



**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.

- Spiritual Principle: Service

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

- Spiritual Principle: Spirituality

**Concept 12:** The spiritual foundation for OA service ensures that:

- a. No OA committee or service body shall ever become the seat of perilous wealth or power;
- b. Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
- c. No OA member shall ever be placed in a position of unqualified authority;
- d. All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
- e. No service action shall ever be personally punitive or an incitement to public controversy; and
- f. No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

- Spiritual Principle: Guidelines

- (a) Selflessness
- (b) Realism
- (c) Representation
- (d) Dialogue
- (e) Compassion
- (f) Respect

**Promise 12:** And we have ceased fighting anything or anyone.....That is how we react so long as we keep in fit spiritual condition.

## Truly Empowering

I have been a proud member of OA for more than thirty years; I've had many relapses and also a lot of recovery in this Fellowship. I attend my region assemblies each year, and was thrilled by the opportunity to go to Boston, Massachusetts USA, in September 2016 for my first World Service Convention.

I had booked my hotel room a whole eleven months prior to the event. When I set out to do something, I keep close to my Higher Power and then take the necessary actions. It took me that entire year to save up for Convention, and I paid it off bit by bit. It was truly empowering to be with OA fellows and friends for the entire long weekend. Each moment was special.

I attend a daily telephone meeting (the 6:45 a.m. Sunrise meeting), and it was wonderful to actually meet face-to-face some of the many fellows I've gotten to know, who share so much experience, strength, and hope with me and others. At Convention, I learned a lot about our Traditions, our primary purpose, and how giving service is a cornerstone to my recovery.

I speak Spanish fluently (although I am not a native speaker), and it was a blessing to share during a Spanish meeting. It gave me perspective about how I can continue to carry the message of recovery in many different realms. One of the keynote speakers talked about carrying the message internationally and doing six months of service in her country of origin. She helped with translation of OA materials, led meetings, and now has sponsees. So many people set powerful examples that I want to emulate. My service commitment at the Convention was to sell raffle tickets, and I found other ways to be helpful. I had long, spiritual conversations with members, spoke to people in relapse, and engaged in fellowship activities. One fellow and I took a wonderful tour of Boston and had a lot of fun.

I am very grateful for the organizers of this World Service Convention and all it offered everyone. It was an amazing experience. I took notes on things I wish to remember and share with others—I can't keep it if I don't give it away. I continue to seek learning and growth during this spiritual experience, which I am sharing with all of you! I am so grateful to my Higher Power, the Twelve Steps of recovery, and all of you who remind me I am never alone on this journey.

Together we get better. Together we can do what we could never do alone.

— Rhonda I., NY (Edited from *Lifeline*, February 2017)



## Step 12: Reaching Out at the Fair



**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.

Recently, I had the honor of working the OA booth at a local fair. The fair ran for many days, and it gave several intergroups the chance to reach out and help change the lives of strangers. Another OA member was working the booth with me, and I recall her sharing the following:

“Three years ago, I was wandering around this fair, eating junk, and I saw this booth. I had a friend in program, but I was sure I didn’t need it. Then, the people at the table asked me if I knew of anyone who might have a problem with food. They did not ask me if I had a problem, not ever. Next, they gave me the *Fifteen Questions* flyer and a meeting schedule and suggested that I share it with someone else. It took me a long time to walk

into a meeting. If I had not met them at the fair back then, I would not be here today.”

She and I worked at the booth together for two hours, and it was wonderful to share our experience with all the people we met. It was disappointing that several extremely skinny people and heavy people chose to ignore us. Still, we know that they saw the booth, and the posters were clear in letting people in a hurry know that isolation is not healthy. On our table, flowers bloomed on the right side, and on the left side, one lone flower, surrounded by nothing except rocks, struggled to grow on its own. The invitation to leave isolation behind and join those who understand was highlighted in colors and all done by a loving hand.

Another day, I was lucky enough to meet two members who had been working hard with the young people’s specific-focus meetings. They were very willing to share openly about their hopes and fears about young people ages 18–30 and their addiction to food. The idea came naturally to reach out to parents who were attending the fair. This method of getting people to stop, listen, and share was highly effective. It made it much simpler to allow others to voice their personal fears since, again, the conversation was based on “someone else who might or must have this illness.” Whatever works, works. It had to have been inspired by my Higher Power because I heard the words simply flow, and I had no fears as I opened up to share my experience, strength, and hope.

