

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

New Freedom
Intergroup
P.O. Box 550842
Jacksonville, FL
32255-0842

Web:
www.oanfig.org

Email:
oanfig@gmail.com

NEWSLETTER CONTACT

Feel free to submit short articles, poems, or artwork to the Inner Voice at our email address: innervoiceenfi@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 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: Jesus	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.

Sunday 8:30 AM	Sunday 8:30 PM	Monday 7:00 PM	Tuesday 7:00 PM	Thursday 7:00 PM
563-999-2090 Pin: 316200#	712-770-4160 Pin: 409092#	712-451-1129 Pin: 350025#	712-775-7031 Pin: 242990669#	605-475-4850 Pin: 197132#

The online meetings listed below require more steps to access. Visit <http://oamen.org/online> to learn more.

Wednesday 7:00 PM	Thursday 12:30 PM	Friday 7:30 PM
Contact Name: Ken G Contact Phone: 914-263-6532	Contact Name: Cleve Contact Phone: +278-3271-4584	Contact Name: Jack Contact Phone: 709-749-8888

★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, 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
walk-ins welcome

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

NFI Meeting List						
DAY	TIME	TOPIC	CITY	LOCATION	ADDRESS	CONTACT
Sunday	10:00 AM		Palm Coast	Florida Hospital Flagler, Education Room D	60 Memorial Medical Pkwy	Vicki 386-441-2968
Sunday	7:00 PM	Big Book	Savannah	Lutheran Church of the Redeemer	51 Wilmington Island Road	Augusta 912-508-4777
Sunday	7:00 PM	Abstinence	Gainesville	United Church of Gainesville, Room 9	1624 NW 5th Ave.	Jean Sp. 352.281.7490
Monday	5:45 PM	12&12	Palm Coast	St. Mark by the Sea Lutheran Church (use pre-school entrance)	303 Palm Coast Parkway NE	Nancy. 617-680-4834 or Diane 386-852-8021
Monday**	12:00	12&12	Alachua	First Baptist Church, Room 210 (Behind playground)	14005 NW 146th Avenue,	Barbara C. 352.472.9924
Monday	6:00 PM	Big Book	Jacksonville	Shepherd of the Woods Lutheran Church	7860 Southside Blvd	Wendy I. 904.710.5555
Monday	6:00 PM	Varied	Fernandina Beach	Alachua Club	32 North 3rd Street	Lorrie M. 904.343.4771
Monday	7:30 PM	Steps & Traditions	Jacksonville	Chabad Lubovitch of NE Florida	10129 Haley Road	Carol C. 904.735.4223
Tuesday	10:00 AM	Varied	Orange Park	OP Presbyterian Church (basement)	Hwy 17 & McIntosh St.	Jack W. 904.477.3110
Tuesday**	5:00PM	Varied	Palatka	Palatka Public Library	601 College Rd.	Martha P. 386.325.3673
Tuesday	6:00 PM	Big Book	Jesup, GA	St. Paul Episcopal Church	745 South Palm St.	Cora W. 912.424.5959
Tuesday	7:00 PM	Varied	Jacksonville	Lakewood UMC (rear)	6133 San Jose Blvd.	Karen J. 904.422.3659
Tuesday	8:00 PM	Steps	Savannah	St. Michael & All Angels Episcopal Church	3101 Waters Avenue	Nicole 912-308-6684
Wednesday	12:00 PM	Varied	Jacksonville Beach	Palms Presbyterian Church	3410 S Third St	Ginny M 904.234.4245
Wednesday	5:30 PM	Varied	Savannah	First Presbyterian Church	520 Washington Avenue	Kathryn 215-840-3978
Wednesday	5:45 PM	Steps & Traditions	Palm Coast	St. Marks by the Sea Lutheran Church	303 Palm Coast Pkwy	Nancy 617.680.4834
Wednesday	7:00 PM	Steps	Jacksonville	Mandarin Presbyterian Church (West Campus)	2501 Loretto Road	Carl K. 323.304.9287
Thursday	10:00 AM		Flagler Beach	Santa Maria del Mar Catholic Church	915 N. Central Avenue	Dottie 631-626-8296
Thursday				Education Building, Room "Mark"		
Thursday	6:00 PM	Abstinence	Jacksonville	Lakeview Health, Main building, St. John's room	1900 Corporate Square Blvd.	Wendy I. 904.710.5555
Thursday	1:00 PM	For Today	Fernandina Beach	St. Peters Episcopal Church (in parlor)	801 Atlantic Ave.	Ilona P. 904.261.9361
Thursday	7:00 PM	Varied	Brunswick	SE GA Regional Hospital, conf rm 4, main floor	2415 Parkwood Dr.	Gail O. 912.506.5675
Thursday	7:00 PM	Varied	Gainesville	Unity Church	8801 N 39th Ave.	Barbara C. 352.472.9924
Friday	10:00 AM		Ormond Beach	Ormond Beach YMCA, Healthy Living Center	500 Sterthaus Drive	Victoria 396 673 9622
Friday	10:00 AM	Varied	Orange Park	OP Presbyterian Church (basement)	Hwy 17 & McIntosh St.	Barbara M. 904.887.9652
Friday	6:30 PM	Varied	Savannah	Unity Church of Savannah	2320 Sunset Blvd	Evelyn 912-572-6108
Saturday	9:00 AM	Varied	St. Augustine	Flagler Hospital, Osceola Room	400 Health Park Blvd.	Jeff 904-322-3453
Saturday	9:30 AM	12 & 12	Gainesville	Parkview Baptist Church	3403 NW 13th St.	Angela J. 386.209.1470
Saturday	9:30 AM	Varied	Jacksonville	Lakeview Health, Main building, St. John's room	1900 Corporate Square Blvd.	
Saturday	10:30 AM	Book Study	Ponte Vedra Beach	Christ Episcopal Church, Parish Life Center, 2nd floor conf. rm	400 San Juan Dr.	Judy K. 904.704.7004
Saturday	9:30 AM	Recovery 1st	Jacksonville	Mandarin Presbyterian Church (West Campus)	2501 Loretto Road	Carly B. 303.710.0589
2nd Saturday	11:30 AM	Speaker	Orange Park	Orange Park Presbyterian Fellowship Hall	1905 Park Ave.	
Major Holidays	9:00 AM	Varied	Jacksonville Beach	Bring a towel or chair for sitting on the beach	6th Ave. South	Patty W. 770.634.5738
Everyone is welcome to attend any meeting listed in this directory. All TOPIC listings are only for the convenience of the fellowship.						
As a suggestion, call the CONTACT person listed prior to attending a meeting for the first time to verify time and location.						
** indicates update since last published newsletter						
Last update 4.1.19						