

Inner Voice

Newsletter of New Freedom Intergroup of OA

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition 8: Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

The Funnest Thing I've Ever Done



In 1995, I'd been in OA for seven years, and I got a new car. An OA friend and I decided to drive to the World Service Convention in Minneapolis. Although the trip planner we used said it was twenty hours away, it took us thirty-three hours to drive there. We stayed for thirty-three hours, and we drove another thirty-three hours back home. As I dropped her off at her house, my friend said, "That was the funnest thing I've ever done that I will never do again in my life!" (She was talking about the drive to and from.) We both agreed we'd go back to **World Service Convention** whenever we could.

What was so fun about World Service Convention? Seeing hundreds of compulsive overeaters in varying stages of recovery, from newcomers to someone who has been a

member of OA from the beginning. I went to my first meeting in Spanish! I could understand only some of it, but I could tell that the members had the same problems and the same solution that I did: recovery from compulsive eating through the Twelve Steps of Overeaters Anonymous!

OA's founder Rozanne S. had been scheduled to speak, but she'd broken her leg, so we heard from A.G., who had been at the first OA Business Conference. He said something I've never forgotten. He was asked, "What do you think about the saying, 'In AA you have to slay the dragon, but in OA you have to walk up and pet the dragon three times a day'?" In my recollection he said something like, "It's not true that in AA you stop drinking. Every human has to drink, every day. In AA, you find out what your poison is, and you stop drinking that. The same is true in OA. You find out what your poison is, and you stop eating that." That not only made a lot of sense to me, it also allowed me to let go of a few pounds of self-pity.

Of course, there was the dance on Saturday night. Nothing is more fun than a dance floor full of people who are free and comfortable in their own bodies, some for the first time in decades, others for the first time ever. All of that interspersed with OA meetings full of recovery? What's not to like?

I had so much fun in Minneapolis that I went soon after to World Service Convention in New York City. Some memorable highlights from that Convention included making a new friend from France, taking a riverboat excursion to watch the Fourth of July fireworks, and of course, OA meetings and dancing!

It was my great loss to miss intervening Conventions, but I was thrilled to be able to attend the World Service Convention in Boston a few years ago. Since it was "in my backyard," I focused my time on the meetings; the people, including old friends; and the dance.

Thinking back has me very excited again about going to the next **World Service Convention this August 21–23 in Orlando, Florida USA**. I can't wait to see you there!

— Beth (edited and reprinted from *Lifeline*)



NEW FREEDOM INTERGROUP

PO Box 31072 • Savannah, GA 31410 • Email: oanfig@gmail.com • Website: www.oanfig.org

NFI Meeting Highlights:

(Note: These are NOT the official minutes; they are only a recap of what was discussed. Official minutes are released after changes and approval in the next month's business meeting.)

New Freedom Intergroup business meeting was held June 14. Each meeting is welcome to send two voting members, and as many observers as desire to attend. The meeting is always the second Saturday of the month (unless otherwise decided) and runs for one and a half hours.

SPECIAL NOTE: We voted to move the August meeting to August 16th!!!!!!

Thus, the next business meeting is Saturday, August 16 from 10:00 am to 11:30 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350).

Highlights of what was covered at the July business meeting:

Service Opportunities:

- VACANCIES:

Elected positions:

- Vice Chair – Serves in the absence of the Chair, assists with coordinating special events, maintains the meeting list, and serves on the bylaws committee.
- Delegate – Attends the World Service Business Conference annually, attends the Regional business assemblies (2 per year), and provides reports to the Intergroup about the actions of the conference/assembly.

