

## What is FA?

FA is a program based on the twelve steps of Alcoholics Anonymous. There are no dues, fees, or weigh-ins at FA meetings. FA is a fellowship of individuals who, through shared experience and mutual support, are recovering from the disease of food addiction.

## Who Joins FA?

FA members are men and women of all ages from all over the world. Some of us have been obese; others have been undereaters, bulimic, or so obsessed with food or weight that we could not freely live our lives. Among us are people who have weighed as little as 62 pounds, those who have weighed more than 400 pounds, and others who have been of normal weight but were obsessed with food or dieting.

## Does the program really work?

Typically, FA members have tried any number of solutions to their problems with food, including (for many of us) years of diets or exercise. In FA, we have finally found an answer that is long-term. FA members have maintained normal weights and found freedom from obsession for more than twenty-five years. As more and more newcomers enter the program, the number of people with five or ten years of recovery continues to grow.

## Are you a food addict?

To find out, ask yourself the following questions and answer them as honestly as you can:

1. Have you ever wanted to stop eating and found you just couldn't?
2. Do you think about food or your weight constantly?
3. Do you find yourself attempting one diet or food plan after another, with no lasting success?
4. Do you binge and then "get rid of the binge" through vomiting, exercise, laxatives, or other forms of purging?
5. Do you eat differently in private than you do in front of other people?
6. Has a doctor or family member ever approached you with concern about your eating habits or weight?
7. Do you eat large quantities of food at one time (binge)?
8. Is your weight problem due to your "nibbling" all day long?
9. Do you eat to escape from your feelings?
10. Do you eat when you're not hungry?
11. Have you ever discarded food, only to retrieve and eat it later?
12. Do you eat in secret?
13. Do you fast or severely restrict your food intake?
14. Have you ever stolen other people's food?
15. Have you ever hidden food to make sure you have "enough"?
16. Do you feel driven to exercise excessively to control your weight?
17. Do you obsessively calculate the calories you've burned against the calories you've eaten?
18. Do you frequently feel guilty or ashamed about what you've eaten?
19. Are you waiting for your life to begin "when you lose the weight"?
20. Do you feel hopeless about your relationship with food?

**If you answered yes to any of the above questions, then you may be a food addict.**

## Read what our members have to say about FA:

*"My life was a constant struggle with weight until I came into the FA program at the age of forty-three. I had always wanted to be thin. From age sixteen on, I went from one diet to another..."*

*"I joined FA because I was fat, unhappy, and couldn't stop eating. I never understood how I could be successful in so many areas of my life but so unable to control myself with food. Food was my escape..."*

*"After more than seven years of struggling with anorexia, bulimia, and bingeing, I found FA. Food moved from the center of my life into its proper place, and I became free to live..."*

*"My four-year-old daughter spent her first two years with a father who was "away," regardless of whether I was at work or at home. I had a better relationship with food and the TV than I had with her. Finally, during a major holiday, after many binges, I picked up the phone, called a sponsor, and walked through the doors of FA into a new life."*

## Looking for a solution?

Consider attending one of these weekly meetings:

