



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: [Call Meeting Contacts for more information.](#)

MONDAY

Bangor ME 6:30pm,
[Informal Gathering by Phone and/or Online;](#)
[Kathy C. 207-942-1738](#)
[Dolores F. 207-356-7019](#)

Brunswick ME 9:00am,
[Informal Gathering by Phone and/or Online;](#)
[Marina S. 207-522-8999](#)

Eliot ME 9:30am,
[Informal Gathering by Phone and/or Online;](#)
[Edward P. 315-759-1566](#)

Saco ME 6:30pm,
[Informal Gathering by Phone;](#)
[Lisa N. 207-229-8419](#)
[Carol R. 207-671-7748](#)

Westbrook ME 6:30pm,
[Informal Gathering by Phone and/or Online;](#)
[Patty R. 207-233-7947](#)
[Theresa H. 207-240-5520](#)

Portsmouth NH 7pm,
[Informal Gathering by Phone and/or Online;](#)
[Susan DeVito 207-451-3248](#)

TUESDAY

Augusta ME 6:30pm,
[Informal Gathering by Phone and/or Online;](#)
[Helen P. 207-623-1924](#)
[Lila F. 207-465-8249](#)

Newcastle ME 6:30pm,
[Informal Gathering by Phone,](#)
[Kate V. 207-529-5550](#)
[Valda F. 207-406-0956](#)

Portland ME 9am,
[Informal Gathering by Phone and/or Online;](#)
[Sandy S. 207-799-2428](#)
[Kathy C. 207-883-4731](#)

Continued...

WEDNESDAY

Bridgton ME 9am,
Suspended;
Catherine R. 207-329-3003

Ellsworth ME 6:30pm,
Suspended,
Kathy C. 207-942-1738

So. Portland ME 7pm,
Suspended.....;
Roberta L. 207-839-6452
Jane McG. 207-219-9820

Topsham ME 7pm,
Suspended
Katie V. 207-529-5550
Nancy D. 207-212-6222

THURSDAY

Augusta ME 1pm,
Informal Gathering by Phone;
Lenann C. 207-623-8375
Judy B. 207-629-8490

Dover NH 6:30pm,
Informal Gathering by Phone and/or Online;
Cathy N., 860-303-9805

Freeport ME 9am,
Informal Gathering by Phone and/or Online;
Sandi D. 207-838-8991
Marina S. 207-522-8999

Westbrook ME 6:30pm,
Informal Gathering by Phone and/or Online;
Carol R. 207-671-7748
Sallie C. 207-838-6789

FRIDAY

Bath ME 6:30pm,
Suspended,
Pamela C. 207-442-7557
Katie V. 207-441-1550

SATURDAY

Blue Hill ME 8:30am,
Suspended
Boots G. 207-812-0369

Brunswick ME 9:00am,
Suspended
Polly H. 207-373-1778
Pamela C. 207-442-7557

Rockland ME 8:30am,
Informal Gathering by Phone;
Meg W. 207-650-8937
Valda F. 207-406-0956

Westbrook ME 8am,
Informal Gathering by Phone and/or Online;
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

Sunday 9:30 to 11:30am

Dates: 5/16, 6/27, 7/18, 9/19, 10/17,
11/21, 12/9

Currently Via Zoom & Conference Call
For more information Contact:
207-775-2132 or
Toll Free 1- 888-998-5297 or
Email: 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

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

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