

What is FA?

FA is a program based on the 12 steps of Alcoholics Anonymous. 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.

Who Joins FA?

FA members are men and women of all ages from all over the world. Some of us have been obese; others have been undereaters, bulimic, or so obsessed with food or weight that we could not freely live our lives. Among us are people who have weighed as little as 62 pounds, those who have weighed more than 400 pounds, and others who have been of normal weight but were obsessed with food or dieting.

Does the program really work?

Typically, FA members have tried any number of solutions to their problems with food, including (for many of us) years of diets or exercise. In FA, we have finally found an answer that is long-term. FA members have maintained normal weights and found freedom from obsession for more than twenty-five years. As more and more newcomers enter the program, the number of people with five or ten years of recovery 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.

Read what our members have to say about FA:

"My life was a constant struggle with weight until I came into the FA program at the age of forty-three. I had always wanted to be thin. From age sixteen on, I went from one diet to another..."

"I joined FA because I was fat, unhappy, and couldn't stop eating. I never understood how I could be successful in so many areas of my life but so unable to control myself with food. Food was my escape..."

"After more than seven years of struggling with anorexia, bulimia, and bingeing, I found FA. Food moved from the center of my life into its proper place, and I became free to live..."

"My four-year-old daughter spent her first two years with a father who was "away," regardless of whether I was at work or at home. I had a better relationship with food and the TV than I had with her. Finally, during a major holiday, after many binges, I picked up the phone, called a sponsor, and walked through the doors of FA into a new life."

Looking for a solution?

Consider attending one of these weekly meetings:

Monday

- **Fairfax 7pm-8:30pm**, Fairfax Community Church, Main Room, 2398 Sir Francis Drake Blvd., Lorianne P. 510-295-7187 / Rachel S. 415-454-8537
- **Santa Rosa 9am-10:30am**, New Vintage Church, 3300 Sonoma Ave., Daniel B. 707-280-5790 ☺
- **Sebastopol 7pm-8:30pm**, Community Church of Sebastopol (Hwy 116 & St. Danmar), 1000 Gravenstein Hwy. N, David P. 707-849-2591 / Carol R. (707) 823-3076 ☺

Tuesday

- **Corte Madera 4pm-5:30pm**, Marin Lutheran Church, 649 Meadowsweet Drive, Vanessa C. 415-515-0980 / Barbara M. 415-717-1424
- **Cotati 7pm-8:30pm**, Congregation Ner Shalom, 85 La Plaza, Diane B. 707-763-7097 ☺
- **Novato 9am-10:30am**, Quest Church, 1461 So. Novato Blvd., Lisa C. 415-860-0265 / Shirley M. 415-492-1729
- **Petaluma 9:30am-11am**, Hillside Church, 2689 Adobe Road, Amber J. 415-685-1530 / Joanne Y. 707-322-8804 ☺
- **San Anselmo 8:30am-10am**, Interfaith Counseling Center, 15 Austin Avenue, Sharon B. 415-342-9501 / Judi G. 415-453-4445 ☺

Wednesday

- **San Rafael 7am-8:30am**, Trinity Lutheran Church, 333 Woodland Ave, Nick C. 415-458-2904 / Kimberley G. 415-518-9327 ☺
- **San Rafael 7pm-8:30pm**, Unitarian Universalist Church, 240 Channing Way, Susan H. 415-328-1712 / Heidi H. 415-686-9996 ☺
- **San Rafael 9:30am-11am**, First Congregational Church, 8 N. San Pedro Rd, Jamie M. 415-302-1532 / Kat C. 415-987-6825 ☺
- **Santa Rosa 9am-10:30am**, Quaker Meeting House, 1647 Guerneville Rd., Joanne Y. 707-322-8804 ☺
- **Sebastopol 7pm-8:30pm**, Sebastopol Community Church, 1000 Gravenstein Hwy.N., Hal O. 707-788-6065 ☺
- **Windsor 8am-9:30am**, Windsor Presbyterian Church, 251 Windsor River Rd., Caroline B. 707-540-5798 / Thomas K. 707-545-9838 ☺

Thursday

- **Marin City 8:30am-10am**, St. Andrew Presbyterian Church (corner of Donahue & Drake Ave.), 101 Donahue St., Ellen R. 415-370-9204 / Kat C. 415-987-6825 ☺
- **Petaluma 7pm-8:30pm**, Petaluma Senior Center, 211 Novak Dr., Kellie A. 415-290-1583 / Kathleen L. 707-799-5850 ☺

For a current list of meetings, including wheelchair accessibility and maps, please visit www.foodaddicts.org

Looking for a solution?

Weekly meetings continued.....

Friday

- **Mill Valley 7pm-8:30pm**, Mt. Tamalpais United Methodist Church, Room 2 (x Camino Alto), 410 Sycamore Ave., Randi D. 415-699-9224 / Lorianne P. 510-295-7187
- **Petaluma 9am-10:30am**, Hill Side Church, 2689 Adobe Road, Carole W. 808-344-2057 / Lovonne S. 707-338-0945 ☺
- **San Rafael 9am-10:30am**, First Congregational Church (no tethered dogs or parking at green curbs), 8 North San Pedro Rd., Doris B. 707-338-3407 / Shirley M. 415-492-1729 ☺
- **Santa Rosa 9am-10:30am**, New Vintage Church, 3300 Sonoma Avenue, Diane S. 707-546-9479 ☺

Saturday

- **Mill Valley 8am-9:30am**, Mt. Tamalpais United Methodist Church (x Camino Alto), 410 Sycamore Ave., Jacqueline P 415-846-8409 / Thelma W 415-488-4441 ☺
- **Novato 8am-9:30am**, All Saints Lutheran Church, 2 San Marin Dr., Penny P. 707-721-7372 / Shannon A. 707-599-2505 ☺
- **Santa Rosa 9am-10:30am**, Encounter City Church, 1830 Stony Point Rd, Odra 707-978-4142 / Cathy J. 707-321-7126 ☺

Sunday

- **Petaluma 9am-10:30am**, Petaluma Valley Hospital (Goverman Hall), 400 N. McDowell Blvd., Elizabeth A. 707-486-9715 / Art H. 707-664-0471 ☺
- **San Rafael 4pm-5:30pm**, Kaiser Medical Office Bldg 2, 99 Montecillo Rd., Penny P. 707-721-7372 / Rachel S. 415-454-8537 ☺
- **Santa Rosa 6:30pm-8pm**, Kaiser Hospital, H1 and H2, 401 Bicentennial Way, Katherine W. 707-888-5531 / Jennifer B. 707-543-617 ☺



FOOD ADDICTS
in recovery anonymous

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.



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in recovery anonymous

Food Addicts in Recovery Anonymous
No dues, fees, or weigh-ins

**Sonoma County
& Marin County**

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FA World Service Office
400 West Cummings Park, Suite 1700
Woburn, MA 01801 USA
fa@foodaddicts.org

Western Area Intergroup
800-600-6028 or 415-248-9347

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