



**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**

**Promise 12:** If we are painstaking about this phase of our development, we will be amazed before we are halfway through...  
**... We will suddenly realize that God is doing for us what we could not do for ourselves.**

**Concept 12:** The spiritual foundation for OA service ensures that: **(Spiritual Principle: Guidelines)**

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

## **TWELFTH STEP WITHIN COMMITTEE**

Dear NFI Members,

December 12th is "Worldwide Twelfth Step Within Day." This holiday season let's remember to reach out to other members. You never know when that text or phone call could stop someone from going into relapse. Below are some great ideas from our Region, SOAR 8, about things we can be doing to reach out to our members. Please share these ideas at your meetings and groups. Whether in relapse or not, we all need to stay connected to each other.

- Observe worldwide "12th step within day" on 12/12
- Have a section in the newsletter on recovery from relapse
- Develop fun fellowship activities & workshops
- Encourage meetings to have OA approved pamphlets and books on the topic of relapse and recovery available to members
- Maintain a relapse survivor speaker contact list
- Have a committee member active in the Region and World Service Business Conference levels 12th step within committees
- Have a means to connect those willing to sponsor and those in need of a sponsor (available sponsors raise hand in meeting formats, host sponsorship workshops, sponsor/sponsee speed dating)
- Observe OA sponsorship day the 3rd weekend in August
- Have a relapse and recovery special focus meeting in your intergroup/service body
- Have an organized means of encouraging members to reach out to newcomers, returners, those who may be struggling and those not regularly attending meetings.



Please visit <https://oaregion8.org> and navigate to Committees > Twelfth Step Within to see many resources and tools, such as "Calling all night owls" where you can sign-up to receive a list of people willing to take late night calls or add your name as someone willing to take late night calls. Other tools include; Slipping and sliding toolkit, Relapse mentor request and "Online" sponsor request. Please share these resources with your meetings, groups and other members. Together we get better.

Please consider giving service with the Twelfth Step Within Committee; contact Carly B, 303-710-0589, [eastcoastgirl1020@yahoo.com](mailto:eastcoastgirl1020@yahoo.com). We will be running with some of the ideas above in 2020! Thank you and have a wonderful, joyous, abstinent and sane holiday season!

Yours in service,  
Carly B., Twelfth Step Within Chair



### **November Meeting Highlights:**

- **Chair for 2020: Barb C.**
- **Vice-Chair for 2020: Georgette P.**
- **2020 Budget Approved: \$11,400**

## TRUSTED SERVANTS AND COMMITTEE CHAIRS

<b>Chair</b>	Barbara C.	352.472.9924	bcarter337@att.net
<b>Vice Chair</b>	Georgette P.	352.870.4454	ghabanero56@yahoo.com
<b>Treasurer</b>	Nancy K.	516.286.1888	nfitreasury@gmail.com
<b>Secretary</b>	Augusta L.	912.508.4777	augustalivingston1985@gmail.com
<b>Delegate</b>	Cora W.	912.424.5959	empowerone@att.net
<b>Newsletter/Meeting List</b>	<b>VACANT</b>		innervoicenf@gmail.com
<b>Public Info/Prof Outreach</b>	<b>VACANT</b>		
<b>12<sup>th</sup> Step Within</b>	Carly B.	303.710.0589	eastcoastgirl1020@yahoo.com
<b>Young Persons</b>	Wendy I.	904.710.5555	wrirwin32246@yahoo.com
<b>Website</b>	Lori L.	904.964.9991	ljville@yahoo.com
<b>We Care List</b>	Jack W.	904.477.3110	nfiwecare@yahoo.com
<b>Ways and Means</b>	<b>VACANT</b>		
<b>Florida State Convention</b>	Barbara C.	352.472.9924	bcarter337@att.net
<b>2019 Marywood Retreat</b>	Carly B.	303.710.0589	eastcoastgirl1020@yahoo.com
	Georgette P.	352.870.4454	ghabanero56@yahoo.com

**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.



## Marywood Retreat

### "Surrender: The Key to Willingness"

Please join us at Marywood December 13-15 for an NFI Retreat: "Surrender: The Key to Willingness." You are more than welcome to pop in and join us for the day on Saturday! Please also consider giving service by donating a basket. See you there!