Appointed positions:

- Parliamentarian – Ensures that we are operating the meetings fairly and following the Bylaws and Policies and Procedures manual.
 - Newsletter Chair – Creates the monthly newsletter by collecting articles from membership and OA resources.
 - Ways and Means Chair – Researches, reviews, and develops ideas for fundraising on behalf of the intergroup. These funds are used for carrying our message.
 - Young Adults Subcommittee Chair – As part of the Professional Information/Public Outreach committee, the Young Adults subcommittee works to increase awareness of OA among the young adults in our area, and welcomes young adults who come to OA.
 - Sponsorship Coordinator – Maintain a list of available sponsors and help people seeking sponsorship to be connected to a potential sponsor.
- Want to give service, but you're not sure where to start? Consider volunteering for one of our committees! We can always use help, and it's a fabulous way to start giving service beyond the meeting level.

Other Items of Note:

- All meetings are to let Chair know about changes in format. Thank you to those who sent us updates this month! They should be reflected on the website and meeting list.
- Welcome Cynthia H. as our new Twelfth Step Within Committee Chair!
- August meeting was moved to August 16th
- PIPO Committee will be tabling at the St. Augustine Recovery fair in September. Look for more information in the *Inner Voice* or reach out to Nancy K. if you're interested in assisting!
- The PIPO **Over the Top** campaign is underway. Nancy and the committee will give a full report on this unique effort at the August meeting.



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Step 8: Stepping Into a Vocation

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

After thirty years in OA, I'm still deeply grateful that I've been able to keep off more than 150 pounds (68 kg). A critical part of my success has been working the Twelve Steps of OA.

When I first joined OA, I was able to quickly work Steps One through Seven. Then came the feared Steps Eight and Nine. Because I had been self-absorbed for most of my life, my Eighth Step list had about seventy-five items on it, and I felt intimidated and overwhelmed.

Here's the backstory: I endured a very difficult childhood by deciding that the only way for me to survive was by getting my needs met first and at any cost. I gave little thought to how my behavior might affect others. It didn't matter if I ate your food, lied to your face, or did something illegal so long as I didn't get caught.

Through this Twelve Step program, however, I realized that if I was going to make amends, then I'd first have to change my worldview from a "me" focus to a "we" focus. My sponsor agreed and warned that if I didn't stick with it, then I would most likely overeat again. I made that commitment, and for almost thirty years, I've been living that choice, one day at a time. Every day, as I work on the "me-we" balance, I consciously consider other people in my actions. My effort is not perfect, but I continue to make progress.

The most difficult item on my amends list was to my grandmother. I was raised by her and my mom, but my mother struggled with depression and couldn't keep a job, and the three of us lived together on public assistance in a dangerous neighborhood.

As an overweight white kid, I was bullied and beaten up. I remember getting a concussion after being hit in the head with a baseball bat. I also remember a kid, who had just gotten out of reform school for stabbing another kid to death, came after me one day. He got me in a headlock and was hitting me in the face. When my grandmother heard me screaming and crying, she came out with her cane and started hitting the kid until he released me. She was always there to protect me.

When I was twelve, my mother told me one morning that something was wrong with my grandmother. She couldn't move or speak normally. My mother didn't know what was wrong, but she didn't want to call 911. In truth, she hoped it would pass, but it didn't. Unfortunately, my mother waited several days until I insisted she call for help. Sadly, we learned my grandmother had had a stroke, and because we had waited so long, she would never speak or move again. My mother fell into a deep depression, became suicidal, and overdosed on sleeping pills. She didn't die, but she lost custody of me and went to a psychiatric hospital. I ended up living in a foster home.

I went to my grandmother's nursing home and saw her in a wheelchair, unable to speak or move. All she could do was look at me. The rest of her life, she had to stay in this nursing home for people who were financially destitute. Back then, it was a very scary place for a 13-year-old boy. I never went back to see her again, and a year later, she died alone.

So when I was doing my Eighth Step, I thought back on my grandmother. I thought how much it would have meant to her if I had made regular visits. I could have just held her hand and told her I loved her. Instead, she died alone. Though I couldn't undo this, I wanted to do something to make amends to the woman who had helped and protected me.

