

INNER VOICE

New Freedom Intergroup's Monthly Newsletter



A MESSAGE FROM THE NFI CHAIR

Step 5: Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Integrity is the spiritual principle underlying Step 5. Integrity is defined, first and foremost, as the quality of being honest and having strong moral principles. A second definition is the state of being whole and undivided. Derived from integer, the Latin word for whole or complete, it refers to a human state of virtue and wholeness. Beyond a single ability, integrity is a collection of virtues, including honesty, courage, honor, respect, responsibility, restraint, and authenticity. Integrity, therefore, is our ability to act in ways consistent with the values, beliefs, and moral principles we claim to hold.

C.S. Lewis wrote, "Integrity is doing the right thing. Even when no one is watching." Wow. How is this reflected in our program of recovery? Do I think and behave the same way when no one is watching? Do I pocket the extra change that a cashier hands me or do I return it? Do I respond to a stranger's Facebook post about a social issue or a friend's unkind comment about a public figure, with quick, off-the-cuff, and nasty replies? (Would I say these things in a face-to-face meeting?) Do I record/report my food as it really is, or do I (forgetfully) leave out some things that are not on my food plan? Am I hiding food, missing meetings, or skipping my morning readings? Do I talk about the Steps and Traditions but not live by the principles underlying each of them?

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NEWSLETTER CONTACT

Feel free to submit short articles, poems, or artwork to the Inner Voice at our email address: innervoicenfi@gmail.com.

 **OVEREATERS
ANONYMOUS.**
New Freedom Intergroup

The good news about integrity is that we're not born with it—or without it—which means that it's a behavior-based virtue we can cultivate over time. We can set a goal to show more integrity in everyday life and we can reach that goal by practicing the behaviors that support integrity. To begin, each of us must ask ourselves tough questions about what we most value in life. Words like honesty, trust, fairness, respect, responsibility, and courage are core to centuries of religious, philosophical, and family beliefs. The principles underlying the Steps, Traditions and Concepts of Overeaters Anonymous are a great set of beliefs that we may wish to include in our own lives.

- Barbara C.



Save the Date

NEW FREEDOM INTERGROUP
RECOVERY EVENTS 2019

Big Book Weekend
Jekyll Island Club
August 23-25, 2019

NFI Retreat
Marywood Conference Center
December 13-15, 2019

TRUSTED SERVANTS & COMMITTEE CHAIRS

Trusted Servants

Chair: Barbara C.

Vice Chair: Georgette P.

Recording Secretary: Augusta L.

Treasurer: Nancy K.

World Services Delegate:

Standing Committees

Newsletter: Jasmine G.

Public Information & Professional Outreach: VACANT

12th Step Within: Carly B.

Young Persons: Wendy I.

Website: Lori L.

Appointed Positions

Meeting List: Jasmine G.

We Care List: Jack W.

NFI 2019 Convention: Marie B and Cora W

NFI 2019 Retreat: Carly B and Georgette P

Florida State Convention: Barbara C.

Ways and Means: VACANT

Intergroup Involvement

Before I got involved in service at the intergroup level, I hadn't given a lot of thought to intergroups and what they do. Now, I see all the services they provide and what we would miss if we lost our intergroup. Our web page, telephone answering service, meeting lists, equipment, speakers list, Fellowship-wide celebrations like IDEA Day, communications with region and with world service, professional outreach and public information efforts—these are just a few things that could go away if our intergroup dissolved. So when I was elected chair of our intergroup, my first priority was to do no harm. I wanted to continue the excellent level of service given by previous chairs and do anything necessary to sustain the intergroup.

While losing our intergroup would be a hardship for those of us who are already members, newcomers who wouldn't be able to find us are the ones who would suffer most. I want OA to be here for my grandchildren should they need it, and for everyone else's grandchildren too. OA saved me from a slow, painful, early death, a "suicide on the installment plan." It would sadden me if I thought it might not be here for others, so I am taking steps to ensure its longevity.

Service can be seen as a privilege, and those who give service can feel honored to have the opportunity because we receive way more than we give. In fact, the best rewards of recovery don't come until we give it away. (I believe the spiritual awakening talked about in Step Twelve isn't fully realized until we "carry this message to compulsive overeaters.") Of course, sponsorship is the most important service we can do, but service at the group and intergroup levels is also part of carrying that message.