### Monday

**Burbank: 7 p.m.**, Temple Beth Emet

600 N Buena Vista Ct. (Book Study Meeting)

Jimmy M. (310)924-7734/Rena L. (781)475-9367

**Corona: 7 p.m.**, Corona Community AME Church  
321 East 6<sup>th</sup> Street

Stephanie K. (310)387-3282/Iva C. (949)254-9265

**Diamond Bar: 7 p.m.**, United Church of Christ

2335 S. Diamond Bar Blvd. (Classroom F)

Marty E. (909)227-1172

**Los Angeles: 7 p.m.**, FAME Church, The Allen House  
Earl Green Pavilion, 2249 S. Harvest Blvd.

Shelia G. (323)873-5358/Carmen H. (310)403-0466

**Los Angeles: 7 p.m.**, Westwood Presbyterian Church

10822 Wilshire Blvd. (GPS use 10811 Ashton Ave for parking lot)

Madelaine K. (310)866-1951/Michelle T. (714)743-4089

**Palm Springs: 6:30 p.m.**, Unitarian Universalist Church of the  
Desert – Community Room

72425 Via Vail

Pamela G. (323)445-1035/Freddie H. (760)327-9536

### Tuesday

**Encino: 7p.m.**, Encino Hospital

16237 Ventura Blvd.(Classroom)

Ted H. (310)486-1584/Audrey L. (805)370-8607

**Fontana: 7p.m.** Kaiser Permanente

17284 Slover Avenue (Palm Court 2) Rm8

Mickey J. (909)709-0634/Janice K. (909)838-0289

**Santa Ana: 7 p.m.**, Calvary Church of Santa Ana

1010 N. Tustin Ave. (building G, room 213)

Eileen H. (714)334-4944/Suzanne T. (909)-519-3693

### Wednesday

**Burbank: 7p.m.** Temple Beth Emet

600 N. Buena Vista Street

Dominic K. (845)283-0289/Jimmy M. (310)924-7734

**Carson: 7 p.m.**, Kaiser Permanente

23621 Main Street (Conference Room F)

Cynthia M. (310)617-7052/Alice P. (310)721-7142

**Diamond Bar: 7 p.m.**, United Church of Christ

300 N. Rock River Dr. (Room D)

Marty E. (909)227-1172/Mark M. (909)322-6816

**La Mesa: 9:30 am, Lake Murray Church**

5480 Lake Murray Blvd.

Pam T. (619)251-6492/Carey D. (818)404-9143

**San Bernardino: 10 a.m.**, 7<sup>th</sup> Day Adventist Church

1601 West 16<sup>th</sup> St.

Mickey J. (909)709-0634/Janice K. (909)838-0598

### Thursday

**Corona: 7 p.m.**, Corona Community AME Church

321 East 6<sup>th</sup> Street

Stephanie K. (310)387-3282/Iva C. (951)371-2114

**Fountain Valley: 7p.m.**, King of Glory Lutheran Church

10280 Slater Ave.

Sharon C. (714)504-2761/Lisa D. (714)467-1313

**Laguna Hills: 2:30p.m.** St. George's Episcopal Church  
23802 Avenida de la Carlota (Bldg. C.)

Carol W. (510)388-7286/Elisabeth L. (415)424-9449

**Los Angeles: 7 p.m.**, Kaiser Medical Center

6041 Cadillac Avenue (Room B in basement)

Alice W. (424)325-9360/Carmen H. (310)403-0466

**Santa Clarita: 7 p.m.** Kaiser Permanente

27107 Tourney Rd.

Linda M. (661)644-2639/Leah K. (661)670-6495

### Friday

**Agoura Hills: 8:30 a.m.** New Hope Lutheran Church

29295 Agoura Road

Audrey L. (805)370-8607

**Los Angeles: 8a.m.** St. Alban's Episcopal Church Library

580 Hilgard Avenue (Park only in unreserved spots)

Michelle T. (714)743-4089/Madelaine K. (310)866-1951

**Murrieta: 9a.m.**, A + Realty & Property Management

24977 Washington Ave. (Suite C)

Sandra K. (805)746-7871

**Santa Ana: 6 p.m.**, Calvary Church of Santa Ana

1010 N. Tustin Ave. (building N, room 3)

Sheryl H. (714)363-6253/Lauri F. (714)420-2681

**Whittier 9:30a.m.:** First Christian Church

6355 Greenleaf Avenue

Debora T. (562)833-8439/Lucineh S. (323)620-2070

### Saturday

**Carson: 9 a.m.**, Kaiser Permanente

23621 Main Street

Susan H. (248)508-7843/Cynthia M. (310)617-7052

**Claremont: 8 a.m.**, Claremont United Church of Christ

233 Harrison Ave., (Louise Roberts Room),

Suzanne T. (909)519-3693

**Huntington Beach: 8a.m.**, St. Wilfrid's Episcopal Church,

18631 Chapel Ln.

Elisabeth L. (415)424-9449/Erin L. (310)435-8740

**Indio: 9 a.m.**, St. John's Episcopal Church,

45319 Deglet Noor Street

Judy G. (518)489-1138/Kim R. (760)898-7833

**Oxnard: 9 a.m.**, St. John's Hospital

1600 N. Rose Ave. (Follow FA signs)

Yacine W. (404)550-9002

**Riverside: 9 a.m.**, Kaiser Riverside,

10800 Magnolia Ave., (Medical Building 2, Room 218/

220/222)

Iva C. (949)254-9265/Stephanie K. (310)387-3282

**Santa Monica: 9 a.m.**, Colorado Center Community Room

2500 Broadway Avenue

Carmen H. (310)403-0466

**Sherman Oaks: 8 a.m.**, Sherman Oaks Presbyterian Church,

4445 Noble Ave., at Dickens Street, (Fellowship Hall),

Constance M. (310)402-4414/Susie L. (310)426-0337

### Sunday

**Hawthorne: 7 p.m.**, Emmanuel Community Church,

12607 Crenshaw Blvd., Shelia G. (323)873-5358

**Long Beach: 4p.m.**, Bay Shore Community Church

5100 E. The Toledo

Nikole S. (714)335-7312/Helen N. (562)832-3223

# Are You Having Trouble Controlling The Way You Eat?

Are you underweight? Overweight?  
Obsessed with food, weight, or dieting?

You are not alone.  
Today, there is a solution.



**FOOD ADDICTS**  
*in recovery anonymous*

Food Addicts in Recovery Anonymous  
No dues, fees, or weigh-ins

**Los Angeles, Orange, Ventura,  
Riverside & San Bernardino  
Counties**

For a current list of meetings, including  
wheelchair accessibility and maps,  
please visit [www.foodaddicts.org](http://www.foodaddicts.org)

FA World Service Office  
400 West Cummings Park, Suite 1700  
Woburn, MA 01801 USA  
[fa@foodaddicts.org](mailto:fa@foodaddicts.org)

Western Area Intergroup  
800-600-6028  
415-248-9347

Revised May 2019