I decided to help other people protect their loved ones from the scourge of stroke. I learned that most strokes can be treated with medication within the first few hours, but most people still don't call 911 in time, because they don't know how to spot a stroke. So for my Ninth Step, I started a public health campaign to teach people how to spot strokes: If you think someone is having a stroke, ask them to smile. If their smile droops, call 911. Ask them to put both of their arms out straight. If one slowly drifts down, call 911. If their speech is slurred, call 911. I encourage everyone to go online and learn more about stroke prevention.

Half of my professional life is now focused on this service, and I have been able to teach thousands. This all came from OA's Ninth Step. Somewhere, I hope my grandmother is smiling.

— Alan (reprinted from *Lifeline*)



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Tradition 8: Group-Level Effort

Tradition 8: Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Service at the group level is that which can be accomplished by the group members on a weekly basis. **Tradition Eight** at the group level reminds me that I'm just one of many trying to survive the disease of compulsive eating.

The longer I'm in program, the more I realize I don't know what will work for anyone other than myself. I practice the Principle of Tradition Eight, fellowship, and give of my time and energy to help others who share my disease. I do this out of gratitude to my Higher Power and to the other members who gave me the love and respect I needed to find my way out of the despair of food addiction.

No matter what I do in my professional life, when I'm in an OA meeting, I'm just one among many. I share only my personal recovery. In order to grow in OA, I need to work with other compulsive overeaters as an equal, not an expert. I share my experience:

- ideas that have worked for me over the years
- how I use the Tools
- what has happened when I worked the Steps
- what my disease was like
- how my life is different now because of what I've learned in living the program

It's not always easy to remember that each of us arrives at recovery through our own efforts. I get out what I put in. The more I participate in the fellowship of the program—sharing at meetings, sponsoring others who want what I have to offer, and giving service to my group—the more I'm doing my part to carry the message and reach out to others who need to feel loved and supported to find their way.

When I speak my opinion rather than my experience, I'm taking on a role that does not serve me well. Sharing our recovery is always done without compensation. I am one compulsive eater helping another, with no expectation other than to share what has saved my life.

— Anonymous (reprinted from *Lifeline*)

Trusted Servants and Committee Chairs (New emails)

GENERAL INFORMATION

Chair
Vice Chair
Treasurer
Secretary
Delegate
Newsletter/Meeting List
Public Info/Prof. Outreach
Young Adults
12th Step Within
Sponsor Coordinator
Website
Ways and Means
Bylaws

Secretary will forward as needed
Echo G. 561.704.2917
VACANT—Consider doing service
Augusta L. 912.508.4777
Lucy B. 786-351-0472
VACANT—Consider doing service
VACANT—Consider doing service
Nancy K. 516.286.1888
VACANT—Consider doing service
Cynthia H.
VACANT—Consider doing service
Brian B. 904.616.0608
VACANT—Consider doing service
Barbara C. 352.474.1366

oanfig@gmail.com
chairnfi@gmail.com
vicechairnfi@gmail.com
nfitreasury@gmail.com
oanfig@gmail.com
delegatenfi@gmail.com
innervocenfifi@gmail.com
piponfig@gmail.com
youngpeoplenfi@gmail.com
TSWnfi@gmail.com
sponsor.nfig@gmail.com
websitenfi@gmail.com
wandmnfi@gmail.com
bcarter337@att.net



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Articles printed in this newsletter reflect the opinion of each individual OA member and do not represent OA as a whole. Intergroup meets on the 2nd Saturday of each month. The deadline to submit articles is the 20th of the month before the Intergroup meeting. Articles may be edited. When submitting articles, please include your name and phone number and whether or not you would like your name printed. This newsletter may be reproduced and enjoyed by other 12-steppers without written permission. If you would like to submit articles and/or comments, or if you would like to receive the Inner Voice in color as a pdf, send your email address to the Newsletter Chair at innervoiceni@gmail.com.