**LIFELINE:** Your last opportunity to [buy a one-year, print subscription](#) to *Lifeline* magazine is December 17, 2019. Similarly, OA will stop selling [online subscriptions](#) to oalifeline.org after December 31, 2019. Both the print and online versions of ***Lifeline* will continue to be published for a full year**, ending publication in December 2020. Members with print subscriptions that end mid-year in 2020 will have the **opportunity to purchase a prorated extension** to their subscription so they will continue to receive every last issue of *Lifeline*. Look for instructions on page 2 of the November/December 2019 issue. Members with active multi-year subscriptions will be offered a prorated refund at the end of 2020. Lifetime subscriptions will end with the cessation of publication.

**Meeting Dates for 2020 (2<sup>nd</sup> Saturday of each month).  
Every GROUP may send TWO voting representatives.**

JAN 11	APR 11	JUL 11	OCT 10
FEB 8	MAY 9	AUG 8	NOV 14
MAR 14	JUN 13	SEP 12	DEC 12



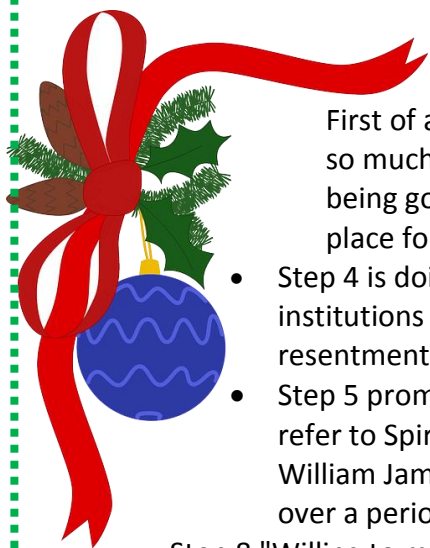
<b>DONATIONS REPORT 2019</b>	<b>Group #</b>	<b>NOV</b>	<b>YTD TOTAL</b>
<b>Jacksonville Groups</b>			
Mon: Serenity By the Sea Beaches	47664		\$ -
Mon: Shepherd of the Woods Church	00774		\$ 150.00
Mon: Orange Park Newcomers 7pm	52038		\$ -
Tue: Orange Park-10am Presb Church	03654	\$ 50.00	\$ 490.00
Tue: Lakewood United Meth Church	36763		\$ 290.00
Wed: Step Study Mandarin	51223	\$ 63.00	\$ 306.35
Wed: JAX Beach-Wisdom at the Beaches	54507		\$ 400.00
Thur: Newcomer, Lakeview Health	47756		\$ 70.00
Fri: Orange Park - 10am	49119	\$ 30.00	\$ 466.50
Sat: Saturday Steppers-Ponte Vedra Bch	51693	\$ 120.00	\$ 720.00
Sat: Super Saturday Lakeview	20025		\$ 55.00
Sat: Believe in Recovery First, Mandarin	32773		\$ 540.86
Sat: Serenity Saturday OP NFI			\$ 78.00
<b>Gainesville Groups</b>			
Mon: Big Book Study (Alachua)	51137		\$ 400.00
Thu: Unity Church(Acceptance)	50421		\$ 150.00
Sat: 9:30 AM Welcome Home	48324	\$ 313.00	\$ 743.00
Sun: United Church of Gainesville	52879		\$ 75.00
<b>Other Florida Groups</b>			
Tue: Lifesaver - Palatka	38464		\$ 60.00
Mon: Palm Coast-St Mark by the Sea	38320		\$ 176.00
Mon: St Augustine- BB pm (unregistered)	-		\$ 368.00
Wed: Palm Coast - 5:45pm	56604	\$ 25.00	\$ 190.00
Thu: Fernandina Beach	49101		\$ 40.00
Thu: Flagler Beach	15171	\$ 50.00	\$ 510.00
Sat: St. Augustine Serenity	00235	\$ 226.40	\$ 1,098.16
Sun: Palm Coast/Flagler Beach	56072		\$ 129.00
<b>Southern Georgia Groups</b>			
Tue: Jesup	54175	\$ 25.00	\$ 475.00
Tue: 7pm St Simons by The Sea	38311		\$ -
Thu: Brunswick	51988	\$ 15.00	\$ 150.00
Sun: Cumming - 7pm	48278	.	\$ 19.51
Savannah	50301		\$ 101.00
<b>Totals</b>		<b>\$ 917.40</b>	<b>\$ 8,251.38</b>

## **WEBSITE INFORMATION**

You should already know about the New Freedom Intergroup website, which contains a copy of the newsletters. But, you can also find very useful information on the Region 8 website and the World Service Office website. Check them out!

