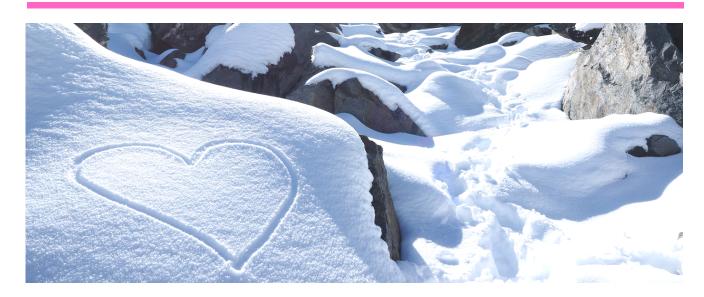
INNER VOICE

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.oalifelline.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 ½ " long. \$5

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





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

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 screwon 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!



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.

INTRODUCING OVEREATERS ANONYMOUS

Where Do I Start?

Everything a Newcomer Needs to Know



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 threeyear 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.

as printed on www.oalifeline.org on Feb 1, 2018

IN LANCE CHILD BUILD						
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	303 Palm Coast Parkway NE	Nancy. 617-680-4834
						or Diane 386-852-8021
Monday	12:00	Relape Prevention	Alachua	Sid Martin Biotechnology Incubator	12085 Research Dr.	Barbara C. 352.472.9924
Monday	4:30 PM	Varied	Palatka	Palatka Public Library	601 College Rd.	Martha P. 386.325.3673
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**	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	6:00 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
				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.	llona 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.	Linda P. 904.502.3097
Saturday	10:30 AM	Book Study	Ponte Vedra Beach	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 Presbytarian Fellowship Hall	1905 Park Ave.	
Major Holidays	s 9:00 AM	Varied	Jacksonville Beach	Bring a towel or chair for sitting on the beach	6th Ave. South	Patty W. 770.634.5738
veryone is we	sicome to atte	and any meeting liste	ed in this directory. A	Everyone is welcome to attend any meeting listed in this directory. All TOPIC listings are only for the convenience of the fellowship.		
s a suggestio	n, call the COI	NTACT person listed	prior to attending a	As a suggestion, call the CONTACT person listed prior to attending a meeting for the first time to verify time and location.		
Last update 2.1.19	-	** indicates update s	** indicates update since last published newsletter	vsletter		