4th Tradition, we use only FAA literature at our meetings, but we encourage you to read other 12 Step literature as it is helpful in better understanding addiction and the 12 Step recovery process.

In order to respect our members and provide a safe environment, we request that there be no "cross talk" during sharing or in the chat box. Cross talk is defined as interrupting, offering advice, or in any way commenting on another person's share. Cross talk is also referring to an individual's name or their share in your own share.

We encourage our members with personal questions to speak with an abstinent FAA member after the meeting. We often keep the room open for 15-30 minutes after the meeting to allow for questions, socialization, and sharing, in case you didn't get a chance during the meeting. We call this the "Parking Lot." Please keep your share to 3-4 minutes (or 2-3 if large group), so that as many people as possible will have a chance to share.

Please raise your hand by going to the reactions button and selecting the raise hand option. If you are on your phone, press *9 to raise your hand or *6 to unmute.

[At 5 minutes before the end of the meeting:]

That is about all the time we have for sharing in our meeting. If you haven't had a chance to share and you would like to, please take some phone numbers from the chat box or from individuals' squares and call someone after the meeting or stay after the meeting to share in the parking lot where we answer questions and have fellowship.

The 7th Tradition states we are self-supporting through our own contributions. As a virtual basket, you may donate via Venmo to **@FAAVirtual-Intergroup** or through **Paypal@FAAVIG**. This will be posted in the chat box as well. With our contributions, our virtual intergroup pays our meeting's expenses for the shared FAA Zoom account and for the tokens, cards, and postage to help celebrate members' abstinence. After a prudent reserve, the rest of the contributions are sent to support FAA's World Service Office. **Copy & Paste this information into the chat box: (" As a virtual basket, you may donate via Venmo to FAAVirtual Intergroup@FAAVirtual-Intergroup or through Paypal at Paypal@FAAVIG.")**

Anonymity is the foundation of our spiritual program. To continue our recovery as a whole, we honor our members by maintaining their right to privacy.

Will someone please read the Seventh Step Prayer?

**God, help me listen to my Higher Self, as You and I make the changes in my life that will allow me to live a free, useful, and happy life. Help me to not find fault with all that I do, and with those who cross my path. As I continue to stay abstinent, help me be released from the cravings for foods that are not in my best interest. Help me learn that food is to nourish my body so my spirit can carry out your plans for me. Help me to be compassionate, trusting, forgiving, loving, & kind to myself and others as I serve You and the people on earth.
AMEN.**

We will now close the meeting by reciting the Serenity Prayer together.

We'll say the WE version. Please feel free to unmute yourself if you would like to be heard.

“God, grant **us** the Serenity to accept
the things **we** cannot change,
Courage to change the things **we** can,
and the Wisdom to know the difference.”

Thank you all for a great meeting!