

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, *Southern Maine Health Ctr (Cafeteria seating 4, 2nd floor)*, 1 Medical Center Dr,
Lisa N. 207-229-8419
Pat G. 207-400-0107

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

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,
Peter P. 978-228-8629
Tina P. 978-618-8320

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

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

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. 207-212-6222

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., 806-303-9805

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

Westbrook ME 6:30pm, *Westbrook Community*
Center, (Oak Room), 426 Bridge St,
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, *St. Mark's Episcopal*,
60 Eustis Parkway,
Marie D. 207-872-2612
Lila F. 207-465-8249

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,
Sybill C. 207-841-9919

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: 5/19, 6/23

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

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

Continued...