

MONTHLY EASTERN AREA INTERGROUP REPORT

MARCH 2021

FA Eastern Area Intergroup (FA-EAI, Inc.)
PO Box 490551
Everett, MA 02149
Website: <https://www.foodaddicts.org/eastern-area-intergroup>
Email: eaioffice@foodaddicts.org Phone: 781.438.9700 Fax: 781.438.9711

EAI BODY MEETING PRESENTATION: Please click [here](#) to see the details from March's Body Meeting. Please click [here](#) for the EAI Attendee Phone List, which includes fellows available to sponsor.

HERE'S WHAT'S HAPPENING AT THE APRIL BODY MEETING!

April 11 at 9am EDT: Discussing a new motion addressing EAI Bylaws and the Service Support Weekend Planning Committee is going to do a deep dive.

Notice to the EAI Membership of **TWO** Proposed EAI Bylaw changes regarding abstinence requirement for FA-EAI Officers of the Executive Board and abstinence requirements of Chairpersons of FA-EAI Committees. [Please click here to review the proposed motions.](#) Please see the Bylaws Committee Report for the summary of the March committee meeting.

Please join us at the [EAI Body Meeting via Zoom!](#) on Sunday, April 11, 2021 at 9am EDT. Meeting ID: 847 548 759. See email* for password. Committee meetings will meet via Zoom as indicated in their reports below. **Please contact eaioffice@foodaddicts.org if you did not receive this email. Gmail users: these emails may be in your Promotions Tab. Please click [here](#) to fix this for future emails from foodaddicts.org.*

If you're new to Eastern Area Intergroup, the EAI 12th Step Committee offers an Orientation Video and an EAI Newcomer Orientation Guide to help people learn about what the Intergroup does, the services it provides, its committees, and ways that FA members can get involved. Check out the [EAI 12th Step webpage on the FA website.](#)

1. [EAI Orientation Video](#)
2. [EAI Newcomer Orientation Guide](#)

2021 EAI MEETING DATES: May 16, June 13, July 11, August Recess, September 12, October 3, November 14, December 12

ANNOUNCEMENT FROM THE MAINE CHAPTER

There will be a Virtual FA Information Session for the public to learn about FA, occurring on:

- May 11, 2021 6:30-8:00pm EDT

For Phone and Online Access Information: [Email Kate V](#) or call 207-529-5550.

MEETING HEALTH QUESTION:

For easier reading and viewing at your gatherings, have you considered changing your format to a PowerPoint or Google Slide presentation and therefore create a new position to co-host and share the updated format?

MONTHLY EASTERN AREA INTERGROUP REPORT

MARCH 2021

COMMITTEE CONTACT INFORMATION AND REPORTS:

Note: SSW Planning Committee is on a break until September 2021. When we start back we will be looking at planning the next SSW in November of 2022 in the DC area!

Stay tuned for more info!

Bylaws Committee Report, Evelyn C.: eaibylaws@foodaddicts.org

1. There will be a motion presented at the April 2021 EAI Intergroup Meeting regarding abstinence requirement for the EAI Executive Board and EAI Committee Chairs. This motion will be a change in the FA-EAI Bylaws. [Please click here to review the proposed motions.](#) Vote for this motion will be at the May Intergroup Meeting, registration for vote will also be discussed at the April Intergroup meeting.
2. A subcommittee of the Bylaws Committee will be meeting this month to review & implement, when possible, the edits to our FA-EAI Bylaws as suggested by our Legal Consultant in Consultation with the then Chairperson of FA-EAI & the Bylaw Chair. Will also create a plan for how changes suggested by the Legal Consultant that require the body to vote on those changes/amendments, will be done.
3. Per the Massachusetts Legislation H 4598 Chapter 53 of the Acts of 2020, the FA-EAI Executive Board will stay in place except for the Treasury who will be ending her term July 2021. The FA-EAI Treasury position will be appointed by the Executive Board of FA-EAI, per the above Massachusetts Legislation. According to the legislation, the Officers may remain in place until 60 days after the emergency has been declared over by the Governor of Massachusetts.

