



Step 11: Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

- Spiritual Principle: Spiritual Awareness

Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

- Spiritual Principle: Anonymity

Concept 11: Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.

- Spiritual Principle: Humility

Promise 11: We will suddenly realize that God is doing for us what we could not do for ourselves.

PIPO at the Recovery Fair

We're very excited to share that our PIPO Committee once again participated in the St. Johns County, FL, Annual 'Recovery Fair.' This was the 4th annual event of this type and took place on September 28. The fair was sponsored by Epic Behavioral Health and was held on the grounds of St. Augustine Classic Car Museum, St. Augustine.



Unlike a general health fair, which we also participate in when the opportunity arises, this event is designed for recovery. Therefore, the assumption is that those that attend from the community are seeking avenues of outside help.... Naturally we are very eager to be at this event, to carry the message of hope and recovery in OA's 12 step program.

It was a great location, held outdoors, and thank God we have the canopy because not only was the sun a scorcher, but it rained intermittently. Attendance was decent. Many folks had not heard of OA but when we mentioned 'like AA,' they understood better. There were several folks that said they had been to OA in the past, but not recently though. We're hoping that seeing our booth inspired them to return. With our disease, we can generally visualize the physical relapse on others and unfortunately this was true in their case.



I find this type of service immensely humbling...Here are just a few of my highlights:

- I bumped into one of the counselors from Epic as I began setting up. She's an Intervention Specialist, who I met at last year's event. She wasn't staying, just happened to be dropping something off. It was a God moment...She remembered me and that I was the one who dropped off OA pamphlets to her office last year. I told her I'd like to give her more if she needs to restock. She said, "Gladly." Wahoo!!
- I found the behavioral health type of organizations extremely interested in information about OA this year. They were eager to accept the variety of pamphlets I prepared for them. Later on, one gal came directly to our booth afterwards, specifically to gather pamphlets for herself.
- An RN stopped at our booth and told me she volunteers at a clinic (Wild Flower Healthcare) in St. Augustine. She very strongly recommended I contact them because she believes they have clients that would greatly benefit from OA. I researched them and am trying to get an appointment to leave OA pamphlets in their waiting room. The clinic provides 'free' medical and dental services to underserved, uninsured adult residents in St. Johns County.
- One woman, I'd say a young senior, told me she was in OA, left and now she's on those shots for weight loss that's been so heavily promoted. She had a huge smile on her face, like she's got this.
- Another gal, I'd say mid 30's, was trying so hard not to cry in front of her son. Both she and the son were overweight. Like so many others, she's in recovery from other substances and then turned to food. She came back to talk to me two more times. She admitted she cannot get her eating under control and feeling hopeless with the food. I tried calling her and hope she calls back. She was wearing a t-shirt she had made that said, "Hope for Recovery."
- There was a booth promoting 'spiritual' practices (Fresh Ministries). When I approached with our pamphlets, and began describing how OA may be of help, they were over the moon enthusiastic, told me they were inspired by the OA program of people helping people, and said they will gladly pass on the info and the pamphlets.

I would appreciate hearing any new ideas, suggestions, and/or comments from anyone. For more information about the PIPO committee, and/or to volunteer time to help on the committee, please contact: Nancy K at: npklei@gmail.com.

In loving service,

— Nancy K, NFI PIPO Chair

Step 11: Spiritual Discipline

Step 11: Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

The Big Book of *Alcoholics Anonymous* tells us that if we have followed the directions in Steps 1-10, we will have God's spirit, His consciousness, flowing through us like a sixth sense. But this does not continue on its own. Each day we must renew our reprieve from addiction by staying in "fit spiritual condition." In Step Eleven we "let God discipline us" by developing a morning and evening ritual of prayer and meditation – an abbreviated version of many of the previous steps.

In the evening, we review our day by asking ourselves a series of questions:

- Were we resentful, selfish, dishonest, or afraid?
- Do we owe someone an apology?
- Have we kept something to ourselves which should be discussed with another person at once?
- Were we kind and loving toward all?
- What could we have done better?
- Were we thinking of ourselves most of the time?
- Or were we thinking of what we could do for others, of what we could pack into the stream of life?

