

Inner Voice

Newsletter of New Freedom Intergroup of OA

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.
Tradition 9: OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

The Rainbow Spread Across the Horizon

After the August issue of *Inner Voice* was being distributed, a flier went out for a **July** event—***Together Towards a Brighter Future***. Everyone on the distribution list got a copy courtesy of a board member, but the event could only be covered in retrospect. The Rainbow (LGBTQ+) is a Specific Focus Service Board (oarainbow.org).

This newsletter hasn't addressed Specific Focus meetings, so for starters, here's the answer from oa.org as to What is a specific focus meeting?: **Within the OA Fellowship, there are members who have discovered they are more comfortable meeting with other members who share similar attributes. All OA members are welcome at these meetings.**

Some of the categories include 100-pounders, Anorexia/Bulimia, Body Image, and our focus for this article, LGBTQ+. Acceptance of those in the composite communities can be difficult within a larger meeting. In an article entitled **OA Supports The Rainbow (LGBTQ+) Specific Focus Service Board** (last revised 5/15/24), we read, in part:

"The Board of Trustees, Region Chairs Committee, Unity with Diversity Conference Committee, and the 2024 World Service Business Conference stand hand-in-hand with all of our specific-focus service boards. We regret to report that OA's Rainbow (LGBTQ+) Specific Focus Service Board has received some vicious, attacking emails from individual OA members. We are taken aback by the hostility directed at The Rainbow (LGBTQ+) Specific Focus Service Board.

"While OA welcomes a free exchange of ideas and criticisms, we also want to say clearly: There is absolutely no place for hate speech in the loving Fellowship of Overeaters Anonymous. We are here to support each other in love, tolerance, acceptance, and recovery."

OA has become a worldwide community, and the concerns about hate speech and lack of acceptance have not been limited to certain cities or regions in the United States. An issue expressed at one of the meetings in July was fear associated with OA events requiring travel—in particular for trans members. While we turn our will and our lives over to the care of our higher powers, and process our fears in Step 4, we need to be prudent and get guidance from each other. The support of the group hopefully provided some good answers, or at least a sense for the member that she was being heard.

A few thoughts from the fabulous workshop sessions:

- Learning to "love and accept all of myself, including bruised, injured parts";
- "When I'm judging myself I'm not loving myself. I'm enough."
- (from a University teacher:) Don't waste your life based on what others think of you.

And for anyone curious, the OA Rainbow will continue to exist, and many issues were worked through and resolved in the annual meeting.

— Anonymous



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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 August 16. 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, September 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 August 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.
- 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 gave a full report on the success of this effort at the August meeting. Look for more information under the PIPO section of the website (and below!).
- TSW Committee will be putting on a workshop on October 4th from 2-4 pm on Zoom. The focus will be on the **Freedoms of OA**. Look for the save the date and more information coming soon. If you are interested in giving service at the workshop, please contact Cynthia H.



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Breaking News: NFI's Newest Public Information Campaign

Over a period of a few weeks, I spent much time and effort reviewing various options of how our PIPO committee can best serve our beloved OA fellowship to help carry the message of hope and recovery from compulsive overeating 'outside' of the OA rooms. This is a fundamental mission of the PIPO committee. I considered going the familiar route to place an OA ad on a public bulletin board; putting a PSA on radio; an ad on shopping carts in grocery stores; even bus wrap advertising. All these have been done before by PIPO committees across the globe.

However, in this modern world of technology and social media, I prayed long and hard to find something more 'state of the art.' Finally, I came across an advertising company called, "Over the Top (OTT) Marketing," which offers promotion through popular streaming applications and devices. Fortunately, our InterGroup has budgeted nicely for a 2025 campaign.

In all honesty, in order for me to grasp an understanding of terms used in today's society relating to the technology I did not grow up with, I relied heavily on 'AI' to educate myself. I did that so I could understand the dynamics of what I was getting into. So for the benefit of others who may also be unfamiliar, I've included some explanations that were of significant help to me.

Streaming is whatever content we provide gets streamed out to viewers in real time, to watch or listen to, without them having to fully download the file first. For example, they automatically get our PSA video (Public Service Announcement) while they're on their device.

Device: examples are computers, smart TV, mobile phone and tablets.

Applications are the programs or services—they are apps that provide access to the streaming content where our ad was delivered. (For example, our ad could appear on Hulu, Disney, Netflix, Paramount, Peacock etc.)

