



## 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;](#)  
[Kathy C. 207-942-1738](#)

**Brunswick ME 8:30am,**  
[Informal Gathering by Phone.](#)  
[Cec S. 207-377-3605](#)  
[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](#)  
[Kathy G. 603-502-9212](#)

### 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](#)

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

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## WEDNESDAY

**Bridgton ME 9am,**

**Informal Gathering by Phone and/or Online;**

Catherine R. 207-329-3003

**Ellsworth ME 6:30pm,**

*Suspended,*

Kathy C. 207-942-1738

**So. Portland ME 7pm,**

**Informal Gathering by Phone and/or Online;**

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,**

**Informal Gathering by Phone and/or Online;**

Boots G. 207-812-0369

**Brunswick ME 8:30am,**

**Informal Gathering by Phone;**

Polly H. 207-373-1778

Pamela C. 207-442-7557

**Rockland ME 8:30am,**

**Informal Gathering by Phone;**

Meg W. 207-650-8937

Martha M. 207-594-7074

**Westbrook ME 8am,**

**Informal Gathering by Phone and/or Online;**

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.*

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## 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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