After we've considered each of the questions above, we ask our Higher Power for forgiveness and what we can do to correct any mistakes. We don't get down on ourselves or worry about these issues at night. We keep an attitude toward this practice that allows us to continue to be positive and useful to others.



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In the morning, we review the coming day. We are directed to THINK specifically about our plans for the day. For example, since my food plan includes three meals each day, I think: what am I doing before breakfast, between breakfast and lunch, between lunch and dinner, and after dinner? Do I have a clear plan about what, when and where I am eating my meals? Do I have a back-to-back schedule that does not allow for any rest? Now is the time to adjust to make my day peaceful so I can be available to help others – rather than be caught up in the chaotic thoughts and behaviors of the disease.

In our morning prayer and meditation, we ask God to help us avoid feelings of “self-pity, dishonest or self-seeking motives...We ask God for inspiration, an intuitive thought or a decision” if we become unsure of the right way to move forward. “We relax and take it easy. We don’t struggle.” We are assured that the more we practice this request, the easier it will come – the sooner we will know our idea/inspiration is of God and not of ourselves. We are warned that this can take time, and we may make mistakes, but we can eventually rely on receiving Higher Power’s direction.

We end by asking that we have inspired direction all day long and are given the ability to deal with any challenges that face us – that we are free from self-will and only make requests for ourselves if it will help someone else. We can invite others into prayer and meditation with us and we can learn from our participation in religious activities, if we choose to – we can explore spiritual materials, books that can support our prayer and meditation time.

We strive to humbly work step eleven all day long – reminding ourselves that we have a new Boss – we are no longer “running the show.” We are promised emotional efficiency in our day because we have a plan and the guidance we need to move forward taking care of ourselves, helping others, and receiving Divine Direction when we ask for it.

— Lucy B.

The Spirit of Tradition 11

Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.



My earliest memories are of me playing in front of the mirror. The game I played consisted of me pretending to be famous and answering questions from an invisible interviewer. I remember what a blast it was, mimicking TV commercials, award ceremonies, and entertainment shows. Twenty years later, I found myself in a public relations and marketing career, getting paid to promote, persuade, and motivate.

Discovering Tradition Eleven (and frankly, all the Steps and Traditions) was like encountering a foreign language. No promotion? No celebrity endorsements? No film at eleven? I initially rationalized Tradition Eleven’s anonymity Principle this way: We in OA have a disease that we should be ashamed of. Keep it secret.

As I continue to bring my sick body and mind to meetings, however, I also heard such concepts as “we are as sick as our secrets.” I figured it was important to share honestly at meetings, but nowhere else. OA meetings were islands of safety and respite, like the island of Molokai was for those with leprosy.

Higher Power has given me many opportunities to understand Tradition Eleven in the spirit that it was written. In recovery, we in OA are not ashamed of our illness. We want to carry the message to those who still suffer. The vehicles we have chosen to carry this message, however, are not promotion based. They are attraction based. But what does this mean? In both my career and my childhood fantasies, to attract always meant to promote aggressively and competitively.

Today, I understand that promotion of OA with spokespersons or advertising rollouts would harm individual members and the recovery community. Our “advertising” has a different look and feel: It is in the quiet of a newcomer’s abstinence that I feel hope. It is in the humility of a relapsing longtimer that I experience gratitude. It is in the



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perseverance of members who are in pain that I know recovery. It is in giving anonymous service that I feel rewarded. I am deeply moved and attracted by these authentic experiences.

Though I still love makeover shows that transform individuals in thirty minutes, I don't trust them as real. I do trust Overeaters Anonymous because I have learned over the years that humility is the best public relations policy, and carrying the message can be done over time, with love rather than ego leading the way.

— Edited and reprinted from *Today* newsletter, St. Louis Bi-State Area Intergroup, November 2005

Promises: Trusted Angels

Promise 11: We will suddenly realize that God is doing for us what we could not do for ourselves.

After a life of binge eating, primarily on sugar, I found my way to OA in 1991. I became abstinent right away, got a sponsor, worked the Steps, and stayed abstinent for about two years. I then lost my abstinence and was in relapse for four-and-a-half years. I became clinically depressed, gained back all my weight and then some, and topped 200 pounds (91 kg) for the first time.

