

## 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, 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.**

## 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

**Biddeford ME 6:30pm**, *Biddeford YMCA*, 3 Pomerleau St.  
Lisa N. 207-229-8419  
Jane L. 508-561-5076

**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

**Portsmouth NH 7pm**, *St. John's Church*, (Parish Hall), 101 Chapel St.  
Lynne M. 603-778-1799  
Susan D. 207-451-3248

### 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

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## WEDNESDAY

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

**Scarborough ME 7pm**, *First Congregational Church*,  
167 Black Point Rd,  
Roberta L. 207-839-6452  
Jane McG. 207-883-8052

**Thomaston ME 11am**, *Federated Church*  
8 Hyler Street,  
Peter F. 207-593-6242  
Doug M. 734-660-1469

**Topsham ME 7pm**, *Topsham Medical Building*,  
(*Community Education Room*), 4 Horton Place,  
Katie V. 207-529-5550  
Nancy D. 207-784-5394

## THURSDAY

**Augusta ME 1pm**, *Prince of Peace Church*,  
209 Eastern Ave.,  
Robert P. 207-441-0983  
Judy B. 207-629-8490

**Dover NH 6:30pm**, *Dover Baptist Church*,  
151 Washington St,  
Cathy N., 806-303-9805

**Freeport ME 9am**, *First Parish Congregational UCC*,  
40 Main St.,  
Sandi D. 207-838-8991  
Marina S. 207-522-8999

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

## FRIDAY

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

## FRIDAY, continued

**Waterville ME 6:30pm**, *Mid Maine Homeless Shelter*,  
(*Conference Room*), 19 Colby Street,  
Marie D. 207-872-2612  
Lila F. 207-465-8249

## SATURDAY

**Blue Hill ME 8:30am**, *First Congregational Church*,  
22 Tenney Hill  
Rosemary W. 207-326-9406  
Jean W. 207-332-0140

**Brunswick ME 9am**, *Midcoast Hospital*,  
(*Medical Offices Building, Conf. Rm. 1 & 2*),  
121 Medical Center Dr.,  
Holly M. 207-380-9863  
Sybillie C. 207-406-2352

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

**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](http://www.foodaddicts.org) for a complete listing of worldwide meetings.

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

Dates: 1/21, 2/18, 3/18, 4/29, 5/20, 6/24

ALL MEMBERS WELCOME

# 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

## 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](http://www.foodaddicts.org)

207-775-2132 or  
Toll Free 1- 888-998-5297 or  
Email: [MEOffice@foodaddicts.org](mailto:MEOffice@foodaddicts.org)

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Rev. January 2018