Public Information Committee – Lisa B.: eaipi@foodaddicts.org

Summary of March's meeting: We heard from a fellow in South Carolina about participating in a virtual forum. We presented the new Health Fair Slideshow for use at virtual health fairs. For more information email eaipi@foodaddicts.org.

Calls for Service:

Blogwatch - Any FA member can find relevant blogs and email a link to blogwatch@foodaddicts.org and a WSB approved comment will be posted.

Media Watch - FA members can identify articles, interviews, stories in the media--newspapers, magazines, online, tv radio etc... that could benefit from hearing about FA. Send a link or pertinent information (date, source, name or article/show/segment/people mentioned) to mediawatch@foodaddicts.org and the Media Watch letter will be sent. Based on the response, FA books and/or pamphlets or other materials will be sent.

Join us on **Sunday, April 11 at 7:30am EDT**, when members of the EAI PI Committee will be available prior to the start of the regular committee meeting to answer questions for PI Reps or any other fellow with PI-related questions. [Please click here to join directly via zoom](#) or use the Zoom App on your smartphone and enter Meeting ID: **845 8695 6527**. The password to this meeting was sent in the EAI Monthly Report email. Please contact eaioffice@foodaddicts.org if you did not receive that email or contact the Committee Chair for the password. For phone only (US), call 646-558-8656 and enter Meeting ID: **845 8695 6527**. The password to this meeting was sent in the EAI Monthly Report email. Please contact eaioffice@foodaddicts.org if you did not receive that email or contact the Committee Chair for the password. [To find your local phone number, click here.](#) **The committee meeting will follow at 8:00am EDT.** All are welcome to join us!!!

Service Support Committee – Anita F.: aiservicesupport@foodaddicts.org

MONTHLY EASTERN AREA INTERGROUP REPORT MARCH 2021

Summary of March's meeting: The Service Group Support Committee continues working to develop a Local Service Group on-line repository consisting of LSG Best Practices. Our LSG best practices efforts include LSG Meeting Guidelines, Virtual Health Fairs, Outreach Activities, Virtual Fellowship Days, LSG racks and many more.

Monthly Local Service Group Meetings: *(Times listed below are ET.)*

Metro Atlanta, GA: 2nd Saturday 11:40am-12:10pm – Contact: Rosa: alraqibrosa@yahoo.com

Southeast Michigan: Last Thursday of the Month 8:15pm – Contact: Linda 248-320-6842 for details

Charlotte, NC 3rd Saturday – Contact: Margaret M: Margaret.mclarney@zurichna.com

DC Area: 3rd Sunday, 10:30am-11:30am – Contact: Akia at 757-729-0121

Rochester, NY: 2nd Saturday, 10:15am-11am – Contact: Jeanne U. jeutter@rochester.rr.com

Ithaca, NY: 3rd Sunday, 3pm-4pm – Contact: Paula K. kiltsfind@yahoo.com

Philadelphia, PA: 2nd Saturday, 7:45am-8:45am – Contact: Abigail H. Abigail.hillman@gmail.com

Louisville, KY: 3rd Monday 8pm-8:30pm – Contact: Annie K. annie.kirchner@yahoo.com

West Michigan: 2nd Saturday 9:45am – Contact: Karin D. at 616-464-3328

Southwest Florida: 3rd Thursday, 6pm-6:45 p.m. – Contact: Barbara S. bstites@gmail.com

Join us on **Sunday, April 11 at 8am EDT**. [Please click here to join directly via zoom](#) or use the Zoom App on your smartphone and enter Meeting ID: **843 8867 7998**. The password to this meeting was sent in the EAI Monthly Report email. Please contact eaioffice@foodaddicts.org if you did not receive that email or contact the Committee Chair for the password. For phone only (US), call 646-558-8656 and enter Meeting ID: **843 8867 7998**. The password to this meeting was sent in the EAI Monthly Report email. Please contact eaioffice@foodaddicts.org if you did not receive that email or contact the Committee Chair for the password. [To find your local phone number, click here.](#)

Teens and Twenties Committee – Ann Marie S.: eaiteensandtwenties@foodaddicts.org

Summary of March's meeting: In February we held our second Informal Virtual gathering and had 60 attendees. Two members participated in a virtual outreach at a health class at a college in Massachusetts, and we had a week of virtual outreaches at the high school that a fellow graduated from - both events successes. We are working towards hosting an Informal Gathering for Fellows and family members, people interested in learning more about Food Addiction and young people every other month, next one to be held in April.

