



FOOD ADDICTS *in recovery anonymous*

MAINE CHAPTER *of eastern area intergroup*

HIGHLIGHTS – January, 2017

MEETING ANNOUNCEMENTS: Please read the following in its entirety.

PI Interview: Have you seen the Catchinghealth.com interview that was recorded on December 12th with Diane Atwood yet? Check it out at dianeatwood.com/foodaddicts/. It is a very well written article in which 2 FA fellows tell their stories.

Meeting Support Weekend will be held on on April 29-30, 2017. On Saturday, the activities will be held at the Viles Arboretum 153 Hospital Street, Augusta. Sunday's Chapter Meeting will be held at the usual location of Maine General Medical Center in Augusta. We will be celebrating the Maine Chapter's 15th anniversary. If you have ideas or want to lend a hand, please join our next meeting after the Chapter meeting and fellowship lunch on February 19. Please contact Marina S., at 522-8999 or MEVicechair@foodaddicts.org for more information or to sign up to help.

Update Your Profile: Is your profile on the FA Website up to date? Check to make sure that your name and all your information is accurate by going to foodaddicts.org and clicking on "login" in the upper right hand corner. If anything is incorrect, please update it. This is important for being able to communicate with you. Also, if you have a service position in your meeting, we need to have the correct information in the database for your meeting.

12th Step Committee: SAVE THE DATE: Sunday, May 21st. Join FA fellows for a Connection Magazine Writing Session following the fellowship lunch after the Chapter meeting.

The next FA Maine Chapter Meeting is Sunday, February 19 from 9:30-11:30 am 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:

Meeting Changes: Is your meeting up to date on the FA Website? Who is the person that routinely goes to the “Manage Meetings” section when key positions change to make sure the meeting service positions are up to date? The Meeting’s Chapter Contact, EAI contact, WSI contact or Web and Directory Contact are the service positions holders who able to make these changes. The information must be current in order for emails to be sent out accurately and to have up-to-date Meeting Directories.

Voting Conference Member: March 4, 2017 is the deadline for voting conference member registration for the FA World Service Convention. All meetings are encouraged to select a voting conference member. A voting conference member is required to have 5 years of abstinence.

Business meetings: At the January Chapter meeting Marie D., Bylaws Chair shared information from FA Literature regarding the purpose and benefits of monthly business meetings. A FA meeting like any organization, group, or personal relationship benefits from a monthly check-in to do the business at hand and foster communication. The business meeting is an important way for the group to conduct a 4th step inventory on how effective the meeting is in carrying the message of recovery to the food addict who still suffer. The introduction in the current FA sample business meeting format highlights these benefits. To locate the current sample format, navigate to the FA website and type “Document 7A: Sample Business Meeting Agenda/Minutes” into the search bar.

Office Committee: Need help demystifying the FA Website? The Office Committee will be offering brief sessions during the Chapter meeting on how to navigate the FA Website. This month we reviewed how to make changes on our profiles. Next month will cover “Search” or how to find what you are looking for on the site using the search function.

Meeting Directories: Trifolds are going to be coming out quarterly rather than monthly beginning in February because meeting changes that effect the Directory information do not occur every month. Rack trifolds will not have to be replaced so often and paper waste will improve.

FA Books: Your meeting will save on shipping costs by buying FA Books at the monthly Chapter meeting. Coming soon: Look for literature sales beginning on Meeting Support Day.