

**FAA Board of Trustees (BOT) Meeting Minutes**  
**Sunday, November 19, 2023, 8:00 PM ET**  
**ZOOM Virtual Meeting ID: 942 2534 7723**  
**Passcode: 437767**

**Opening:** Serenity Prayer

**Roll Call:**

- Attendees: Ashley, Laurie, Ellen, Chuck, Charlotte, Donna, Phyllis, Linda A., Mary Ellen, Bonnie, Cynthia
- Guests: Karen, Annette, Jerry, Susan Ida, Tmima, Shenica, Linda S., Ruby, Darlene, Rita

**AGENDA ITEMS:**

**Executive Assistant (EA):**

1. EA Report – Steps to Recovery books have been ordered.
2. FAA BOT email addresses can be setup by webmaster if people are willing to use them. Can have mail forwarded to our regular email address.

**Office Committee:**

3. Office committee report coincides with EA report.
4. Four members currently serving on committee.
5. Working on expanding 12 Step List.
6. Date for next meeting is December 14.

**Treasurer's Report:**

7. YTD convention profit was \$5k less than expected due to menu pricing issues. Made \$7900.
8. Donations \$1500 more year to date than expected.
9. Print and pdf Literature income down.
10. CD interest income of \$981. Will earn another \$1100 or so when the CD matures.

**Convention Committee:**

11. Committee Report – A convention chair was named at the annual BOT meeting, but they were not in attendance to provide a report.
12. A convention committee member stated that the Committee is in the process of gathering price quotes.
13. Potential dates for next convention to be provided and evaluated to ensure that the next convention will not fall on any holidays.
14. Looking at a possible face to face or hybrid convention.
15. Next Committee meeting date to be provided after the meeting.

**Literature Committee:**

16. Status of action items, both BOT authorized/directed and committee-generated.
17. Meeting schedule:

- Literature: first Wednesday of the month, 7 PM ET
- Sub-Committees:
  - Long-timers/FAA History: first Friday of the month, 4:30 PM ET Zoom
  - Concepts of Service: third Tuesday of the month, 1 PM ET Zoom
  - Abstinent Times: last Wednesday of the month, 7 PM ET
  - Green Book proofreading/editing - ongoing, no specific schedule
  - New meditation book: BOT authorized to explore in May 2023. An official subcommittee to work on this has not yet been established.

18. Projects Under consideration:

- Review/update language of the Guide to Abstinence (not the food plan) to strengthen and clarify the stated purpose, scope, and limits of the Guide to support food addicts gain/maintain abstinence from sugar, flour, and wheat in all their forms and recovery from food addiction.
- Update and expansion of the Sponsorship Pamphlet – will support implementing the Concepts of Service and re-energize sponsorship within FAA.
- Consideration of creating a pamphlet on Understanding Relapse: Prevention and Recovery.
- Abstinent Times off to support the Public Information Committee with a “special edition” of the Times to carry the message to the public.

**Public Information Committee:**

19. Committee Report. Had first PI meeting on Wednesday night and was very well attended.

**By Laws Committee:**

- 20. Committee Report. Had first meeting November 8 at 7 pm.
- 21. Discussed in first meeting amending page 5, Article VIII of the By Laws to clarify requirements regarding the timeliness of submissions for annual board meeting agenda items.
- 22. Committee also plans to look into changing requirements to serve on the FAA BOT.

**New Business/Motions:**

23. Unanimous approval of two new BOT member applications received.

**Agenda Items/Motions Moving to the Next Meeting:**

- 24. To discuss the establishment of a new digital committee that would bring matters to the board about the FAA website and handle matters related to website maintenance.
- 25. To discuss the idea of having FAA email addresses assigned to each BOT member for use in carrying out FAA BOT business.

**Reminder:**

- The next BOT meeting is Sunday, January 14, 2023, at 8:00 PM ET. Please mark your calendars.

**Closing:** Serenity Prayer

Meeting ended at 9:11 PM ET.

Respectfully submitted by Ashley, FAA BOT Secretary