



## MAINE CHAPTER *of eastern area intergroup*

**HIGHLIGHTS – September 21, 2014**

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### MEETING ANNOUNCEMENTS:

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- Augusta and Bangor meeting members brought a 2<sup>nd</sup> **FA Information session to the Warsaw 8th grade class in Pittsfield.** In collaboration with the 8th grade health studies teacher, 2 members shared their own experience of food addiction using the format developed by EAI Teens and Twenties committee. One student stated - Thank you for teaching us about food addiction. "I will now know what to do in the future if someone needs help."
- At the **September Cancer Survivors Day at the Harold Alfond Center in Augusta,** multiple FA members were present and available to bring awareness to the issue of food addiction. There were over 1200 people who attended the event. Though many people walked quickly by the FA table, others stopped to talk about addiction and received copies of the Maine Chapter Meeting Directory. Who knows where those directories might land and who may show up at an FA meeting seeking our help.
- **The FA Connection writing session** held after the Maine Chapter meeting on Sunday September 21 was a great success. Attendees shared the tool of writing, enjoyed some laughter and fellowship - all while learning ways to tell their own story of recovery. Remember, telling your story may just be the story someone struggling might need to hear.

### Opportunities for Service:

- **WEBLINKS:** Know an organization that might be willing to post a link to the FA website on their own website? Send the web address to Arlene, the Maine Chapter PI Chair at [mepi@foodaddicts.org](mailto:mepi@foodaddicts.org). She will help get it to weblinks who will reach out to them. Care to do the outreach yourself? Email: [weblinks@foodaddicts.org](mailto:weblinks@foodaddicts.org) They will teach you how to do this service.
- **FA ROAD TRIP:** Would it be helpful to invite a group of FA members to share at your meeting? Email Marina at [me12thstep@foodaddicts.org](mailto:me12thstep@foodaddicts.org). Are you available on Friday October 10? FA members will be bringing a road trip to the Bath 6 pm meeting. Join them by emailing Marina at [me12thstep@foodaddicts.org](mailto:me12thstep@foodaddicts.org)
- **HEALTH FAIRS:** Know of an upcoming health fair? Contact Arlene at [mepi@foodaddicts.org](mailto:mepi@foodaddicts.org). Have a contact? Care to reach out to them to see if they are willing to have us share our information, contact Arlene - she will help you do that.
- From the **Office Committee:** There were address and contact information changes on our Meeting Directory this month, if you fill racks in the community or carry tri-folds in your glove compartment or bag - Please swap them for the October revision date.

The next FA Maine Chapter meeting will be held on Sunday, October 19<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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**FA Maine Chapter, PO Box 1772, Scarborough, Maine, 04070-1722, 207-775-2132**

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### **BUSINESS MEETING ANNOUNCEMENTS**

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#### **Message from the Maine Chapter Chair:**

Thank you to everyone who joined the Maine Chapter meeting on Sunday September 21. Members are learning from each other as we explored the ways people are learning about FA and food addiction. We learned that people are finding out about FA through friends, neighbors, therapists, doctors, members of other 12 step programs, ads in newspapers, and searching online. If you remember the pain of living in food addiction and thinking you were alone, take some time to think how learned about FA. Talk to FA friends about how they learned about it. And then, if you are motivated to help others who are still struggling with food addiction in our communities, consider helping out with an info sessions; tell your stories to your doctors, nurses, therapists and anyone working in helping professions; make sure the local papers you read advertise FA meetings. You never know, someone out there, struggling in food addiction, may learn about FA and find relief, find a fellowship, and find you!

- From the 12th Step Committee: If your meeting is planning a Thank-a-Thon, please contact Marina S. [Atme12thstep@foodaddicts.org](mailto:Atme12thstep@foodaddicts.org).
- Several Info Sessions have taken place and there are more to come. Putting one on provides valuable service opportunities for everyone - from organizing and planning, distributing literature and placing ads to inviting a panel of speakers and bringing non-members to an understanding of food addiction.
- From the Office Committee: If your meeting has not responded to the Office Committee's request for interest level in participation in a Meeting Phone List Exchange, please do so by the Oct 18<sup>th</sup> Chapter Meeting. The majority of our meetings have indicated positive interest. [MEOffice@foodaddicts.org](mailto:MEOffice@foodaddicts.org)

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