I also met police officers and several people in the medical profession who were interested in what we had to offer. The professional information was readily available and was passed out accordingly.

This was my first time being able to participate in such an event, and I know it will not be my last. I look forward to next year, and all the years thereafter. What a way to spend the summer.

— Jo (reprinted from *Lifeline*, May 2020)

## Tradition 12:

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

Traditions 11 and 12 combine to **protect OA from publicity seekers and stars**. For me the importance of anonymity is to protect OA from weight loss stars and people who know what *everyone* must do to lose weight. When I came in 35 years ago, we were told there was only one plan of eating: no sugar, no white flour. I had no interest in binging on those substances. My food problems were with cholesterol and crunchy fat laden things. Luckily I knew that the Steps were the answer, not a food plan, so I stayed.

In OA I decided to make healthy choices for myself, which meant my own plan of eating, I tried to find something I could succeed at since I was a grazer. I ate all day. I chose three moderate meals, two moderate snacks, one day at a time, avoiding my binge foods. My idea of moderate was insane, but I gradually moderated what I ate, learning to feel without eating my feelings. I still could not stay abstinent.



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Four years in, I heard at a workshop that “In OA we learn to make healthy choices for ourselves” I suddenly realized I’d spent four years trying to be “good,” and then would be “bad” and eat my binge foods out of rebellion. It changed my life. I began choosing healthy over not so healthy. Best available meant I never have to drop out or give up when I am not perfect. I am a compulsive overeater, so it is likely that if I slip it will be with food, so if I do I tell everyone at my meetings and we laugh about it and I turn back to program immediately as it says in the last paragraph on page 21 in our 12&12, 2nd edition. The suggestions are brilliantly balanced between the three legs of our program, spiritual, emotional, and physical. They also work. Never give up!

Using this system, I have stayed in OA for 35 years. At the retreat this year there were only three people who were here when I started. I felt very sad and hope some of the people I knew have moved away and not dropped out. Perfectionism is incompatible with recovery.

— Patience M.

## Promises: No Longer Defiant

**Promise 12:** And we have ceased fighting anything or anyone.....That is how we react so long as we keep in fit spiritual condition.

Growing up I was always categorized as defiant. I seemed to be in constant opposition with any authority. No one likes to be told what to do, but for me it was even harder. Don’t they know who I am? Don’t they understand that I’m smarter than everyone and rules don’t apply to me?

These character traits, manifested as selfishness, self-centeredness, and ego are unattractive to be sure. And for most folks who possess them, it usually leads to misery and loneliness. But for the real food addict, these shortcomings have the added risk of being fatal.

For me, these were symptoms of a spiritual malady that only a spiritual solution could cure. And, while OA claims no monopoly on recovery, the 12 Steps of OA provided the spiritual solution I needed to overcome my disease. When I’m working the 12 steps, and following God’s will for me, I’m less inclined to fight anything or anyone.

The world has not changed, but I have. If anything, the world has gotten worse. With so much division in the world it requires constant vigilance to keep in fit spiritual condition. Do I fall short? Sure. No one is perfect. We are only human.

The miracle of OA is that we have the 12 steps and each other. We never have to do any of this spiritual work alone. And the reality for me is that I could never recover alone. I have no power of my own to overcome my ego and my narcissism.

As my first sponsor used to remind me: God loves me, but he will let me eat. If we “keep in fit spiritual condition” is a big if. I have to want it. I have to work at it. God only does for me what I cannot do for myself. Faith without works is dead. God will move mountains, but I must bring a shovel.

So, every morning I ask Him for the strength for another abstinent day. At night I thank Him for another abstinent day. And for the hours in between I ask His help to stay in fit spiritual condition. “Simple, but not easy; a price had to be paid. It meant destruction of self-centeredness. I must turn in all things to the Father of Light who presides over us all.”\*

— John K.

\**Alcoholics Anonymous*, pg. 14.

## 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

“Yet we had been seeing another kind of flight, a spiritual liberation from this world, people who rose above their problems.”



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“...deep down in every man, woman, and child, is the fundamental idea of God.” William James, quoted in the *Big Book* (so presumably a favorite of Bill W.’s) ponders in his *Varieties of Religious Experience* whether there are people who lack this fundamental. But he comes around to say, “Even late in life some thaw, some release may take place, some bolt be shot back in the barrenest breast, and the man’s hard heart may soften and break into religious feeling.” Or, in my words, the possibility of a spiritual experience.

