

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 longterm 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

Chapel Hill 9:15am

Binkley Baptist Church, 1712 Willow Drive
The lounge is on the side of the building near the preschool entrance. Look for the FA sign or call Cindy P. (650) 380-6358/ Peggy W. 607-7619583

Matthews 10:00 am

Matthews United Methodist Church, Room 208
801 South Trade Street, Andie T. (704) 516-9293
Michael T. (704) 712-9663

Cary 7pm

White Plains Methodist Church
313 SE Maynard Rd, Kathryn P. (919) 467-8568

TUESDAY

Charlotte 6:30pm

Friendship Missionary Baptist Church,
3rd Floor, Room 304, 3400 Beatties Ford Rd.
Jerolyn A. (732) 608-3418/Sabine P. (704) 8192742

Charlotte 7pm

St. Matthew Catholic Church, New Life Center,
Rm 202 (Ballantyne), 8015 Ballantyne Commons
Pkwy., Bonnie S. (704) 519-9644 / Amy F. (703)
867-4573

WEDNESDAY

Cary 9:00 am

St. Michael Conference Center/Gallery, 830
High House Rd., Kathryn P. (919) 467-8568

Charlotte 10am

Holy Comforter Church, Van Every Bldg,
Room 207, 2701 Park Road, Lisa S. (704) 770-
8447 / Holli N. (704) 575-2197

Continued...

Belmont 7pm

Catawba Heights Baptist Church, Rm 36
311 Belmont-Mount Holly Rd.
De Ann N. (704) 860-3866
Margaret M. (704) 564-8647

THURSDAY

Charlotte 10am

Assurance United Methodist Church, Rm. 102
9700 Mt. Holly-Huntersville Rd., Lisa S. (704) 770-
8447 / Megan T. (240) 625-4399

Monroe 6pm

Central United Methodist Church, Rm 106
(Library), 801 S. Hayne St., Edith C. (704)
2965594 / Clarese C. (704) 233-0407

Chapel Hill 7pm

Binkley Baptist Church, 1712 Willow Dr., The
lounge is near the Preschool on the side of the
building. Brooke B. 678-481-1180

Charlotte 7pm

Central Steele Creek Presbyterian Church, Library
(Sanctuary Building), 9401 South Tryon Street,
Margaret M. (704) 564-8647 / Megan T. (240) 625-
4399

Huntersville 7pm (Near Northlake Mall)

University City United Methodist Church,
Rm 103 (University), 3835 West W.T.
Harris Blvd., Oveda M. (704) 618-0948 /
Michelle B. (704) 545-8515

Greensboro 7pm

Westminster Presbyterian Church, 3906 W.
Friendly Ave. Room 204, Jasmine G. (336) 554-
4529 / Candee M. (330) 329-6515

FRIDAY

Charlotte 10am

Holy Comforter Church, Rm 207, 2701 Park
Road, Hollis N. (704) 575-2197 / Beth M. (704)
724-9866

SATURDAY

Raleigh 8:30am

North Raleigh Church of Christ, 8701 Falls of
Neuse Rd, Oneida R. (919) 523-6629

Charlotte 9:15am

Anuvia Prevention & Recovery Center
1st Floor- Horizon Room (Cotswold),
100 Billingsley Rd., Trina S. (704) 488-8157
Barbara G. (202) 480-7020

SUNDAY

Charlotte 8:30am

Anuvia Prevention & Recovery Center, 1st Floor -
Rm 1 (Cotswold), 100 Billingsley Rd., Barbara G.
(202) 480-7020 / Sabine P. (704) 819-2742

Concord 3:30pm

Impact Church, Use Front Door with the Sign,
44 Cabarrus Avenue West, Steven H 980-267-
4925, Yvette H 980-267-4933

Charlotte 6pm

Zoar Road Club (Sandy's House), behind Good
Shepherd Church, 14729 Thomas Road, Amber J.
(803) 984-1312 / Anne C. (803) 417-4283

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

**NORTH CAROLINA
MEETING DIRECTORY**

For more information call **1-888-349-7870**

www.foodaddicts.org

Revised **January 21, 2020**

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

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