

Inner Voice

Newsletter of New Freedom Intergroup of OA

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition 3: The only requirement for OA membership is a desire to stop eating compulsively.

Being Self-supporting Through Service

Seventh Tradition contributions are necessary, but we also need your SERVICE. At the very least, please, all meetings (especially where NFI is paying for your ZOOM account) should try to send someone as an intergroup representative to the NFI business meeting on the second Saturday of the month.

As it says in the *Twelve Steps and Twelve Traditions of Overeaters Anonymous* (2nd ed., pp. 134-135):

“The Seventh tradition doesn’t apply simply to financial support, however. Intergroups or service boards are made up of representatives from the groups that come together to undertake activities that will carry OA’s message of recovery to those who still suffer. To be fully self-supporting, groups and individual must take on their share of this important service work. Financial contributions may pay for a phone line or website, but somebody in OA needs to return the calls and maintain the site. Money may be needed to provide newsletters, but first, OA members have to write, edit, and design them. **Groups need to send representatives to their intergroup or service board meetings to participate in the decision making, as well as to bring back information and materials to their meetings.** Individuals must volunteer to help if the service body is to host conventions or other events. **Our intergroups and service boards need chairs, secretaries, treasurers, region representatives and World Service Business Conference delegates.** Meetings are fully self-supporting only when they contribute their share of the work that goes into carrying OA’s message areawide, regionwide, and worldwide. We, as individuals, are fully self-supporting only when we do what we can, when we can, giving back some of the help we have been given in OA.” (Emphasis added.)



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 February 8. 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, March 8 from 10:00 am to 11:30 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350).

Highlights of what was covered at the February business meeting:



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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.
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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.
 - Twelfth Step Within Chair – Focuses on membership retention and outreach to existing members and assists with special events and workshops.
 - 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 Persons subcommittee Chair – As part of the Professional Information/Public Outreach committee, the Young People's subcommittee works to increase awareness of OA among the young people in our area, and welcomes young people 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.
 - 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.
- Reviewed the questionnaire for the World Service Business Conference motions (<https://media.oa.org/app/uploads/2025/01/03103622/questionnaire-summary-wsbc-2025.pdf>) and discussed if we agreed that these items should be discussed at the upcoming conference by the delegates.
 - Note: A vote in favor of discussing a motion does not mean we are necessarily in favor of the motion being passed, simply that we agree it should be discussed.
 - While we did not have an official quorum this month, we did discuss the items and the feedback was unanimously in favor of the proposed motions being discussed.

Step 3: When Higher Power Works the Drive Thru

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

How I have learned to watch what I ask for! Because that's what I'll get!

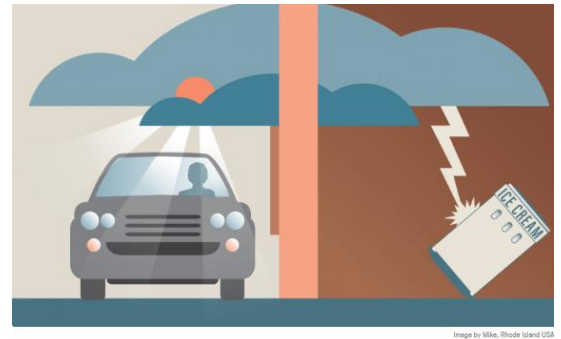
How many times had my sponsor said: "Ask God for help in the morning. Ask for help before each meal." Okay, I can do that much. After several years of my sugar-free food plan, everyone started to get on my very last nerve—I was having a fit! The thoughts came, and I heard them so clearly:



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*This is too hard!
 I can start again tomorrow.
 I need ice cream.
 I want ice cream!
 Ice cream would make me forget.
 Ice cream would give back that lost sense of ease and comfort.
 Why should I have to do without it?
 This business of making two program calls, reading OA literature,
 going to meetings, and listening to sponsor's platitudes is all too
 much!
 I just don't care.*



And with that I was off to the fast-food restaurant for a ninety-nine-cent ice cream cone. I began salivating while there were still three cars ahead of me in the drive-thru line. I became agitated at the time it was taking. I could taste it already. Finally, it was my turn to order, and I quickly got the words out of my mouth: "I want an ice cream cone."

The server politely said, "I'm so sorry. Our ice cream machine has been out all day. We cannot serve you ice cream. Would you like anything else?"