Join us on **Sunday, April 11 at 8am EDT**. Click [here](#) for the direct link to the meeting on **Zoom.com** or use the Zoom App on your smartphone and enter Meeting ID: **825 8383 3741**. The password to this meeting was sent in the EAI Monthly Report email. Please contact eaioffice@foodaddicts.org if you did not receive that email or contact the Committee Chair for the password. For phone only (US), call 646-558-8656 and enter Meeting ID: **825 8383 3741**. The password to this meeting was sent in the EAI Monthly Report email. Please contact eaioffice@foodaddicts.org if you did not receive that email or contact the Committee Chair for the password. To find your local phone number, click [here](#).

12th Step Committee – Lou C., ea12thstep@foodaddicts.org

Summary of March's meeting: Set date for next Twelfth Step Gathering on April 17 and 18 in which we'll discuss and share on the topic of "Cross Talk." Details will be posted and emailed.

Join us on **Sunday, April 11 at 8am EDT**. Click [here](#) for the direct link to the meeting on **Zoom.com** or use the Zoom App on your smartphone and enter Meeting ID: **879 3380 5639**. The password to this meeting was sent in the EAI Monthly Report email. Please contact eaioffice@foodaddicts.org if you did not receive that email or contact the Committee Chair for the password. For phone only (US), call 646-558-8656 and enter Meeting ID: **879 3380 5639**. The password to this meeting was sent in the EAI Monthly Report email. Please

MONTHLY EASTERN AREA INTERGROUP REPORT MARCH 2021

contact eaioffice@foodaddicts.org if you did not receive that email or contact the Committee Chair for the password. To find your local phone number, click [here](#).

Office Committee – Kim H., eaioffice@foodaddicts.org

Summary of March's meeting:

- We reviewed options for printed materials/flyers, which can be used to reach the fellow suffering food addict. [Please see the FA website for templates to print for your local area.](#)
- Creating email to all FA-EAI users to ask sponsors to encourage their sponsee(s) to create a profile on the FA website.
- Discussed updating the [EAI Literature Kit](#) and [EAI Secretary Kit](#) documents. Also discussed having audio/visual versions of these documents. We would like to encourage any fellow who has interest in doing service for the Office Committee to contact eaioffice@foodaddicts.org.
- The Thursday 7pm Milton, MA closed as of March 8.

Action Items for EAI Members:

- Check out the new "[How to Start FA](#)" webpage now available on the FA website! This is a great guide to get a fellow suffering food addict started in FA --- Go to the New to FA tab or input "How to Start FA" in the search box on foodaddicts.org.
- Verify that the email address in your [FA profile](#) is correct so that you are able to receive all communication from FA and FA-EAI. If you are **not** receiving emails from FA, please contact eaioffice@foodaddicts.org. **Sponsors:** please encourage your sponsees to create a profile on the FA website to ensure that they are also receiving FA and FA-EAI emails.
- Check out the recently updated pages for [COVID-19 News for the Newcomers and Members](#), which has links to pamphlets, *connection*, podcast, and more; and the [Donate](#) link which has quicklinks for members to donate to EAI and WSI.

Join us on **Sunday, April 11 at 8am EDT**. Click [here](#) for the direct link to the meeting on [Zoom.com](https://zoom.com) or use the Zoom App on your smartphone and enter Meeting ID: **882 7441 2321**. If you did not receive the email containing this meeting password, please contact eaioffice@foodaddicts.org. For phone only (US), call 646-558-8656 and enter Meeting ID: **882 7441 2321**. The password to this meeting was sent in the EAI Monthly Report email. Please contact eaioffice@foodaddicts.org if you did not receive that email. To find your local phone number, click [here](#).

