

2019 FA World Service Business Convention

MOTION - to adopt the back-page language of “Food Addiction and the FA Solution” for all pamphlets

Short name: **Back-Page Language Motion**

Motion: The Literature Committee moves to adopt the back-page language developed for “Food Addiction and the FA Solution” for all existing pamphlets.

If this motion proposes a change in an already established bylaw, policy, or continuing effect motion, please indicate the *current* wording:

This motion is not a change to any bylaw, policy, or continuing effect motion; however, the motion proposes a change in Conference-approved literature, which is addressed in the continuing effect motions on the Literature Approval Process, May 2009 and June 2011. Please see below for current wording and proposed wording of this change.

Please indicate your proposal for the *changed* wording:

Please see below. New language is bold-faced.

Current Wording:

What is FA?

FA is a program based on the Twelve Steps of Alcoholics Anonymous. There are no dues, fees, or weigh-ins at FA meetings. FA is a fellowship of individuals who, through shared experience and mutual support, are recovering from the disease of food addiction.

Who joins FA?

FA members are people of all ages from all over the world. Some of us have been obese; others have been undereaters, bulimic, or so obsessed with food or weight that we could not freely live our lives. Among us are people who have weighed as little as 62 pounds, those who have weighed more than 400 pounds, and others who have been of normal weight but were obsessed with food or dieting.

Does the program really work?

Typically, FA members have tried any number of solutions to their problems with food, including (for many of us) years of diets or exercise. In FA, we have finally found an answer that is long-term. FA members have maintained normal weights and found freedom from obsession for more than thirty-five years. As more and more newcomers enter the program, the number of people with five or ten years of recovery continues to grow.

Proposed Wording:

What is FA?

Food Addicts in Recovery Anonymous (FA) is a program based on the Twelve Steps of Alcoholics Anonymous (AA). There are no dues, fees, or weigh-ins at FA meetings. FA is a fellowship of individuals who, through shared experience and mutual support, are recovering from the disease of food addiction.

FA was formally organized in 1998, although it began as part of another twelve-step program in the early 1980s. Some FA members have been continuously abstinent since that time.

Abstinence in FA is equivalent to AA's "sobriety" and is clearly defined: weighed and measured meals with nothing in between, no flour, no sugar, and the avoidance of any individual binge foods.

Who joins FA?

FA members are people of all ages from every part of the world. FA includes people who were morbidly obese, substantially underweight, or even at a normal weight. Regardless of their size, they were tormented by cravings, dieting, bulimia, and/or an obsession with exercise.

Does the program really work?

Many FA members tried **other** solutions to **address** their problems with food, including years of diets or exercise. **FA offers a long-term answer. Abstinent members find** freedom from addiction and **maintain healthy** weights. The number of people with years of **unbroken abstinence** continues to grow.

What do you hope to accomplish through this motion, and how will it strengthen the effectiveness of WSI/FA service?

When “Food Addiction and the FA Solution” was initially posted to solicit feedback, it was posted without the back-page language. During the review process, this invited concerns from members that the pamphlet did not address who we are, our history, or the relationship to the Twelve Steps. Therefore, we added the existing back-page language to the pamphlet to address those concerns. This addition resulted in an unexpected deluge of requests to update our back-page language to address inconsistencies in how we represent ourselves.

As a result, the back-page language proposed for use on “Food Addiction and the FA Solution” was an updated version of the standard back-page language currently in use. Primarily, we added a historical narrative to address questions about why members have more abstinence than the years that FA has been established. We also created language that would stand the test of time and not require updating throughout the years.

The Literature Committee and the board agreed with the feedback and determined that the back-page language on all our pamphlets should be updated to address inconsistencies in how we represent ourselves. This motion is to update all literature with the new back-page language. Refer to the bold-faced print above for updates and changes.

proviso Provided that, if the motion is adopted, the new back-page language will take effect for each pamphlet when hard copy supplies run out and need to be reprinted.