“...if you wish, you can join us on the Broad Highway. With this attitude you cannot fail. The consciousness of your belief is sure to come to you.” You “cannot fail,” but it’s conditional on one’s attitude.

“Even so has God restored us all to our right minds. To this man, the revelation was sudden. Some of us grow into it more slowly. But He has come to all who have honestly sought Him.” This was apparently not a sufficient promise, so the selection *Spiritual Experience* was added at the end of the *Big Book*.

“When we drew near to Him He disclosed Himself to us!” While trudging the road...

— Mark W.

## **I Cannot *Not* do Step Eleven**

Over the past five years of being in the Overeaters Anonymous Twelve-Step Program I have come to firmly believe that I cannot NOT do Step 11. Before OA I was a believer in God and a faithful servant in my denomination and local church, but OA gave me the tools to improve my conscious contact with God.

To go through The Twelve Steps of Overeaters Anonymous I had to complete Step Eleven every day. Step Eleven requires that I daily pray and meditate on my daily life experiences to improve my conscious contact with God. This daily prayer and meditation leads me to seek God’s will in all things, and removes my belief that I have the power to change everyone (parents, my spouse, my children, siblings, co-workers, etc.) around me. Prior to OA and going through Step 11 daily, I used addictive behaviors when life issues negatively impacted me. An example of this addictive behavior included stress eating when I was overwhelmed at work. I would go to the vending machine and buy as many sugary snacks as I had the money to purchase, and begin eating them as I walked back to my classroom, believing that eating them would help me finish my overwhelming workload. I did the same at night when I had to stay up late working on the endless school work I needed to complete before I could go to bed. I would go to the kitchen pantry and consume as many sugary foods as I could find, believing that eating them would get me through the late-night hours; I was angry that I had so much work to do. I did this behavior daily because my workload was endless (and it still is).

The difference now is that I make time to do Step 11 daily. I make time to pray and meditate daily, turning my will and my way over to God. I heard an OA fellow once say that the first thing he did each morning (other than using the restroom) was his “Upon Awakening.” I cannot *not* do my “Upon Awakening” each morning. I must seek God’s will for my life and knowledge of how to carry out His will daily. By seeking God’s will I am no longer trying to run the show. Prior to Overeaters Anonymous, my trying to run the show was killing me physically and emotionally.

One of the wonderful things about OA is the numerous opportunities to work with accountability partners to help us on this journey. There are GroupMe apps, OA sponsors, Eleven Step Train groups, WhatsApp groups, My OA ToolKit and numerous other ways to be matched with fellows with whom you can share your daily 11th Step. Personally, I like knowing who I will be sharing my 11th step with over a two-week period. I also love meeting OA fellows from around the country and the world through these various OA groups. I am amazed that often the person I am speaking with has had similar life experiences, and their feedback is exactly what I need to hear to get me to focus on God’s will for my life. These OA 11th Step groups provide a script to guide you as you share your 11th step with the other fellow. If you believe that you do not have time to do the 11th Step daily, I strongly encourage you to make the time. Test the different tools that are available to help you get started with doing a daily 11th Step.

— A Region 8 Member (from Tina S., Region 8 TSW Committee Chair’s monthly email, edited by Mark W.)



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# Highlights of the November 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 November 9. 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, December 14 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:

- **NOMINATIONS ARE OPEN:**  
Elected positions:
  - Vice Chair
  - Secretary
  - DelegateAppointed positions:
  - Parliamentarian
  - Newsletter Chair
  - Twelfth Step Within Chair
  - Ways and Means Chair
  - Young Persons subcommittee Chair
  - Sponsorship Coordinator
- 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.
- 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](mailto: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.
- Our *Big Book* retreat at Marywood was a wonderful event. The committee will be meeting at least one more time to review feedback, prepare final reports, and discuss how to handle distribution of the official recordings. Stay tuned for more information!

It's time to prepare our annual budget. A one-time deficit budget was proposed, but rejected, so the subcommittee will be meeting again to create a new draft for review in December.