Treasurer Committee – Katie M., aitreasurer@foodaddicts.org

Join us on **Sunday, April 11 at 8am EDT**. Click [here](#) for the direct link to the meeting on [Zoom.com](https://zoom.com) or use the Zoom App on your smartphone and enter Meeting ID: **812 5057 4139**. The password to this meeting was sent in the EAI Monthly Report email. Please contact eaioffice@foodaddicts.org if you did not receive that email or contact the Committee Chair for the password. For phone only (US), call 646-558-8656 and enter Meeting ID: **812 5057 4139**. The password to this meeting was sent in the EAI Monthly Report email. Please contact eaioffice@foodaddicts.org if you did not receive that email or contact the Committee Chair for the password. To find your local phone number, click [here](#).

EAI IT Committee, Cynthia R., eaikit@foodaddicts.org

Summary of March's Meeting: The IT committee is working on online voting procedures for both April and May voting.

Join the Body Meeting remotely via Zoom using the options below:

MONTHLY EASTERN AREA INTERGROUP REPORT
MARCH 2021

1. Use your laptop or computer to join via direct link [here](#) or join the meeting on [Zoom.com](#) and input the **Meeting ID:** 847 548 759. If you did not receive the email containing this meeting password, please contact eaioffice@foodaddicts.org.
2. Use the Zoom mobile app on your smartphone. Download the app from the [App Store](#) or [Google Play](#). Open the app from your smartphone, select Join Meeting and input the **Meeting ID:** 847 548 759. If you did not receive the email containing this meeting password, please contact eaioffice@foodaddicts.org.
3. For AUDIO ONLY (not recommended), use your phone to dial 646-558-8656 (US) or click [here](#) to find your local number. When prompted, input **Meeting ID:** 847 548 759. If you did not receive the email containing this meeting password, please contact eaioffice@foodaddicts.org.

Join the EAI Attendee Phone List! A phone list of fellows who attended EAI either in person or remotely will be generated and distributed to all EAI attendees, EAI Contacts, and members of the EAI frontier after the EAI meeting. To join the Attendee Phone List, go to <http://bit.ly/eaimeting> and input your first name, last initial, city, state, country, phone number (555-555-5555 for US numbers or +55 55 555 5555 for international numbers), email address, and check the box if you are available to sponsor. Please note that your email address will NOT be shared on the Attendee Phone List. The phone list is a great way to connect with other EAI fellows!

Join the Committee Meetings remotely via Zoom.com using the options below:

1. Use your laptop or computer to join via www.zoom.com. Input the **Meeting ID** listed in the committee report above. Click join and open Zoom. The password to this meeting was sent in the EAI Monthly Report email. Please contact eaioffice@foodaddicts.org if you did not receive that email or contact the Committee Chair for the password.
2. Use the Zoom mobile app on your smartphone. Download the app from the App Store or Google Play. Open the app from your smartphone, select Join Meeting and input the **Meeting ID** listed in the committee report above. Click join and open Zoom. The password to this meeting was sent in the EAI Monthly Report email. Please contact eaioffice@foodaddicts.org if you did not receive that email or contact the Committee Chair for the password.
3. For AUDIO ONLY (not recommended), use your phone to dial 646-558-8656 (US) or click on the link to find your local number listed in the committee report above. Input the **Meeting ID** listed in the committee report above. The password to this meeting was sent in the EAI Monthly Report email. Please contact eaioffice@foodaddicts.org if you did not receive that email or contact the Committee Chair for the password.

OFFICERS/CHAIRS WITH NO REPORTS

Chair: Christine W., eaichair@foodaddicts.org

Vice Chair: Jennifer H., eaivicechair@foodaddicts.org

Secretary: Tricia H., aisecretary@foodaddicts.org

Financial Aid and Resources Committee Chair, Jen N.: eaifinancialaidandres@foodaddicts.org

Service Support Weekend Planning Committee, Cayce K.: sswplanning@foodaddicts.org