



Processed Food Anonymous

P.F.A. VOICE

Serenity Prayer

info@pfaws.org



The Twelve Steps of Processed Food Anonymous

1. We admitted we were powerless over processed 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 processed food addicts, and to practice these principles in all our affairs.

The Twelve Traditions of Processed Food Anonymous

1. Our common welfare should come first; personal recovery depends upon P.F.A. 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 P.F.A. membership is a desire to stop ingesting processed foods.
4. Each group should be autonomous except in matters affecting other groups or P.F.A. as a whole.
5. Each group has but one primary purpose — to carry its message to the processed food addict who still suffers.
6. A P.F.A. group ought never endorse, finance, or lend the P.F.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every P.F.A. group ought to be fully self-supporting, declining outside contributions.
8. Processed Food Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. P.F.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Processed Food Anonymous has no opinion on outside issues; hence the P.F.A. 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.

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Our primary purpose is to abstain from processed foods, and to carry the message of recovery to other processed food addicts

The P.F.A. VOICE Committee Welcome

Greetings everyone to the third edition of Processed Food Anonymous' newsletter, P.F.A. VOICE. We are filled with excitement and gratitude to introduce this newsletter aptly themed, 'Serenity Prayer'. Recovery in P.F.A. brought about by the Grace of God, has provided us all with opportunities for change and growth. Following on from our previous two newsletters, this third edition continues to underpin new beginnings for us all who were otherwise lost in the disease of processed food addiction.

P.F.A. VOICE brings another means for all members to share with each other their message of recovery from the disease of processed food addiction. We invite you to continue to contribute your experience, strength and hope via stories, articles and poems, or by other creative means to express your voice.

Please submit your writing or art to P.F.A. VOICE at pfavoice@pfaws.org.

It is with the greatest humility that we, the P.F.A. VOICE Committee, serve you as our fellowship continues to grow.

Love in Service,

P.F.A. VOICE Committee

P.F.A. VOICE Statement of Purpose

P.F.A. VOICE is written, illustrated, edited and read by P.F.A. members and others interested in recovery from processed food addiction. We offer our experience, strength and hope communicating through written words to the fellowship of P.F.A. and other interested parties.

Articles are not considered statements of P.F.A. policy or endorsement, and neither endorses any particular opinion or article. P.F.A. VOICE understands that we treat our disease individually one day at a time.

Address from P.F.A. Group Liaison Officer (G.L.O.)

The Group Liaison Officer Service position

The role of Group Liaison Officer (G.L.O.) is all about communication. It is the responsibility of the G.L.O. to act as a communication channel between the P.F.A. groups and Processed Food Anonymous World Service (P.F.A.W.S.).

How Does This Happen?

Each P.F.A. group has a Group Service Representative (G.S.R.) that acts as a voice for their home group. It is usually at the monthly group conscience meeting, any issues the group members may have will be raised. Almost every group problem can be solved through the process of an informed group conscience, and P.F.A.'s 12 Steps and 12 Traditions.

If not the G.S.R. will take these issues to the G.S.R. Area Assembly which is held tri-monthly. If any of the issues raised by the G.S.R. affect P.F.A. as a whole, the G.L.O. will request the items be added to the agenda of the next P.F.A.W.S. meeting for discussion. The G.L.O. will then communicate the outcome to the G.S.R. who will then take it back to the group.

The G.L.O. is an integral part of the P.F.A. Conference structure; attending the G.S.R. Area Assembly, the P.F.A.W.S. meeting and the Processed Food Anonymous General Service Board as a trusted servant. It is a privileged and responsible position with many opportunities to be involved in P.F.A. at varying levels, learning, and growing spiritually at the same time.

In service,

Lee (G.L.O.) Victoria, Australia



Serenity Prayer

This newsletter's topic has given me cause to consider what the Serenity Prayer means to me and how I've used it in my recovery.

For many years in other fellowships I repeated it at the end of each meeting following the lead of others. I never considered what it meant to me; I was just too sick.

It wasn't until an older, abstinent member went through the prayer with me and helped me get a better understanding of the prayer as I got well; that I started to use it purposefully in my recovery.