# 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  
**VACANT—Consider doing service**

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[vicechairnfi@gmail.com](mailto:vicechairnfi@gmail.com)  
[nfitreasury@gmail.com](mailto:nfitreasury@gmail.com)  
[oanfig@gmail.com](mailto:oanfig@gmail.com)  
[delegatenfi@gmail.com](mailto:delegatenfi@gmail.com)  
[innervoicenfi@gmail.com](mailto:innervoicenfi@gmail.com)  
[piponfig@gmail.com](mailto:piponfig@gmail.com)  
[youngpeoplenfi@gmail.com](mailto:youngpeoplenfi@gmail.com)  
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# The Tool Die

**What tool am I going to focus on today? Ask your Tool Die.**

**\$10 Each**



**Want to order the Tool Die?**

**Available on SOAR8 Website**

**[Oaregion8.org](http://Oaregion8.org)**

**(under Ways & Means Committee)**

**Or**

**[Ways&meanschair@oaregion8.org](mailto:Ways&meanschair@oaregion8.org)**

**Georgette P. , Chair**



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## Not the Easier, Softer Way for Me

For the last six months, my life partner has been using one of the new weight loss medications. This treatment was suggested and approved by her physician. My partner self-administers the prescribed dosage once each month. The results have been dramatic. She has released 30+ pounds and has significantly reduced her food intake. She is getting rid of clothes that no longer fit her and replacing them with smaller sizes. She is ebullient.

*Initially I was very happy for her.* I had previously been concerned for her health and her overall mood. However, I have lately found myself a little envious of her results. I also find myself triggered by the apparent effectiveness of the treatment on appetite suppression.

I am sure that my feelings are related to a recent food plan change. I found myself gaining weight as I turned 70. After consultation with my sponsor, I reduced my carbohydrate intake by 50%.

Just for today, however, I know that my partner's type of therapy is not for me. My HP continues to lead me on the path of OA recovery. In prayer and meditation recently, I was reminded that my disease is not just about weight and body size. **I cannot recover alone by any method I have ever attempted through self-will.** I have a malady that can only be overcome by the spiritual, emotional, and physical healing provided by the Twelve Steps. I also need the loving, supportive fellowship I find in OA.

Today I know that all I need to do is to trust HP, work my program, and give back a measure of what was so lovingly given to me.

— NM



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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](http://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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## Events from All Over

# SAN DIEGO OVEREATERS ANONYMOUS PRESENTS ABSTINENCE IN...

Join us to learn how to protect and preserve your abstinence  
whatever the season, holiday or any occasion. Learn to  
live being neutral with the past and using  
forgiveness as a tool. Share your  
successful strategies for  
self-care and success.

## THE REAL WORLD WORKSHOP

**DECEMBER 1ST**

**1:00-3:00 PM PST**

**ZOOM ID #:**

**860 9953 4759**

**PASSCODE: 823618**

All are welcome. No registration necessary. The Seventh Tradition  
will be observed. You may donate at [oasandiego.org/seventhtrad](https://oasandiego.org/seventhtrad)

Questions? Contact [Workshops@oasandiego.org](mailto:Workshops@oasandiego.org)



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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](mailto: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

