

Sample FAA Face to Face Meeting Format

This is a sample only. The meeting may make changes as it chooses.

Leader reads the sections in Bold. *The italics are for instructions and clarifications.*

Welcome to the _____ meeting of Food Addicts Anonymous. My name is _____ and I am a food addict. Before we start, please turn off or silence your cell phones.

Let's open the meeting with a moment of silence followed by the Serenity Prayer.

Would someone please read: *(leader hands out the readings before the meeting starts and now calls on each person to read):*

1. Our Primary Purpose
2. Who is a Food Addict
3. The Twelve Steps
4. The Twelve Traditions
5. The Definition of Abstinence

Are there any newcomers or anyone attending their first meeting? If so, please introduce yourself by your first name so that we may welcome you.

If any newcomers are present, offer them a white chip and explain that we have a chip system to mark abstinent time in FAA. The white chip marks 24 hours and surrender. The white chip is for newcomers or anyone coming back to FAA.

Also read the following welcome if newcomers are present: We suggest you attend at least six meetings before deciding if FAA is for you. Listen with an open mind and keep coming back. We encourage you to read our literature, visit the FAA website, and become familiar with abstinence from sugar, flour and wheat, as well as our suggested food plan. Please keep in mind that during the first stages of recovery, withdrawal is a primary symptom. Our experience has shown that it is easier to stay abstinent than it is to get abstinent. Don't quit no matter what.

Let's go around the room and introduce ourselves. *The Leader welcomes everyone after introductions.*

We celebrate various periods of abstinence from sugar, flour and wheat. Is anyone celebrating an anniversary of 30, 60, 90 days, 6 months or any yearly anniversaries? If anyone has an anniversary, give out the appropriate chip. Ask the person to briefly share how they did it.

Are there any FAA related announcements? *(FAA Convention, local retreats, workshops, gratitude dinners, phone marathons, World Service Office or meeting service opportunities etc.)*

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Are there any reports from the Treasurer, Secretary or Literature representatives?
Make this announcement if you have group officers. If this meeting has a regularly scheduled business meeting, announce when it is. If the meeting needs to select the next Leader or Chairperson, do that now.

The Leader or Chairperson announces the format for today's meeting.

Example: This is a literature meeting and we are reading from the FAA Green Book. We are on chapter _____, page _____.

Other examples are: Topic/Literature meetings based on Food for the Soul, where we read from today's reading or pick a topic from the appendix and have multiple readings; or Step and Tradition Meetings. Many groups read the Step and Tradition on the first week of the month in place of their regular meeting format. Other meeting formats are: Topic Discussion, Speaker, and Chairperson's Choice.

*After the reading or introduction of the topic, the leader thanks everyone for reading and announces: **The meeting is now open for discussion. All are welcome to share. We ask that you focus your discussion on your experience, strength and hope relative to food addiction and recovery. We respect our members by refraining from cross talk, which is defined as offering advice or commenting directly back to an individual's share. In accordance with Tradition Four, we discuss only FAA literature at our meetings. We encourage our members to read other Twelve Step literature outside of this meeting because it may help to understand addiction and recovery. Would someone like to open the sharing?***

*Leader facilitates closing: 5 minutes before the end of the hour, close the meeting with the following: **That's all the time we have for today's meeting. Thank you for being here and please keep coming back.***

The Seventh Tradition states we are self-supporting through our own contributions. It is vital we support carrying the FAA message. Money in the basket helps us pay for the meeting, order literature and contribute to the World Service Office (*pass the basket*). We also have a separate can for collection for a donation from this Group to support a raffle held at the FAA Annual Convention (*pass the can*).

*Leader reads the Anonymity statement: **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. What you hear here----stays here!!***

Leader closes; choose one: Choose to close with the Seventh Step Prayer (all read aloud) or The Promises (all Promises are read. Ask that each person read a few promises by passing the list around the table) or the Serenity Prayer (all get up and hold hands in a circle).

Example: We have a nice way of closing by reading the Seventh Step Prayer together.