

Inner Voice

Newsletter of New Freedom Intergroup of OA

Step 12: Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Tradition 12: Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

My Three-Legged Stool Kept Falling Over Until I Started 'Acting as If'



I took the first three Steps every day . . . It began to work—and seems so simple now!

My OA story began 40 years ago. I walked into my first Overeaters Anonymous meeting in February 1984, desperate, curious, and unaware of what I was getting myself into.

I'm fairly certain I was born a compulsive overeater. I always thought I needed more, and a normal meal just wasn't enough. I found out later that I was trying to fill a bottomless hole that food could never fill. I had struggled with weight all my life. After ten years of marriage and a small son, it was only getting worse. I had failed at every diet and lost hope of ever succeeding, so when I came to OA, I was skeptical that yet another weight-loss program would be any different.

I heard the word God and nearly ran out the door, but I stayed and listened to the leader talk about hope. When I heard my story in her words, the seed was planted.

At first, I treated it like a diet. That didn't work. I thought that if I just kept coming back, the magic dust would miraculously sprinkle me with abstinence, but it didn't happen. And it was hard to get to meetings 30 miles (48 km) away, but I did for many years despite the fact that I just couldn't get abstinent.

When meetings were hard to find (there were no virtual meetings at that time), I was forced to take a break from OA. It never left my mind, though. I had lots of literature and tapes from conventions so I still felt connected to the program. Then, a meeting became available so I went and felt at home again. Unfortunately, this was just when Covid started, so the meeting went virtual. I hesitated because I wasn't sure I could learn the new technology, but I did. I started attending meetings originating from everywhere, and I heard how people were succeeding just by surrendering to something greater than themselves. I knew about the God thing, but I'd always thought I could do the program without the spiritual part. Predictably, the three-legged stool kept falling over.

I began acting as if I believed until I could find the Higher Power of my choice. I took the first three Steps every day to remind myself: 1) I had a food problem, 2) I needed a Higher Power, and 3) I had to turn my life over to that Power. It began to work—and seems so simple now! I had to have an open mind and be willing to trust in a higher power.

I was able to receive the gift of abstinence, and I now have a year and a half of continuous abstinence, the longest I have ever had in 40 years of OA. I know the disease is still lurking around, waiting for me to have a weak moment. I have to focus each day on staying abstinent and taking the steps necessary to keep me in recovery. To lose abstinence now would be devastating.

I am so grateful that I stayed for the miracle and that I now have a sturdy, three-legged stool.

— Anonymous, Illinois USA (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 November 8. 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.

Thus, the next business meeting is Saturday, December 13 from 10:00 am to 11:30 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350).

Highlights of what was covered at the November business meeting:

Service Opportunities:

- **WE HAVE A CRITICAL NEED FOR SERVICE AT THE INTERGROUP LEVEL!**
- CURRENT 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.
 - 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.

UPCOMING ELECTIONS:

- Nominations opened for the following positions:
 - Chair – Leads the monthly intergroup meetings, maintains meeting information on OA.org, works with NFI committees, attends regional meetings on behalf of NFI as first alternate for the delegate or in addition to the delegate.
 - Nancy K. accepted a nomination
 - Treasurer – Maintains the bank accounts for NFI, tracks donations, maintains the budget and other financial documents (ex: liability insurance) required for NFI business operations.
 - Augusta L. accepted a nomination
- In December, we will also be needing to appoint a new Public Information/Professional Outreach Committee Chair – Engages with the public to provide information about OA through attending events such as health and wellness fairs, researches and implements opportunities to spread the message, and also works with professionals (ex: doctors and medical facilities) to spread information about OA (ex: provide professional outreach packets and pamphlets to a doctor's office for their waiting room or to hand out to patients).
- 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.
- Website update!! We've added a new area to the site focused on our Twelfth Step Within efforts and communications, and the PIPO section has been updated with the latest announcements and reports.



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- We had reports from Lucy and Georgette on their attendance at the Region 8 Business Assembly. Both were grateful for the opportunity to serve.
- We discussed our remaining Recovery Jars and ideas for how to let members know we still have stock of this wonderful resource to support their recovery. Georgette is currently acting as the custodian for them until we have a new Ways and Means chair. Be on the lookout for opportunities to purchase one!

Step 12: A Good Sponsor Wannabe Starts Small

Step 12: Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

My sponsorship style is patterned after the way I was sponsored: I try to be gracious, kind, and compassionate. I also attempt, as my sponsor does, to match my style of sponsoring to the needs of the sponsee—not always an easy task—and I have found this approach often needs tweaking as my sponsee and I go along.