God, grant me the serenity . . . this is what I seek, serenity from the voice of the disease that tortured me for so long. I have come to understand I need God's help to find serenity; that it must come from Him.

. . . to accept the things I cannot change . . . I spent my life trying to control my ingesting of processed food, and the people, places, and things around me. I thought if I stopped trying to control things everything would fall apart (little did I realise things had already fallen as much apart as they could get!) With this line of the prayer I remind myself to hand everything over to the God of my understanding, they are in His hands now and I can leave them to Him. I used to insert the symptoms of my disease in here a lot; mental obsession over processed food, my weight and my defects of character. All of which I thought I had to change myself.

Courage to change the things I can . . . I have lived in fear my whole life, terrified people would find out I was a processed food addict. I did not have courage at all. Here I ask God for the courage to change the things I can, bringing me back to His will, not mine. God has very kindly granted me a lot of courage in recovery to change the things I couldn't change without Him – things that really needed to be changed in order for me to recover and grow.

and Wisdom to know the difference . . . I need God's wisdom to know the difference between what I cannot change and what I can change.

Since that time I was taken through the prayer it has meant so much to me and helped to 'Let Go and Let God' on many an occasion.

Katie, Brisbane, Australia



THE FULL VERSION OF THE SERENITY 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.

Living one day at a time,
Enjoying one moment at a time,
Accepting hardships as the pathway to peace.
Taking, as He did, this sinful world as it is,
Not as I would have it.
Trusting that He will make things right
If I surrender to His Will.
So that I may be reasonably happy in this life,
And supremely happy with Him forever in the next.
Amen.



Serenity Prayer

I love the simplicity of the serenity prayer. I used to say it in a rote meaningless way at so many meetings before I recovered. Today it is an integral part of my program and treatment of the disease of processed food addiction.

It's the prayer I say at night if I can't sleep, and the prayer I pray if I don't know what to do or even how to feel.

It encompasses so much with only a few words and the basis is really the wisdom I need from God to guide and lead my life as I'm not very good at doing that!

A simple, loving, healing prayer that asks for guidance from a loving God of my own understanding and that has been answered so many times and in so many ways.

Julia, Perth, Australia

The Serenity Prayer

The Serenity Prayer is as essential to me as breathing.

I start and end the day with it.

I say it throughout the day.

I can re-start my day with it.

When I'm feeling frustrated, angry, resentful – I can start again by taking a deep breath.

And breathing The Serenity Prayer.

When I'm bored – I can re-set by taking a deep breath.

And breathing The Serenity Prayer.

I don't know who created it.

I'm everlastingly grateful to them.

Liz, Greymouth, New Zealand

“Serenity Prayer:
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”

The Serenity Prayer



Robin, Victoria, Australia

The Serenity Prayer – A Song...

When I first came into the 12-step program and heard the Serenity Prayer, I straight away thought of the word 'God' and how I wasn't particularly comfortable with it. We recited the prayer at the end of each meeting that I attended, and it became something that was quite soothing in my daily life as well. I know that it's more than just the Serenity Prayer it is also the 12 Steps broken down, and there's so much more, I'm sure, that I've yet to learn.

I found myself walking on the beach one day singing songs that my Al-Anon sponsor, a fellow muso, had written for me to sing. These songs comforted me and brought me closer to my Higher Power. I'm not sure when it started or why, I just know I'm glad that it did.

'It' was 'I' began to sing the Serenity Prayer. I would pick favourite little songs of mine and sing the Serenity Prayer to the melody. I believe that music gets into every cell in your body and leaves an imprint. So, I've been dared over the years with songs that people have said "you can't put the Serenity Prayer to this." Most times I can.

If I could put a vocal into P.F.A. VOICE I would. I just offer my words instead and invite you to sing the Serenity Prayer to your favourite song. Thank you for the opportunity to share my thoughts on this beautiful prayer that I know as I say it – it helps in any situation.

In recovery with you,

Tracey, Perth, Australia.



