

# INNER VOICE

New Freedom Intergroup's Monthly Newsletter



## A MESSAGE FROM THE NFI CHAIR

Step 4: Made a searching and fearless moral inventory of ourselves.

Spiritual principle - COURAGE

Spring is all about transformation: from a tiny seed to a large plant. Step Four "continues the transformation process that began with our admission of powerlessness in Step One, a process of increasing self-awareness and honesty that will gradually free us from the bondage to self. Our past problems have been controlling our actions and feelings for years, often in ways of which we are not aware. As we face these problems, they lose their power to overwhelm and control us. We no longer have the need to protect ourselves from uncomfortable feelings by eating compulsively or using other destructive food behaviors." (OA 12 & 12, 2nd ed., p. 26)

When I decided to enter into and accept the program offered by OA, I was showing courage, even if I may not have recognized it. Courage is defined as mental or moral strength to venture (to offer at the risk of rebuff, rejection, or censure), persevere, and withstand danger, fear, or difficulty (Merriam-Webster). I was embarking on a new way of life, living by the principles of this program and working the Steps, and possibly not being understood or even rejected by those closest to me. Each day that begins with the Serenity, 3rd and 7th Step Prayers, I persevere in facing my difficulties and my compulsion to overeat.

In Step 4, we get to write down all the problems we can remember from the past. I found it almost fun to list all my resentments -- the times someone crossed me or caused me pain. CONTINUED NEXT PAGE

## NFI CONTACT

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## NEWSLETTER CONTACT

Feel free to submit short articles, poems, or artwork to the Inner Voice at our email address: [innervoicenfi@gmail.com](mailto:innervoicenfi@gmail.com).



New Freedom Intergroup

I was such a victim! BUT, the really hard work came next. I had to assess HOW and WHY the situation affected me: was I being self-centered, fearful, dishonest or resentful? Once I could see the patterns, I could focus on those character defects that used to work well for me but are no longer useful on my road of recovery.

How do we do a 4th Step? When do we do a 4th Step? There are a million answers to these questions. The important thing is to do it...and to do it in writing. Will it be done perfectly? Nope. And you will have to do it more than once, as new issues are remembered or old ones have not been resolved. Step 4 continues our process of transformation. We must change if we are to recover. Spring is the season of rebirth and growth – the ideal time to take a personal inventory of our own growth.

There is so much to do in the spring, I almost feel overwhelmed. Besides planting my garden, retiring, and celebrating my birthday, I was very busy with OA service. The Florida State Convention of OA has been completed, and we earned \$600 for the Intergroup. Our Intergroup's responsibilities were to manage registration and oversee the fund raising drawings (baskets and 50/50). We received \$600 for our participation! We had the wrap-up meeting and the planning meeting for 2021 at the end of March in Palm Bay, FL. April 5-7, the Gold Coast Intergroup hosted the SOAR 8 Recovery Convention and Business Assembly in Fort Lauderdale, FL. The New Freedom Intergroup sent three members to the assembly to vote on Region 8 business matters, and I served as the Chair of the Tech/Web Committee. Now we are in Savannah, GA – holding our NFI meeting one year after we welcomed the Savannah members into our intergroup. Maybe we will get a little breather before the Jekyll Island Big Book convention in August, but time is flying by quickly.

The next NFI meeting is Saturday, May 11th at at the Orange Park Presbyterian Church Fellowship Hall (our usual place). Remember that each meeting group may have TWO voting representatives at every NFI meeting. If others want to attend to see all the work we do, please invite them along; they can carry the message back to others. I look forward to seeing each of you soon.

- Barbara C.

## TRUSTED SERVANTS & COMMITTEE CHAIRS

Trusted Servants

Chair: Barbara C.

Vice Chair: Georgette P.

Recording Secretary: Augusta L.

Treasurer: Nancy K.

World Services Delegate:

Standing Committees

Newsletter: Jasmine G.

Public Information & Professional Outreach: VACANT

12th Step Within: Carly B.

Young Persons: Wendy I.

Website: Lori L.