My interest grew as I gathered information online. I read about the broad and very specific targeted outreach we could achieve, and the capability this kind of technology has to actually track viewers in ways we couldn't before!! We've been promoting, but had no real idea of the reach. So I went ahead and met with a rep. I was over the moon excited. Suddenly I thought, OMG, what if this company is a scam? In this day and age, just because there is a website, doesn't necessarily mean they're legit. So I did some background checking. After they checked out, I met with my committee and this is what we agreed to do:

The **campaign ran from 6/18/25-7/16/25**, 28 days. We used the WSO 30 second length PSA for the video ad. Our Chairperson also helped to modify the WSO 'STOP' poster and we included that as a still shot which they call a "Pause Ad" commercial. It holds on the screen for 15–30 seconds. Also included on the Pause Ad is NFI's QR code. If the viewer clicks on it, it brings them directly to our NFI website (oanfig.org) where the viewer can find out about OA, get meeting lists, find out about NFI events, find other OA Resources, and much more.

As far as who saw our ad and when our ad ran, people were targeted based on the geographic location we supplied (in this case, parts of Jacksonville and St Johns County); interests we described to them (such as: people searching for weight loss schemes, diets, exercises, cooking networks, diet pills/shots, nutritionists, treatment centers, etc.); age groups we specified. The commercial runs when targeted people are on their device or watching TV.

Tracking Results on the Video Commercial:

- **Impressions Delivered – 41,133.** This means the total number of times our ad was successfully served to viewers on the OTT platform. Full transparency: this is regardless of whether they watched it fully or interacted with it.
- **Completed Video View – 35,394.** This means the number of times our video ad was watched all the way to the end by a viewer. It's a strong signal of viewer engagement and message delivery.



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- **Video Completion Rate (VCR) – 86%.** VCR is a performance metric that measures the percentage of video ads that are watched to completion compared to the number of times they were started. This percentage helps us assess viewer engagement with video ads. A high VCR suggests the content is compelling or targeted effectively. Low VCR could indicate ad fatigue, poor targeting, or content that's not engaging.
- **Households Reached – 21,549.** This is based on the IP address which is the unique identifier assigned to each device, another words, the home address.
- **Average Frequency – 1.9.** The 'average' number of times a unique viewer saw our ad during the campaign. In other words, how often our message was repeated to the same person.
- **Clicks on the Commercial – Total of 45.** The "clicks" metric typically refers to the number of times viewers clicked on a clickable element in or after viewing our ad.

Tracking Results on the Pause Ad Commercial:

- The 'Pause Ad' – ran **4,718** times.
- Completed View – **3,964**
- Video Completion Rate (VCR) – **84%**
- Households Reached – **2,668**
- Average Frequency – **1.8**
- QR Code Hits from our 'Pause Ad' – Total of **45** scans of the QR code which led the viewer directly to our NFI website.

Next step: I'll be forwarding this information to our Region 8 PIPO Committee, which I believe will speak for itself. My goal is to obtain additional funds for broader advertising. Perhaps it will resonate with other Regions as well, for a more global outreach? God's will be done...

I'll end by saying, it's because of the generous donations that members of our beloved fellowship contribute that help make this kind of outreach even possible!!

In loving service,

— Nancy K, NFI PIPO Chair

Step 9: Self-Amends Prayer

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

As a part of making amends to myself, which was suggested by my sponsor, I created the following prayer. The prayer lists positive characteristics that oppose my character defects, which I discovered when working my Fourth and Fifth Steps. By saying this prayer daily and out loud to my Higher Power, I am acting as if I believe these good characteristics are true about myself and trusting my HP to lead me to this recovered reality.

Dear Higher Power,

I am healing with your love and power, and because of you I believe:

I am selfless.

I am proud of myself.

I am honest.

I appreciate what others have.

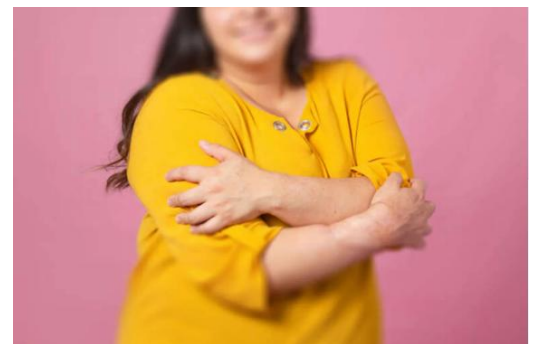
I am secure.