The specifics of how I sponsor, however, differ from my sponsor's techniques. So that being said, I am beginning a new plan to work with a sponsee using the great Twelve Stepping a Problem wallet card. The problem that is being twelve-stepped is my new sponsee's difficulties with compulsive eating. My theory is that this exercise will be an introduction to working the Steps. Hopefully, it will take a bit of fear away from the process.

I can also assist sponsees very early on in their recoveries with Step Ten, which is very meaningful in my own recovery.

From here, there's a vast, open world of ways to work the Twelve Steps, using OA workshops, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, Second Ed., the AA *Big Book*, or any number of other methods of working the Steps. Discussions with sponsees and sponsors, plus prayer and meditation, all have a part in making those decisions for this "good sponsor wannabe."

— Anonymous (reprinted from *Lifeline*)

Only through Anonymity

Tradition 12: Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.



When I first came into Overeaters Anonymous, I quickly learned to respect anonymity: who I saw, who said what—none of that was mine to share with anyone. Basically, I learned not to gossip about who, what, where, or when. This made sense to me, especially because I didn't want anyone to know who I was or tell anyone what I had said or that I was attending OA. I valued my privacy and could understand others wanting their privacy too. At the time, The Tools of Recovery pamphlet clearly stated to me all there was to know about anonymity.

My Higher Power blessed me with a wonderful sponsor who encouraged me to study the Steps and Traditions. Each time through, I learned a little more and understood a little better. But I really had trouble with Tradition Twelve. How could anonymity be the foundation

of my program? Surely the foundation was abstinence or the Steps, not anonymity. Not gossiping, not saying who I saw or who said what—how did that fit in?

In my personal and professional life, I knew stars and VIPs. They had specific personas, and I had certain expectations of them given that they were stars and VIPs. In my own world, I was a minor star and VIP as an instructor, coach, and manager. People had perceptions and expectations of me. Unfortunately, I felt I had to portray a certain persona and fill or exceed certain expectations, especially my own. This caused me to feel better than and less than everyone and to be filled with fear, doubt, and insecurity.

As I kept coming back and heard more about anonymity, I slowly learned that I could just be myself. True, I didn't know who I really was, but in the safety of anonymity, I learned I was one of many, neither better than nor less than. There were no expectations, either real or imagined, that I had to fulfill. My sponsor and my Higher Power loved me just the



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way I was, and by studying the Steps and the Traditions, I started to love myself! This allowed me to gain relief from “the bondage of self” (*Alcoholics Anonymous*, 4th ed., p. 63) and begin becoming another person. But how was this possible?

With each reading of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, Second Edition, I learned that each Step and Tradition has a **Spiritual Principle**: qualities such as honesty, hope, faith, courage, integrity, unity, trust, neutrality, identity, fellowship, responsibility, structure, and others—twelve and twelve altogether—that helped me become a better me to myself and others.

In reading and rereading page 168 of the *Twelve and Twelve*, I also learned, “As we recover in OA, we come to feel that anonymity is one of our most precious possessions. Anonymity is the spiritual foundation of our transformed lives. . . . We know that support for our recovery will always be here for us, as long as we remember ‘to place principles before personalities,’ (Tradition Twelve) respecting these vital Twelve Traditions that bind us together in the Fellowship of Overeaters Anonymous.”

— Anonymous (Reprinted from *Lifeline*)

From Our Region: A Story of Recovery

Like many of us, my eating and weight issues began in childhood — including a doctor prescribing a diet and diet pills at the tender age of 10. My meals differed from those served to the rest of my family. Looking back, I don’t remember eating junk food, sneaking food, bingeing, or other reasons which would have explained my weight gain. People said mean things to me. Some, trying to be kind, would say, “You have such a pretty face. . . if you would only lose weight.” What I heard was, “You will never be pretty because you will never be thin.” I started developing physical scars (stretch marks) and still have emotional scars.

Compulsive eating and compulsive food behaviors have been a lifelong struggle — a part of my life for over 60 years — diet pills and doctors; special diets; exercise programs; the latest fad diet, and weight loss clubs. I could always lose weight . . . I just couldn’t keep it off. I remember standing in my closet in 1982, crying — again — because I had regained the weight after swearing that I would never put it back on. I believed it when I said it. In fact, I believed it every time I lost the weight and put it back. I felt confused and discouraged. Not long after, I read about OA in a newspaper advice column — I had never heard of it.

