



MAINE CHAPTER of eastern area intergroup

HIGHLIGHTS – February 2014

MEETING ANNOUNCEMENTS:

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

- **From the Maine Chapter Chair:** From the 24 Hour Book November 21st Meditation: "Let others see that you are comfortable, and seeing it, know that it springs from your trust in a Higher Power. . . Faith takes the sting out of the winds of adversity and brings peace even in the midst of struggle."

Winter has brought a taste of another level of adversity with its frequent and unrelenting cold, winds and snow. And yet, it did nothing but remind us to stay safe as we continued our commitment to helping bring the message of recovery to those who may benefit from it.

The February 15th Maine Chapter meeting was cancelled due to blizzard predictions and, still, 16 committed members met by conference call that morning to continue the needed work. Members met by phone for up to 3 hours that morning to help assure that the 8th Annual Maine Meeting Support Day will be fun, informative, and recovery based. Please join us on Sunday March 15th as we grow our personal recovery, our fellowship and, most importantly, continue to make sure we have a strong FA program of meetings, support and recovery ready for anyone who suffers from food addiction. If you haven't already, please be sure to register online at foodaddicts.org.

- **From the 12th Step Committee:** Have you ever picked up a Frontier Phone List from your meeting? Consider using this list of FA members who are more than 100 miles away from a meeting to strengthen your own recovery and commitment to FA. These fellows rely heavily on phone calls to sustain their program. Many of these people are in areas of the USA and can easily be reached without much expense or difficulty and would be thrilled to get a call.
- **FA Fellows needed for a Health Fair at Thomas College in Waterville** on March 28th from 9-2pm. FMI call Arlene, PI Chair at 207-735-7956.

Please join us for Maine Meeting Support Day which will be held on Sunday, March 15th at 9:00am (Registration begins at 8:00am) at the University of Maine Augusta. If cancelled due to weather a message will be placed on the Information Line by 6am. 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 ANNOUNCEMENTS:

- **We are asking meetings to share their experience, strength, hope and ideas for carrying the message of FA recovery at Maine Meeting Support Day.** Please take a moment at the Business Meeting to reflect on the past year and what has worked to sustain and grow your meeting. Please plan to share your experience with the fellowship at Maine Meeting Support Day.
- **FA Fellows needed** who are willing to check messages left on the Maine Chapter Information Line on Tuesday, Saturday and Sunday. These service positions requires two years of abstinence. FMI contact Arlene, PI Chair 207-735-7956

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