I knew God was laughing out loud.

For years, I justified fried onion rings as a vegetable in my food plan. I also rationalized that I didn't have to order them, I could just eat one or two of my son's order. Then a stroke of brilliance occurred, and I heard it so clearly:

Check the ingredients!

I did an online search for the ingredients in the batter of another fast-food company's onion rings, and I discovered that it included their vanilla ice cream mix. Of course, I loved onion rings, but now I knew better. I had the knowledge, and I knew the facts.

But the facts didn't stop me. When my spouse did not get the lawn mown in time to suit me, I left to get onion rings. Then, while waiting in line to order, a thought came, and I heard it so clearly:

Woman, if you persist in this behavior all the nice people before and after you will not get to eat anything fried because the "fryolators" will break down. Do you want to be the cause of these repercussions?

I laughed out loud and pulled out of line.

—Judith, Oklahoma USA

More on Step 2 from our Region

My journey finding a power greater than myself started with the acknowledgement that I was powerless. This disease had beaten me down and I didn't know what to do. I didn't just have an eating problem; I had a living one. I was twelve-stepped into the rooms over 30 years ago. Initially, my Higher Power was the Fellowship. The people in the rooms had not only shown me love and acceptance but had found a way to put down the food and live life abstinently. I wanted what they had.

I believed in the existence of a Higher Power, but not one who cared about all aspects of my life. Early in my recovery, I was faced with a crisis. Someone in the Fellowship asked me, "Have you prayed?" I had not. They suggested that I pray about the problem and have faith that my Higher Power would guide me towards acceptance and resolution. So, I prayed. Although that situation produced great fear, I did not eat over it, and eventually, it was resolved. That was my turning point. Since then, little by little, I have turned over all aspects of my life to my Higher Power.

When I surrender my will, my Higher Power never lets me down. I have come to believe that my Higher Power can do for me, what I cannot do for myself, leaving me with less struggle and more peace of mind.

—Anonymous



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Tradition 3: Unity with Diversity Checklist

Tradition 3: The only requirement for OA membership is a desire to stop eating compulsively.

The following checklist for OA groups and service bodies is offered in the spirit of Overeaters Anonymous' **Third Tradition** and the OA *Unity with Diversity Policy statement*. This checklist is not meant to be exhaustive, nor can it be. As we continue to grow, so does our understanding of diversity. These questions are only a starting point for reflection and discussion. We hope that newcomers who are used to "closed doors" can find not only a welcome in OA, but also a home if they wish. As OA's Responsibility Pledge states: "Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible."

1. In what ways do we welcome all who share our compulsion, regardless of race, ethnicity, language, culture, religion, gender identity, sexual orientation, or any other attribute?
2. What measures do we take to provide meeting access to OA members who have challenges such as mental or physical disabilities or illnesses, or those who have allergies? What about those who have small children or those who rely on public transportation?
3. How do we welcome members such as anorexics, bulimics, or those who have had weight-loss procedures? Do we welcome OA members in relapse as authentically as we welcome newcomers or any other members?
4. Does our group meeting format use the Unity with Diversity statement included in OA's current *Suggested Meeting Format*?
5. Do we avoid suggesting that all OA members have the same issues with food, such as an addiction to specific foods, a need to weigh and measure, and so on?
6. How do we communicate to newcomers—and reinforce to all members—that Higher Power means a God of our individual understanding and is not specific to any particular religion, faith, or concept?
7. Do we respect each member's way of practicing the OA Twelve Steps and Twelve Traditions in a manner best suited to their own needs?
8. Do we emphasize all three aspects of recovery (spiritual, emotional, and physical) equally, or do we focus only on one or two?
9. Does our OA literature table stock items that highlight our common solution through diversity, such as:
 - A Common Solution: Diversity and Recovery
 - Black OA Members Share Their Experience, Strength, and Hope
 - Focus on Anorexia and Bulimia Packet
 - Many Symptoms, One Solution
 - OA Members Come in All Sizes
 - To the Young Person
 - To the Man Who Wants to Stop Compulsive Overeating, Welcome
 - Welcome Back, We Care! Packet
10. How do we reflect diversity when we conduct business meetings, elect trusted servants, or choose speakers and workshop leaders?
11. In what ways do we carry the OA message to groups who are currently underrepresented in the rooms? Speakers? Workshops? Specific-focus meetings? Other methods of attraction?
12. Having completed this checklist, what other areas can we examine in order to better "extend the hand and heart of OA" to all who share our compulsion?

