

INNER VOICE

North Florida Intergroup's Monthly Newsletter



A MESSAGE FROM THE NFI CHAIR

It's February – and that means love is in the air: love for our Higher Power, love for our fellows, and love for ourselves. Also, February 24th is Unity Day. This day recognizes the strength of the Fellowship worldwide. On the last Saturday in February in even years and the last Sunday of February in odd years, at 1:30 pm (EST), OA members pause to reaffirm the strength inherent in OA's unity. I suppose we can call this love for the program.

Step 2: "Came to believe that a Power greater than ourselves could restore us to sanity." The principle underlying this step is HOPE. Hope is defined as a feeling of expectation and desire for a certain thing to happen. What do I hope for in my life? That I continue to grow in recovery, that I change for the better (the way my Higher Power wants me to be), and that I live a life that is happy, joyous and free from the obsession of compulsive eating..

Ready for some recovery? There are two choices for attending a weekend-long recovery event this spring. Both of these events are being held in Florida, and are only a short drive from here.

1) There is still time to register for the 29th Annual Florida State Convention. See more info on page 5 of the newsletter. If there are no more rooms at the Hilton, please stay at other nearby hotels.

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: innervoicenfi@gmail.com.



New Freedom Intergroup

2) April 5-7, the Gold Coast Intergroup will be hosting the SOAR 8 Recovery Convention and Business Assembly in Fort Lauderdale, FL.

The New Freedom Intergroup will be sending members to the Business Assembly portion of the weekend; but all OA members are encouraged to attend the recovery convention. The registration flyer may be downloaded from: <https://oaregion8.org/assemblies/2019/04/SOAR8-Assembly-Registration-April-2019.pdf>.

If you have read this far, here is a small summary of what we must accomplish at this month's Intergroup meeting:

- We need to elect a Delegate (Cora will be applying, and any others who may feel called)
- We need to decide on whether or not, and select dates, to hold a retreat at Marywood and another "Big Book" weekend at Jekyll Island.
- We must vote on adopting the changes to the NFI Policies and Procedure Manual.
- We need to vote on whether or not we would like to forward for discussion the motions (bylaws and procedures) submitted to the World Service Office of OA. If you would like to review all of the motions in their entirety before the meeting, please see: <https://oa.org/documents/>. Scroll down to World Service Business Conference e-Documents and review the following: 1) Questionnaire Summary, 2) New Business Motions, 3) Bylaw Amendments.

The next NFI meeting is Saturday, March 9th. We will be at the Orange Park Presbyterian Church, but we will not be in the Fellowship hall. We will meet in the basement of the church (to the left of our usual meeting room – look for someone to direct you). 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: (VACANT)

Recording Secretary: Augusta L.

Treasurer: Nancy K.

World Services Delegate: Georgette P.

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: (VACANT)

NFI 2019 Convention: (Accepting volunteers)

NFI 2019 Retreat: (Accepting volunteers)

Florida State Convention: Barbara C.

Ways and Means: (Accepting volunteers)

**Lifeline Updates - Sign up at www.oalifeline.org to call 1-505-891-2664
with your credit or debit card ready**

The Fellowship of OA has supported Lifeline for fifty-four years. It has changed with time yet remained a constant source of experience, strength, and hope for OA members worldwide. Effective January 1, 2019, one-year print subscription prices will increase to US\$30 for subscribers in the USA, US\$36 for subscribers in Canada, and US\$45 for all other subscribers (US funds only). Similarly, a one-year subscription to oalifeline.org will increase to US\$30 for all subscribers. Lifeline will also discontinue two-year print subscriptions, so only one-year subscriptions will be available to both print and online subscribers.

Message from the Ways & Means Committee

NFI has created an ad hoc Ways and Means (W&M) Committee as an attempt to raise money. We have several items for sale; many of them are a great gift for your sponsor or sponsees, or may be used to celebrate a recovery anniversary. Purchase a large (3.75") or small button (2.5"), add a photo of yourself from before you started the OA program (assuming you can find one – many of us hated to be photographed) and wear the buttons at meetings to show that RECOVERY (and weight loss) has occurred. Other options include metal ODAT bookmarks, "Tools" charm bracelets, and Serenity Prayer Pens



"Tools" Charm Bracelet. Stainless steel bracelet. Contains one charm for each tool, plus a butterfly and ODAT charm. \$15



"One Day at a Time" bookmark. Metal with ODAT charm. 3 1/2" long. \$5



"BEFORE" Photograph buttons. Plastic with metal pin on back. Easy to insert photo.
Large: \$2 Small: \$1

Serenity Prayer pens. Ink is black. Colors: Pink, green, blue and purple. \$2.50.