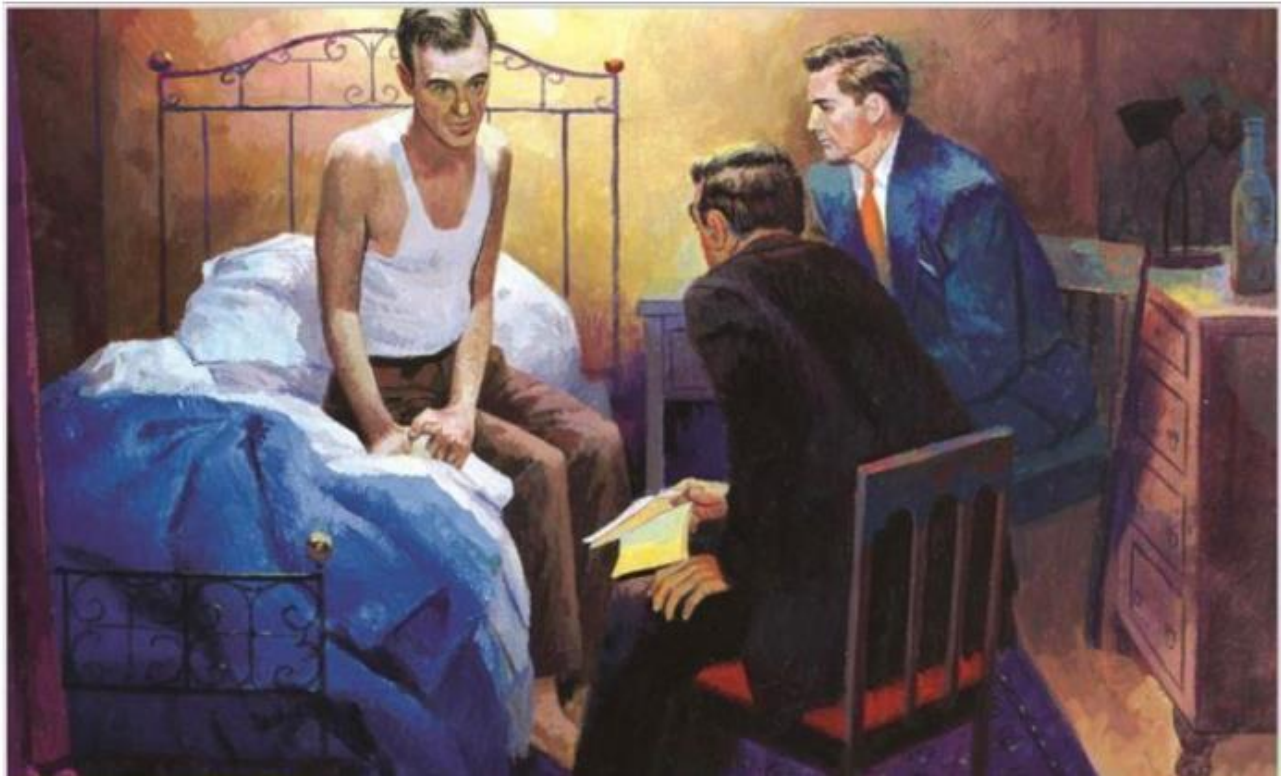
Always to extend the hand and heart of OA to all  
who share my compulsion; for this I am responsible.



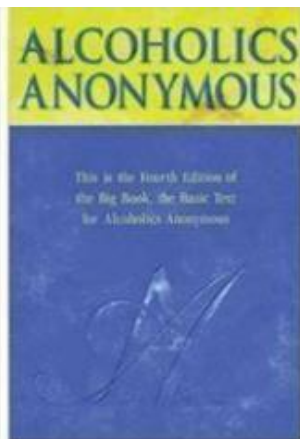
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*Using scripts based on the beginners meetings  
in the 1940s: a focused introduction to the 12  
step program in 4 weekly sessions.*



**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](mailto:innervoicenfi@gmail.com).



**NEW FREEDOM INTERGROUP**

PO Box 31072 • Savannah, GA 31410 • Email: [oanfig@gmail.com](mailto:oanfig@gmail.com) • Website: [www.oanfig.org](http://www.oanfig.org)



DONATIONS REPORT 2024		Aug	Sept	Oct	YTD TOTAL
General Fund / no meeting # specified		\$416.68	\$225.27	\$23.30	\$1,678.65
Jacksonville Groups	Grp#				
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	\$49.08	\$48.55	\$14.08	\$459.81
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	\$486.40
Gainesville Groups					\$0.00
Mon: Big Book Study (Alachua)	51137	\$25.00	\$28.64	\$53.64	\$328.92
Thu: Unity Church(Acceptance)	50421	\$9.22	\$9.22	\$9.22	\$225.20
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			\$12.00	\$133.00
Mon.	32609				\$25.00
Wed: Palm Coast - 10am	56604	\$12.00		\$11.00	\$108.00
Thu: Fernandina Beach	49101	\$12.00			\$37.00
Thu: Flagler Beach	15171	\$11.00		\$12.00	\$194.58
Sat: St. Augustine Serenity	00235	\$62.14	\$23.79	\$23.79	\$353.67
Sun: Palm Coast/Flagler Beach	56072				\$117.22
Southern Georgia Groups					\$0.00
Tue: Jesup	54175				\$50.00
Wed: Douglas, GA	57445				\$0.00
Wed: Savannah - 5:30 pm	50301			\$170.27	\$170.27
Thur: Brunswick	51988				\$0.00
Sun: Savannah - 5pm	54362				\$110.92
Totals		\$1,045.76	\$364.11	\$357.94	\$5,748.64
Don to WSO		\$313.73	\$109.23	\$107.38	
Don to SOAR8		\$104.58	\$36.41	\$35.79	

## Where are your donations going?

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