



MAINE CHAPTER of eastern area intergroup

HIGHLIGHTS – September 20, 2015

MEETING ANNOUNCEMENTS:

- **In September FA fellows** staffed an information table at the Cancer Survivor Fair at the Augusta Alford Cancer Center. Others shared their stories and information about FA with 12 staff members at the Weight and Wellness Center (previously called the Bariatric Center) in Portland Maine. It had such an impact that clients of the center attended the FA meeting that night! Thanks to everyone who participated in these opportunities to carry the message of FA recovery from food addiction.
- **The FA Eastern Area Intergroup** has planned a service support weekend November 7th & 8th at the Holiday Inn in Dedham, MA. The theme for the weekend is "Sharing the Gifts of Recovery." Trifolds are available on your the literature table. Please pick one up and consider joining this exciting event.
- **Fall FA Information Sessions are scheduled for:**
 - Saturday, October 10 at 8am in Westbrook
 - Wednesday, October 14 at 7:00pm in Scarborough
 - Monday, October 19 at 6:30pm in Westbrook
 - Thurs, November 5 at 9:00am in Freeport
 - Monday, November 30 at 6:30pm in Bangor
- **12th Step Service Opportunity** – The 12th Step Committee is looking for FA members interested in leading a connection magazine writing workshop. For more information contact Marina at ME12thstep@foodaddicts.org.
- **Thoughts from the Chair:** Brandon from Western Area Intergroup asks this very important question at every meeting: "How many people want to see newcomers at local FA meetings?" That's a question we should all ask ourselves. Do you believe that FA has a solution for food addiction? Do you believe that FA meetings can spread that message of hope and recovery? If so, please attend your business meetings and chapter meetings. The more people that show up to help others learn about FA, the stronger our personal recovery and our meetings can become. Help others know about FA recovery by attending and supporting your business and chapter meetings

All FA members are encouraged to attend the next Maine Chapter Meeting on Sunday, October 18th at 9:30am at the University of Maine Augusta. FMI Contact Steve A. 207-767-3207, or email MEchair@foodaddicts.org.

FA Maine Chapter, PO Box 1772, Scarborough, Maine, 04070-1722, 207-775-2132



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BUSINESS MEETING ANNOUNCEMENT:

- **Reminder from the Office Committee:** Meeting contact changes cannot be made if a members current information does not match the member's profile information. Please ask members at your meeting to check personal profile information on the FA website and update any changes in phone numbers or email addresses in their personal profile.
- **It is time to plan for Thank-a-Thons on Thanksgiving Day.** If your meeting is interested in hosting a Thank-a-Thon contact Marina at the ME12thstep@foodaddicts.org for additional information.
- **FA Books** can be purchased for \$12.00 at the Maine Chapter Meeting. By purchasing the book at the Chapter Meeting you can save shipping costs.
- **Meeting Directory Racks** will be available at the Chapter Meeting. Meeting Directory Trifolds placed in the community are a great way to carry the message of FA Recovery. Please notify Lenann at 207-623-8375 prior to the Chapter Meeting to let her know how many racks you would like to have available at the next FA Chapter meeting.
- **Frontier Conference Call:** A conference call for FA fellows who live on the frontier is planned for 3:30, October 18th. Anyone may join in on the call to hear experience from fellows who manage their FA programs while living on the Frontier. The phone number is not yet available but will be soon.

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