I am mature and responsible.

I am nonjudgmental.

I am trusting of others and of myself.

I am giving and charitable.



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*I am energetic and motivated.
I am loving, caring, and friendly.
I am fearless.
I value my life and living out your will for my lifespan.
I live in reality, without magical thinking.
I honor schedules and timeliness.
I consider other people's needs equal to my own.
I do not compare myself to others.
I focus on my side of the road.
I desire people and things, according to your will for my life.
I love myself as I am.*

— Keri (reprinted from *Lifeline*)

Tradition 9: Imagine If

Tradition 9: OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.



Tradition Nine is kind of buried, and it seems like one of those boring maxims about how we set up shop. Yeah, yeah, so we can have an intergroup and world service, isn't that special . . . who wouldn't have thought of that? life.

But imagine if the opposite were true. Imagine if Tradition Nine said, "OA ought to be highly structured and hierarchical. Every local group's mission is to serve the greater good as determined by OA's leadership." Imagine the clawing and ladder-climbing that would ensue as we control-freak OA members tried to manage our way up the hierarchy, all so we could show everyone the right way to run the program. Imagine the hurt and resentment, the bitter power struggles, the rebellions, factionalism, and anger. OA would last about

as long as a polar bear in the Amazon—if we were lucky.

As it is now, Tradition Nine gives us guidance about how to get things done locally and more broadly. We form service bodies that report to those they serve. That's right, in OA, the intergroup is not the boss! The intergroup is a collection of (hopefully) humble servants who act on behalf of their local meetings to carry the message in the broader community.

OA works because it's not organized. There are no stars or VIPs that rise through a power structure to tell us all what to do. But being "not organized" isn't the same as being "disorganized." Tradition Nine facilitates getting the work of OA done without dissolving into chaos.

—Edited and reprinted from *OA Today* newsletter, St. Louis Bi-State Intergroup, reprinted from *Lifeline*

More on Step 8 from our Region

Step 8 suggests that we make a list of people that we have harmed and that we be completely willing to make amends to them all. My Step 8 list came from my 4th and 5th Steps. Some people are tempted to dispose of their 4th Steps after giving them away as 5th Steps to their sponsors. I have learned to retain my completed 5th Step to create my 8th Step amends list. Steps 8 and 9 show me a way out of the shadow of shame caused by my mistakes and shortcomings.

The second part of Step 8 asks me to become willing to make amends to all the people on my list. I have found that prayer helps to remove the resentments that create a barrier to my healing and spiritual growth. I am not doing this alone. I have an awesome Higher Power who wants only the best for me. Working Step 8 is another way for me to practice "going to any lengths" for spiritual recovery. As I pray for forgiveness of myself and others as well as for the willingness to make amends, I feel the anger, hurt, shame and fear slip away, sometimes slowly, sometimes quickly.



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I always need to remember that the making of amends is another loving gift from God to myself. Amends set me free and bring me into the "Sunlight of the Spirit."

— Neill M.

Trusted Servants and Committee Chairs (New emails)

GENERAL INFORMATION

Chair	Echo G. 561.704.2917	oanfig@gmail.com
Vice Chair	VACANT—Consider doing service	chairnfi@gmail.com
Treasurer	Augusta L. 912.508.4777	vicechairnfi@gmail.com
Secretary	Lucy B. 786-351-0472	nfitreasury@gmail.com
Delegate	VACANT—Consider doing service	oanfig@gmail.com
Newsletter/Meeting List	VACANT—Consider doing service	delegatenfi@gmail.com
Public Info/Prof. Outreach	Nancy K. 516.286.1888	innervoicenfi@gmail.com
Young Adults	VACANT—Consider doing service	piponfig@gmail.com
12th Step Within	Cynthia H. 404.788.8089	youngpeoplenfi@gmail.com
Sponsor Coordinator	Cynthia H. 404.788.8089	TSWnfi@gmail.com
Website	Brian B. 904.616.0608	sponsor.nfig@gmail.com
Ways and Means	VACANT—Consider doing service	websitenfi@gmail.com
Bylaws	Barbara C. 352.474.1366	wandmnfi@gmail.com
		bcarter337@att.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 innervoicenfi@gmail.com.

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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FIND A MEETING NEEDS AN UPDATE!

