



Processed Food Anonymous

***P.F.A. VOICE***

# Step One



info@pfaws.org.au  
1300 833 212

Contents

P.F.A. VOICE Committee Welcome	1
P.F.A. VOICE Statement of Purpose	1
Twelve Steps and Twelve Traditions	2
P.F.A. Members Share	3-5
Tradition Six Article	6-7
P.F.A. Meeting Lists	8-9
I am responsible	10
Declaration of Unity	10
P.F.A. Preamble	10
Serenity Prayer	10

*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

Welcome to this edition of P.F.A. VOICE, the Processed Food Anonymous’ newsletter.

We gratefully present this newsletter themed ‘Step One’.

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.



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.

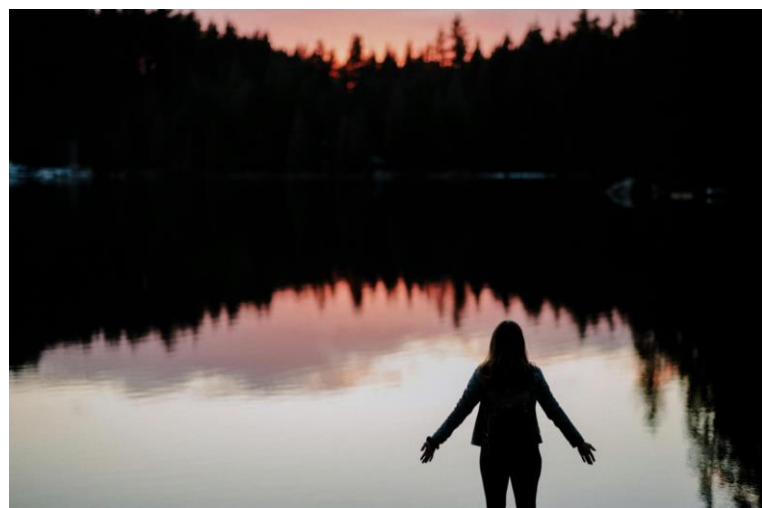
## The Twelve Traditions of Processed Food Anonymous

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.

## Step One

Such a great topic for me as really this is the beginning. I took a long time to accept step one on a heart level. I had submitted but not surrendered. I think my grieving of the reality of being a processed food addict was a long, hard road, and I do think at times I accepted the truth and then would go back into denial for whatever reason. There is no guarantee that this won't happen again. I must remain vigilant and rigorously honest that I have no power over processed food, over any food really, it's a drug for me. Just for today I accept that I am a processed food addict and that I need a weighed and measured way of eating with no addictive substances included. Once the practicalities of this are applied, I then must be vigilant in living the steps. Some days I'm better at this than others but most days I will put the practice in with step 10, 11 and 12 to the best of my ability. One of the most important things I do every day is thank God at night for another day free of the mental obsession. I know that only he can remove that. My part is to practice honesty, open-mindedness and willingness and be of love and service to others as he directs one day at a time.

Julia, Perth, WA



## “Kindly and in Recovery by The Grace of God”

I knew that I wasn't happy or well in any way shape or form. My friends were worried and so was I but I just couldn't seem to do anything about it. I blamed everything on being obese and I felt horrendous. I was wanting to die and was angry with God for keeping me alive. No amount of tricks, manifesting, diets, or anything else I had tried to lose weight and relieve my obsessive mind worked for me. My head was constantly in battle with itself and I was obsessed with people, places and things. It truly was a miserable and dangerous existence. Every day I was one step away from death, either at my own hand or by my disease of processed food addiction, from being so unhealthy. I met someone and admitted how I felt in one small sentence: "I just want to die". I believe God sent her to me as she recognized in me a fellow sufferer of a spiritual malady. My life was turned upside down from that minute onwards and I regret nothing. I spoke with that lady over the next couple of months until finally I was on my knees and begging with God to help me because I couldn't do it on my own. I think this was when I realized I was powerless over something and it was unmanageable. I had hit rock bottom. I instantly felt the love of God come into me from that day in such a powerful way. There began a journey on my path to liberation and strength. I began to go to meetings and have treatment with a professional addictionologist. I had to admit complete defeat and become humble. I knew that I was a sick person not a bad person. Bit by bit the sick me was smashed and the true me began to be rebuilt. I not only had to rely on a power greater than myself, I began to want to as well. I cannot recover on my own will, but with the power of God, and this simple program, I can. I can use the tools of the program in every area of my life, and when I find myself trying to run the show I just remember my powerlessness and the unmanageability of trying to manage everything. My name is Tracey and I'm a processed food addict. Blessed in recovery one day at a time.

Tracey, Perth, WA

## Step One

*Today is a perfect day to capture the essence of powerless over processed food, and my life, because I had an eating dream. I was in America with a famous woman and four others, in a diner booth. One of the chaps was Australian and was to be on the movie with the famous woman, but he was a doofus. He acted like he was famous too, but the famous woman found him tedious. As a gesture to the Aussies, the waiter brought five sushi pieces to our table and I ate mine. I said, "I think that's Vegemite." Then, "It is Vegemite!" They'd made a weird sushi scroll with just vegemite, a black spiral in white. Mine was gone, eaten. Then I realised I am an abstinent processed food addict and I don't just eat things put in front of me. I started to feel very uneasy at the diner booth. There was no way I could pretend everything was okay now that I had relapsed. I said, "I have to go I'm not well." I stood and left and was walking through my dreamscape thinking of who I could call to tell I had relapsed before my head went crazy ... then I woke up. I woke up grateful to be abstinent but in respectful awe of my disease. Because if I did eat Vegemite sushi my mind would go very, very fast with how I had wrecked everything. I know I would go and get more processed food, chocolate, feel more desperate, seek strong alcohol, and very likely try to end myself.*