- [www.oanfig.org](http://www.oanfig.org)
- [www.oaregion8.org](http://www.oaregion8.org)
- [www.oa.org](http://www.oa.org)





## ***The Promises Workshop***

First of all, to Wendy, the three groups, and all the speakers: Thank you so much for a wonderful workshop!! Coming back into program after being gone for a couple of years, The Promises Workshop was the best place for me to start.

- Step 4 is doing a personal inventory of all my grudges towards people, institutions and principles. It makes me look at my inner self. **All** my resentments. "Resentment is the number one offender." p. 64
- Step 5 promises "Now we begin to have a spiritual experience" p. 76. I refer to Spiritual Experience p. 567 to remember that it is as psychologist William James calls, "the educational variety because they develop slowly over a period of time."
- Step 8 "Willing to make amends." It is written in the step and on p. 77. This helps me to continue my path of a spiritual experience because I became WILLING!!
- Step 9 promises remind me all that I will receive If I have done ALL the steps 1 through 8.
- Step 10 promises tell me since I have "cleared up the past," doing step 10 everyday will help me to continue to receive the promises.
- Step 11 suggests to me if I follow the suggestions on ps. 84-88 I will continue to walk on the spiritual path to a healthy mind and heart. "That is how we react so long as we keep in fit spiritual condition." p. 85. For me that is what helps me to change my eating behaviors.

We have to remember it is not about the food and all the food behaviors that go along with our disease. It's about The Big Book and all the promises. If I follow the suggestions I will walk on my spiritual path and I will live all the promises the Big Book offers. "Spiritual life is not a theory. We have to live it." p.83.

Susan A. (Jacksonville)

## **SERVICE POSITIONS AVAILABLE**

New Freedom Intergroup is looking for representatives to attend the NFI monthly meetings, and to chair the following committees:

- Website
- *Inner Voice* (newsletter)
- Public Information/Professional Outreach (PIPO)
- Ways and Means

Requirements: Desire to perform service!

Six months abstinence and attendance at monthly NFI meetings.