Region 8 News

- New motions arising outside the Business Assembly shall be submitted to the Secretary at least seventy-five (75) days prior to the Region 8 Business Assembly or special Region 8 Business Assembly at which action is to be taken on the proposed motion. Motions are due by August 10, 2025.
- We received a request for potential speakers for the **OA World Service Convention** who are under 30 with two years of current abstinence for Friday, August 22, 2025. Please email JCanonymous13@gmail.com.
- SOAR 8 now has Zelle to make your 7th Tradition payment. So easy from your bank to our bank. It's easier than PayPal and no fees for the region. There are also new laws effective this year regarding accepting PayPal and tax liability. So this is a perfect solution. If you have any questions please email allsoar8@oaregion8.org.

SOARing to Recovery

- Please send your articles for the fall edition of the newsletter **SOARing to Recovery** to Barbara Carter at bylawschair@oaregion8.org before **Sept. 1, 2025**. If you have an event that takes place between October 2025 and March 2026, you might want to announce it in this edition.
- If your Intergroup has done something fabulous or new, let us all know! Write about your favorite step, tradition or concept.
- Also, we will be looking to replace our newsletter editor. Kat has done it for over a year now and is ready to rotate this service to someone else. Two editions per year. That's all. Contact Barb if interested.

Ready to be Region Chair?

Susan B., our Region Chair writes: In October my term will end. It's been an amazing experience in so many ways serving as chair. I've served two terms and am not eligible to serve again. Could you be the next chair? I'm happy to talk to anyone who is interested about what the job entails and answer any question. We currently do not know of anyone who is running. The position of Treasurer is also open. Our current treasurer is planning to run, but that doesn't mean you can't too!

Below are the qualifications from the Region 8 Bylaws.

Qualifications for the Region 8 Board

A. Qualifications for Region 8 Board are:

1. Two years in the Fellowship;
2. Two years of service beyond the meeting level;
3. Have attended at least two (2) prior Region 8 Assemblies as a voting member; and
4. One year of continuous recovery in Overeaters Anonymous as evidenced by:
 - a) one year of current continuous abstinence;
 - b) maintenance of a healthy body weight for at least one year; and
 - c) emotional and spiritual growth as a result of incorporating into their lives the Twelve Steps and Twelve Traditions as a new way of living.
5. Region Board members must be full-time residents within the geographic boundary of Region 8

B. Qualifications for Region 8 Board member that must be met at the time the application for Region 8 Board Position is submitted to Region 8. Specifically, such nominees must have:

1. Worked through all Twelve Steps;
2. Declared themselves as practicing the Twelve Steps to the best of their ability and;
3. Declared themselves as committed to the Twelve Traditions of Overeaters Anonymous; and
4. an awareness and an understanding of the Twelve Concepts of OA Service

C. Upon election, each Region 8 Board Member shall make a commitment of:



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1. Adherence to the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service.
2. Continual recovery including abstinence and maintenance of a healthy body weight throughout the entire term(s) of office. Each person shall be the judge of his or her own recovery including abstinence and maintenance of a healthy body weight.
3. Compliance with all the terms and provisions of the prevailing Region 8 Bylaws.

Chair

1. Is responsible for unity and group conscience of Region 8.
2. Establishes and maintains agendas for all Board Meetings and Business Sessions.
3. Presides at all Board Meetings and Business Sessions.
4. Is ex officio member of all committees.
5. Appoints Parliamentarian for the Assembly.
6. Is responsible for the Forum, to be presented at the Friday night opening of the Assembly.
7. Attends World Service Business Conference.
 - a) Convenes Region 8 Delegate Meeting as scheduled on the WSBC agenda.
 - b) Serves as support/resource person for all Region 8 Delegates in attendance.
 - c) Provides Delegates with roommate information if possible.
 - d) Attends Region Chairs' meetings.
8. Responds to all correspondence, phone calls, and questions in timely manner.
9. Maintains periodic contact with Board, Trustee, and Committee Chairs.
10. Maintains periodic contact with other Region Chairs, and provides them with Assembly minutes, mailing lists, and a copy of our P&P, as requested.
11. Upon completion of service term, provides the succeeding Chair with any information from their service period via either written or electronic media.
12. Is an authorized signer on all accounts.
13. Will be bonded.
14. Will be liaison to funded committee(s).

