

# INNER VOICE

Newsletter of New Freedom Intergroup of OA

# AUGUST 2019

**Step 8:** Made a list of all people we had harmed, and became willing to make amends to them all.  
Spiritual Principle: **Self-discipline**



**Tradition 8:** Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.  
Spiritual Principle: **Fellowship**

**Promise 8:** If we are painstaking about this phase of our development, we will be amazed before we are halfway through. . . . **Self-seeking will slip away.**

**Concept 8:** The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office. Spiritual Principle: **Delegation**



## Thoughts from the Chair –SERVICE

The Intergroup needs more representatives from each of the meetings – **you** can provide this service. Each meeting (group) may send TWO representatives for voting purposes, and any additional people who wish to join in the proceedings of the IG.

Why should you do service? In Dr. Bob’s Nightmare (Alcoholics Anonymous, 4th ed., pp. 171– 181), Dr. Bob states four reasons for passing on what he has learned to others who badly want recovery. Among them is a sense of duty: “I am paying my debt to the man who took time to pass it on to me” (p.181). You also may have heard “Service is slimming” and “Service is its own reward.” All true. Please consider stepping up your service from the group to intergroup level. The IG also needs a new editor for this newsletter, a Chair for the Public Information /Professional Outreach Committee, and a person willing to maintain the web site. Contact me! Barb



Chair	Barbara C.
Vice Chair	Georgette P.
Treasurer	Nancy K.
Secretary	Augusta L.
Delegate	Cora W.
Newsletter/Meeting List	<b>VACANT</b>
Public Info/Prof Outreach	<b>VACANT</b>
12 <sup>th</sup> Step Within	Carly B.
Young Persons	Wendy I.
Website	Lori L.
We Care List	Jack W.
Ways and Means	Amy
Florida State Convention	Barbara C.
2019 “Big Book” Convention	Marie B.
	Cora W.
2019 Marywood Retreat	Carly B.
	Georgette P.

## NFI Fall Workshop – “The Promises”

Date: Saturday, OCT 19<sup>th</sup>  
 Time: 9:30 AM - 12:00 PM  
 Location: Lakeview Health  
 1900 Corporate Square Blvd  
 Jacksonville, FL 32216

\$5.00 suggested donation

Contact: Wendy I. 904-710-5555  
[wrirwin32246@gmail.com](mailto:wrirwin32246@gmail.com)



DONATIONS REPORT 2019	Group #	July	YTD TOTAL
<b>Jacksonville Groups</b>			
Mon: Serenity By the Sea Beaches	47664		\$
Mon: Shepherd of the Woods Church	00774	\$ 50.00	\$ 100.00
Mon: Orange Park Newcomers 7pm	52038		\$
Tue: Orange Park-10am Presb Church	03654	\$ 40.00	\$ 310.00
Tue: Lakewood United Meth Church	36763		\$ 290.00
Wed: Step Study Mandarin	51223		\$ 175.00
Wed: JAX Beach-Wisdom at the Beaches	54507		\$
Thur: Newcomer, Lakeview Health	47756		\$ 25.00
Fri: Orange Park - 10am	49119	\$ 30.00	\$ 306.50
Sat: Saturday Steppers-Ponte Vedra Bch	51693	\$ 150.00	\$ 500.00
Sat: Super Saturday Lakeview	20025		\$ 55.00
Sat: Believe in Recovery First, Mandarin	32773		\$ 291.86
Sat: Serenity Saturday OP NFI			\$ 41.00
<b>Gainesville Groups</b>			
Mon: Big Book Study (Alachua)	51137	\$ 300.00	\$ 300.00
Thu: Unity Church(Acceptance)	50421	\$ 150.00	\$ 150.00
Sat: 9:30 AM Welcome Home	48324		\$ 250.00
Sun: United Church of Gainesville	52879		\$ 25.00
<b>Other Florida Groups</b>			
Mon: Lifesaver - Palatka	38464		\$ 60.00
Mon: Palm Coast-St Mark by the Sea	38320	\$ 76.00	\$ 176.00
Wed: Palm Coast - 5:45pm	56604	\$ 30.00	\$ 120.00
Thu: Fernandina Beach	49101		\$ 40.00
Thu: Flagler Beach	15171	\$ 60.00	\$ 350.00
Sat: St. Augustine Serenity	00235	\$ 82.10	\$ 675.44
Sun: Palm Coast/Flagler Beach	56072		\$ 54.00
<b>Southern Georgia Groups</b>			
Tue: Jesup	54175	\$ 25.00	\$ 375.00
Tue: 7pm St Simons by The Sea	38311		\$
Thur: Brunswick	51988	\$ 16.00	\$ 103.00
Sun: Cumming - 7pm	48278		\$ 19.51
Savannah	50301		\$ 41.00
<b>Totals</b>		<b>\$1,009.10</b>	<b>\$ 4,833.31</b>

**“Big Book” Convention**  
**AUG 23-25, 2019**  
**Jekyll Island - Walk-ins**  
**welcome. Baskets gladly**  
**accepted.**



**SAVE THE DATE**  
**DEC 13-15, 2019**  
**MARYWOOD RETREAT**  
**“Surrender”**

Service positions available: Speaker  
 coordinator, Baskets, Entertainment

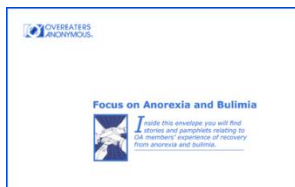
## What's new from the World Service Office of OA?

