



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:

MONDAY

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

Brunswick ME 9am, *St. Paul's Episcopal Church*, 27 Pleasant St,
Cec S. 207-377-3605
Marina S. 207-522-8999

Eliot ME 9:30am, *William Fogg Library*
116 Old Road,
Edward P. 315-759-1566

Saco ME 6:30pm, *Oasis Club, Inc.*
63 School St
Lisa N. 207-229-8419
Carol R. 207-671-7748

Westbrook ME 6:30pm, *Larrabee Village (Administration Bldg.)*, 30 Liza Harmon Dr,
Patty R. 207-233-7947
Andy W. 207-449-6159

Portsmouth NH 7pm, *St. John's Church*, (Parish Hall), 101 Chapel St,
Susan DeVito 207-451-3248
Kathy G. 603-502-9212

TUESDAY

Augusta ME 6:30pm, *Emmanuel Lutheran Episcopal 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

Portland ME 9am, *Hope Gateway Church*, (On street parking, only), 509 Forest Ave,
Sandy S. 207-799-2428
Kathy C. 207-883-4731

Continued...

WEDNESDAY

Bridgton ME 9am, *Old Bridgton Hospital Building*,
25 Hospital Drive, (*Drive to end, entrance on far right
side of building*),
Catherine R. 207-329-3003
Nancy M. 617-291-1485

Ellsworth ME 6:30pm, *Saint Dunston's Church*,
134 State St,
Kathy C. 207-942-1738

So. Portland ME 7pm, *1st Congregational Church, UCC*
301 Cottage Rd,
Roberta L. 207-839-6452
Jane McG. 207-219-9820

Topsham ME 7pm, *Topsham Medical Building*,
(*Community Education Room*), 4 Horton Place,
Katie V. 207-529-5550
Nancy D. 207-212-6222

THURSDAY

Augusta ME 1pm, *Emmanuel Lutheran
Episcopal Church*, 209 Eastern Ave,
Jan M. 207-622-1106
Judy B. 207-629-8490

Dover NH 6:30pm, *Dover Baptist Church*,
151 Washington St,
Cathy N., 860-303-9805

Freeport ME 9am, *First Baptist Church*,
185 Main St,
Sandi D. 207-838-8991
Marina S. 207-522-8999

Waterville ME 6:30pm, *St. Mark's Episcopal*,
60 Eustis Parkway,
Lila F. 207-465-8249
Sharon L. 207-465-3489

Westbrook ME 6:30pm, *Westbrook Community
Center, (Oak Room)*, 426 Bridge St,
Carol R. 207-671-7748
Sallie C. 207-838-6789

Continued...

FRIDAY

Bath ME 6:30pm, *Bath Police Dept.*,
(*Conference Room*), 250 Water St,
Pamela C. 207-442-7557
Katie V. 207-441-1550

SATURDAY

Blue Hill ME 8:30am, *First Congregational
Church*, 22 Tenney Hill,
Faye A. 207-266-2221

Brunswick ME 9am, *Midcoast Hospital*,
(*Medical Offices Building, Conf. Rm. 1 & 2*),
121 Medical Center Dr,
Polly H. 207-373-1778
Pamela C. 207-442-7557

Rockland ME 8:30am, *Knox Center*,
(*Rockland Room*), 6 White St,
Meg W. 207-650-8937
Martha M. 207-594-7074

Westbrook ME 8am, *Larrabee Village*,
(*Admin. Bldg.*), 30 Liza Harmon Dr,
Bob D. 207-232-9204
Kim C. 207-899-6588

**Visit www.foodaddicts.org for a complete
listing of worldwide meetings.**

**Locations are subject to change; call listed
contacts to confirm meeting information and
wheelchair accessibility.**

MAINE CHAPTER MEETINGS

MaineGeneral Medical Center
Alfond Center for Health
35 Medical Center Parkway
Augusta, Maine 04330

Sunday 9:30 to 11:30am

Fellowship Lunch following Chapter Meeting

Dates: 3/22, 4/19 Meeting Support Day, 5/17,
6/28, 7/19, 9/20, 10/18, 11/15, and 12/20
No meeting in August

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

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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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