

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:

DISTRICT OF COLUMBIA

MONDAY

Washington 7pm, St. Columba's Episcopal Church, 4201 Albemarle Street, NW, Room 205, Liz S. 202-368-7212/
[Gaye Z. 301-847-3758](tel:301-847-3758)

FRIDAY

Washington 6:30 pm, Our Redeemer Church, 1725 Michigan Avenue, NE, [A.L.C. 301-928-6678](tel:301-928-6678)

SATURDAY

Washington 10:30am, St. Columba's Episcopal Church, 4201 Albemarle St., NW, Room 205 Street Level
[Marlene T. 301-875-5300](tel:301-875-5300)/[Ronda J. 510-847-9429](tel:510-847-9429)

MARYLAND

MONDAY

Mitchellville 1 pm, St. Michael's Truth, 700 St. Michael's Drive, [Roseanne D. 770-310-2945](tel:770-310-2945)

Centreville 7pm, St. Paul's Episcopal Church, 301 S. Liberty Street, [Anne C. 301-325-9150](tel:301-325-9150)

Timonium 7:15pm, Mays Chapel United Methodist Church, 11911 Jenifer Road, Pat N. 443-226-1907

Temple Hills 7:15 pm, Evangel Assembly of God 5900 Old Branch Avenue, [Ianthya W. 301-980-2625](tel:301-980-2625)/
[Veronica M. 202-257-7679](tel:202-257-7679)

TUESDAY

Wheaton 10 am, Hughes United Methodist Church, 10700 Georgia Avenue, [Raynett L. 240-888-5479](tel:240-888-5479)/[Lisa L. 301-452-6901](tel:301-452-6901)

Potomac 7pm, St. James Episcopal Church, St. James Choir Room, Parish Hall, 11815 Seven Locks Road, [Anna P. 240-499-8200](tel:240-499-8200)

WEDNESDAY

Joppa 8 am, Mountain Christian Church, 1802 Mountain Road, Room 115, New Life Center, Mary B. 443-752-9211/Angela B. 443-910-0784

Capital Heights 10:30am, Gethsemane United Methodist

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Church, 910 Addison Road S, Ianthya (Angie) W. 301-980-2625/Veronica M. 202-257-7679

Bethesda 7pm, Cedar Lane Unitarian Church, 9601 Cedar Lane, Room 16, Lower Level, Regina L. 301-466-6741

Glen Burnie 7pm, Harundale Presbyterian Church, 1020 Eastway, Kimberly R. 410-424-2444/Connie. 410-987-3051

Glenn Dale 7pm, St. George's Episcopal Church, 7010 Glenn Dale Road, St. Peter Classroom, Lower Level, Marlene T. 301-875-5300/Deborah B. 240-461-9977

THURSDAY

Catonsville 7pm, Salem Evangelical Lutheran Church, 905 Frederick Road, Downstairs Classroom 4, Dawn G. 443-540-2599

Gaithersburg 7pm, Sunrise Senior Living, 19310 Club House Road, Elana M. 240-432-5500/Ginny M. 301-461-2804

Potomac 11 am, St. James Episcopal Church, 11815 Seven Locks Rd., Park on street or Temple Beth Shalom lot 11825 Seven Locks Road. Enter lower level back of church. Lisa L. 301-452-6901/Raynette L. 301-362-8013

Silver Spring 7pm, Holy Cross Hospital, 1500 Forest Glen Road., Deborah E. 301-613-4492/Chinwe E. 202-277-9233

FRIDAY

Annapolis 7:00 pm, Pathways, Room 4, 2620 Riva Road., Robin G. 410-610-6753/Leona T. 410-280-1101

Bethesda 8:30am, Bethesda Presbyterian Church, (in the Del Ray Club), 7611 Clarendon Road, Kathleen L. 301-704-2108/Lisa L. 301-452-6901

SATURDAY

Annapolis 8 am, Unitarian Universalist Church of Annapolis, Religious Education Room, Lower Level, 333 Dubois Road, Annapolis, 21401 Roseanne D. 770-310-2945/Leona T. 410-562-6520

Abingdon 8 am, St. Mary's Episcopal Church Hall, 1 St. Mary's Church Road, Abingdon 21009 Angela B.443-910-0784

Temple Hills 8 am, Our Savior Lutheran Church, 4915 St. Barnabas Road, Sandra P. 301-938-5495/Gail P. 443-939-6916

Wheaton 8:30am, Hughes United Methodist Church, 10700 Georgia Avenue, enter back through church office. Christine M. 757-641-7195/Joanna A. 202-360-1323

Frederick 9am, East End Baptist Church, 506 Carrollton Drive, Patti M. 410-708-8822/Angela P. 301-758-3614

Continued...

SUNDAY

Severna Park 8am, Celebrate Recovery Book Store, basement, 513 Center Drive, Enter 555 Benfield Road in GPS, Roseanne D 770-310-2945/Leona T. 410-562-6520

Silver Spring 8:30am, Holy Cross Hospital, Auditorium A (main floor), 1500 Forest Glen Road, Steven J. 202-253-6017/Ketura 202-352-7120

Waldorf 6:30pm, Peace Lutheran Church, 401 E Smallwood Drive, Lauren W. 323-377-1587/Maria P. 703-855-1568

VIRGINIA

WEDNESDAY

Falls Church 7pm, INOVA Fairfax Hospital, Physicians Conference Center, Lecture Room 2B, 3300 Gallows Road Karen H. 703-244-3323/Christine M: 757-641-7195

WEDNESDAY

Richmond 6:30 pm, Christ the King Lutheran Church, Parlor by Front Entrance, 9800 W Huguenot Road Denise D. 734-968-3981/Laura P. 484-269-3380

SUNDAY

Springfield 8:30am, Independence Club, 7043 Wimsatt Road, Sandra P. 202-544-9795/Esther B. 267-977-9132

PENNSYLVANIA

THURSDAY

Mechanicsburg 6:30 pm, Aldersgate United Methodist Church, 1480 Jerusalem Road, Valerie L. 570-772-3393/Tara 717-421-0542

SUNDAY

York 6:15pm, Luther Memorial Church, 1907 Hollywood Drive, Valerie L. 570-772-3393/Wendy I. 717-818-7536

FA World Service Office

400 West Cummings Park, Suite 1700 Woburn, MA 01801 USA
(781) 932-6300
fa@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

No dues, fees, or weigh-ins

**MID-ATLANTIC
DC, MD, PA and VA
MEETING DIRECTORY**

*For additional information call,
1-240-428-4442*

www.foodaddicts.org

Revised **June 13, 2020**

Please note: our website has the *current list of meetings* and includes wheel chair accessibility, maps and directions.