For guidelines on how to hold a Group Conscience Meeting, see [Guidelines for a Group Conscience Meeting](#). More information is also available in the [OA Handbook for Members, Groups, and Service Bodies](#).

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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
VACANT—Consider doing service
Augusta L. 912.508.4777
Lucy B. 786-351-0472
VACANT—Consider doing service
VACANT—Consider doing service
Nancy K. 516.286.1888
VACANT—Consider doing service
VACANT—Consider doing service
Hailey 404.797.5586
Brian B. 904.616.0608
VACANT—Consider doing service

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vicechairnfi@gmail.com
nfitreasury@gmail.com
oanfig@gmail.com
delegatenfi@gmail.com
innervoicenfi@gmail.com
piponfig@gmail.com
youngpeoplenfi@gmail.com
ghabanero56@yahoo.com
sponsor.nfig@gmail.com
websitenfi@gmail.com
wandmnfi@gmail.com

Non-Readers Among Us



Even in developed countries, as many as 20 percent of adults may not be literate enough to easily complete a job application. As OA members, we can be more sensitive and helpful to the non-readers among us. Here are some the things we can all do:

- Be sensitive to the possibility that others cannot read. Adult non-readers walk among us, and unless we are professionally trained in adult literacy, we don't usually watch for the signs to recognize the problem.
- If someone in a meeting would prefer not to read out loud, don't make a big deal (or even a little deal) out of it. Simply call on someone else to read.
- If your sponsee is reluctant to write, make it easier. Many of those who cannot read are much more comfortable with sound than with vision, and you can help your sponsee use his or her voice instead of pencil and paper. For example, you could read aloud a question out of a workbook and have your sponsee say the response to you. You might even transcribe the response and show it to your sponsee.
- Don't come right out and ask someone if he or she can read. If the information is offered, accept it without judgment and reassure the individual that recovery is still possible.

In the future, we'll have more OA literature available as audiobooks. In the meantime, we can all do things to help each other to find abstinence and recovery.

— Reprinted from *lifeline.oa.org*

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.



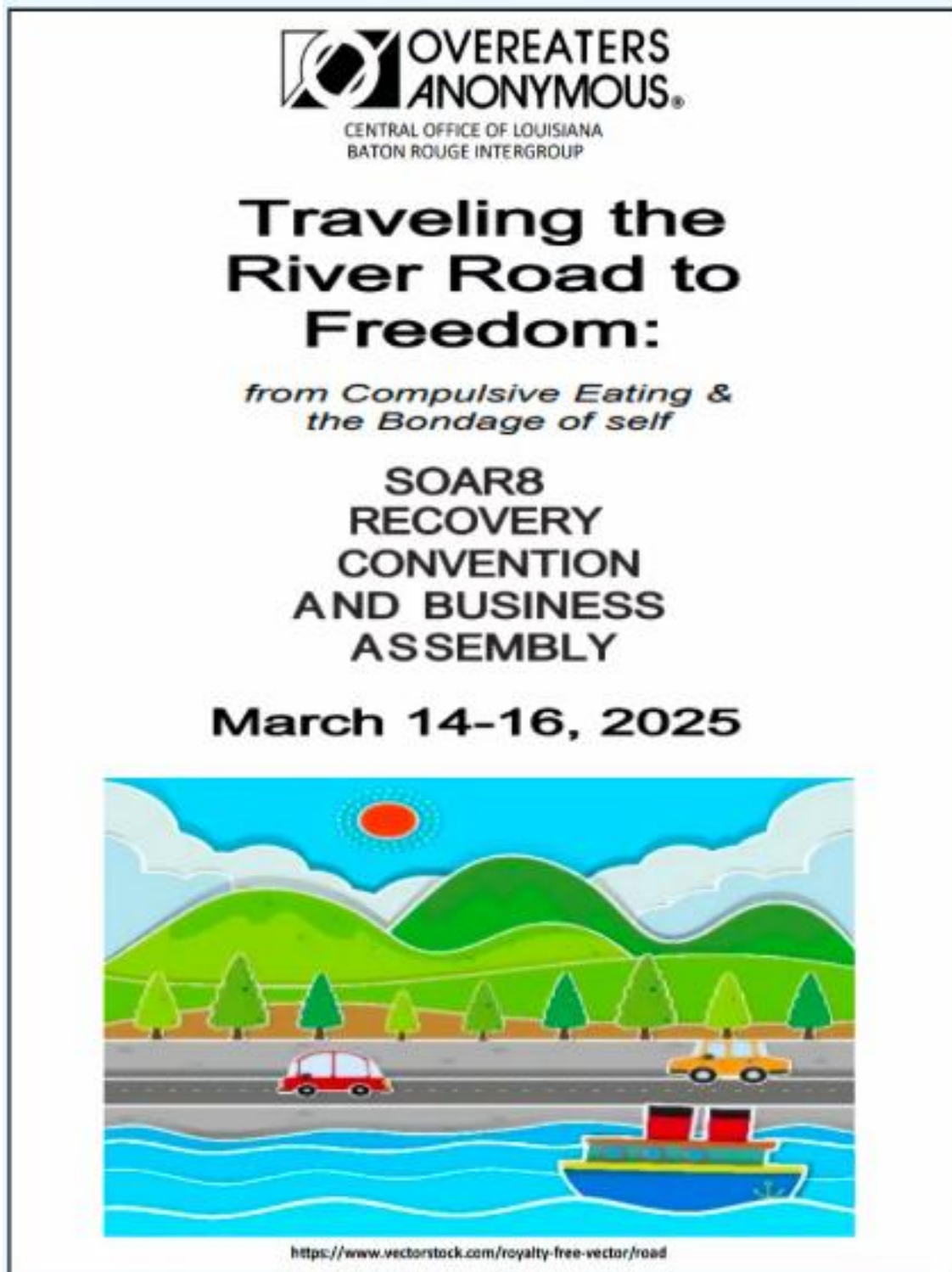
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Events from All Over