My current story begins in 1997. I had started going to OA meetings again, found a sponsor, and tried to work the Steps, but nothing was working. I kept going back to the food. Then, a series of incidents turned my life around: I found abstinence again with the help of five angels—strangers who came into my life for a brief time and changed it forever.

When my dentist referred me to a specialist for gum surgery, his assistant took me aside and quietly gave me a different referral. She wasn't supposed to do this, of course, but thought I would like this other doctor better. I took her advice. When this new specialist looked at my chart, she said I was taking way too much medication for such a young woman and suggested an exercise program instead. She gave me the number of her personal trainer. I didn't make the call immediately, being almost as opposed to exercise as I was to diets. But when I did, I met a young woman who continues to be an inspiration to me today.

The trainer put me on a three-day-a-week program of weight training and aerobic exercise. She suggested I keep a food diary and show it to her at each visit. It soon became obvious that I wasn't sticking to her recommended food plan, so she recommended a nutritionist. I knew that any nutritionist lacking a background in food addiction would be no help to me. That's when I called an eating disorder treatment center that I was familiar with.

As I was making an appointment, the treatment center receptionist mentioned a special outpatient group they offered to OA members. I said I was interested, so she had me come in to fill out the treatment center's paperwork and meet with the outpatient facilitator. I committed to attend at least six outpatient meetings in a row, go to one or two OA meetings a week, abstain from all mood-altering substances, participate in all group sessions, and complete all homework assignments. I believe this was my first step in actually surrendering to the program.

At my first outpatient session, I explained my story: four-and-a-half years of nonstop eating and an inability to control my intake of sweets. When I finished, she asked if I'd be willing to eat three meals a day with nothing in between, a snack at bedtime, and no refined sugar. That seemed impossible, but I said I'd be willing to try because by this time I was desperate. That's when I recalled words of wisdom from a popular movie: "Do or do not. There is no try." Suddenly, saying I'd try to do these things sounded like a lame answer, and it was then that I had a spiritual awakening. I saw my Higher Power standing before me with a silver platter that bore the gift of abstinence and a plan of eating I could live with. I recalled that the therapist had not asked me if I could do these things, only if I'd be willing. So, if the gift of abstinence were handed to me on a silver platter, would I be willing to accept it?

On those terms, my answer was a resounding yes. I understood for the first time that I could not do it on my own, but I would be willing to accept it if it were freely offered. This was God doing for me what I could not do for myself.

That was nine years ago, and I've been abstinent one day at a time ever since. Not only was I able to follow the plan of eating the facilitator had outlined, but I was also relieved of my cravings. I no longer obsess about food and have maintained a 40-pound (18 kg) weight loss.

— Patti S.



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And More Promises

Here are some *other* promises in *Big Book* order with a few comments (see last month for the previous installment). Note that the promises are generally conditional. **One needs to work the program for the promises to come true in our lives.**

We Agnostics

“Faced with alcoholic destruction, we soon became as open minded on spiritual matters as we had tried to be on other questions.” Fear of destruction is a great motivator.

“Every one of them has gained access to, and believes in, a Power greater than himself. This Power has in each case accomplished the miraculous, the humanly impossible.”

“In the face of collapse and despair, in the face of the total failure of their human resources, they found that a new power, peace, happiness, and sense of direction flowed into them.” Multiple promises in one sentence!

“When we saw others solve their problems by a simple reliance upon the Spirit of the Universe, we had to stop doubting the power of God. Our ideas did not work. But the God idea did.” One of my favorite pet sentences is, ‘That makes sense—I’ll do it anyway.’

“Some of us had already walked far over the Bridge of Reason toward the desired shore of faith. The outlines and the promise of the New Land had brought lustre to tired eyes and fresh courage to flagging spirits.” Even for those of us not 20 or 30 any more.

“Friendly hands had stretched out in welcome.” This is also a reminder of what everyone should encounter at our OA meetings.

— Mark W.

