



MAINE CHAPTER *of eastern area intergroup*

HIGHLIGHTS – November 2014

MEETING ANNOUNCEMENTS:

On November 15 & 16, approximately 25 Maine Chapter members attended the EAI Chapter and Region Support weekend in Peabody MA. This weekend took place during the same time the monthly Maine Chapter meeting had been previously scheduled so this weekend replaced the meeting in Augusta. Maine chapter board members met their monthly duties by holding a Maine Chapter presentation with almost 200 FA members from as far south as Florida, as far west as Texas, as far north as Toronto in Ontario, CA and many states between these areas and Maine. We joined the EAI board meeting, held various ad hoc meetings throughout the weekend and joined with everyone in this powerful weekend of learning and in the strength and purposes of recovery in action. We were reminded of the importance of beginning with abstinence in the food and following that with a growing commitment to being of service to others.

In her closing remarks, Courtney, the EAI board chair, reminded us that "there is no chapter in the Big Book called 'into thinking,' but there is a chapter called 'Into Action.'" Thank you to all who attended this weekend. I pray that it strengthens your personal recovery and that you share what you learned with others who can benefit from a growing and strengthening recovery. It is in these actions that we are given the opportunity to grow a life that we can truly value, and that we move forward in enjoying the promises of the program.

- The **Rockland and Ellsworth meetings** are requesting the support of Maine FA fellowship. Consider being of service by attending a meeting. Bring some FA friends along and share your experience, strength and hope.
- The new **Outreach/Service list** is available and should be on your literature table. Please use the list to contact fellows who are willing to help carry the message of recovery to meetings and assist FA members who are in need of 12th Step service. If you would like to be added to the list and you have 90 days of abstinence, are working with an FA Sponsor, and are willing to be of service, just sign up on the back of the list and your Chapter Contact will send the updates to the 12th Step Committee. FMI call Marina at 522-8999 or email at ME12thstep@foodaddicts.org
- The next in person **Meeting Support Day** planning meeting will be after the Chapter meeting on December 14th. This is a great opportunity to participate in some short term service for our next MSD on March 15th, 2015. If you are interested in helping, but can't get to this meeting, please call Marina S. at 522-8999 or email ME12th Step@foodaddicts.org.

The next FA Maine Chapter meeting will be held on Sunday, December 14th at 9:30am at the University of Maine Augusta. FMI Contact Steve A. 207-767-3207, or email MEchair@foodaddicts.org.



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Business Meeting Announcements:

Thank you to all the Meetings who placed the FA Book in local Libraries over the past month.

At the EAI Chapter and Region Support Weekend fellows shared their stories about how they found FA.

- One member told how she found FA a year ago through her doctor. She was at the doctor because she was suffering from the effects of food addiction. She went on to say, "The week before my appointment an FA member had taken the last few minutes of her appointment to tell the doctor about her recovery through FA. She also gave the doctor an Information Booklet. The next week I went to the doctor sick and hopeless. The doctor told me about FA and gave me that booklet to read. I will be forever grateful to that person who took the time to share her story and offer that Information Booklet to my doctor so I could find my way to FA."
- Another member told how the fellowship in their area has doubled because of an article in the local paper where several fellows shared their stories of food addiction and recovery through FA.

What can your meeting do this month to spread the word about FA and bring hope to someone in your community who is suffering from the disease of food addiction?

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