



Processed Food Anonymous

P.F.A. VOICE

Experience, Strength and Hope



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

The P.F.A. VOICE Committee Welcome

Greetings everyone to Volume 3 Number 3 edition of Processed Food Anonymous' newsletter, P.F.A. VOICE. We are filled with excitement and gratitude to introduce this newsletter aptly themed, 'Experience, Strength and Hope'.

Recovery in P.F.A. brought about by the Grace of God, provides members with an opportunity to recover from processed food addiction. This edition of our newsletter explores member's experience, strength and hope as they recover.

P.F.A. VOICE brings another means for 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 pfavoiced@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.

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 food.
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.

Fresh- A Comparison Between the Beginning and Now

Fresh is living outside the dictates of my own mind. Cross the road here, see how good you look in that reflection – watch how he turned his head from across the road you must really be something. You have to be more. You have to get this organised. You have to be worried, very worried, now, now, now. If you don't act fast the sale will be over. If you don't act now the moment will pass and you'll miss your chance.

Fresh is no longer being under the dictation of my disease voice. I could not get out from under it. I was not a good person while thinking I was. The values I laboured under were from the disease. Pride. Control. Ego. Saving money was a pride-building activity that back-fired into denial of self but I could not stop. I am still healing financially. I continue to like op-shopping, but I buy lovely new things too. I can take a holiday that is not only staying at someone's house.

Fresh is freedom from having to explain myself to everyone, for every thought, every decision. Long texts, emails and speeches that curled and contorted so I would be likeable. When dictated by the disease voice, I had to. I owed everyone an apology. *Fresh* is becoming free of the bindings of the disease voice and forgiving the years when I was not free.

Fresh is knowing it's not all *your* fault anymore. *Fresh* is also liberating *you* from having to be my audience. *You're* free too now, isn't that nice!

Fresh is taking time out when I'm in a crap situation, letting the dirt fall away, until there's clear thinking based on facts. *Fresh* is freedom from living the results of quick, desperate action that hurt me and loved ones. *Fresh* is waiting out hard times and finding peace on the other side.

Fresh is answering the call of peace. It's seeking the world of peace inside me. It's finding peace has its own colour, sound, atmosphere, and discovering the more I have the more my cells lose capacity for anything that is not peace.

Fresh is knowing I'm dying (isn't everyone?) and therefore living today with gratitude is normal: grateful for legs to walk and skin that feels vibrant and eyes that see and a heart that feels so much love. *Fresh* is not needing a man to adore me or carry things for me or figure out my technology devices. It's believing it is possible, without him, to keep living my life.

Fresh is the scent of the candle I bought, just because I like me.

Rob, Brisbane, Australia.



Experience Strength and Hope Today

I have been very blessed to have been given the gift of recovery. I won't say abstinence, though of course I'm grateful for that, but recovery is so much more than not ingesting processed foods. In fact, it is just the beginning of living a happy, useful life of love and service to others, and indeed to myself, after years of living a destructive life of self-obsession.

My experience of eating until I couldn't move, of eating out of the bin after swearing off, then back taking it out half hour later. Going out socially and bingeing before I left, then not going or going high as a kite and ready for a free-for-all processed food night. The isolation, fear, anger directed at others and the insanity of not being able to control my emotions or actions.

The strength of the fellowship, the power of God today to live a life that is happy, joyous and free most of the time. Continued growth in my step work to mature as an individual emotionally and spiritually. Not to mention of course the gift of a normal and stable body weight.

Hope that I will continue to grow and develop as a recovered human being and remembering I'm recovered by the grace of God and lots of work and professional help. It wasn't easy and I sometimes hated it but I'm so very glad I stayed for the miracle.

Julia, Perth, Australia.



Tradition Two

We met to discuss tradition two on 6 May 2022. Both of us were tearful following things that happened individually before meeting up. We hugged.

Let's pray after ... actually, shall we pray first?

We paused, prayed, and sought direction. Following is a collage of our discussion.

Tradition two is my favourite tradition. It's the most personal to me. God is loving direction. In service, once that tradition is read God has been invited in and we can trust and rely that the meeting outcomes are as he would want. The group's a big individual. Direction comes from the many. We P.F.A. members are the vessels God speaks through. Each member serves the group. Some, like the Elder Statesman are more familiar with the process and I feel they are more practised at interpreting God's messages. The more senior in life the more service. Seniority looks high up, but really it's more like washing feet than being a queen on a throne. Whilst Bleeding Deacons are more immature and sometimes ego comes through. How to grow? Pain can be a doorway to growth. However, we go through the immature stages as we grow in recovery into Elder Statesman.

Katie and Rob, Brisbane, Australia.

Tradition 2: "For our group purpose there is but one ultimate authority- a loving God as He may express himself in our group conscious. Our leaders are but trusted servants; they do not govern".

P.F.A. 6th Birthday Meeting

On behalf of the P.F.A.I.C. Committee, it is an honour and a privilege to be asked to write about the recent P.F.A. 6th birthday held 9/10 July 2022. Each year P.F.A. comes together to celebrate another milestone in our recovery. It is held on a Sunday, 9:00 am Brisbane time, and runs for approximately three hours. This year the topic was Tradition Five, 'Each group has but one primary purpose - to carry its message to the processed food addict who still suffers,' which was held by Sheri and myself. Members of P.F.A. were invited to share their experience, strength and hope on the topic addressed. The marathon meeting brings unity, honesty & vulnerability to the surface and we, as processed food addicts, treat our disease. Each year we are looking for new innovative ways to carry the message and in years to come we look forward to celebrating more milestones.

Shandell

P.F.A.I.C. Chair



Processed Food Anonymous Meeting List

MEETINGS: AUSTRALIA

Day	Time Brisbane, AEST	Type of meeting	Details
Monday	7.00pm	Phone: Big Book	Ph. (03) 9028 0260 Access code: 863749#
Monday	7.00pm	Face to Face: Big Book BRISBANE	Under Bulimba Library, 219 Oxford Street, <u>Bulimba QLD</u> , 4171 CONTACT: 0430 000 762
Wednesday	8.30am	Phone: 12 Steps and 12 Traditions	Ph. (03) 9028 0260 Access code: 863749#
Thursday	7pm	Phone: 12 Steps and 12 Traditions	Ph. (03) 9028 0260 Access code: 863749#
Thursday	7pm	Face to Face: 12 Steps and 12 Traditions	Yokine Baptist Church Frape Avenue <u>Yokine, PERTH WA</u> , 6060 CONTACT: 0418 939 821
Saturday	10am	Phone: Big Book	Ph. (03) 9028 0260 Access code: 863749#

Current meeting times as of December 2022. Please see website processedfoodanonymous.org for current meeting times.

Processed Food Anonymous Meeting List

MEETINGS: USA

Day	Time Brisbane, AEST	Type of meeting	Details
Monday	4.00am	Phone: Big Book	Ph. (03) 9028 0260 Access code: 863749#
Tuesday	5.30am	Face to Face: 12 Steps and 12 Traditions	Baltimore Hebrew Congregation 7140 Park Heights Ave Baltimore, MD 21208 Contact: 443-769-7759
Thursday	7pm	Phone: 12 Steps and 12 Traditions	Ph. (03) 9028 0260 Access code: 863749#
Friday	7pm	Phone: Big Book	Ph. (03) 9028 0260 Access code: 863749#

Current meeting times as of December 2022. Please see website
processedfoodanonymous.org for current meeting times.

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 food. 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 food, 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.