Our OA Find a Meeting web page powers nearly 3 million meeting searches a year, but the system needs to be modernized.

Will you help with an extra contribution?

Planned Improvements

More meeting details:

- Accessibility information
- Location specifics
- Group name
- Duration - how long
- Frequency - how often

Improved speed and reliability

Easier meeting updates

Enhanced search capabilities

Better smartphone display

How to Contribute:

- Go to oa.org/contribute OR scan the QR code to the right.
- Specify your gift is for Find a Meeting Improvements located under General Fund.
- Contributions by mail are welcome.



oa.org/contribute

**OVEREATERS
ANONYMOUS.**

**Every
contribution
makes a
difference.**



Overeaters Anonymous 6075 Zenith Ct NE, Rio Rancho, NM 87144 USA



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Events from All Over



**Overeaters Anonymous
Region 8
Twelfth Step Within Committee**



Presents:

The Three-Legged Stool of Recovery: Physical, Emotional, and Spiritual

Sunday, September 14, 2025

3:00 p.m. to 5:00 p.m. EDT | 2:00 p.m. to 4:00 p.m. CDT

**Three Speakers followed by Questions, Answers,
and Open Sharing**

Zoom ID and Link:

<https://us02web.zoom.us/j/85389866078?pwd=mXW16rln7podUhIucs99OTJnLfaQC8.1>

Meeting ID: 853 8986 6078

Passcode: 595072



Region 8 Twelfth Step Within Committee



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THE BIG EVENT OA WORKSHOP

HOW CAN WE SHOW UP FOR MAJOR EVENTS—WEDDINGS, BIRTHDAYS, GRADUATIONS—WITHOUT LOSING OURSELVES IN THE FOOD, FEAR, OR FRENZY? LARGE SOCIAL EVENTS CAN STIR UP EMOTIONS, EXPECTATIONS, AND OLD PATTERNS. IN THIS WORKSHOP, WE'LL SHARE EXPERIENCE, STRENGTH, AND HOPE AROUND NAVIGATING THESE MOMENTS WHILE MAINTAINING OUR PROGRAM AND HONORING OUR RECOVERY.

WHETHER YOU'RE PLANNING A BIG EVENT, ATTENDING ONE, OR REFLECTING ON PAST EXPERIENCES, THIS SPACE IS FOR YOU. LET'S TALK ABOUT WHAT COMES UP—BODY IMAGE, FOOD PRESSURE, PEOPLE-PLEASING—AND DISCOVER PRACTICAL, SPIRITUAL, AND CREATIVE WAYS TO CELEBRATE THAT GO BEYOND THE BUFFET TABLE.

SUNDAY, SEPTEMBER 7

1:30-2:30 PM EASTERN TIME

ZOOM: [HTTPS://ZOOM.US/J/7056582426](https://zoom.us/j/7056582426)

CONTACT US FOR THE PASSWORD AT: [INFO@METROWESTOA.ORG](mailto:info@metrowestoa.org), OR, IF YOU'RE ON THE MWI WEBSITE, VISIT THE RED CHAT BUTTON, BOTTOM RIGHT OF YOUR SCREEN.



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**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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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?

