

## Food Addicts BreakingFree Monday 7PM EST Meeting Format

Go to the last pages of this document for a list of local dial-in zoom numbers...

To join the Zoom meeting:

<https://zoom.us/j/96522560670?pwd=WkdiZ21OWUfTdTdXeWhLRzdscUg1Zz09>

Meeting ID: **965 2256 0670** • Passcode: **552977**

1. Welcome to the Monday 7PM meeting of Food Addicts BreakingFree.  
My name is \_\_\_\_\_ and I am a food addict and your leader for tonight.
2. Let's open the meeting with a moment of silence followed by the Serenity Prayer. I will say the Serenity Prayer for the group. Please stay muted and pray along with me.  
  
*Prayer - God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.*
3. Please press \*6 to mute and unmute the line for sharing and eliminating background noise.
4. Food Addicts BreakingFree is a fellowship of women and men who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from food addiction. The only requirement for membership is a desire to stop addictive eating. There are no dues or fees for membership. We are self-supporting through our own contributions. We are not allied with any sect, denomination, politics, organization, or institution; do not wish to engage in any controversy; neither endorse nor oppose any causes. Our primary purpose is to stay abstinent and help other food addicts to achieve abstinence.
5. Our approved books are:  
*Food Addiction, The Body Knows; From the First Bite; Healing Day by Day; and the Absolutely Abstinent Cookbook, all written by Kay Sheppard; the AA Big Book and the AA 12 and 12*
6. Here are some helpful tips we have found useful to get most out of our phone meetings:
  1. We seek to create environments that allow us to stay focused during the meeting.
  2. We keep notepads nearby to write ideas, questions, and names/numbers.
  3. When we're ready and able, we do service on phone meetings by volunteering to read, volunteering to lead or coordinate leaders, and we strive to share our honest experience, strength and hope.
7. We follow FAB's food plan, and it can be downloaded at [www.fabfreedom.com](http://www.fabfreedom.com).
8. Who would like to read the **Definition of Abstinence**, found in *From the First Bite*, pg. 89, first 2 paragraphs?

One of the greatest struggles in recovery is defining abstinence, which is a must for reaching and maintaining physical recovery. Some who have difficulty staying abstinent never get physically clean. When a food addict ingests even a small amount of an addictive substance, cravings are triggered and along with them the urge to binge.

It has become popular to use an abbreviated (no sugar, flour, wheat) definition of abstinence. There is a problem with this abbreviation. We could abstain from sugar, flour, and wheat for the rest of our lives and continue to stay in the disease forever by eating high-fat foods, volume, and refined carbohydrate snacks. We could eat them all day and all night and still say that we are abstinent. We could show up at meetings and claim to be abstinent right after a huge binge. This definition is just too limited.

**Abstinence needs to be defined as abstinence from all addictive foods and behaviors, including personal binge foods, and volume, plus a commitment to a weighed and measured food plan.**

9. Let's introduce ourselves, my name is \_\_\_\_\_ and I am a food addict.
10. At the end of this meeting, we will have a phone number exchange and questions.
11. The FAB Twelve Steps
  1. We admitted we were powerless over refined food—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 Him.
  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 Him 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 Him, praying only for knowledge of His 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.
12. The FAB Tradition of the Month
  1. Our common welfare should come first; personal recovery depends upon FAB unity.
  2. For our group purpose there is but one ultimate authority—a loving God, as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
  3. The only requirement for FAB membership is a desire to stop eating addictive foods.
  4. Each group should be autonomous except in matters affecting other groups or FAB as a whole.
  5. Each group has but one primary purpose—to carry its message to the food addict who still suffers.
  6. A Food Addicts BreakingFree group ought never endorse, finance, or lend the FAB name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