I wish I could say “end of story” and tell you that I lost the weight, kept it off, and I never had another problem. What I *can* tell you is that I came to OA, heard the word God, and almost left. I stayed because I had nowhere else to go. I lost 50 pounds, got involved in service, and attended meetings and other OA events. But then life started happening. I got divorced, got married again, changed jobs, and moved to another city. I became too “busy” to attend meetings, talk to a sponsor, make phone calls, do step work, and all the rest of the tools. My life started falling apart. All of that led ultimately to a 7-year relapse. I regained 50 pounds and hated myself for it. I came back to OA in 1996, lost the weight again, regained part of it, and on and on and on.

In the past five years I have gained a whole new level of commitment to my OA program, physically, emotionally, and spiritually. I have a plan of eating that works for me — it has boundaries around it that define what I eat, what I don’t eat, how many times I eat, and certain nutrients. I have maintained my goal weight for several years, my diabetes is under control, and I can go just about anywhere to eat. I do not consider this way of eating restrictive — it is the easiest thing I’ve ever done because of the parameters, which include behaviors like never eating straight from bags, cans, or boxes. IT WORKS FOR ME! I’ve learned in OA that just knowing intellectually what I should do does not mean I can implement it. In the *Overeaters Anonymous Twelve Steps and Twelve Traditions*, it states, “We pray first for the willingness and then the ability.” I must remember that if I had the ability to do this with my own willpower, I wouldn’t be here. I am grateful that I learned from the past and was able to make it back to the fellowship of OA and stay abstinent. It’s a hard lesson, but it created who I am today.

Looking back, I realize I used few tools and failed to build a solid foundation for overcoming compulsive eating. Today I know that I need to use all the tools and work the 12 Steps every day. No longer am I too “busy” to connect with a sponsor, reach out to other OA members, and get absorbed in OA literature. In other words, I now do what I was told all along. And if I can do this, so can you!

— Submitted by Mary D., OA Region 8 TSW Committee



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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. 404.788.8089
Cynthia H. 404.788.8089
Brian B. 904.616.0608
VACANT—Consider doing service
Ed B.

oanfig@gmail.com
chairnfi@gmail.com
vicechairnfi@gmail.com
nfitreasury@gmail.com
oanfig@gmail.com
delegatenfi@gmail.com
innervoiceinfi@gmail.com
piponfig@gmail.com
youngpeoplenfi@gmail.com
TSWnfi@gmail.com
sponsor.nfig@gmail.com
websitenfi@gmail.com
wandmnfi@gmail.com
edwardbirk@comcast.net

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 innervoiceinfi@gmail.com.

Writing Opens the Door

Writing is a Tool I use to access my feelings. It sometimes opens the door to emotions I didn't know I was experiencing. I'm not sure how or why that happens, but I know I get a clarity from writing that I don't get by trying to sort ideas out in my head or even by talking about them.

I write a daily Tenth Step inventory, which lets me see my character defects in black and white. There's an honesty about it that sometimes eludes me in my simple thinking process. With the clarity that comes from seeing things on paper, I can take hold of the next amends I need to make or address a character defect that the writing process has brought to light. Writing helps me clear away the wreckage from my past—both the near and the far.

Others in OA have clearly benefited from writing as well. I recently read a *Lifeline* story that dealt directly with one of my most glaring character defects and the way it manifests itself. I immediately called my sponsor to talk about it, because the story specifically addressed work I'd recently done on my Sixth and Seventh Steps. My recovery has thus been enhanced by other program people who are brave enough and willing enough to share their thoughts in writing.

I can't argue with success. I've become a firm believer in writing as an excellent Tool of Recovery.

—Anonymous (Reprinted from *Lifeline*)



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The Progressive, Obsessive Cycle of Exercise Bulimia

The only reason I played sports in elementary school is because I was not happy at home and so always got involved in anything that kept me at school longer. This behavior became routine throughout grade school and high school. I initially used sports to avoid going home.

I began running in junior high. I ran so much that I injured myself and couldn't participate in any of the track meets. Running is the first activity that provided a "high" for me. While I ran through the streets of my hometown, I imagined that all the people in cars were looking at me thinking "I should be doing that!" I felt proud that I was out there in bad weather, early mornings, or sometimes after dark, running. Who could judge me for anything – I ran six miles today!