Getting Taken Through the Steps

When I was about 17, a mentally ill, hippy, alcoholic tornado blew into our family. She was familiar with 12-Step programs, being the child of two parents in recovery and having spent her teen years in another fellowship. I basically turned my life over to her because she was all about everybody’s rights and our responsibility to safeguard them. When I was about 21, she took me through the 12 Steps with another problem I was having without my knowing that’s what we were doing. I had my first big spiritual awakening, recognizing “I don’t HAVE TO do that anymore!” When I was 31 and “10 pounds overweight,” I asked her for advice. She said the right words, “There’s this organization that tells you what and how to eat and you pay them, go each week, weigh in, and lose weight. Then there’s this other group called Overeaters Anonymous, that costs nothing.” Without any deliberation, I chose OA, since that’s what I was worth – nothing. How little I knew!

June 26, 1986, I walked into my first OA meeting. Seeing the 12 Steps on the wall, I immediately recognized the power in that process from my previous work with her. Although I had no idea what the Steps had to do with these extra 10 pounds and years-long struggle with food, I never left because I knew the Steps were powerful and I was powerless over food. I knew those 10 pounds would have been many more if I hadn’t played sports all through school, not for pleasure, but to keep the weight down and to have an outside watcher on my weight. I stayed in the military a long time, partly so my job would depend on keeping the weight off. I knew I couldn’t do it on my own. I also recognized “normal people” didn’t lean further back to make more room in the stomach when they were too full to eat more. They just quit eating. “But I only did that once.” I knew “normies” didn’t somehow quit smelling so they could eat the food they had planned on all day long, even when they found that night that it was spoiled and stunk to high heaven. Admitting the odor would mean throwing the food away, so I somehow quit smelling for years. “But I only did that once,” ending up in the hospital with food poisoning. My ability to smell again seven years later was one of my early OA gifts.

I wish I could say I was freed from the food on that day in 1986. I had periods of being in the food and I had periods of being out of the food, but never freedom from the food. In OA, I soon got a sponsor, developed an “eating plan” and a



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“doing plan” (it was called a food plan then and the concept of an action plan wasn’t one of the OA tools yet). I worked the Steps to the best of my ability, went to several meetings a week, studied and used the literature, and was very active in service. I just couldn’t see the simplicity of this program of recovery from compulsive eating. Although I didn’t consider myself abstinent, my recovery from the spiritual malady did start that day and I discovered several symptoms I have other than the food. (I’ve been blessed with several other fellowships that helped me deal with those symptoms.) I also discovered that my overeating wasn’t based on specific trigger foods, but on convenience and quantity. Finally, the miracle happened. On 1 June 2018, I found a simple plan of eating that satisfies my physical needs, is convenient, and works across cultures and while traveling. I was freed from the food for the first time.

Since that day of freedom, the food has quit talking to me. I plan what to eat, I eat it, and the eating is done. That punishing committee in my head that berated me with the “woulda, coulda, shoulda” condemning voices hasn’t called a meeting since then. I continue working the Steps and sticking close to my fellowships. I’m glad I heard, “Stick around until the miracle happens.” I grew in recovery over the decades, so I didn’t leave. Some symptoms, like the food, were just more persistent than others. I’m grateful this one has been relieved, so I keep sticking around for each day’s miracle. “Just stay. Then you don’t have to ‘keep coming back.’”

– MJ

Big Book Weekend is Upon Us / Here!

As you read this the *Big Book* weekend is either on the verge of happening, in full swing, or just past. The dedicated committee met many times to get all the details right, and presumably the next *Inner Voice* will have a full recap.

Big Book Weekend NOVEMBER 1-3, 2024

The value of sharing a speaker’s journey through the steps can help us invigorate our own recovery process, and being able to ask questions and comments can enlarge our perspectives. For those able to attend in person, actually being able to share a hug, a meditation, a meal, or a sit-down at a fire pit, can be a huge reward.



Trusted Servants and Committee Chairs (New emails)

GENERAL INFORMATION

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

Secretary will forward as needed

Echo G. 561.704.2917
Barbara C. 352.474.1366
Augusta L. 912.508.4777
Sandi JC 912.464.4231
VACANT—Consider doing service
Mark W. 904.527.3433
Nancy K. 516.286.1888
VACANT—Consider doing service
VACANT—Consider doing service
Hailey R. 404.797.5586
Brian B. 904.616.0608
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Call for Abstinence Stories

Overeaters Anonymous is seeking new stories/creative works of personal experiences with abstinence. Submit your story to our *Lifeline: Stories of Recovery* blog. Submissions published on *Lifeline* may be chosen for publication in a new book. Your experience, strength, and hope can help others as they walk the path to recovery!

