

## MAINE CHAPTER of eastern area intergroup

MEETING HIGHLIGHTS – October 20, 2013

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### MEETING ANNOUNCEMENTS:

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**Healthy Meeting Question:** (read both at the General meeting and Business Meeting)

If you hold a service position and you miss your committed meeting and/or business meeting, do you arrange to have someone replace you?

### REPORT FROM FA MAINE CHAPTER MEETING – Providing Me/NH Meetings with Support in Reaching Newcomer:

- **A Thanksgiving Day Thank-a-thon** will be held in Westbrook at Larrabee Village on 11/28/13 from 8-10a. There will be a qualifications at 8a and 9am.
- **The Freeport Thursday 9am Meeting on Thanksgiving Day** will be a sharing meeting with a focus on Gratitude and Thankfulness.
- **The Lewiston 6:30p Meeting will meet on Thanksgiving Day.**
- **The Augusta 1pm Meeting will not meet on Thanksgiving Day**
- **The Westbrook 6:30pm Meeting will not meet on Thanksgiving Day**
  
- When looking for the **FA Website** the address is [www.foodaddicts.ORG](http://www.foodaddicts.ORG) (please note that [www.foodaddicts.COM](http://www.foodaddicts.COM) is the website of an organization separate and unrelated to FA.

### Opportunities for Service:

- **Attend the next Meeting Support Committee Meeting** on Sunday November 17<sup>th</sup> after the Chapter Meeting at 1pm. The focus of the meeting is planning the next Maine Meeting Support Day on April 27<sup>th</sup>. FMI Contact Marina at [MEMS@foodaddicts.org](mailto:MEMS@foodaddicts.org) or call 207-442-8547
- **Make a call to a fellow on the Frontier Phone List.** The list is available on your literature table. Each FA member on this list is at least 100 miles from any FA meeting. Your call to someone who may be isolated is important service to help us and others grow and maintain recovery. Fellows have found it helpful to use international phone cards or skype to make calls. FMI contact Sybille at 207-406-2352 or email at [cybillymo@aol.com](mailto:cybillymo@aol.com).
- **Join a FA Road Trip. FA Road Trips** are FA fellows with at least 90 days of abstinence & working with an FA sponsor traveling to share experience, strength and hope. The next FA Road Trips are scheduled for the Ellsworth meeting on Wednesday, November 20<sup>th</sup> at 6:30p and Friday, November 29<sup>th</sup> at 6pm in Bath. If you would like to join either road trip or future trips please call Sandi D at 207-837-8053 or email: [ME12step@foodaddicts.org](mailto:ME12step@foodaddicts.org).

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All FA members are invited to join us at the next FA Maine Chapter meeting on Sunday, November 17, 2013 at 9:30am. We look forward to seeing you there! Don't forget to bring your lunch and join us for fellowship after the meeting. FMI Contact Steve A. 207-767-3207, or email [MEchair@foodaddicts.org](mailto:MEchair@foodaddicts.org).

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### BUSINESS ANNOUNCEMENTS:

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- **If your meeting has recently held an Information Session please complete an evaluation form**, found in the PI Kit and submit to Arlene, PI Chair at [MEPI@foodaddicts.org](mailto:MEPI@foodaddicts.org). This information will help in planning future Information Sessions.
- **When submitting service position changes**, please submit member's names as they appear on their FA profiles; for example if a member is known as Betty but has used Elizabeth on her profile - submit the change as Elizabeth and please verify correct spelling of first and last names. Call Kate 441-1550 or Lila 465-8249 for assistance or more information.

#### **Healthy Meeting Question:** (read both at the General meeting and Business Meeting)

If you hold a service position and you miss your committed meeting and/or business meeting, do you arrange to have someone replace you?

George M's Chair report from the recent EAI asks us to consider these scenarios: A fellow updates a Trifold and sends it to the EAI Office and Services Support Committee who posts it on the website for all to use. A member shows his doctor the FA Information Booklet and the doctor puts in her waiting and examination rooms. A patient reads it and attends a meeting. A high school student hears a recovering food addict tell her story in his health class, describes FA to his father, and they both attend a meeting. An FA who hasn't written anything personal in fifteen years attends a Writing Session and the resulting story is submitted to connection magazine. A fellow is home bound after an operation, and many people bring FA meetings to his house. This is some of the service that results from our EAI Intergroup.

This is the type of service that results from our Maine Chapter meetings. Please consider attending Chapter meetings. Join with others in the fellowship to help us extend this service to more people who need it. All FA members are invited to join us at the next FA Maine Chapter meeting on Sunday, November 17, 2013 at 9:30am. We look forward to seeing you there! Don't forget to bring your lunch and join us for fellowship lunch directly following the meeting. FMI Contact Steve A. [207-767-3207](tel:207-767-3207), or email [MEchair@foodaddicts.org](mailto:MEchair@foodaddicts.org).

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In Service and Gratitude,  
Shirley H., Maine Chapter Vice Chair

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