**New Freedom Intergroup #09089**
**FACE TO FACE MEETINGS**
**Updated: DEC 2019**

Day	Time	Number	Name	Address 1	Address 2	City	Contact	Phone	Special Topic
Sunday	10:00 AM	56072	Florida Hospital Flagler	60 Memorial Medical Pkwy	Education Room D	Palm Coast	Vicki	386-441-2968	Varies
Sunday	7:00 PM	54362	Lutheran Church of The Redeemer	51 Wilmington Island Rd		Savannah, GA	Augusta	912-508-4777	Big Book
Sunday*	7:00 PM	52879	United Church of Gainesville	1624 NW 5th Ave	West Wing, Room 9	Gainesville	Jean	352-281-7490	Literature, Abstinence
Monday	12:00 PM	51137	First Baptist Church	14005 NW 146 Ave	Room 210	Alachua	Barbara	352-472-9924	12&12 Workbook
Monday	5:45 PM	38320	St Mark by The Sea Church	303 Palm Coast Pkwy NE	Preschool entrance	Palm Coast	Nancy	617-680-4834	12&12; or Diane 386.852.8021
Monday	6:00 PM	54934	Fernandina - Downtown 3	32 N 3rd St	3rd & Alachua	Fernandina Beach	Lorrie	904-343-4771	Literature
Monday	6:00 PM	00774	Shepherd of the Woods Lutheran Church	7860 Southside Blvd		Jacksonville	Wendy	904-710-5555	Literature
Tuesday	10:00 AM	03654	Orange Park Presbyterian Church	1905 Park Ave	Basement	Orange Park	Jack W	904-477-3110	None
Tuesday	5:00 PM	38464	Palatka Public Library	601 College Rd		Palatka	Donna	815-980-7118	Varies
Tuesday	6:00 PM	54175	Saint Paul Episcopal Church	745 S Palm St	Fellowship Hall	Jesup, GA	Cora	912-424-5959	Literature
Tuesday	7:00 PM	36763	Lakewood United Methodist Church	6133 San Jose Blvd	Lakewood UMC (rear)	Jacksonville	Karen J	904-422-3659	None
Tuesday	7:00 PM	54975	St Michael & All Angels Episcopal Church	3101 Waters Ave	Crn Washington & Water	Savannah, GA	Nicole	912-308-6684	OA Steps and/or Traditions Study
Wednesday	12:00 PM	54507	Palms Presbyterian Church	3410 S Third St	Room 204	Jacksonville Beach	Ginny M	904-234-4245	None
Wednesday	5:30 PM	50301	First Presbyterian Church	520 Washington Ave	Paulsen & Washington A	Savannah, GA	Kathryn	215-840-3978	OA Steps and/or Traditions Study
Wednesday	5:45 PM	56604	St Mark's by the Sea Lutheran Church	303 Palm Coast Pky NE	School Library	Palm Coast	Nancy	617-680-4834	Steps and Traditions
Wednesday	7:00 PM	51223	Mandarin Presbyterian (West Campus)	2501 Loretto Rd	Room 9	Jacksonville	Carl	323-304-9287	Steps
Thursday	10:00 AM	15171	Santa Maria Del Mar	915 N Central Ave	Classroom Bldg "Mark"	Flagler Beach	Dottie	631 626 6296	Literature, Varies
Thursday	1:00 PM	49101	St. Peter's Episcopal Church	801 Atlantic Avenue	Parlor	Fernandina Beach	Ilona	904-261-9361	Literature - For Today
Thursday	6:00 PM	47756	Lakeview Health Center	1900 Corporate Square Blvd		Jacksonville	Wendy	904-710-5555	Abstinence
Thursday	7:00 PM	50421	Unity of Gainesville	8801 NW 39th Ave	Y.O.U. Room	Gainesville	Barbara C	352-472-9924	Topic, Varies
Thursday	7:00 PM	51988	Southeast Georgia Health System	2415 Parkwood Dr	Conference Room 4	Brunswick	Gail O	912-506-5675	None
Friday	10:00 AM	49119	Orange Park Presbyterian Church	1905 Park Ave	Basement, Meeting Room	Orange Park	Barbara	904-291-5233	Literature, Topic
Friday	10:00 AM	56386	YMCA Healthy Living Center	500 Sterhaus St		Ormond Beach	Mary Anne	386-212-6260	Teen Friendly, Varies
Saturday	9:00 AM	00235	Flagler Hospital	400 Health Park Blvd	Osceola Room	Saint Augustine	Jeff	904-322-3453	Varies
Saturday	9:30 AM	20025	Lakeview Health Center	1900 Corporate Square Blvd		Jacksonville	Ethel	904-477-6313	Varies
Saturday	9:30 AM	32773	Mandarin Presbyterian Church	2501 Loretto Rd	West Campus, Room 9	Jacksonville	Carly	303-710-0589	Spirituality, Recovery 1st
Saturday	9:30 AM	48324	Parkview Baptist Church	3403 NW 13th St	Large Meeting Area, Wh	Gainesville	Angela	386-209-1470	OA Steps and/or Traditions Study
Saturday	10:00 AM		JC Lewis Health Center	125 Fahm Street		Savannah, GA	Augusta	912-508-4777	Varies: 1st and 3rd SATs only
Saturday	10:30 AM	51693	Christ Episcopal Church	400 San Juan Dr.	Parish Live Center, 2nd F	Ponte Vedra Beach	Judy K	904-704-7004	Book study
Saturday	11:30 AM		Orange Park Presbyterian Church	1905 Park Ave	Basement	Orange Park			Speaker; 2nd SAT ONLY
Major Holiday	9:00 AM		Jacksonville Beach (on the beach)	6th Ave South	Bring towel or chair	Jacksonville Beach	Patty W	770-634-5738	Varied

\* Closed meeting -- all others are open meetings