Treasurer

1. Manages all Region 8 funds according to Financial Policies herein stated and maintain records in a manner acceptable to the Ways and Means Committee.
 - a) Maintains Interest-bearing Savings Account for bulk of Region Funds.
 - b) Maintains Checking Account for operational funds.
 - c) Maintains minimum balance at which there is interest, and no service charge.
2. Selects a CPA to perform an annual audit.
3. Ensure that all Federal and State documents are filed in a timely manner.
4. Ensure that annual IRS report is satisfactorily completed in a timely manner.
5. Prepare proposed annual budget which shall be presented at the Fall Assembly.
6. Pays bills and reimburse expenses in a timely manner.
7. Following the Second Assembly, submits budgeted amount to WSO by December 31.
8. Region 8 financial status as follows:
 - a) Sends monthly financial statement to Board members, showing balance on hand, and budgeted amounts compared to year-to-date expenditures.
 - b) Sends monthly financial statement and contributions report to Webmaster so that it can be posted on the website.
 - c) Provides each Assembly with report of financial activity since last Assembly.
 - d) Takes check book, last four bank statements, and most recent savings account statement to each Assembly for audit.
9. Will be bonded.
10. Will be liaison to funded committee(s).
11. If you qualify, I hope you will consider running. Serving on the board is an amazing growth experience and I've gained so much in my program and recovery by doing this service. Again, I'm happy to discuss or answer any questions. You can reach me via either the phone number or email below.

In OA love and Service,


Susan B., Region 8 Chair, Phone: 415.987.3194, chair@oaregion8.org



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Events from All Over

**OVEREATERS
ANONYMOUS.**
World-Wide and Via Keys Fellowship

Thoroughly Follow Our Path...

A Step-Per-Month Virtual Study Group

6:30 PM-7:30 PM
Eastern Time

Speaker - 20 min
Journal Session- 10 min
Share Circle - 20 min

The first
Friday of
every month

1/03/2025	*7/03/2025
2/07/2025	8/08/2025
3/07/2025	9/05/2025
4/04/2025	10/03/2025
5/02/2025	11/07/2025
6/06/2025	12/05/2025

Zoom meeting number 864 1518 6652
Password 305305 Security measures enabled.

Seventh Tradition encouraged. Visit www.oaniami.org/contributions

*July is on Thursday due to holiday.

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ANONYMOUS®**NEW FREEDOM INTERGROUP
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Registration Now Open!

<https://oa.org/world-service-convention/>

Overeaters Anonymous®

CONVENTION WISDOM

OA is hosting a recovery Convention for the first time since 2016. Come, join hundreds of fellow members in celebrating OA recovery at a live, face-to-face event.

- The Convention is NOT a business event; it IS a recovery-focused global gathering.
- Open to all - members, newcomers, visitors, family, and friends.
- Over 50 OA meetings, great and varied topics.
- Three keynote speakers, several workshops.
- Dedicated rooms for specific focus meetings.
- Socializing and a chance to meet your virtual friends, in person.
- A real-life hug!
- Banquet and dance Saturday night!
- OA recovery will be rocking in Orlando.

*Welcome to Overeaters Anonymous.
Welcome home!*



Save the Date!
August 21-23,
2025



To be kept up to date with the latest
convention news, email
CONVENTIONINFO@OA.ORG



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Mountain of Miracles

Annual Retreat 2025



Original Art work by Dana Bernard

**Unity With
Diversity
Steps 10 - 12**



| 19 - 21 Sept 2025
Fri Eve - Sun Morn



Christmount Retreat Center
Black Mountain, NC
2 Hours NW of Charlotte

Register Early - Retreat Fills Quickly



**OVEREATERS
ANONYMOUS®**

Piedmont Intergroup



[Click HERE to Register](#)

Questions?

