



MAINE CHAPTER of eastern area intergroup

HIGHLIGHTS – June 12, 2016

MEETING ANNOUNCEMENTS:

The new FA Maine Committee Chairs began their terms at the June 12th Chapter Meeting. The Chapter expressed its gratitude to the outgoing chairs for their service and dedication: Joe P. from Augusta; By-laws, Helen P. from Augusta; Intergroup, Marina S. from Bath; 12th Step Chair, Kate V. from Bremen; Office Chair and Arlene S. from Bucksport; PI Chair.

The new Chairs are:

Office: Ann P. from Portland, MEOffice@foodaddicts.org

12th Step: Helen P. from Augusta, ME12thstep@foodaddicts.org

PI: Beth W. from Westbrook, MEPI@foodaddicts.org

Bylaws: Marie D. from Augusta, MEBylaws@foodaddicts.org

Intergroup: Arlene S. from Bucksport. MEIGLiaison@foodaddicts.org

Business Convention Highlights: 7 countries and 31 states were represented at this year's business convention. Since there was only 1 motion on the floor, and that was for approval of the new pamphlet, *Living Abstinently*, there was much more time devoted to hearing experience, strength and hope shared by fellows from all over the world. There was plenty of time for fellowship, fun, writing, and learning about tried and true ways to strengthen our FA programs. Quiet Time and Gratitude have been added to our list of tools. They will appear in the new *Living Abstinently* pamphlet.

The 12th Step Committee: If your meeting or business meeting has any questions or would like support and help with clarifying Meeting Guidelines, please Email ME12thstep@foodaddicts.org.

FA Survey: Have you filled out the online survey? Every FA member is needed fill out this survey. 90 days of abstinence is not a requirement. The survey will serve as a tool to improve our outreach efforts to food addicts who are still suffering. To take the survey, go to the FA website at foodaddicts.org and click on the orange button that says "FA Survey."

Chapter Service Opportunities:

- A facilities coordinator for the Chapter Meeting is needed by the Office Committee. FMI contact MEoffice@foodaddicts.org
- A Health Fair Coordinator is needed by the PI Committee. FMI contact MEPI@foodaddicts.org

The next FA Maine Chapter Meeting is Sunday July 17th from 9:30-11:30am at Maine General Medical Center in Augusta. FMI Contact Shirley H. at 207-837-8053, or email MEchair@foodaddicts.org.



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BUSINESS MEETING ANNOUNCEMENTS

The FA Maine Chapter Meeting on Sunday July 17th from 9:30-11:30 at Maine General Medical Center in Augusta. The FA Book may be purchased at the Chapter Meeting.
FA Maine Chapter, PO Box 373, Augusta, Maine, 04332-0373, 207-775-2132

Annual Report: Contacts should have received the Chapter Annual Report and it should be on the Literature Table. Please announce its availability at your regular meeting.

Fellows have asked, what is the purpose of the Maine Chapter and who belongs to the Chapter? Anyone who is committed to a meeting in the Maine Chapter is a member. The Chapter has four goals which guide service activities:

- 1. To further the FA Program in accordance with the 12 Steps and 12 Traditions of FA**
- 2. To maintain a communication Center for FA Groups**
- 3. To Provide Unity, and**
- 4. To educate the Public about the FA Program**

Information Session Evaluations: Please remember to fill out the evaluation form found in the PI Kit and send it to the ME PI Chair following your Information Session.

Living Abstinently:

The pamphlet was approved at the Convention, is on its way to the design committee, and will be available by the end of the year. *Living Abstinently* includes Gratitude and Quiet Time in the list of tools. Fellows asked if the meeting format will change to add the tools. Any changes to the meeting format are voted on at the WSI Convention. There was a discussion at the WSI Convention of offering a motion next year to add Gratitude and Quiet Time to the format.