OA Abstinence and Recovery Statement

Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living and working the Overeaters Anonymous Twelve Step program on a daily basis.

Share your experience...

1. What were your early days of abstinence like? What else changed besides the food?
2. When you let go of the food, what did that make room for in your life?
3. How do you get through difficult times without turning to food?
4. How do you encourage and support others who are new or struggling with abstinence?
5. How has OA service supported your abstinence?
6. Has your abstinence changed over time?
7. How have you maintained your abstinence around those who don't understand your commitment?
8. Has your cultural/racial/religious background had an impact on your abstinence?
9. If you have experienced relapse, what helped you regain your abstinence?
10. I'm grateful for my abstinence because...

To submit your story/creative work, go to lifeline.oa.org and click on "Lifeline Submission Form" by **January 1, 2025.**

IMPORTANT RULES:

- Submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc.
- Submissions are not returned.
- All submissions must contain the author's full name and address, but you may request anonymity with publication. Your state, province, or country may remain anonymous if you so indicate.
- Submissions of approximately 1,500 words or less are preferred.
- All languages welcome!



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Highlights of the October NFI Business Meeting:

(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 October 12. Each meeting is welcome and encouraged 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, November 9 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:

- We need to fill the following service positions: Delegate, Parliamentarian, Young Persons subcommittee chair, Twelfth Step Within chair, and Ways and Means chair. Other committees also need volunteers to provide service.
- SERVICE ROTATION REMINDER: At the end of this year, we will need to elect a new Vice Chair and a new Newsletter Chair per the term limits of these positions. It is also time to elect a Delegate and the Secretary. If you are interested in any of these roles, please consider reaching out to learn more and possibly even to begin shadowing on the job.
 - Reminder: Nominations are officially open, so please take some time to pray on this if you are interested.
- In August of 2025, the World Service Convention will be held in Orlando, FL. While NFI is not officially sponsoring or hosting this event, ANYONE is welcome to give service for it! If you are interested in helping with planning or otherwise volunteering, please contact Susan B. by email at chair@oaregion8.org

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.
- It's time to prepare our annual budget. We will be considering adding some new expense lines this year for potential efforts to carry the message and for an extra donation to world service. The proposed budget will be presented at the November meeting.
- Reviewed reports from the Business Assembly:
 - We were able to send two representatives from our Intergroup and had three other members attend as committee chairs for Region 8, for a total of 5 voting members in attendance.
 - Highlights from the Business Assembly:
 - **Motions Passed:**
 - A. Amend Bylaws to no longer refer to annual business assemblies as "Spring" and "Fall," and instead refer to them as "First" and "Second" so as to avoid confusion since we have meetings in both the Northern and Southern hemispheres.
 - 1. Amend Policy and Procedure manual to no longer refer to annual business assemblies as "Spring" and "Fall", and instead refer to them as "First" and "Second" so as to avoid confusion since we have meetings in both the Northern and Southern hemispheres.
 - 2. Amend Policy and Procedure manual to allow funded chairs to request an exception to the lodging policy to allow for them to be reimbursed for three nights instead of two if the exception is approved.
 - Other Discussion Topics:
 - Possibility of hiring a hotel broker going forward
 - Seeking persons interested in operating social media accounts on behalf of Region 8, such as a Facebook or Instagram account

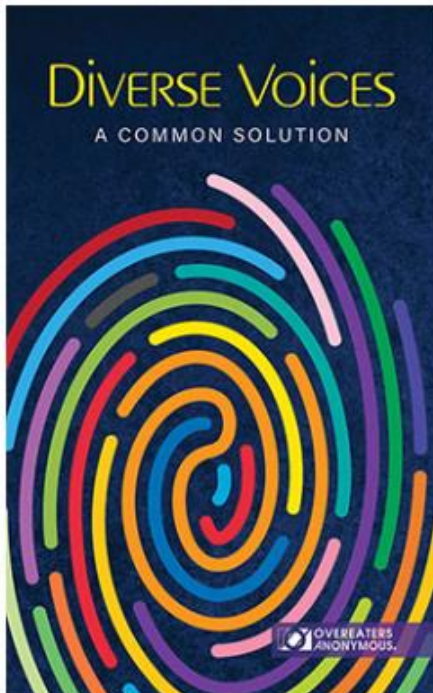


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- Reminder about the WSO announcement regarding minors: <https://oa.org/news/oa-board-approves-new-policy-stating-oa-does-not-endorse-minors-attending-oa-meetings/?news-category=0&page=0>
- New literature: *Diverse Voices: A Common Solution*: <https://bookstore.oa.org/books/diverse-voices-a-common-solution-954-bk.asp>