The Serenity Prayer

The Serenity Prayer has been a part of my life for 40 years now. There have been many, many times I have said it without too much thought, but every time I say it I know it helps.

When I say it slowly and really think about what it means in relation to what is happening for me at the time, it is so much more powerful.

God grant me the serenity (state of being calm, peaceful, and untroubled) for me; this is abstinence with peace of mind. I can have serenity no matter what is going on in my life if I continually turn my will and my life over to the care of God as I understand him.

To accept the things I cannot change: (assent to the reality of a situation) come out of denial e.g., accept that I am a real processed food addict. I have a disease and I cannot change that; this is my reality. Accept people places and things just the way they are.

Courage to change the things I can: (to do something that frightens me, bravery) face my fears and do it anyway, keep treating my disease, keep facing up to the truth about myself and growing in a trusting relationship with God.

And wisdom to know the difference: (the quality of having experience, knowledge and good judgement, the quality of being wise), learning the difference between Lee's will and God's will and to the best of my ability living in the spiritual solution.

I will be saying and practicing this beautiful prayer for another 40 years.

Grateful,
Lee, Victoria, Australia



A P.F.A. Member Shares Experience as a General Service Representative

I have been the G.S.R. (Group Service Representative) for New Zealand (NZ), Sunday night meeting, for about six months. It has been a lovely service position, as I have been a link between the groups and P.F.A.W.S. (Process Food Anonymous World Service). My job service position to represent my group, by acting and speaking as a delegated authority, on behalf of my home group's group conscience.

Originally what I did was listen in on the P.F.A.W.S. meetings and take any relevant information to my group's group conscience. Our group consciences were held once a month. The P.F.A.W.S. meetings were held about once a month also, and I could not make all of them. If I missed a meeting, one of my group members and I had an arrangement that she would speak with the Group Liaison Officer (G.L.O.), as she was the G.S.R. for another NZ group, and this made sure we had all information covered. When I went to P.F.A.W.S., there wasn't always something for me to take back to my group but being ready to share information had me alert. This was because I knew it was my **responsibility** to keep the group conscience abreast of what goes on at the P.F.A.W.S. level, including P.F.A.W.S. activities.

During my time in this role, a new service structure was brought in bringing about change to our previous service structure. I was no longer required to attend the P.F.A.W.S. meetings but would represent my group at the G.S.R. area assembly bi-monthly meetings. I did not have to attend the other new level that was also added at this time, as information would filter down from it too; this was PROCESSED FOOD ANONYMOUS GENERAL SERVICE CONFERENCE (P.F.A.G.S.) and consisted of trustees of P.F.A. at the G.S.R. area assembly meetings, with other G.S.R.s, the G.L.O. would share information with us to take back to our groups. The area assembly meeting was relaxed and informative and was held on a Saturday morning before a P.F.A. meeting. I have only been to one of these meetings so far.

I received and shared with my group all correspondence. Information I have had to share with my group has included the change of service structure that I mentioned above, and that P.F.A. are celebrating 44 years of P.F.A. with a fourth birthday celebration July 11 and 12. The theme is the 12 Steps. I also shared news from P.F.A. VOICE newsletter: this included a new release, and there was a new theme, and submissions were being sought.

Another part of my role is to assist groups in solving problems, especially related to the 12 Traditions of P.F.A. I did have to do this on one occasion, as our group had a video conferencing platform with P.F.A. in our password, and this password was shared on our P.F.A. website. Through discussion with a P.F.A.W.S. representative, I came to understand that this password did not meet tradition 6 requirements, as it promoted P.F.A. with the service provider. Following P.F.A.W.S. guidance we changed our password to billw.

I enjoy feeling attuned to my group members, in readiness to give voice to anything they wish to communicate regarding the goings on of P.F.A., and it really is nice to be a messenger.