Full registration form:

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



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ROADMAP TO RECOVERY

THERE IS A SOLUTION

OA VIRTUAL REGION 2025 CONVENTION

February 28, March 1, and March 2

REGISTER NOW

<https://oavirtualregion.org/registration2025/>

Over 80 Sessions:

- ~Keynote Speakers
- ~Step Meetings
- ~Workshops
- ~Newcomer Meetings
- ~Traditions, Principles, and Concepts
- ~Interpretation in Many Languages Worldwide
- ~Entertainment / Fellowship



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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.
- Socializing and a chance to meet your virtual friends, in person.
- A real-life hug!
- Banquet and dance Saturday night!
- OA recovery will be rocking in Orlando.

*Welcome to Overeaters Anonymous.
Welcome home!*



Save the Date!
August 21-23,
2025



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



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DONATIONS REPORT 2025		Jan	Feb	Mar	YTD TOTAL
General Fund / no meeting # specified		\$55.30			\$55.30
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	\$14.08			\$14.08
Wed: JAX Beach-Wisdom at the Beach	54507				\$0.00
Thur: Jacksonville 9am - Our redeemer	57370				\$0.00
Thur: Newcomer, Lakeview Health	47756				\$0.00
Fri: Orange Park - 10am	03654				\$0.00
Sat: Saturday Steppers-Ponte Vedra Bc	51693				\$0.00
Sat: Super Saturday Lakeview	20025				\$0.00
Sat: Believe in Recovery First, Mandar	32773	\$28.64			\$28.64
Gainesville Groups					\$0.00
Mon: Big Book Study (Alachua)	51137	\$25.00			\$25.00
Thu: Unity Church(Acceptance)	50421	\$9.22			\$9.22
Wed: Gainesville Unity Church	57568				\$0.00
Sat: 9:30 AM Welcome Home	48324				\$0.00
Other Florida Groups					\$0.00
Mon: Palm Coast-St Mark by the Sea	38320				\$0.00
Mon.	32609				\$0.00
Wed: Palm Coast - 10am	56604				\$0.00
Thu: Fernandina Beach	49101	\$25.00			\$25.00
Thu: Flagler Beach	15171				\$0.00
Sat: St. Augustine Serenity	00235	\$23.79			\$23.79
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				\$0.00
Thur: Brunswick	51988	\$153.00			\$153.00
Sun: Savannah - 5pm	54362				\$0.00
Totals		\$334.03			\$334.03
Don to WSO		\$100.21	\$0.00	\$0.00	
Don to SOAR8		\$33.40	\$0.00	\$0.00	

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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