Appointed Positions

Meeting List: Jasmine G.

We Care List: Jack W.

NFI 2019 Convention: Marie B and Cora W

NFI 2019 Retreat: Carly B and Georgette P

Florida State Convention: Barbara C.

Ways and Means: VACANT

# Florida State Convention 2019

We held the 29th annual FSC of OA in Cocoa Beach, FL over Unity Day weekend, FEB 22-24.

The theme this year was "Together We Can ... Believe, Achieve, Receive." It's true -- we can. We listened to stories of recovery and heard how this incredible program is helping others live a life beyond anything they might have anticipated.

Their experience and strength gave each of us hope that we, too, can recover from the desire to eat compulsively. All we have to do is BELIEVE in a power greater ourselves, work the steps to ACHIEVE recovery from compulsive eating and compulsive food behaviors, and RECEIVE the gifts of this program as described in the Promises.

People traveled from many of the northern states and Canada to attend. The beachfront is always a welcome respite from the cold. Unity Day is always celebrated with a special session, and we had two fabulous speakers who addressed the theme of the convention. The speakers at the opening, dinner banquet, and closing sessions were also wonderful.

The FSC is a money-making endeavor. All Intergroups that participate in the planning and committee responsibilities share the profits from the event. The nine participating Intergroups earned \$600 to carry the message.

One topic that we resolved was weekend was whether or not the FSC of OA has outlived its usefulness. IT HAS NOT! Over thirty members attended the wrap-up and planning meeting on Sunday morning to decide this issue. The FSC of OA will continue.

We elected a new Board to take over the planning for the future convention. The Chair is Linda H. (Pinellas Traditions IG "PTIG"), Vice-Chair is Cynthia B. (PTIG), Secretary is Linda M. (PTIG), and Treasurer is Barb C. (New Freedom IG).

Everyone -- even if your IG is not participating -- is invited to provide service for this convention. You may join the planning committee which meets five times a year, or volunteer when you register to perform service at the convention itself.

DONATIONS REPORT 2019		MARCH	YTD TOTAL
Jacksonville Groups		Grp#	
Mon: Serenity By the Sea Beaches	47664		\$ -
Mon: Shepherd of the Woods Church	00774	\$ 50.00	\$ 50.00
Mon: Orange Park Newcomers 7pm	52038		\$ -
Tue: Orange Park-10am Presb Church	03654		\$ 140.00
Tue: Lakewood United Meth Church	36763		\$ 130.00
Wed: Step Study Mandarin	51223		\$ 80.00
Wed: JAX Beach-Wisdom at the Beaches	54507		\$ -
Thur: Newcomer, Lakeview Health	47756		\$ 25.00
Fri: Orange Park	49119		\$ 121.50
Sat: Saturday Steppers-Ponte Vedra Bch	51693		\$ 100.00
Sat: Super Saturday Lakeview	20025		\$ 40.00
Sat: Believe in Recovery First, Mandarin	32773		\$ 245.00
Sat: Serenity Saturday OP NFI			\$ 25.00
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137		\$ -
Thu: Unity Church(Acceptance)	50421		\$ -
Sat: 9:30 AM Welcome Home	48324		\$ 175.00
Sun: United Church of Gainesville	52879		\$ -
Other Florida Groups			
Mon: Lifesaver - Palatka	38464		\$ -
Mon: Palm Coast-St Mark by the Sea	38320		\$ -
Thu: Fernandina Beach	49101	\$ 40.00	\$ 40.00
Thu: Flagler Beach	15171		\$ 80.00
Sat: St. Augustine Serenity	00235	\$ 108.46	\$ 299.31
Sun: Palm Coast	56072		\$ -
Southern Georgia Groups			
Tue: Jesup	54175	\$ 25.00	\$ 275.00
Tue: 7pm St Simons by The Sea	38311		\$ -
Thur: Brunswick	51988	\$ 18.00	\$ 44.00
Savannah	50301		\$ 41.00
Totals		\$ 241.46	\$ 1,910.81

If you would like more information please contact any of the planning committee members.