I took up other activities: swimming, cycling. During these activities I left a part of myself that I didn't like behind and became someone successful, full of power and prestige. I eventually had a career and by the end of the workday, I was quite angry. No one else worked as hard as I did or took their responsibilities as seriously as I did. It was frustrating to have to do everyone else's job! So, after work I ran, cycled, or swam. And guess what... I wasn't angry after a good workout. I left all that resentment on the road or in the pool.

Eventually I got married. If I had an argument with my husband, I would take a run. When I'd return home after a five plus miles – guess what? No longer angry at the husband. This stuff – these endorphins – were helping me cope. On a run or swim, I could fantasize I was in the Olympics, I could have the final word in any argument, I could see myself successful and happy and competent. I was strong! I was high! I did not have to deal with conflict because these activities destroyed those negative feelings. Oh, and I could eat a LOT of food. Of course, I HAD to eat a lot of food after swimming a mile or running a 10k or cycling 50 miles. Weird thing, though...after I ate – I'd start thinking I ate too much and needed to exercise. Sometimes I exercised on a very full stomach. I felt better after a few miles. The exercise seemed to move the food through my system and relieve the full feeling. But then – after the rigorous exercise – well, I needed to binge on food again. I just ran six miles...I should eat something, so I don't feel weak.

And so, the cycle continued. Feeling uncomfortable feelings...needing to get rid of the feelings in exercise.... post exercise justified binge.... then guilt exercise after the binge.... then more food...then more exercise.... Pretty soon I did not have a choice about exercising or about overeating. I was in the throes of an obsessive cycle that did not satisfy me regardless of how hard I exercised or how hard I ate. Then I was plagued with injuries. Now the exercise was painful. Not nearly as effective, and I no longer felt so powerful – but I could not stop. The food binge after the exercise binge after the food binge...

Then this OA thing. Well, it's about food. I can still exercise. OMG. I can't stay abstinent if I over exercise. The only way not to binge on exercise is to not binge on food. **I can't. God can. I think I'll let Him. FINALLY.....Recovery.**

— Anonymous

OA members interested in an OA Anorexia/Bulimia Focus meeting should contact Brian at TGIFOA@gmail.com



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Events from All Over

The poster features a background of watercolor-style hands in various colors (pink, orange, yellow, green, blue, purple) reaching upwards. The text is centered and uses a mix of bold, sans-serif fonts in green, blue, and purple. At the bottom, there is a circular logo for 'OA Foot Steps' and a light blue rounded rectangle containing contact information.

OA FOOT STEPS

TWELFTH STEP WITHIN DAY

DECEMBER 12

2:00-4:00pm Eastern

The purpose of 12/12 is to encourage members to reach out to those who still suffer from compulsive eating behaviors. Come Celebrate OA's TSW day with **OPEN SHARING.**

Reach out to your struggling fellows with your ESH, or come join us if you need to hear other's (ESH).

Zoom Information:
Meeting ID: 99189444335
Password: 1212

For more info e-mail: tsw@oafootsteps.com



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Men's Intergroup of OA (MIGOA) Bookend the Holidays with Recovery

At our special Holiday OA Meetings

WORKSHOP: FINDING SERENITY DURING THE HOLIDAYS

Speakers - Sharing- Writing - 90 min meeting
Sunday, November 23, 4 PM ET

CHRISTMAS EVE, DEC 24

Speaker - Sharing - 75 min meeting
The Men's 100 Pounder ++ Meeting will host us
Zoom ID: 884 4817 8854 Password: recovering

NEW YEARS DAY

Literature - Sharing - 1 hr meeting
Thursday, January 1, 2 pm ET

3RD ANNUAL SUPERBOWL MEETING

Literature - Sharing - 1 hr meeting
Sunday, February 1, 2 pm ET

ALL MEETINGS ONLINE

Zoom ID : 876 0679 6318 Password: holiday

7TH TRADITION
TO SUPPORT THE MIGOA:

www.oamen.org/donate



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DIVINE DREAMS IN DECEMBER

Speakers share miracles that have
graced their lives in recovery.
Q & A and shares to follow.

