



Processed Food Anonymous

P.F.A. VOICE

Our Primary Purpose



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The P.F.A. VOICE Committee Welcome

Welcome to this edition of P.F.A. VOICE, the Processed Food Anonymous' newsletter. We gratefully present this newsletter themed 'Our Primary Purpose'.

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 P.F.A. VOICE shares members' experiences of carrying the message - which is our primary purpose.

P.F.A. VOICE provides an opportunity for members to share with each other their message of recovery from the disease of processed food addiction.

It is with much gratitude that we, the P.F.A. VOICE Committee, serves you our readers.

Love in Service, P.F.A. VOICE Committee

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

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.

Disclaimer:

Processed food anonymous (P.F.A.) literature has intentionally changed any reference of alcoholism to processed food addiction, alcoholic to processed food addict; alcohol/liquor to processed food, drinking to ingesting and lastly, food to processed food.

Additionally, permission from Alcoholics Anonymous (A.A.) World Services was granted at the inception of the fellowship Processed Food anonymous (P.F.A.) to utilise the Twelve Steps, Twelve Traditions and Twelve Concepts of the Big Book of Alcoholics Anonymous (Alcoholics Anonymous 1976), and the Twelve Steps and Twelve Traditions of Alcoholics Anonymous (Alcoholics Anonymous, 1981).

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.

EXPERIENCE STRENGTH HOPE

A CLICHÉ PHRASE OFTEN REPEATED IN RECOVERY

What does it mean for me and to me: A three-part message of my recovery journey.

EXPERIENCE: I'm a very experienced processed food addict that's for sure! I have majored in the disease of processed food addiction mostly by experience and now in recovery. If it translated to academia, I would have a Ph.D in processed food addiction for sure. I've eaten out of bins, travelled in the dead of night to places to get my 'drug', (processed food), had car accidents driving under the influence or because I'm juggling the substance whilst driving, ruined relationships, humiliated and shamed myself, damaged my personality and character – the list could go on; but my experience is also part of my story and the knowledge today that I have an incurable but recoverable disease that no longer fills me with dread, in fact, quite the opposite. I actually embrace my disease as part of me; it's not who I am but has certainly shaped me and moulded me from a very broken vessel to someone today who is truly a miracle of God's grace, love and mercy. I have a life today beyond my wildest dreams and that surely is a miracle.

STRENGTH: For me today is in God. I make no apology for this and give Him all the glory for any good thing in my life today. In fact, without God in my life I would for sure have been dead years ago and not here to tell any sort of story. My strength is not only in God but my fellowship, professional help, my 12 steps, the Big Book, the 12 and 12, literature, workshops, etc./ these are the things that give me strength.

HOPE: Hope is an everyday feeling of joy, (a quiet happiness and contentment despite circumstances) for today and my future. My joy is in God and knowing I am safe in Him and from processed food today. I no longer am afraid of processed food or relapse. Of course, addicts do relapse but for me this holds no horror as it used to. If I relapse I will also by God's grace recover from this once more. I intend not to relapse, I hope I don't relapse; I am in post-recovery now and I do all I can humanly be possible to not relapse, but I'm human also. There is always hope with God's grace of no end to mercy or love. I don't live in fear of today, tomorrow or yesterday; that is what God, and recovery has gifted me with — and the hope that daily I am used by God to carry the message however that may look.

Julia, Perth, Australia



Carrying the message: Reflection on 'weight is just a symptom': Our primary purpose is to treat the disease of processed food addiction.

Weight is just a symptom of processed food addiction. Whenever people ask or show interest, I say those words. Each time I've said those words, I felt more free. The fact that weight is simply a symptom of an underlying disease is liberating. It frees me from needing to fix the weight. Fixing the weight was impossible. I tried so many different ways to fix my weight. Even when it was 'fixed' I was jealous of it. I learned that 'jealous' means feeling scared I'll lose something I have. Jealousy is standing watch over something I have, guarding it, fretting over it. Knowing that weight is just a symptom of processed food addiction is liberating because weight can be overweight or underweight.

