

What is FA?

Food Addicts in Recovery Anonymous (FA) is a program based on the Twelve Steps of Alcoholics Anonymous (AA). 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.

FA was formally organized in 1998, although it began as part of another twelve-step program in the early 1980s. Some FA members have been continuously abstinent since that time. Abstinence in FA is equivalent to AA's "sobriety" and is clearly defined: weighed and measured meals with nothing in between, no flour, no sugar, and the avoidance of any individual binge foods.

Who Joins FA?

FA members are people of all ages from every part of the world. FA includes people who were morbidly obese, substantially underweight, or even at a normal weight. Regardless of their size, they were tormented by cravings, dieting, bulimia, and/or an obsession with exercise.

Does the program really work?

Many FA members tried other solutions to address their problems with food, including years of diets or exercise. FA offers a long-term answer. Abstinent members find freedom from addiction and maintain healthy weights. The number of people with years of unbroken abstinence 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.

Looking for a solution?

Consider attending one of these weekly meetings:

MASSACHUSETTS

MONDAY

Barnstable 7pm, Hyannis YMCA of Cape Cod, 2245 Iyannough Road, Route 132, Nancy G. (508) 775-1858 / Melissa G. (508) 280-2269

Braintree 10am, Emmanuel Parish Church, 519 Washington Street, Marie M. (617) 347-4248

Chelsea 7pm, Chelsea Soldiers Home (Library; enter at door with blue awning), 91 Crest Ave., Darlene D. (857) 654-5494

Weymouth 7pm, South Weymouth Church of the Nazarene, 385 Ralph Talbot St., Diane C. (339) 832-3947

TUESDAY

Cambridge 6:45pm, Lesley University Hall (Porter Square), 3rd Fl, Rm 3-103, 1815 Massachusetts Avenue, Courtney T. (617) 610-2367 / Nell T. (617) 945-5233

Fitchburg 9am, Church of the Nazarene, 800 South St, Ellen W. (978) 265-2555 / Peter S. (978) 518-7774

North Dartmouth 9am, Smith Mills Congregational Church, 11 Anderson Way, Gail D. (508) 992-4656 / Carol X. (508) 264-1900

Wareham 6:45pm, Church of the Good Shepherd, 74 High St., Lisa G. (413) 219-3012 / Regina M. (508) 317-3724

West Roxbury 7pm, VA Hospital - Barsamian Auditorium, 1400 VFW Pkwy., Jessica S. (617) 784-6992 / Tricia H. (781) 325-3626

WEDNESDAY

Amherst 6:45pm, South Congregational Church, 1066 South East St., Teresa S. (413) 265-3910 / Susan R. (413) 923-4590

Andover 9am, St Augustine Education Center, 35 Essex St., Maggie M. (781) 956-2404 / Deirdre H. (978) 436-1961

Continued...

WEDNESDAY *(continued)*

Braintree 10:00 am, Emmanuel Parish, 519 Washington Street, Julie Q. (781) 718-1484 / Esther D. (617) 767-6921

Chelsea 7pm, Chelsea Soldiers Home (Library; enter at door with blue awning), 91 Crest Ave., Deb H. (978) 283-8289

Everett 10am, Parlin Library (Rte. 99), 410 Broadway, Melissa G. (508) 280-2269

Lexington 7pm, St. Brigid; Parish Center, Rm 10, 1995 Massachusetts Ave, Ann Marie S. (617) 610-3748

Mashpee 6:30pm, Mashpee Chamber of Commerce, 5 Market Street, Deborah D. (774) 487-0570

Wareham 9am, YMCA, 33 Charge Pond Rd., Peggy K. (508) 295-8165 / Cindy P. (508) 993-1913

THURSDAY

Bradford 6:30pm, First Church of Christ, 10 Church Street, Peter P. (978) 228-8629 / Tina P. (978) 618-8320

Medford 7pm, Lawrence Memorial Hospital, enter Main Entrance-Mtg in Johnson Conference Room, 170 Governors Ave., Nancy D. (617) 620-0533

Milton 7pm, St. Michael's Episcopal Church, 112 Randolph Ave, Molly P. (617) 429-2762

Sharon 7pm, Our Lady of Sorrows Parish, 59 Cottage Street, Esther D. (617) 767-6921

FRIDAY

Chelsea 10am, Beth Israel Deaconess Medical Center (Conference Room), 1000 Broadway, Colleen B. (978) 335-6340

Concord 9 am, West Concord Union Church, 1317 Main Street - entrance on Pine Street, Jennifer N. (978) 263-5089

Hadley 10am, Wesley United Methodist Church, 98 North Maple St., Diana B. (617) 869-3819 / Selena W. (413) 548-9991

Wareham 8am, Church of the Good Shepard (Lower Rear), 74 High St., Paula G. (508) 673-6570 / Nancy R. (508) 748-2894

Weymouth 10am, Church of the Nazarene, 385 Ralph Talbot St, Amanda F. (781) 738-5306 / Clare G. (781) 248-5030

Continued...

SATURDAY

Andover 8am, Christ Church, 33 Central St., Sharon H. (617) 515-7292 / Maggie M. (781) 956-2404

Everett 10am, CHA Whidden Hospital - Private Dining Room by Cafeteria, 103 Garland St., Carol C. (603) 321-0199 / Deb H. (978) 283-8289

Falmouth 9am, Recovery Without Walls, 350 Gifford Street, 2nd floor, Laura L. (617) 669-6517 / Deborah D. (774) 487-0570

SUNDAY

Amherst 4pm, Newman Center @ UMass Amherst, 472 North Pleasant St., Shelley S. (413) 222-7527 / Elizabeth P. (818) 207-0749

Arlington 8am, Edith M. Fox Library (Corner of Mass. Ave. & Cleveland St. - lower level), 175 Mass. Ave., Cheryl F S. (401) 641-5942

E. Sandwich 9:30am, Rehabilitation Hospital of the Cape & Islands, Cafeteria Conf. Room, 311 Service Rd., Amy K. (508) 420-0223

Fairhaven 6:30pm, Atria Fairhaven, 391 Alden Rd., Paula G. (508) 673-6570 / Nancy R. (508) 748-2894

RHODE ISLAND

MONDAY

Providence 6:30pm, St. Michael's Rectory, 239 Oxford St., Sharon S. (401) 274-1024

WEDNESDAY

East Providence 7pm, Anchor Manor, 1440 Wampanoag Trail (Rte 114), Marilyn S. (508) 673-1533 / Shirley R. (401) 273-0322

SATURDAY

Bristol 8am, Columban Fathers, 65 Ferry Rd., Marilyn S. (508) 673-1533 / Donna B. (508) 999-1727

FA World Service Office

400 West Cummings Park, Suite 1700 Woburn,
MA 01801 USA
(781) 932-6300
fa@foodaddicts.org

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

No dues, fees, or weigh-ins

**MASSACHUSETTS AND
RHODE ISLAND
MEETING DIRECTORY**

www.foodaddicts.org

Revised **February 3, 2020**

Please note: our website has the *current list of meetings* and includes wheelchair accessibility, maps and directions.