New Publication: *Diverse Voices*



SKU 954

\$13.50 (\$9.99 e-book version)

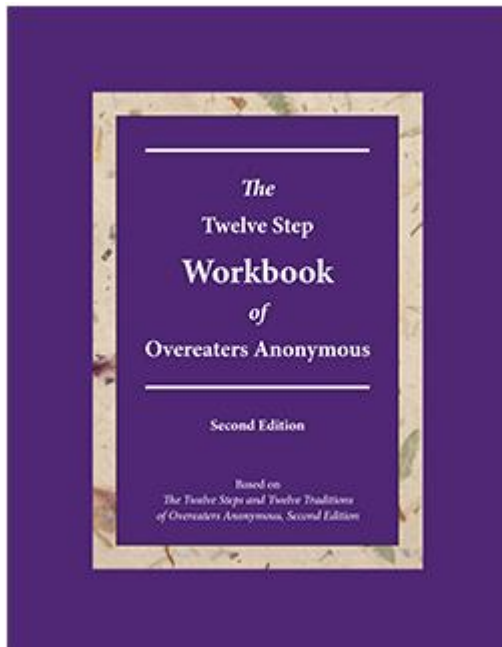
Description

A collection of member stories that honors the incredible variety of people and experiences within the membership of OA. *Diverse Voices* illuminates how that variety shapes individual journeys to healing through our Twelve Steps of recovery. Softcover; 209 pages.

E-book formats

E-book formats are available. OA receives a royalty share for e-book purchases made through these third-party vendors (links open to external websites):

- Amazon Kindle
- Apple Books
- Barnes and Noble Nook



Available at <https://bookstore.oa.org/>

SKU 992

\$15.00

Description

The *Twelve Step Workbook, Second Edition* is composed of questions based on OA's keystone book - *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*. The references in this Workbook, including page number references, now refer directly to the OA *Twelve and Twelve, Second Edition*. PLUS: The full list of questions found in the Step Four chapter of the new OA *Twelve and Twelve* are presented here — all in a single, comprehensive workbook. Many have found that writing on the Steps is more enlightening than working them “in your head.” Use *The Twelve Step Workbook, Second Edition* to guide your journey of self-discovery through the Steps. Copyright 2018. Softcover; 220 pages.



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Events from All Over

International Day of Experiencing Abstinence (IDEA)

Emotional Sobriety Workshop



Sunday, November 17, 2024

3:00 p.m. to 5:00 p.m. ET (2:00 p.m. to 4:00 p.m. CT)

Three Guest Speakers Followed by “Ask it Basket” Q & A

ZOOM ID: 844 3994 7859 PASSCODE: 176481

Join Zoom Meeting: <https://us02web.zoom.us/j/84439947859?pwd=WXE3Q0U3eUM0TDZZVDZFWDVRS3VNUT09>

**Please consider giving a Seventh Tradition Donation to Region 8
at <https://oaregion8.org/region-8/contributions>**

For More Information, Contact:

Tina S. at (941) 993-9717 or Anne C.D. at (813) 860-8171

or annegene@me.com



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Full registration form:

<https://oaregion8.org/assemblies/2025/1st-Assembly/March-2025-SOAR8-Assembly-Registration-Form.pdf>



Traveling the River Road to Freedom:

*from Compulsive Eating &
the Bondage of self*

**SOAR8
RECOVERY
CONVENTION
AND BUSINESS
ASSEMBLY**

March 14-16, 2025



<https://www.vectorstock.com/royalty-free-vector/road>



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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.
- Three keynote speakers, several workshops.
- 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.

"This is an experience you...will not want to miss." Alcoholics Anonymous, p. 89



Save the Date!