## Important dates:

2020: Region 8 will be hosting the World Service Recovery Convention the Renaissance Hotel in Orlando, Florida -- August 20-22, 2020. There will be no FSC of OA in 2020 so that we can direct our attention to this convention. We would like as many people from Region 8 to attend (and provide service) as possible.

2021: Planning for the FSC of OA is ongoing. Although we do not yet have a location, we are looking once again at beach locations. Also, we may have it during the summer when hotel rates are at the lowest. Stay tuned!

Barbara Carter  
Treasurer, FSC of OA 2019 and 2021

# Men of OA - You're not alone!

Are you the only man in your meeting? Do you have trouble freely sharing in meetings of mostly women? The World Service Survey done in 2010 revealed that only about 13% of our fellowship consists of men! If you want to connect with other men in OA, there are many meetings, by phone and in-person, with a Special Focus for Men, as well as several other ways you can connect with men in the program.

★ Are you new to OA? Visit <http://OA.org> to learn more about this program of recovery and get started today.

## Face-to-Face Meetings

There are over 40 face-to-face meetings in several countries around the world with a Special Focus for Men. To view the most updated list of all meetings with a Special Focus for Men, visit <http://OAMen.org/meetings>.

## Phone Meetings

Here are all the phone meetings around the world, with a Special Focus for Men. All times are listed in EST.

<b>Sunday 8:30 AM</b> 563-999-2090 Pin: 316200#	<b>Sunday 8:30 PM</b> 712-770-4160 Pin: 409092#	<b>Monday 7:00 PM</b> 712-451-1129 Pin: 350025#	<b>Tuesday 7:00 PM</b> 712-775-7031 Pin: 242990669#	<b>Thursday 7:00 PM</b> 605-475-4850 Pin: 197132#
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The online meetings listed below require more steps to access. Visit <http://oamen.org/online> to learn more.

<b>Wednesday 7:00 PM</b> Contact Name: Ken G Contact Phone: 914-263-6532	<b>Thursday 12:30 PM</b> Contact Name: Cleve Contact Phone: +278-3271-4584	<b>Friday 7:30 PM</b> Contact Name: Jack Contact Phone: 709-749-8888
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★Some of the meeting listings may have been added, removed, or changed since the printing of this flyer, visit <http://OAMen.org/meetings> to view the most updated list of all meetings with a Special Focus for Men.

## OA Men Email Groups

Join an email-based discussion group for Men in OA. Read and send group email with other men in OA.

- To join the Google group, email [Tuesday@OAMen.org](mailto:Tuesday@OAMen.org), including your first name and your last initial.
- To join the Yahoo group, visit <http://oa12step4coes.org/loops/male> and submit your email address.

## OA Men Phone Outreach List

Join the Outreach Phone List to make and receive phone calls with other men in OA, around the world!

- To join the phone list, join the Google group above and also include your phone number and time zone.

## OAMen.org

<http://OAMen.org> is a website to find resources for men in OA. Got something to add? Click "Contact Us".

## Spread the word!

Share this flyer with everyone in OA! Print or photocopy this and share it at your meetings and intergroups.

**If you want to modify this flyer to list face-to-face meetings with a Special Focus for Men in your area, visit <http://OAMen.org/publicity> for instructions and to download the Microsoft Word version.**

Please contact us at <http://OAMen.org> to let us know how you're spreading the word and how we can help!

**OVEREATERS ANONYMOUS  
NEW FREEDOM INTERGROUP  
PRESENTS:**

# **Our Design for Living: Steps 10,11,12**

Bring your Big Book!

**SATURDAY, APRIL 13  
1:00-4:00 PM  
LUTHERAN CHURCH OF THE REDEEMER  
51 WILMINGTON ISLAND ROAD  
SAVANNAH, GA 31410**

Suggested Donation: \$5.00  
No one turned away for lack of funds

To Pre-register, call 912-508-4777  
or e-mail [oanfig@gmail.com](mailto:oanfig@gmail.com)  
walk-ins welcome

Please join us for the OA North Florida  
Intergroup meeting from 10-11:30 AM at the  
same church