1. **Get inspired for Sponsorship Day** (August 17–18) and read in detail how other members work their program in the August issue of *Lifeline*. Sponsorship is so important to recovery that one member wrote, “**Never let anyone leave a meeting without a sponsor**” and another said, “I am completely honest with my sponsor, without fear of judgement, in a way that I can be with few other people.” Don't miss this great issue about “Sponsorship Day” and “It's All in the Footwork.”



2. **UPDATED: Focus on Anorexia and Bulimia Packet**

Our literature grows as OA grows, and one of the latest pieces to be refreshed is the [\*Focus on Anorexia and Bulimia\* packet \(#725\)](#). The packet now features **new stories selected from the pages of *Lifeline* magazine**, and includes the pamphlets *OA Members Come in All Sizes* (#110) and *Many Symptoms, One Solution* (#106). Buy it for yourself or restock your literature table with the new packet and **give hope to newcomers seeking a solution**.



3. **Writers, Start Your Pencils! *Lifeline* 2020 Topics Are Here**

Has anyone ever suggested you **send your story to *Lifeline***? Now is your chance! *Lifeline* topics for 2020 are available as a [PDF flyer](#), and you can also find them on the [Share Your Story page](#) on oa.org. **Give service to thousands of *Lifeline* readers** and care for your own recovery through the Tool of writing. Share the topics with your group and send your story to [info@oa.org](mailto:info@oa.org) with subject “Lifeline.”



4. **DEFINITIONS and Meeting Formats:** Last month we reported that new (4/2019) suggested meeting formats are available for download. However, the new definitions for abstinence and recovery are not in them. Feel free to add the following to your meeting's format: “STATEMENT ON ABSTINENCE AND RECOVERY: Abstinence is the act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Recovery is the removal of the need to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program. (Business Conference Policy Manual, 1988b [amended 2019].”

You may also want to include this new paragraph in the closing: “There are many different types of meetings, all of which are available to support your recovery from compulsive eating. We welcome you to this meeting whenever you would care to attend. There are other face-to-face meetings and virtual (phone and technology-based) meetings that you may find helpful. Information about these meetings can be found on oa.org.”

5. **GROUPS:** Please check your meeting information on the OA website and compare it to our meeting list. Make the required changes on the WSO website, and send all corrections to [innervoicenti@gmail.com](mailto:innervoicenti@gmail.com).

# WORLD RECOVERY CONVENTION 2020 -- SERVICE OPPORTUNITIES

**Theme: Sunshine of  
the Spirit: 60 Years  
Around the Sun!**

**Dates: August 20-22,  
2020**

Renaissance Orlando at  
Sea World ®  
6677 Sea Harbor Drive  
Orlando, FL 32821 USA  
Phone: 407-351-5555

**Hotel Reservations**  
Reservations will open  
January 2020.



The New Freedom Intergroup will be responsible for DECORATIONS and ENTERTAINMENT. These will include, but are not limited to:

- 1) Centerpieces for Saturday banquet;
- 2) Costumes for volunteers or any skits;
- 3) DJ for Saturday banquet; and
- 4) Decorations for the dance.

We will need a BUDGET and a brain-storming session. Please start thinking about what we can make as centerpieces and decorations. The theme and logo are displayed to the left. If you know of a DJ in Orlando, please send me contact information.

I propose that we hold a brain-storming session with everyone attending the Marywood Retreat. That will get us started. NFI is the committee, so we will need people to assist.

#### Sample Budget:

##### **Banquet**

- Banquet centerpieces = \$400

##### **Decorations and Costumes**

- Red carpet, stars in lobby area = \$400

- Banners = \$250

- Dance decorations = \$250

- Volunteer costumes = \$350

##### **Entertainment**

- DJ/music for Saturday banquet = \$1,000

- MP3 music = \$20

- Props = \$350



#### NFI FUTURE EVENTS (Clip and save)

- AUG 10 NFI Meeting O.P.
- AUG 17 Sponsorship Day
- AUG 23-25 "Big Book" Convention, Jekyll Island, GA
- SEP 14 NFI Meeting O.P.
- OCT 12 NFI Meeting O.P.
- OCT 11-13 SOAR 8, Memphis, TN
- OCT 19 Promises Workshop, JAX
- NOV 9 NFI Meeting O.P.
- NOV IDEA Day
- DEC 12 Twelfth Step Within Day
- DEC 13-15 Marywood Retreat "Surrender"
- JAN 11 NFI Meeting O.P.

Articles printed in this newsletter reflect the opinion of each individual OA member and do not represent OA as a whole. The deadline to submit articles is the 20<sup>th</sup> of the month before the Intergroup meeting. Intergroup meets on the 2<sup>nd</sup> Saturday of each month. Articles may be edited. When submitting articles, please include your name and phone number and whether or not you would like your name printed. *Please e-mail articles and/or comments to the Newsletter Chair at [innervoicenti@gmail.com](mailto:innervoicenti@gmail.com).* This newsletter may be reproduced and enjoyed by other 12-steppers without written permission.