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



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Meet the Virtual Region Chair



12 PM ET (4 PM UTC) & 8:30 PM ET (12:30 PM UTC)
The Fourth Friday of Every Month

Bring your QUESTIONS and IDEAS
Join the DISCUSSION
Learn about UPCOMING EVENTS



Zoom Link: <https://us02web.zoom.us/j/87080400598?pwd=TnhOQm1EN1R1WWQ0N2xVbEJQQT09>

Meeting ID: 870 8040 0598. Passcode: 120912



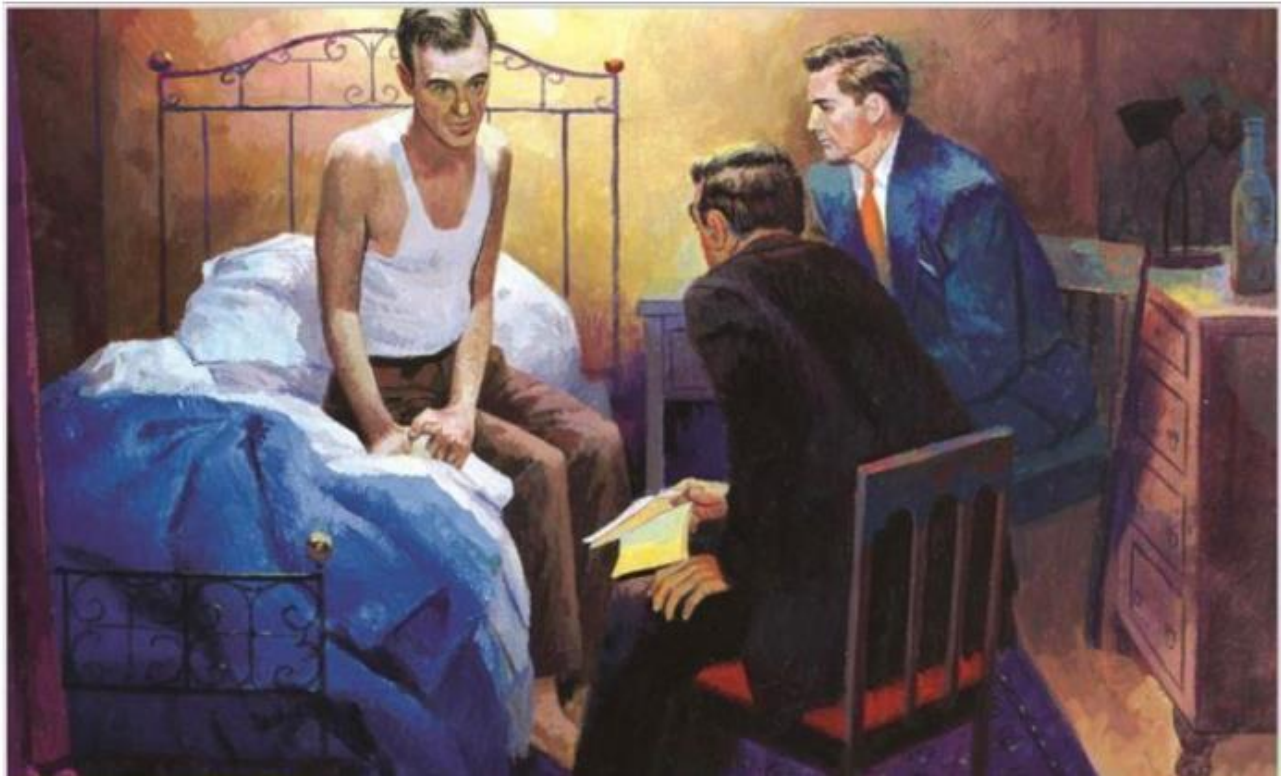
Responsibility Pledge

Always to extend the hand and heart of OA to all
who share my compulsion; for this I am responsible.