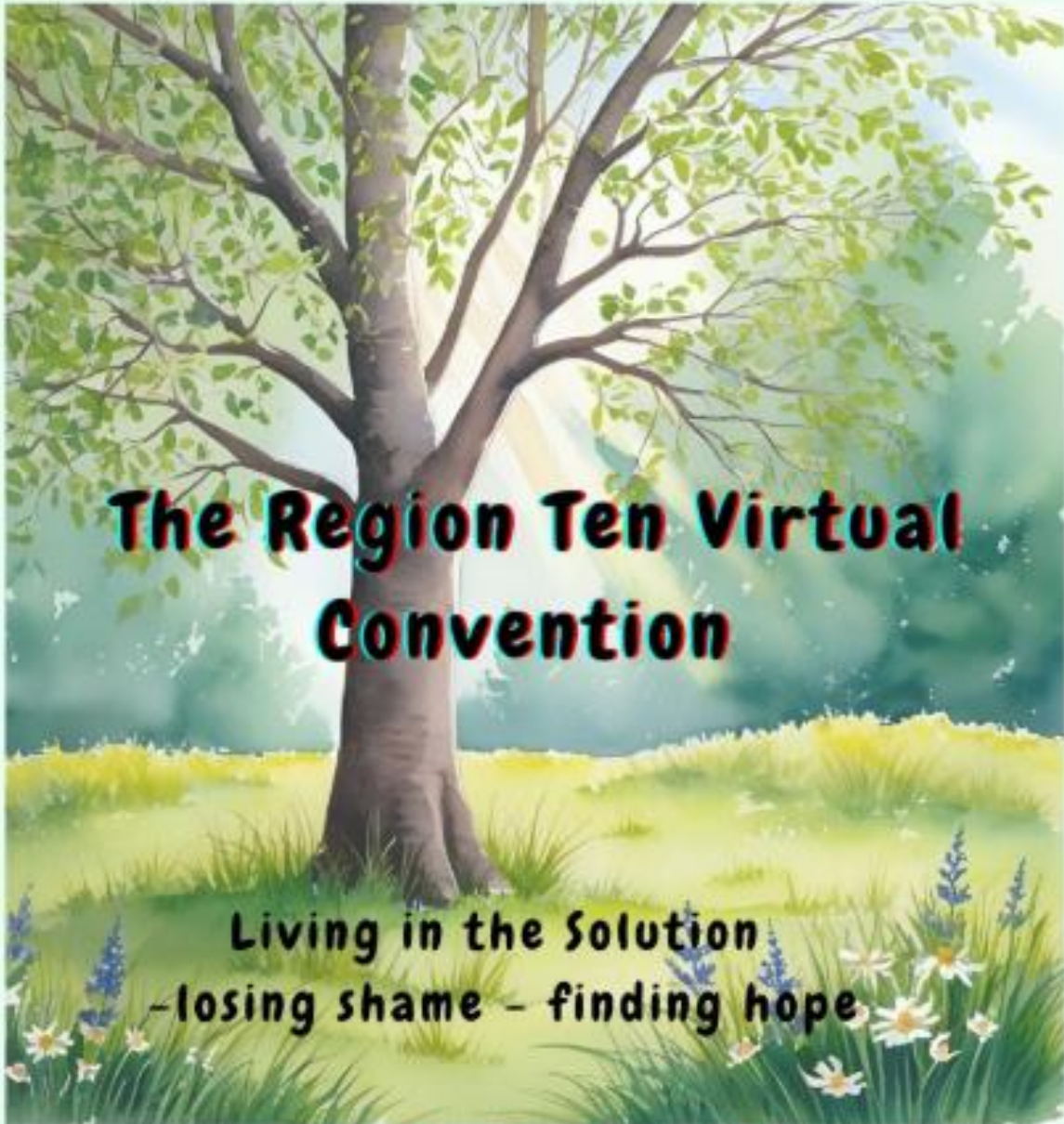
Alice (919) 247-1338 or Melinda (817) 727-3331
registrar@piedmontintergroup.org

 **OVEREATERS
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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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Save The Date!

**OA REGION 8 VIRTUAL
SECOND ASSEMBLY 2025**

OCTOBER 24-26, 2025

**PANEL & DISCUSSION:
TRADITION ONE=UNITY
THE KEY CONNECTION TO RECOVERY**



**OVEREATERS
ANONYMOUS®**

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DONATIONS REPORT 2025		May	June	July	YTD TOTAL
General Fund / no meeting # specified		\$78.59	\$37.38	\$37.38	\$306.71
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 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 Bd	51693			\$200.00	\$400.00
Sat: Super Saturday Lakeview	20025				\$0.00
Sat: Believe in Recovery First, Mandarin	32773	\$28.64	\$178.64	\$28.64	\$350.48
Gainesville Groups					\$0.00
Mon: Big Book Study (Alachua)	51137	\$34.22	\$25.00	\$25.00	\$159.22
Thu: Unity Church(Acceptance)	50421	\$9.22	\$9.22	\$9.22	\$64.54
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			\$35.00	\$47.00
Thu: Fernandina Beach	49101				\$25.00
Thu: Flagler Beach	15171	\$35.00			\$46.00
Sat: St. Augustine Serenity	00235			\$50.00	\$97.58
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			\$340.00	\$508.00
Thur: Brunswick	51988				\$153.00
Sun: Savannah - 5pm	54362				\$9.16
Totals		\$185.67	\$250.24	\$725.24	\$2,536.85
Don to WSO		\$74.27	\$100.10	\$290.10	
Don to SOAR8		\$18.57	\$25.02	\$72.52	

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.



NEW FREEDOM INTERGROUP

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