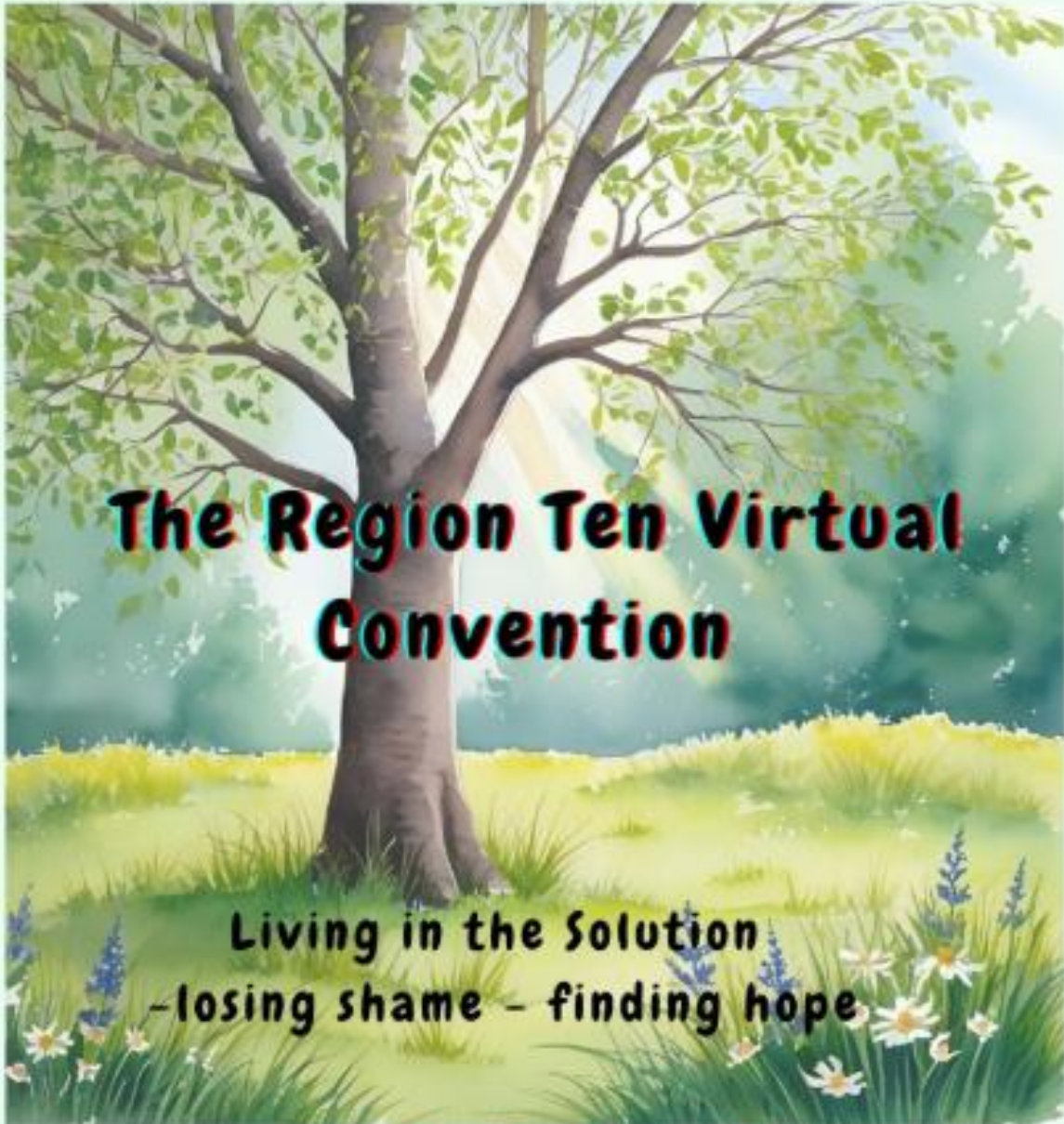
Alice (919) 247-1338 or Melinda (817) 727-3331
registrar@piedmontintergroup.org