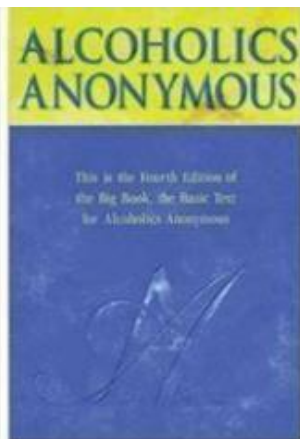


NEW FREEDOM INTERGROUP

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



*Using scripts based on the beginners meetings
in the 1940s: a focused introduction to the 12
step program in 4 weekly sessions.*



**OVEREATERS ANONYMOUS
BACK TO BASICS
EVERY SUNDAY
7:30-9pm UK
2:30-4pm EST
11:30am - 1PM PST**

**ZOOM ID: 853 4685 2850
PASSWORD:121212**



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Week 1: OA 12 and 12 Step of the month
Week 2: OA Principle of the month
Week 3: AA Big Book Step of the month
Week 4: Lead/Speaker Meeting
Week 5: Topic Meeting

Sunday Morning Coffee and Recovery Meeting

Online Zoom Meeting - Every Sunday
9:00 AM to 10:00 AM (Eastern)

Zoom Meeting ID: 842 2999 2560 883975 Link: <https://us06web.zoom.us/j/84229992560>
Dial In: +1 929 205 6099



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More from Region 8

A new way to carry the message!

Region 8 announces an excellent resource page with links to valuable OA information to benefit newcomers, returning and current members. Maybe even the “old timers.” 😊

Have you read the appendices to *Overeaters Anonymous, Third Edition*? They include writings on The Role of a Plan of Eating, A Disease of the Mind, A Disease of the Mind, A Disease of the Body, A Disease of the Spirit and more.

People may scan this QR code (point your smart phone’s camera at the QR code and it will pop up a link) and connect to the Region 8 resources page. Please feel free to print this information and pass around in face-to-face meetings or insert into a visual format for virtual meetings.

Check it out — Pass it on!



OVEREATERS
ANONYMOUS®
Region 8

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 innervoicenfi@gmail.com.



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DONATIONS REPORT 2024		July	Aug	Sept	YTD TOTAL
General Fund / no meeting # specified		\$49.99	\$416.68	\$225.27	\$1,655.35
Jacksonville Groups					
Mon: Shepherd of the Woods Church	00774				\$0.00
Tue: Lakewood United Meth Church	36763				\$0.00
Tue: 7pm Jacksonville (virtual)	800028				\$0.00
Wed: Step Study Mandarin	51223	\$46.61	\$49.08	\$48.55	\$445.73
Wed: JAX Beach-Wisdom at the Beaches	54507		\$70.00		\$70.00
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		\$350.00		\$750.00
Sat: Super Saturday Lakeview	20025				\$0.00
Sat: Believe in Recovery First, Mandarin	32773	\$28.64	\$28.64	\$28.64	\$457.76
Gainesville Groups					\$0.00
Mon: Big Book Study (Alachua)	51137	\$28.64	\$25.00	\$28.64	\$275.28
Thu: Unity Church(Acceptance)	50421	\$9.22	\$9.22	\$9.22	\$215.98
Wed: Gainesville Unity Church	57568				\$450.00
Sat: 9:30 AM Welcome Home	48324				\$0.00
Other Florida Groups					\$0.00
Mon: Palm Coast-St Mark by the Sea	38320				\$121.00
Mon:	32609	\$25.00			\$25.00
Wed: Palm Coast - 10am	56604		\$12.00		\$97.00
Thu: Fernandina Beach	49101		\$12.00		\$37.00
Thu: Flagler Beach	15171		\$11.00		\$182.58
Sat: St. Augustine Serenity	00235	\$73.79	\$62.14	\$23.79	\$329.88
Sun: Palm Coast/Flagler Beach	56072				\$117.22
Southern Georgia Groups					\$0.00
Tue: Jesus	54175				\$50.00
Wed: Douglas, GA	57445				\$0.00
Wed: Savannah - 5:30 pm	50301				\$0.00
Thur: Brunswick	51988				\$0.00
Sun: Savannah - 5pm	54362				\$110.92
Totals		\$261.89	\$1,045.76	\$364.11	\$5,390.70
Don to WSO		\$78.57	\$313.73	\$109.23	
Don to SOAR8		\$26.19	\$104.58	\$36.41	

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 30% to the World Service Office. Donations sent directly to World Service Office do not reflect in our group donations total.



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