Both overweight and underweight have been my symptoms of processed food addiction. Comments I have heard: "You're obese," "You got fat," "Did you realise you become less attractive when you gain weight?" "People have been saying how skinny you are, you look unhealthy." Ouch times four. Ouch times a hundred. But weight is just a symptom. Weight is a symptom that points to the disease. The disease then points to the solution. That is why I've said many times, to people who were interested, that weight is just a symptom of processed food addiction. It comes out of my mouth because it points to the solution.

Carrying the message means pointing to the solution. My solution is knowing I have a disease of addiction and applying the steps to my circumstances. Having the disease of processed food addiction – any addiction – suggests I have a low tolerance for stress. I have low tolerance for being *not* in peace. If I am not in peace, I lose contact with my higher power and then I am vulnerable to the mental twist. The mental twist leads me to ingesting processed food. I did that enough. I did that until it was ouch times a thousand, ouch times a million. I avoid being vulnerable to the mental twist now. Being in peace is the way to protect against the mental twist. Peace is how my higher power protects me. Peace is how I carry the message of the solution to processed food addiction. I may not always have peace about my weight but mostly I do because the symptom cleared up when I became well.

Rob, Brisbane, Australia.

Where Would P.F.A. Be Without Tradition 5?

Tradition 5 – “Each group has but one primary purpose – to carry its message to the processed food addict who still suffers.”

How am I living Tradition 5? What message am I carrying to the suffering processed food addict? Why is Tradition 5 so important anyway? Why is it our primary purpose?

We practice Tradition 5 by doing service and being available when needed. We don't fit our recovery into our lives, but rather our lives into our recovery. This is not an easy feat; however, we have learned that this is paramount for our recovery in being able to carry the message.

We need to be cognizant of where we are at in our recovery and what message we're carrying. Our primary purpose is to carry **THE** message; everything else stems from that. For us to carry the message we must have a message to carry. We implement the Twelve Principles to the best of our ability to carry the message. There were times in the past where we thought we were carrying the message, but we were carrying our own message, and we didn't even know it. Our thinking was so sick that we were in D.E.N.I.A.L. an acronym for 'don't even know I am lying.' Today, we partner with God to ensure we are carrying **THE** message of the Twelve Principles of P.F.A. Even when it's uncomfortable, we're guided to follow our intuition, which is God speaking to us.

What would P.F.A. be like without Tradition 5? **We** believe the message would be diluted by outside issues such as politics, religion and social/cultural issues. We would all have our own agendas, even if subconsciously, and what would our primary purpose be? Without it, P.F.A. would be like all the other methods we tried that didn't work for us. (E.g. diets, food plans, exercise regimes, pills, hypnosis, bariatric surgery/weight loss surgeries, CBT, etc.)

Tradition 5 is our primary purpose because our primary disease is recovering from the disease of processed food addiction and carrying this message. Only those of us who have experienced the utter hopelessness, terror and bewilderment of this fatal malady will understand the desperation it takes to want to cling to a message of hope. P.F.A.'s 5th tradition makes this possible when one processed food addict speaks to the heart of another, they share that uniquely beautiful language of the heart.

“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.”

Together We Can~
Karen and Sheri, Baltimore, USA

Tradition 5: “Each group has but one primary purpose-to carry its message to the processed food addict who still suffers.”.

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#
Friday	7.30-8am	Phone: Little Red Book	Ph. (03) 9028 0260 Access code: 863749#
Saturday	10am	Phone: Big Book	Ph. (03) 9028 0260 Access code: 863749#

Current meeting times as of December 2024. 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	5.30pm	Face to Face: 12 Steps and 12 Traditions	Baltimore Hebrew Congregation 7140 Park Heights Ave Baltimore, MD 21208 Contact: 443-769-7759
Thursday	4.30-5pm	Phone: Little Red Book	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 2024. Please see website
processedfoodanonymous.org for current meeting times

P.F.A. Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way 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 loose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations that used to baffle us. We will suddenly realise 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 materialise if we work for them.

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.

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.

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.

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.

