What is FA?
FA is a program based on the 12 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 under eaters, 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, others 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.

Looking for a solution?
Consider attending one of these weekly meetings:

MONDAY
Brunswick ME 9am, St. Paul's Episcopal Church, 27 Pleasant St.
Ann P. 207-837-3581
Marina S. 207-522-8999

Westbrook ME 6:30pm, Larrabee Village (Administration Bldg.), 30 Liza Harmon Dr.
Patty R. 207-233-7947
Reina D. 207-504-2154

Bangor ME 6:30pm, First United Methodist Church, 703 Essex St.
Kathy C. 207-942-1738

TUESDAY
Augusta ME 6:30pm, Prince of Peace Church, 209 Eastern Ave.
Helen P. 207-623-1924
Lila F. 207-465-8249

Newcastle ME 6:30pm, Faith Baptist Church, 144 Mills Rd.
Kate V. 207-529-5550

Scarborough ME 9am, St. Maximilian Church, 150 Black Point Rd.
Sallie C. 207-838-6789
Kathy C. 207-883-4731

WEDNESDAY
Ellsworth ME 6:30pm, Saint Dunston's Church, 134 State St.
Kathy C. 207-942-1738
Arlene S. 207-735-7956

Continued...
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

MAINE CHAPTER MEETING DIRECTORY

To Contact Maine Chapter:
FA Maine Chapter Office
P.O. Box 373
Augusta, ME 04332-0373 USA

or visit our website at www.foodaddicts.org

207-775-2132 or
toll free 1-888-998-5297 or
Email: MEOffice@foodaddicts.org

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