I used to think I was too busy to get involved with intergroup, that my plate was full enough (pun intended), but after I spent some time praying and meditating on God's will for me, it became obvious my Higher Power wanted me to step forward and volunteer beyond the group level. During one of my morning meditation periods, I said to God, "Please send someone to chair intergroup." And the answer came back, "You're someone." I thought, "I can't do that; I'll mess it up." And then I heard, "You know how this works: I don't call the perfect, I perfect the called." And the answer came back, "You're someone." I thought, "I can't do that; I'll mess it up." And then I heard, "You know how this works: I don't call the perfect, I perfect the called." Then I remembered a saying about the only way to know if you are working up to your potential is if you are a little scared.

DONATIONS REPORT 2019		APRIL	YTD TOTAL
Jacksonville Groups		Grp#	
Mon: Serenity By the Sea Beaches	47664		\$ -
Mon: Shepherd of the Woods Church	00774		\$ 50.00
Mon: Orange Park Newcomers 7pm	52038		\$ -
Tue: Orange Park-10am Presb Church	03654	\$ 70.00	\$ 210.00
Tue: Lakewood United Meth Church	36763		\$ 130.00
Wed: Step Study Mandarin	51223		\$ 80.00
Wed: JAX Beach-Wisdom at the Beaches	54507		\$ -
Thur: Newcomer, Lakeview Health	47756		\$ 25.00
Fri: Orange Park - 10am	49119	\$ 60.00	\$ 181.50
Sat: Saturday Steppers-Ponte Vedra Bch	51693	\$ 100.00	\$ 200.00
Sat: Super Saturday Lakeview	20025	\$ 15.00	\$ 55.00
Sat: Believe in Recovery First, Mandarin	32773		\$ 245.00
Sat: Serenity Saturday OP NFI			\$ 25.00
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137		\$ -
Thu: Unity Church(Acceptance)	50421		\$ -
Sat: 9:30 AM Welcome Home	48324		\$ 175.00
Sun: United Church of Gainesville	52879	\$ 25.00	\$ 25.00
Other Florida Groups			
Mon: Lifesaver - Palatka	38464	\$ 60.00	\$ 60.00
Mon: Palm Coast-St Mark by the Sea	38320	\$ 100.00	\$ 100.00
Wed: Palm Coast - 5:45pm	56604	\$ 40.00	\$ 40.00
Thu: Fernandina Beach	49101		\$ 40.00
Thu: Flagler Beach	15171	\$ 90.00	\$ 170.00
Sat: St. Augustine Serenity	00235	\$ 81.25	\$ 380.56
Sun: Palm Coast	56072		\$ -
Southern Georgia Groups			
Tue: Jesup	54175	\$ 25.00	\$ 300.00
Tue: 7pm St Simons by The Sea	38311		\$ -
Thur: Brunswick	51988	\$ 14.00	\$ 58.00
Sun: Cumming - 7pm	48278	\$ 19.51	\$ 19.51
Savannah	50301		\$ 41.00
Totals		\$ 699.76	\$ 2,610.57

I've always loved that idea and have frequently used it to get through new challenges when I didn't quite know what I was doing. It's the spirit I bring with me to a new service position. I know that I will receive so much more in return than I'll give.

As the Big Book says, "We aren't a glum lot . . . We absolutely insist on enjoying life" (Alcoholics Anonymous, 4th ed., p. 132). My promise as chair of my intergroup is that we will all have at least one good laugh at every intergroup meeting. Recovering compulsive eaters are my tribe, and spending a Sunday afternoon with people who are just like me is fun. It can be for you too. Check out your intergroup and join!

— Edited and reprinted from Voice of Recovery newsletter, Greater Pittsburgh Intergroup, First Quarter 2017 and published on oalifline.org

REGION 8

RECOVERY CONVENTION AND BUSINESS ASSEMBLY

DO WE WANT TO HOST IT?

NFI has a wonderful opportunity to host a future Region 8 Recovery Convention and Business Assembly (RC&BA). We hosted this event in 2013 and again in 2016 in Jacksonville, FL. Now that NFI includes Savannah, GA, we may want to think about hosting this event in that lovely city! It should attract a lot of interest.

The logistics will not be much harder than organizing it in Jacksonville as the committee can meet virtually, by phone or computer. Much of the work will be done off premises, behind the scenes and transported to Savannah. Benefits of hosting include a much more cohesive Intergroup as we work to pull together this convention, increased recovery, more opportunities for service, and financial gain – most IGs make at least \$3,000 from hosting.

The RC&BAs are currently scheduled as follows:

Fall 2019	Memphis, TN (October 11-13)
Spring 2020	Baton Rouge, LA (April)
Fall 2020	Not final yet, but I believe Nashville, TN will be putting in a bid.)
Spring 2021	There are no bids yet. We could try for this, but this is a very busy time in Savannah because of St. Patrick's Day celebrations (who knew?) and Easter.
Fall 2021	This is when I think we should host (after the World Service Convention has come and gone).