Rob, G.S.R. New Zealand

P.F.A. 4th Birthday Celebration

Sunday 12th July (Brisbane, Australia) 9am – 1pm AEST
Saturday 11th July (Baltimore, USA) 7pm – 11pm EDT

Format

Step 1, 2 & 3

9am – 10.30am AEST / 7pm – 8.30pm EDT (1.5hours)

Step 4 & 5

10.30am – 11.15am AEST / 8.30pm – 9.15pm EDT (45min)

Step 6, 7, 8 & 9

11.15am – 12pm AEST / 9.15pm – 10pm EDT (45min)

Step 10, 11 & 12

12pm – 1pm AEST / 10pm – 11pm EDT (1 hour)

**We look forward to your attendance &
participation**

For more information email: info@pfaws.org

The Twelve Concepts of Processed Food Anonymous

1. The final responsibility and the ultimate authority for P.F.A. world services should always reside in the collective conscience of our whole fellowship.
2. The final responsibility and authority for P.F.A. services rests with the P.F.A. groups. Any changes proposed to the Twelve Steps, Twelve Traditions, or Twelve Concepts, requires approval by a majority of global P.F.A. groups, which serve as the active voice and effective conscience of P.F.A. as a whole in global affairs.
3. The P.F.A. groups delegate to the World Service structure the authority necessary to fulfill the responsibilities assigned to it.
4. Effective leadership is well respected and is based on ‘trusted servants’ whom relinquish any right of authority. Responsible leadership roles and responsibilities should be carefully thought-out when selecting trusted servants.
5. Throughout our World Service structure, a traditional “Right of Appeal” ought to prevail, so that minority voices will be heard and individual complaints receive painstaking deliberation, without fear of reprisal.
6. The World Service Structure recognises that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the World Service Conference acting as the General Service Board.
7. The World Service Conference recognises that corporate documents (i.e., World Service Bylaws, Policies and Procedures) are legal instruments, empowering the trustees to manage and conduct world service affairs.
8. P.F.A. funds are to be used to further our primary purpose, and must be managed responsibly.
9. Good service leadership based on tolerance, responsibility, flexibility and tiered vision, is imperative for all future functioning and safety of P.F.A.. The primary world service leadership once exercised by the group of members who founded P.F.A. must necessarily be assumed by the World Service Board of Trustees.
10. Every service responsibility should be matched by an equal service authority —the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description, or by appropriate charters and bylaws.
11. Our World Service structure depends on the integrity and effectiveness of our communications.
12. General Warranties of the Conference: In all its proceedings, the General Service Conference shall observe the spirit of the P.F.A. Tradition, taking great care that the Conference never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Conference members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion, vote, and, wherever possible, by substantial unanimity; that no Conference action ever be personally punitive or an incitement to public controversy; that, though the Conference may act for the service of Processed Food Anonymous, it shall never perform any acts of government; and that, like the Society of Processed Food Anonymous which it serves, the

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Processed Food Anonymous Meeting List

MEETINGS: AUSTRALIA

Day	Time Brisbane, AEST	Type of meeting	Details
Monday	9.00am	Phone: 12 Steps and 12 Traditions	Ph. (03) 9028 0260 Access code: 863749#
Monday	7.30pm	Phone: Big Book	Ph. (03) 9028 0260 Access code: 863749#
Monday	7.30pm	Face to Face: Big Book BRISBANE	Under Bulimba Library, 219 Oxford Street, <u>Bulimba QLD, 4171</u> CONTACT: 0430 000 762
Monday Currently a phone meeting due to COVID-19	7:30pm (5:30pm AWST- PERTH)	Face to Face: Big Book PERTH	Our Lady Queen of Poland Church 35 Eighth Avenue, <u>Maylands PERTH, 6051</u> CONTACT: 0418 939 821
Tuesday	8.00am	Phone: As Bill Sees It	Ph. (03) 9028 0260 Access code: 863749#
Wednesday	8.30am	Phone: Big Book	Ph. (03) 9028 0260 Access code: 863749#
Wednesday Currently a phone meeting on Tuesday's at 8am due to COVID-19	9.30am (AEDT- MELBOURNE)	Face to Face: As Bill Sees It	143 Kent Street, <u>Richmond, VICTORIA, 3124</u> CONTACT: 0408 168 293

