



MAINE CHAPTER of eastern area intergroup

## HIGHLIGHTS – October 18, 2015

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### MEETING ANNOUNCEMENTS:

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- **The FA Eastern Area Intergroup** service support weekend is November 7<sup>th</sup> & 8<sup>th</sup> at the Holiday Inn in Dedham, MA. The theme for the weekend is "Sharing the Gifts of Recovery." Many Maine members plan to attend, consider carpooling with others to this event. The Maine Chapter is facilitating the "What's up Doc" Session. Trifolds are available on your the literature table.
- **FA Information Sessions are scheduled for:**
  - Thurs, November 5 at 9:00am in Freeport
  - Monday, November 30 at 6:30pm in Bangor
- **Westbrook will be hosting a Thank-a-thon** on Thanksgiving Day from 8-10am at Larrabee Village (the same location as the Saturday Westbrook Meeting)
- **Thanksgiving Day Meeting** will be held in Freeport at 9am, The Augusta Thursday 1pm meeting will not meet
- **Do you have ideas for sharing and discussion that might be most helpful for members and meetings throughout the Maine Chapter?** Join in the discussion! Share your ideas at our first planning meeting for Maine Meeting Support Day following our monthly fellowship luncheon Novovember 15th directly after the Maine Chapter meeting. Can't attend but have ideas? Call Marina at 207-522-8999 or email [ME12thstep@foodaddicts.org](mailto:ME12thstep@foodaddicts.org)
- **From the Chair:** November is a time of anticipation and planning for another season of celebrations and get-togethers with family and friends. In preparation for this time, members of the Maine Chapter board send each and every one of you wishes and prayers for continued growth in abstinence and recovery. We pray that you continue to enjoy strong fellowship others who have the lived experiences we share. We pray that you find opportunities to experience the gifts of peace and joy that comes from offering service to help and support others. In gratitude, thanks for being part of our Maine Chapter fellowship!
- **The next FA Chapter Meeting** will be Sunday, November 15<sup>th</sup> at 9:30am at the University of Maine Augusta, FMI Contact Steve A. 207-767-3207, or email [Mechair@foodaddicts.org](mailto:Mechair@foodaddicts.org)



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### BUSINESS MEETING ANNOUNCEMENT:

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- **The FA Maine Chapter mailing address has changed.** The new PO Box is in a location central to the Maine Chapter meetings.

PO Box 373  
Augusta, Maine 04332-0373

Please make sure all correspondence to the Chapter has the correct address.

A special thanks to Roberta, who has collected the mail for the FA Maine Chapter at the Scarborough location for many years.

- **Updated Meeting Guidelines are now available on the FA website.** “The FA Meeting Guidelines are used to help individual meeting groups achieve and maintain meeting health. With intent similar to the FA Meeting Standards, the Guidelines exist so that “no matter where in the world one finds an FA meeting, one can readily recognize and find FA recovery in that room.” Many meetings find it challenging to incorporate the content of these documents into the group’s monthly business meeting, and/or into the group’s announcements.” **A new service position for meetings, the Meeting Health Person (MHP)** is suggested, in the guidelines, as a way to resolve this difficulty. The MHP service position “ensures that there is a specific person who is accountable to help the meeting group regularly review and reinforce the principles and ideas noted in the Meeting Guidelines.”
- **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.