7. Every FAB group ought to be fully self-supporting, declining outside contributions.
8. Food Addicts BreakingFree should remain forever nonprofessional, but our service centers may employ special workers.
9. FAB, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Food Addicts BreakingFree has no opinion on outside issues; hence the FAB name ought never be drawn 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.
13. There is no abstinence requirement to share. Everyone's voice matter, whether you are a newcomer or long timer.
14. Our topic for tonight is Step and Tradition # \_\_\_\_\_.
15. We will be reading the Step in *From The First Bite*, Chapter 7, page \_\_\_\_\_. Who would like to read?
16. I will share on Step \_\_\_\_ and then invite everyone to share.
17. At 7:35 pm EST, We will now read the Tradition in *Healing Day by Day* on page \_\_\_\_\_.
18. I will share on Tradition \_\_\_\_\_ and invite everyone to share.
19. At 10 minutes before the hour, ask, "who would like to read *Healing Day by Day* for today?"
20. Is there anyone else who would like to introduce themselves?
21. Anonymity is the spiritual foundation of all our traditions, who and what you hear here, please let it stay here.
22. Next week's meeting will be on Step & Tradition # \_\_\_\_\_.
23. Is anyone celebrating an anniversary of abstinence?
24. We thank those members who participated in reading and sharing, newcomers and visitors, and those who are in service to this meeting.
25. Our 7<sup>th</sup> Tradition states that we are fully self-supporting. Similar to passing the basket at face-to-face meetings, we offer an online alternative using secure PayPal where you can contribute \$1.00 or more for every meeting you attend. You may also select the monthly check box to give automatic monthly contributions. Your generous contribution helps with our expenses including logo and web design, literature, and outreach. You can make your voluntary contribution at [www.fabfreedom.com](http://www.fabfreedom.com).
26. **Sponsorship** is a basic service our fellowship offers. If you are new to our program, we recommend you get a sponsor. A sponsor is your personal cheerleader and will help you learn the basics of our food plan and the 12 steps. To find a sponsor, listen at meetings for someone who inspires you and ask for their number at the end of the meeting. We are always in need of sponsors. Please enhance your program by becoming a sponsor. As the old saying goes: "you can't keep it unless you give it away." We are creating a

list of Available Sponsors. Please give your name and phone number at the end of the meeting and let us know you are available to sponsor

27. FAB announcements: There are 4 other phone meetings on the same number, all EST.

Monday, 9am, Cover-to-cover discussion of *From the First Bite*

Friday, 7pm, Rotating topics

Saturday, 9am, Cover-to-cover discussion of the *Alcoholics Anonymous Big Book, 4<sup>th</sup> Edition*

Sunday, 9am, Beginners and Long-timers Alike

30 days of abstinence is requested on the current food plan as written to serve Meeting Coordinator and Meeting Leader positions.

29. Step 12 states that “we tried to carry this message to food addicts”. In an effort to do this as a community, we are beginning a new **Spread the Word Campaign** encouraging all members to spread the word of recovery from food addiction by giving FAB brochures to each of your doctors and therapists. You can let us know how many brochures you need by going to the FAB website at [fabfreedom.com](http://fabfreedom.com) and clicking on Contact. Your contact information will not be visible to anyone except the FAB Board Secretary and will be kept confidential. We appreciate you joining in this effort. Hopefully, we will see the number of newcomers increase as a result.

30. Are there any other FAB related announcements?

31. We will now close the meeting with a moment of silence followed by the Serenity Prayer. I will say the Serenity Prayer for the group. Please stay muted and pray along with me.

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

32. Who would like to leave or get a phone number?

33. Are there any questions?

34. Goodbye everyone.

---

## Zoom Dial-in Numbers

Dial by your location:

+1 301 715 8592 US (Washington DC)

+1 305 224 1968 US

+1 309 205 3325 US

+1 312 626 6799 US (Chicago)

+1 646 931 3860 US  
+1 929 205 6099 US (New York)  
+1 360 209 5623 US  
+1 386 347 5053 US  
+1 507 473 4847 US  
+1 564 217 2000 US  
+1 669 444 9171 US  
+1 669 900 6833 US (San Jose)  
+1 689 278 1000 US  
+1 719 359 4580 US  
+1 253 205 0468 US  
+1 253 215 8782 US (Tacoma)  
+1 346 248 7799 US (Houston)  
+61 2 8015 6011 Australia  
+61 3 7018 2005 Australia  
+61 7 3185 3730 Australia  
+61 8 6119 3900 Australia  
+61 8 7150 1149 Australia  
+1 647 374 4685 Canada  
+1 647 558 0588 Canada  
+1 778 907 2071 Canada  
+1 780 666 0144 Canada  
+1 204 272 7920 Canada  
+1 438 809 7799 Canada  
+1 587 328 1099 Canada  
+353 1 240 8941 Ireland  
+353 1 536 9320 Ireland  
+353 1 653 3895 Ireland  
+353 1 653 3897 Ireland  
+353 1 653 3898 Ireland  
+353 6 163 9031 Ireland  
+44 203 901 7895 United Kingdom  
+44 208 080 6591 United Kingdom  
+44 208 080 6592 United Kingdom  
+44 330 088 5830 United Kingdom  
+44 131 460 1196 United Kingdom  
+44 203 481 5237 United Kingdom  
+44 203 481 5240 United Kingdom

Meeting ID: **965 2256 0670** • Passcode: **552977**

Find your local number: <https://zoom.us/j/96522560670>