12/21/2025 1-3pm EDT
Zoom ID: 840 8195 8572
Passcode: 803054

specialeventsoa@gmail.com



**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	11/01/2025
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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Dallas Metroplex Intergroup
is honored to host the
**Spring 2026 Region 3 Assembly /
Texas State OA Convention**
March 6-8, 2026
Irving, Texas



Convention Schedule and More Information:

www.txoaconvention.org

REGISTRATION INFORMATION

Registration link:

[Registration - TX OA Convention](#)

- ♦ Full convention registration includes breakfast Saturday and Sunday and dinner on Saturday night
- ♦ Early bird registration (before February 1) - \$125
- ♦ Registration (February 1 and after) - \$150
- ♦ Saturday in-person only (Includes dinner) - \$75
- ♦ Virtual registration (includes 3 keynote speakers) - \$30
- ♦ Scholarships are available

Note: An optional soup, deli, and salad bar lunch is available on Saturday for those who do not want to leave the hotel to eat. Tickets are \$26 (includes tax and tip), added to registration.

Convention or Registration Questions:
info@txoaconvention.org

Available Service Opportunities

Speakers (one year abstinence)	
Set-up	Registration
Session Monitors	Decorations
Greeter/Hugger	Hospitality
Literature	Clean-up

OVEREATERS
ANONYMOUS
REGION 3

HOTEL INFORMATION

Hilton Garden Inn DFW Airport South
2001 Valley View Lane
Irving, Texas 75061

[Hotel Reservation Link](#)

Reservation Phone: 972-313-2800

Ask for the Texas State OA Convention Rate

- ♦ Room rate of \$140 (+ fees/taxes) until February 2
- ♦ After February 2, subject to availability and rate increase
- ♦ If double occupancy rooms are no longer available, there is an adjacent hotel that will honor the same rate (before February 2)
- ♦ Free shuttle from airport
- ♦ Coffee maker, refrigerator, and microwave in guest rooms
- ♦ Free parking
- ♦ Fitness center
- ♦ Outdoor pool
- ♦ On-site restaurant

**WERE YOU ONE OF THE GREATEST
COMPULSIVE OVEREATERS WHO HAS
PUT THE FORK DOWN?**

Bring a fork and \$5 to enter the **OA Hall of Fame!**
We are making an art piece for our convention to be kept at the Oasis Club in Houston. Forks will be available for purchase too.



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DONATIONS REPORT 2025		Aug	Sept	Oct	YTD TOTAL
General Fund / no meeting # specified		\$563.74	\$140.38	\$37.38	\$1,048.21
Jacksonville Groups					
Mon: Shepherd of the Woods Church	00774				\$0.00
Tue: Lakewood United Meth Church	36763				\$50.00
Tue: 7pm Jacksonville (virtual)	800028				\$0.00
Wed: Step Study Mandarin	51223				\$28.16
Wed: JAX Beach-Wisdom at the Beaches	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 Bch	51693				\$400.00
Sat: Super Saturday Lakeview	20025				\$0.00
Sat: Believe in Recovery First, Mandarin	32773	\$78.64	\$28.64	\$28.64	\$486.40
Gainesville Groups					\$0.00
Mon: Big Book Study (Alachua)	51137	\$25.00	\$175.00	\$25.00	\$384.22
Thu: Unity Church(Acceptance)	50421	\$9.22	\$159.22	\$9.22	\$242.20
Wed: Gainesville Unity Church	57568		\$340.00		\$340.00
Sat: 9:30 AM Welcome Home	48324				\$180.00
Other Florida Groups					\$0.00
Mon: Palm Coast-St Mark by the Sea	38320			\$20.00	\$32.00
Mon.	32609	\$18.00			\$18.00
Wed: Palm Coast - 10am	56604	\$17.00		\$20.00	\$84.00
Thu: Fernandina Beach	49101				\$25.00
Thu: Flagler Beach	15171				\$46.00
Sat: St. Augustine Serenity	00235				\$97.58
Sun: Palm Coast/Flagler Beach	56072		\$150.00		\$150.00
Southern Georgia Groups					\$0.00
Tue: Jesup	54175				\$0.00
Wed: Douglas, GA	57445				\$0.00
Wed: Savannah - 5:30 pm	50301				\$508.00
Thur: Brunswick	51988				\$153.00
Sun: Savannah - 5pm	54362				\$9.16
Totals		\$711.60	\$993.24	\$140.24	\$4,381.93
Don to WSO		\$284.64	\$397.30	\$56.10	
Don to SOAR8		\$71.16	\$99.32	\$14.02	

Where are your donations going?

According to our Seventh Tradition, we are self-supporting through our own contributions. To donate directly to Intergroup, 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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