



MAINE CHAPTER of eastern area intergroup

HIGHLIGHTS – June 14, 2015

MEETING ANNOUNCEMENTS:

- **12th Step Committee Highlight of the Month:** Remember to use the 12th Step Outreach List to contact fellows to do service.

- **The FA Information Booklet** is a great way to reach out to the food addict who still suffers in your community. The booklet contains stories of experience, strength and hope and contact information for FA Website and Maine Chapter Information line. The booklets were developed to place in waiting room. Each Region in the Chapter has a Information Booklet Coordinator with a supply of booklets for fellows and meetings to obtain copies to distribute locally.

The Chapter Public Information Committee is looking for a fellow willing to be the Information Booklet Coordinator in the Mid Coast Region. FMI contact Arlene, PI Chair at [207-735-7956](tel:207-735-7956) or email her at mepi@foodaddicts.org

- **Thoughts from the Chair:** Summer can be a time of great fun and activity for many. It can also be a time of stress, particularly if you are a common food addict who can tend to be isolated or triggered in these social events. Remember to weigh and measure - both your food and these activities. Bring your phone and phone list with you, packed together with your abstinent food. Other FA members are eager to be of support during those sometimes awkward or difficult times. Remember, always, to keep your recovery in the forefront. "A life of sane and happy usefulness is what we are promised."

Please join us for the next Maine Chapter Meeting on Sunday, July 19th at 9:00am 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:

- **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.
- **Is your meeting using the 12th Step Outreach List for members personal recovery and/or for meeting service needs?** Is it helpful, please give the 12th Step Committee your feedback. Call Marina, 12th Step Chair at 522-8999 or email ME12thstep@foodaddicts.org

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fa | FOOD ADDICTS *in recovery anonymous*

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