*An aspect of powerless for me is that my mind is not my own. What I mean is that I can't tip-toe through the tulips and relax in there. It is not a safe place to relax. I can relax but my mind needs to be in the care of my higher power whom I call God. Right now, in my life, there are troubles that could leave me so fearful I might not function. I am powerless over them. That powerlessness is also a part of step 1. If I let my mind run with those situations ... let's just say I'm not willing to do that. I am okay today because I am treating my disease and addressing those fears by picking up the Big Book of Alcoholics Anonymous and practising the steps. When I address those fears, it involves admitting I am powerless over those situations. It's not a cure-all every time, leading to pristine relief, but as the Big Book of Alcoholics Anonymous says on page 68, we will at once commence to outgrow fear, and that is happening within me.*

*Rob, Australia*



## Tradition Six

“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.”

What is our primary purpose: The primary purpose of P.F.A. is stated in Tradition Five as, “Each group has but one primary purpose- to carry its message to the processed food addict who still suffers.”

How wise is Tradition Six to protect the fellowship of P.F.A. from being diverted from our primary purpose?

Without this tradition in place, P.F.A. could easily be influenced by personalities or values of organisations providing monetary contributions, which places P.F.A. in a dangerous position of being reliant or directed by this monetary source (person or organisation), opposed to being responsible to world services that is a top-down approach of serving the P.F.A. groups.

Rockefeller was in a position financially to provide a very hefty donation to A.A. at the dinner he hosted in 1940 with 75 of his friends. However, he reported he could see the benefit A.A. was having with alcoholics and no other solution was available for real alcoholics. Thus, he stated he was not going to allow money to ruin the unique structure, good will and fellowship that A.A. was built on and instead raised publicity and lobbied for the prohibition of alcohol. At the time, the members of A.A. were reported to be livid, however, in hindsight A.A. members saw that by Rockefeller not donating to A.A., he actually saved A.A.

By avoiding endorsement and affiliations with outside organisations, P.F.A. ensures that its focus remains on recovery, keeping its focus on the group. Allowing money, property and prestige to have a place in P.F.A. would smear controversy. This distraction would consume the members of P.F.A. of their true purpose to be of service to the newcomer and fulfill P.F.A.’s I am responsible statement: “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.”

It is important for P.F.A. to be cognizant in upholding Tradition Six when we are carrying the message to outside agencies dealing with processed food addiction. For example, when welcoming referrals from relevant clinics or holding P.F.A. meetings in institutions to enable newcomers to receive the message.

As sourced by The 12 Traditions Illustrated [Pamphlet], “[P.F.A.] members employed by outside agencies wear two hats - but Tradition Six cautions any such members against wearing both at once! On the job, they may be [processed food addiction] counsellors; they are not [P.F.A.] counsellors. At meetings they’re just [P.F.A.s], not [processed food addiction] experts.”

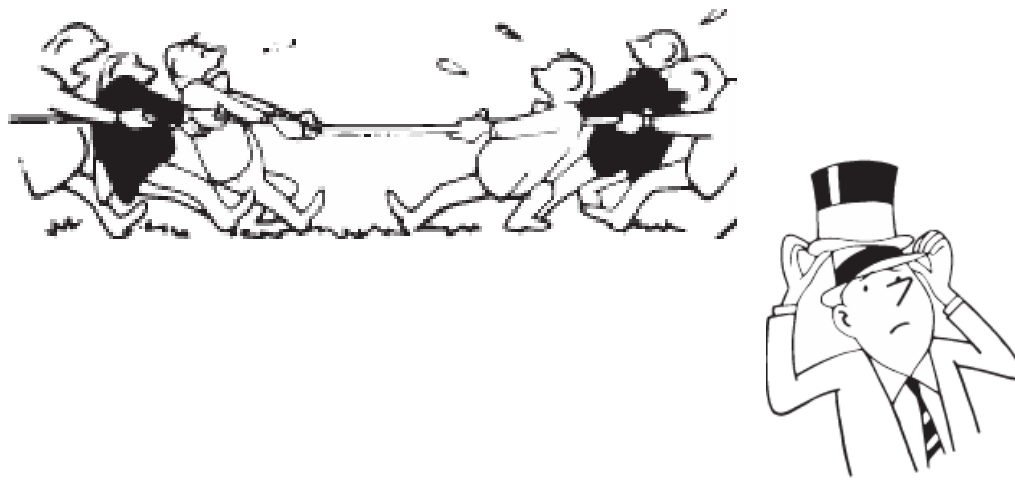
Quite like any relationship, keep to the strong foundation laid. This helps to give members a sense of stability and helps to connect us to our roots, giving us a profound understanding of who we are within the context of the broader human experience, and helping a processed food addict to maintain abstinence and lead a life of peace of

## Tradition Six Continued.

mind and usefulness to society. Members of the group come together each week to seek the experience, strength and hope of others. If time was taken up talking about outside activities, it could dominate discussion and negatively affect the unity of P.F.A.

Together we can.

Tracey and Jacinta, Australia



### References

1. The Twelve Traditions Illustrated by Alcoholics Anonymous World Services 1971.
2. AA comes of age, p181-185

*Tradition 6: "A P.F.A. group ought never endorse, finance, or lend of 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."*



## 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,  <b><u>Bulimba QLD</u></b> , 4171  CONTACT: 0449 073 164
Wednesday	8.00am	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	9am	Phone: Big Book	Ph. (03) 9028 0260  Access code: 863749#

Current meeting times as of June 2025. Please see website [processedfoodanonymous.org](http://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	6.00pm	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 June 2025. 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.

