

## **AGENDA FOR TEMPORARY FA GATHERINGS**

### **(APRIL 2020)**

**NOTE:** This is a temporary agenda which may be used for phone or video gatherings when FA members are unable to attend their regular in-person meetings because those meetings have been closed for health and safety issues related to the 2020 coronavirus COVID-19 pandemic.

Welcome to this special gathering of members of Food Addicts in Recovery Anonymous (FA). We are so glad you are here. During the time we are unable to meet in person due to the COVID-19 pandemic, we need to find ways to support our recovery, and to be available to the still-suffering food addict. As a stopgap, we are getting together informally to help each other stay abstinent. If you are new to the program, a warm welcome to you. If you have any questions, some of us will be available to speak with you after the call.

*(Optional: Insert any relevant housekeeping rules.)*

### **OPEN WITH THE SERENITY PRAYER**

Read the **DEFINITION OF FOOD ADDICTION:**

**Food addiction is a disease of the mind, body, and spirit for which there is no cure, but it can be arrested a day at a time by our adapting to a disciplined way of eating and the Twelve-Step program of FA. When we abuse food by using it as a drug, our lives become unmanageable. Food addicts have an allergy to flour, sugar, and quantities that sets up an uncontrollable craving. The problem can be arrested a day at a time by the action of our weighing and measuring our food and abstaining completely from all flour and sugar. FA defines abstinence as weighed and measured meals with nothing in between, no flour, no sugar, and the avoidance of any individual binge foods.**

Read **HOW IT WORKS:** *(Please respect AA's request and read this exactly as it is written including the words "alcohol" and "alcoholic.")*

**Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest. Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it—then you are ready to take certain steps. At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely. Remember we deal with alcohol—cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power—that One is God. May you find Him now! Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.**

Anyone with 90 days or more of continuous abstinence in FA is now welcome to share.

*(Optional: Choose a reading from any FA Conference-approved literature including the tools (Living Abstinently pamphlet), FA Book, Big Book, connection magazine, and/or FA pamphlets, and then open the call for sharing.)*

Read the **PROMISES** from the Big Book, page 83:

**If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Selfseeking will slip away. Our whole attitude and outlook on life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.**

**CLOSE WITH THE SERENITY PRAYER**