



MAINE CHAPTER *of eastern area intergroup*

HIGHLIGHTS – February 21, 2016

MEETING ANNOUNCEMENTS:

Flyers will be available soon for FA Maine Chapter Meeting Support Weekend. We heard your requests and have re-imagined our 9th Annual Meeting Support Day. This year we begin on Saturday afternoon with panel discussions, breakout sessions and a sharing meeting and end with a fellowship lunch on Sunday. Attend for all or part of the weekend. Don't miss this opportunity to meet with FA fellows from throughout New England and Canada. A special lodging rate has been negotiated at the Senator Inn in Augusta. FMI call Marina at 207-522-8999 or email ME12thstep@foodaddicts.org

12th Step Committee suggestions for healthy recovery: 1) Pick up a Frontier Phone List from the Literature Table. Reaching out to those on the Frontier is an important service that each of us can do. Fellows living on the frontier are so grateful to share FA with those of us who have plenty of FA meetings to attend each week. 2) Use the Resource List to help find speakers for your meetings. Sign up to be on the Resource List if you have 90 days. 3) Reach out for new FA experiences such as attending an additional FA meeting or stepping up to do service even when we don't want to.

A message from WSI: It has been five years since our last **FA membership survey**, and it's time to update our results so we can continue to effectively deliver the message of FA recovery to food addicts who are still suffering. Within the next month, a link will be emailed to everyone who is registered with an FA profile. Those without a profile will find the survey link on the FA website home page. There is no abstinence requirement for completing the survey—*everyone in FA is asked to take it*. Please announce the survey at your meetings, talk about it on your phone calls, encourage members on the frontier to complete the survey, and answer questions from members less familiar with computers about how to access it online. For questions or help contact the Maine Chapter Office Committee at meoffice@foodaddicts.org or call Kate V. at 207-441-1550.

The FA WSI Literature Committee would like feedback regarding the new tools pamphlet, "Living Abstiently". The pamphlet will be on the agenda at the upcoming business conference in June. The text is available on the FA website under the Business Convention information page from February 2 until March 2. Please go to the For Members section and then to the Business Convention page to read the text. Remember that this text is "Read Only" and is not to be copied or distributed.

The next FA Chapter meeting will be Sunday, March 20th at 9:30am in Augusta at Maine General Medical Center Alford Center for Health. If the meeting is 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 373, Augusta, Maine, 04332-0373, 207-775-2132



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BUSINESS MEETING ANNOUNCEMENTS

Does your meeting have a supply of Health Care Pamphlets? The Health Care Pamphlet is a trifold designed specifically with doctors and health professionals in mind. The pamphlet gives health care providers information that they will understand and has been shown to be a simple and effective way for FA members to carry the message of FA recovery to the health care community. Call Arlene at 207-735-7956 to request copies for your meeting.

Reminders:

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.

Meeting Directory Racks are available at the Chapter Meeting. Meeting Directory Trifolds placed in the community are a great way to carry the message of FA Recovery. Please notify Lenann at 207-623- 8375 **prior to the Chapter Meeting to let her know how many racks you would like to have available at the next FA Chapter meeting.**

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