

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

Saco, ME 6:30PM

The Oasis Club, 63 School St., Lisa N. 207-229-8419 / Carol R. 207-671-7748

Chelsea, MA 7PM

Chelsea Soldiers Home (Library; enter at door with blue awning), 91 Crest Ave., Darlene D. 857-654-5494

Eliot, ME 9:30AM

William Fogg Library, 116 Old Road, Edward P. 315-759-1566

Norwich, VT 4PM

Unitarian Universalist Congregation of the Upper Valley, Sanctuary, 320 Route 5 South
Janet M. 802-282-6202/ Kesaya N. 603-276-0877

Portsmouth, NH 7PM

St. John's Church, Parish Hall
101 Chapel Street, Peter P. 978-228-8629/ Tina P. 978-618-8320

Westbrook, ME 6:30PM

Larrabee Village Administration Bldg.
30 Liza Harmon Drive, Patty R. 207-233-7947/ Andy W. 207-449-6159

TUESDAY

Cambridge, MA 6:45PM

Lesley University Hall (Porter Square), 3rd floor, Rm 3-103, 1815 Mass. Avenue, Courtney T. 617-610-2367/
Nell T. 617-945-5233

Portland, ME 9 AM

Hope Gateway Church, 509 Forest Ave. (On street parking), Sandy S. 207-799-2428, Kathy C. 207-883-4731

Fitchburg, MA 9AM

Church of the Nazarene, 800 South St., Ellen W. 978-265-2555, Peter S. 978-518-7774

Continued...

WEDNESDAY

Andover, MA 9:00AM

St Augustine Education Center, 2nd floor
35 Essex Street, Maggie 781-956-2404, Deirdre H. 978-436-1961

Chelsea, MA 7PM

Chelsea Soldiers Home (Library; enter at door with blue awning), 91 Crest Ave., Deb H. 978-283-8289

Everett, MA 10AM

Parlin Library (Rte. 99), 410 Broadway, Melissa G. 508-280-2269

Hanover, NH 6:30PM

Friends Meeting House (next to Hanover High School), 43 Lebanon Street, Janet M. 802-282-6202 / Kesaya N. 603-276-0877

Lexington, MA 7PM

St. Brigid; Parish Center, Rm. 10, 1995 Mass Ave
Ann Marie S. 617-610-3748

South Portland, ME 7PM

First Congregational Church UUC, 301 Cottage Rd,
Roberta L. 207-839-6452 / Jane M. 207-219-9820

THURSDAY

Bradford, MA 6:30PM

First Church of Christ, 10 church St., Peter P. 978-228-8629 / Tina P. 978-618-8320

Dover, NH 6:30PM

Dover Baptist Church, 151 Washington Street
Cathy N. 860-303-9805

Medford, MA 7PM

Lawrence Memorial Hospital, enter Main Entrance-
Mtg in Johnson Conference Room, 170 Governors
Ave., Nancy D. 617-620-0533

Nashua, NH 6:30PM

Southern New Hampshire Medical Center
West Campus, 29 Northwest Blvd.
Carol 603-321-0199 / Peter S. 978-518-7774

Continued...

Westbrook, ME 6:30PM

Westbrook Comm. Center (Oak Room)
426 Bridge Street, Carol R. 207-671-7748
Sallie C. 207-838-6789

FRIDAY

Chelsea, MA 10AM

Beth Israel Deaconess Medical Center (Conference
Room), 1000 Broadway, Colleen B. 978-335-6340

Concord, MA 9AM

West Concord Union Church, 1317 Main Street
Jennifer N. 978-263-5089

SATURDAY

Andover, MA 8AM

Christ Church, 33 Central Street, Sharon H. 617-515-7292 / Maggie 781-956-2404

Everett, MA 10AM

CHA - Whidden Hospital – Private Dining Room by
Cafeteria, 103 Garland Street, Carol C. 603-321-0199
/ Deb H. 978-283-8289

Westbrook, ME 8AM

Larrabee Village Admin. Bldg., 30 Liza Harmon Drive,
Bob D. 207-232-9204 / Kimberly C. 207-899-6588

SUNDAY

Arlington, MA 8AM

Edith M. Fox Library (Corner of Mass. Ave
& Cleveland St – lower level). 175 Mass. Ave
Cheryl F.S. 401-641-5942

FA World Service Office

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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

**NEW HAMPSHIRE,
VERMONT, SOUTHERN
MAINE & NORTHERN
MASS.
MEETING DIRECTORY**

www.foodaddicts.org

Revised **March 2, 2020**

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