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**CENTRAL NORTH ISLAND INTERGROUP
WARMLY INVITES YOU TO JOIN US AT...**



The Region Ten Virtual Convention

**Living in the Solution
-losing shame - finding hope**

18-19 Oct 2025



**SAVE THE DATE
REGISTRATION DETAILS WILL BE AVAILABLE
ONLINE MID YEAR**



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DONATIONS REPORT 2025		Apr	May	June	YTD TOTAL
General Fund / no meeting # specified		\$37.38	\$78.59	\$37.38	\$269.33
Jacksonville Groups	Grp#				
Mon: Shepherd of the Woods Church	00774				\$0.00
Tue: Lakewood United Meth Church	36763	\$50.00			\$50.00
Tue: 7pm Jacksonville (virtual)	800028				\$0.00
Wed: Step Study Mandarin	51223				\$28.16
Wed: JAX Beach-Wisdom at the Beach	54507				\$100.00
Thur: Jacksonville 9am - Our redeemer	57370				\$0.00
Thur: Newcomer, Lakeview Health	47756				\$0.00
Fri: Orange Park - 10am	03654				\$0.00
Sat: Saturday Steppers-Ponte Vedra Bc	51693	\$200.00			\$200.00
Sat: Super Saturday Lakeview	20025				\$0.00
Sat: Believe in Recovery First, Mandarin	32773	\$28.64	\$28.64	\$178.64	\$321.84
Gainesville Groups					\$0.00
Mon: Big Book Study (Alachua)	51137	\$25.00	\$34.22	\$25.00	\$134.22
Thu: Unity Church(Acceptance)	50421	\$9.22	\$9.22	\$9.22	\$55.32
Wed: Gainesville Unity Church	57568				\$0.00
Sat: 9:30 AM Welcome Home	48324				\$180.00
Other Florida Groups					\$0.00
Mon: Palm Coast-St Mark by the Sea	38320				\$12.00
Mon.	32609				\$0.00
Wed: Palm Coast - 10am	56604				\$12.00
Thu: Fernandina Beach	49101				\$25.00
Thu: Flagler Beach	15171		\$35.00		\$46.00
Sat: St. Augustine Serenity	00235				\$47.58
Sun: Palm Coast/Flagler Beach	56072				\$0.00
Southern Georgia Groups					\$0.00
Tue: Jesup	54175				\$0.00
Wed: Douglas, GA	57445				\$0.00
Wed: Savannah - 5:30 pm	50301				\$168.00
Thur: Brunswick	51988				\$153.00
Sun: Savannah - 5pm	54362	\$9.16			\$9.16
Totals		\$359.40	\$185.67	\$250.24	\$1,811.61
Don to WSO		\$143.76	\$74.27	\$100.10	
Don to SOAR8		\$35.94	\$18.57	\$25.02	

Where are your donations going?

According to our Seventh Tradition, we are self-supporting through our own contributions. To donate directly to Intergrupp, write a check made payable to 'NFI' and mail to: OA NFI, PO Box 550842, Jacksonville, FL 32255; or log onto oanfig.org and scroll down to the 'donate' button. You may pay by PayPal or credit card.

When you contribute your 7th Tradition donations, if you indicate your group number, the donation will be recorded for that specific group. When we do not have a group number to work with, we may include the donations as unspecified.

Each month, NFI tallies the group donations and sends 10% of the total to Region 8, with an additional 40% to the World Service Office. Donations sent directly to World Service Office do not reflect in our group donations total.



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