



## 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, *Suspended, See Chapter Highlights and call contact for gathering options***  
Kathy C. 207-942-1738

**Brunswick ME 9am, *Suspended, See Chapter Highlights and call contact for gathering options***  
Cec S. 207-377-3605  
Marina S. 207-522-8999

**Eliot ME 9:30am, *Suspended, See Chapter Highlights and call contact for gathering options***  
Edward P. 315-759-1566

**Saco ME 6:30pm, *Suspended, See Chapter Highlights and call contact for gathering options***  
Lisa N. 207-229-8419  
Carol R. 207-671-7748

**Westbrook ME 6:30pm, *Suspended, See Chapter Highlights and call contact for gathering options***,  
Patty R. 207-233-7947  
Theresa H. 207-240-5520

**Portsmouth NH 7pm, *Suspended, See Chapter Highlights and call contact for gathering options***  
Susan DeVito 207-451-3248  
Kathy G. 603-502-9212

### TUESDAY

**Augusta ME 6:30pm, *Suspended, See Chapter Highlights and call contact for gathering options***  
Helen P. 207-623-1924  
Lila F. 207-465-8249

**Newcastle ME 6:30pm, *Suspended, See Chapter Highlights and call contact for gathering options***  
Kate V. 207-529-5550

**Portland ME 9am, *Suspended, See Chapter Highlights and call contact for gathering options***  
Sandy S. 207-799-2428  
Kathy C. 207-883-4731

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## WEDNESDAY

**Bridgton ME 9am**, *Suspended, See Chapter Highlights and call contact for gathering options*  
Catherine R. 207-329-3003

**Ellsworth ME 6:30pm**, *Suspended, See Chapter Highlights and call contact for gathering options*  
Kathy C. 207-942-1738

**So. Portland ME 7pm**, *Suspended, See Chapter Highlights and call contact for gathering options*  
Roberta L. 207-839-6452  
Jane McG. 207-219-9820

**Topsham ME 7pm**, *Suspended, See Chapter Highlights and call contact for gathering options*  
Katie V. 207-529-5550  
Nancy D. 207-212-6222

## THURSDAY

**Augusta ME 1pm**, *Suspended, See Chapter Highlights and call contact for gathering options*  
Lenann C. 207-623-8375  
Judy B. 207-629-8490

**Dover NH 6:30pm**, *Suspended, See Chapter Highlights and call contact for gathering options*  
Cathy N., 860-303-9805

**Freeport ME 9am**, *Suspended, See Chapter Highlights and call contact for gathering options*  
Sandi D. 207-838-8991  
Marina S. 207-522-8999

**Waterville ME 6:30pm**, *Suspended, See Chapter Highlights and call contact for gathering options*  
Lila F. 207-465-8249  
Sharon L. 207-465-3489

**Westbrook ME 6:30pm**, *Suspended, See Chapter Highlights and call contact for gathering options*  
Carol R. 207-671-7748  
Sallie C. 207-838-6789

## FRIDAY

**Bath ME 6:30pm**, *Suspended, See Chapter Highlights and call contact for gathering options*  
Pamela C. 207-442-7557  
Katie V. 207-441-1550

## SATURDAY

**Blue Hill ME 8:30am**, *Suspended, See Chapter Highlights and call contact for gathering options*  
Boots G. 207-812-0369

**Brunswick ME 9am**, *Suspended, See Chapter Highlights and call contact for gathering options*  
Polly H. 207-373-1778  
Pamela C. 207-442-7557

**Rockland ME 8:30am**, *Suspended, See Chapter Highlights and call contact for gathering options*  
Meg W. 207-650-8937  
Martha M. 207-594-7074

**Westbrook ME 8am**, *Suspended, See Chapter Highlights and call contact for gathering options*  
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.

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

## MAINE CHAPTER MEETINGS

Sunday 9:30 to 11:30am

Dates: 6/28, 7/19, 9/20, 10/18, 11/15, and 12/20  
No meeting in August

Currently Via Zoom & Conference Call  
For more information Contact:  
207-775-2132 or  
Toll Free 1- 888-998-5297 or  
Email: [MEOffice@foodaddicts.org](mailto:MEOffice@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*

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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