We need to prepare a bid and present it at the SOAR 8 RC&BA that will be held in fall 2020 (a year out). The most important things to investigate are air fare into the city (or closest one that is drive-able) and rates (rooms and banquets, parking, etc.) for a hotel that can accommodate a convention. Details are available in the SOAR 8 Hosting Manual.

Workshop Recap: Our Design for Living: Steps 10, 11 and 12

April 13th was a wonderful day of recovery. It has been one year since we embraced the Savannah, GA groups into our Intergroup. To honor them and to make them feel more included, we voted to hold the April intergroup meeting at their location. Sure, some of us had a long drive, but the members from Savannah make this trip EVERY MONTH to attend our business meeting. (And we appreciate them.)

I was somewhat concerned that we would not have a quorum present at the meeting, but these fears were unfounded. As defined in the Bylaws, Article V, Section 4, "A minimum of two elected Intergroup Board Members and five Intergroup Representatives shall constitute a quorum for all monthly proceedings of the OANFI." We had the complete Board, the Parliamentarian, and at least 10 representatives. The business meeting followed our agenda; in addition to reports from the Board and the Committees, we voted to adopt a change to the Policy and Procedure Manual concerning young persons.

The workshop, Our Design for Living – Steps 10, 11 and 12, started at 1:00 PM. Savannah invited a guest speaker, Paula from Charleston, SC, to lead us in recovery. We learned a lot about the 4thStep – and how it establishes the basis for 10thStep work. She emphasized what we are to do upon awakening, when we retire, and what to do throughout the day. We each received handouts for steps 4 and 10, a summary of actions for steps 10-12, a list of Step Prayers, and a specially made bookmark with tassel. It was a fabulous event, well-attended by at least two dozen individuals. I want to thank all the members from Savannah who worked to make us welcome and offered us the chance to strengthen our recovery.

Men of OA - You're not alone!

Are you the only man in your meeting? Do you have trouble freely sharing in meetings of mostly women? The World Service Survey done in 2010 revealed that only about 13% of our fellowship consists of men! If you want to connect with other men in OA, there are many meetings, by phone and in-person, with a Special Focus for Men, as well as several other ways you can connect with men in the program.

★ Are you new to OA? Visit <http://OA.org> to learn more about this program of recovery and get started today.

Face-to-Face Meetings

There are over 40 face-to-face meetings in several countries around the world with a Special Focus for Men. To view the most updated list of all meetings with a Special Focus for Men, visit <http://OAMen.org/meetings>.

Phone Meetings

Here are all the phone meetings around the world, with a Special Focus for Men. All times are listed in EST.

Sunday 8:30 AM	Sunday 8:30 PM	Monday 7:00 PM	Tuesday 7:00 PM	Thursday 7:00 PM
563-999-2090 Pin: 316200#	712-770-4160 Pin: 409092#	712-451-1129 Pin: 350025#	712-775-7031 Pin: 242990669#	605-475-4850 Pin: 197132#

The online meetings listed below require more steps to access. Visit <http://oamen.org/online> to learn more.

Wednesday 7:00 PM	Thursday 12:30 PM	Friday 7:30 PM
Contact Name: Ken G Contact Phone: 914-263-6532	Contact Name: Cleve Contact Phone: +278-3271-4584	Contact Name: Jack Contact Phone: 709-749-8888

★Some of the meeting listings may have been added, removed, or changed since the printing of this flyer, visit <http://OAMen.org/meetings> to view the most updated list of all meetings with a Special Focus for Men.

OA Men Email Groups

Join an email-based discussion group for Men in OA. Read and send group email with other men in OA.

- To join the Google group, email Tuesday@OAMen.org, including your first name and your last initial.
- To join the Yahoo group, visit <http://oa12step4coes.org/loops/male> and submit your email address.

OA Men Phone Outreach List

Join the Outreach Phone List to make and receive phone calls with other men in OA, around the world!

- To join the phone list, join the Google group above and also include your phone number and time zone.

OAMen.org

<http://OAMen.org> is a website to find resources for men in OA. Got something to add? Click "Contact Us".

Spread the word!

Share this flyer with everyone in OA! Print or photocopy this and share it at your meetings and intergroups.

If you want to modify this flyer to list face-to-face meetings with a Special Focus for Men in your area, visit <http://OAMen.org/publicity> for instructions and to download the Microsoft Word version.

Please contact us at <http://OAMen.org> to let us know how you're spreading the word and how we can help!