These items are high quality and affordable. If you cannot attend the monthly Intergroup meeting, please order from your Intergroup Representative. Send your money with them and ask them to pick up the items you would like. They will bring them to you at your next meeting. To save money, we cannot ship items to individuals, but we will arrange for a way to get them to you!

W&M also asks that you to start saving the following empty, clean items: 1) Tall plastic containers from Crystal Light drink mix, and 2) Glass jars with screw-on metal lids (~15 oz) from tomato sauces. These will be used to make "Journey Jars" -- a writing tool introduced at the Gainesville Fun Day last January.

The jars contain slips of colored paper with OA questions for writing and contemplation. The questions could also be used as topics for discussion at meetings.

We plan to sell these jars at the World Service Recovery Convention which will be held in Orlando, August 2020. More information will be forthcoming.

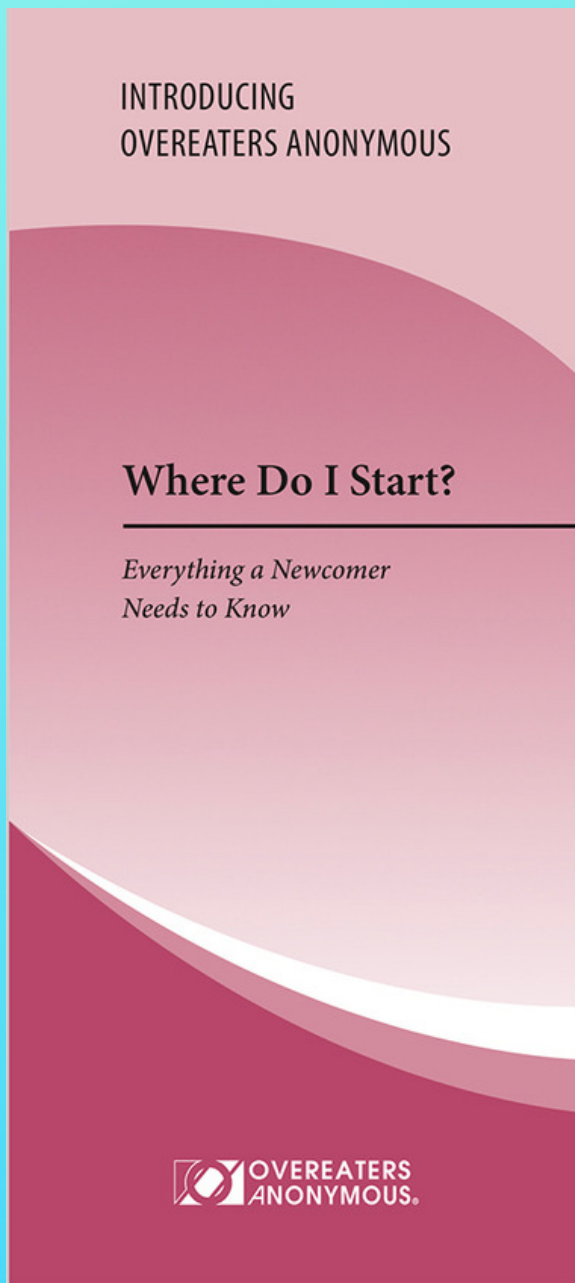
In the meantime, start saving and washing the containers and jars. Please remove the labels. Send your containers with your Intergroup Representative to the monthly meeting until we ask you to stop collecting them!

"Journey Jars"



New Beginners Pamphlet

"Where Do I Start? Everything a Newcomer Needs to Know" (#705) is only a dollar(!) and available through oa.org. It replaces the \$3.50 Newcomer Packet and consolidates key information into one 32-page pamphlet. The pamphlet includes the Fifteen Questions, OA Tools, suggested plans of eating, OA Promise, AA Third and Seventh Step Prayers, and "Welcome Home!" A FAQ section covers common questions about compulsive eating, bulimia and anorexia, OA as a spiritual program, recovery in our Twelve Step Program, and more.