Thursday	8am	Phone: 12 Steps and 12 Traditions	Ph. (03) 9028 0260 Access code: 863749#
Thursday	5:30pm	Online: Big Book	https://meet.jit.si/SuccessfulGreenhousesObeyRuthlessly Password: billw (Ph +61871501136 PIN: 1611 5267 53)
Saturday	9am	Phone: Big Book	Ph. (03) 9028 0260 Access code: 863749#
Sunday (every fortnight)	8am	Phone: Language of the Heart	Ph. (03) 9028 0260 Access code: 863749#
Sunday	5:30pm	Online or Phone: 12 Steps and 12 Traditions	https://meet.jit.si/SuccessfulGreenhousesObeyRuthlessly Password: billw (Ph +61871501136 PIN: 1611 5267 53)

Processed Food Anonymous Meeting List

MEETINGS: NEW ZEALAND

Day	Time New Zealand NZST	Type of meeting	Details
Monday	11.00am	Phone: 12 Steps and 12 Traditions	Ph. +64 9 884 4753 Access code: 863749#
Monday	9.30pm	Phone: Big Book	Ph. +64 9 884 4753 Access code: 863749#
Tuesday	10.00am	Phone: As Bill Sees It	Ph. +64 9 884 4753 Access code: 863749#
Wednesday	10.30am	Phone: Big Book	Ph. +64 9 884 4753 Access code: 863749#
Thursday	10am	Phone: 12 Steps and 12 Traditions	Ph. +64 9 884 4753 Access code: 863749#
Thursday	7:30pm	Online: Big Book	https://meet.jit.si/SuccessfulGreenhousesObeyRuthlessly Password: billw
Saturday	11am	Phone: Big Book	Ph. +64 9 884 4753 Access code: 863749#
Sunday (Every fortnight)	10am	Phone: Language of the Heart	Ph. +64 9 884 4753 Access code: 863749#
Sunday	7:30pm	Online or Phone: 12 Steps and 12 Traditions	https://meet.jit.si/SuccessfulGreenhousesObeyRuthlessly Password: billw

Processed Food Anonymous Meeting List

MEETINGS: USA

Day	Time Baltimore, EST	Type of meeting	Details
Monday	5.30am	Phone: Big Book	Ph. 712-770-5561 Access code: 863749#
Monday	6pm	Phone: As Bill Sees It	Ph. 712-770-5561 Access code: 863749#
Tuesday Currently a phone due to COVID-19	6:30pm	Face to Face: Big Book with fellowship dinner afterwards	Baltimore Hebrew Congregation 7401 Park Heights Ave., Baltimore, MD 21208 CONTACT: 443-769-7759
Wednesday	6.00 pm	Phone: 12 Steps and 12 Traditions	Ph. 712-770-5561 Access code: 863749#
Thursday	3:30am	Online: Big Book	https://meet.jit.si/SuccessfulGreenhousesObeyRuthlessly Password: billw (Ph +15124022718 PIN: 1611 5267 53)
Friday	7pm	Phone: Big Book	Ph. 712-770-5561 Access code: 863749#
Saturday (every fortnight)	6pm	Phone: Language of the Heart	Ph. 712-770-5561 Access code: 863749#
Sunday	3:30am	Online or phone: 12 Steps and 12 Traditions	https://meet.jit.si/SuccessfulGreenhousesObeyRuthlessly Password: billw (Ph +15124022718 PIN: 1611 5267 53)

P.F.A. Preamble

Processed Food Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from processed food addiction.

The only requirement for membership is a desire to stop ingesting processed foods. There are no dues or fees for P.F.A. membership; we are self-supporting through our own contributions. P.F.A. is not allied with any sect, denomination, politics, organisation or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes.

Our primary purpose is to abstain from processed foods, and to carry the message of recovery to other processed food addicts.

Declaration of Unity

This we owe to P.F.A.'s future: to place our common welfare first; to keep our fellowship united. For on P.F.A.'s unity depend our lives, and the lives of those to come.

I am responsible

I am Responsible. When anyone, anywhere, reaches out for help, I want the hand of P.F.A. always to be there. And for that: I am responsible.

Serenity 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.