DONATIONS REPORT 2019		Jan	YTD Total
Jacksonville Groups		Grp#	
Mon: Serenity By the Sea Beaches	47664		\$ -
Mon: Southside Blvd Big Book	00774		\$ -
Mon: Orange Park Newcomers 6pm	52038		\$ -
Tue: AM - Orange Park	03654		\$ -
Tue: Lakewood UMC	36763	\$ 80.00	\$ 80.00
Wed: Step Study Mandarin	51223	\$ 30.00	\$ 30.00
Wed: Ponte Vedra			\$ -
Thur: Newcomer, Lakeview	47756		\$ -
Fri: Orange Park	49119		\$ -
Sat: Saturday Steppers-Ponte Vedra Bch	51693		\$ -
Sat: Super Saturday Lakeview	20025		\$ -
Sat: Believe in Recovery First, Mandarin	32773	\$ 185.00	\$ 185.00
Sat: Serenity Saturday OP NFI			\$ -
Mon Step Study - Mandarin			\$ -
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137		\$ -
Thu: Unity Church(Acceptance)	50421		\$ -
Sun: United Church of Gainesville	52879		\$ -
Sat: 9:30 AM Welcome Home	48324		\$ -
Other Florida Groups			
Thu: Fernandina Beach	49101		\$ -
Mon: Lifesaver - Palatka	38464		\$ -
Sat: Serenity St. Augustine	00235	\$ 70.00	\$ 70.00
Mon: Palm Coast	38320		\$ -
Thu: Flagler Beach	15171		\$ -
Sun: Palm Coast	56072		\$ -
Southern Georgia Groups			
Tue: Jesup	54175	\$ 225.00	\$ 225.00
Tue: 7pm St Simons by The Sea	38311		\$ -
Thur: Brunswick	51988	\$ 13.00	\$ 13.00
Totals		\$ 603.00	\$ 603.00

SAVE THE DATE FOR FLORIDA STATE CONVENTION

The 29th annual Florida State Convention of Overeaters Anonymous will be held February 22-24, 2019 at the Hilton Cocoa Beach Oceanfront, 1550 N. Atlantic Avenue, Cocoa Beach, FL. 32931.

The theme for next year is "Together We Can... Believe, Achieve, Receive."

The registration flyer is available from your Intergroup Representative; or may be downloaded from www.oanfig.org or www.oaregion8.org websites.

Eventbrite website:
<https://fscoa2019.eventbrite.com>.

Unity Day

FEBRUARY 24, 2019

Unity Day was created to reaffirm the love and understanding shared by members of our Fellowship – with an emphasis on Tradition One, “Our common welfare should come first; personal recovery depends on OA unity.” Unity Day is observed annually in OA worldwide with a moment of silence on the last Saturday of February in even years and the last Sunday in February in odd years at 11:30 a.m.
(<https://oa.org/groupsservice-bodies/groups/faq-groups/>)



Different Paths to Unity

My name is Lynda, and I am a recovering compulsive overeater. June 11, 2017, was my three-year anniversary in OA. English is my primary language, but when I first came into program, I didn't understand the OA lingo. I felt like an outsider and was resentful. I suffered from “terminal uniqueness,” the belief that any situation the “me” is facing is unlike anything faced by other people. This dominated my self-image. However, as I listened to other people share their thoughts, feelings, and experiences, my defenses somehow lowered. I began relating to and connecting with my fellows. When they said, “Keep coming back. It works if you work it, and you're worth it!” I felt hopeful for the first time in years.

As I kept coming back to meetings, I gained an understanding of program language. I started to see people in program not just as a support system but as part of my OA recovery family. You, my fellows, became closer to me in many ways than many of my family and friends. I know I can call on my fellows in times of need, and you are there for me. It continues to amaze me how people so different can have the same weakness and can give each other strength and support. The program slogans that baffled me when I first came to OA now comfort and inspire me. This is not an “I” program. When “I” is replaced by “we,” even illness becomes wellness.

