

Inner Voice

Newsletter of New Freedom Intergroup of OA



April 2022

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

- Spiritual Principle: Courage

Tradition 4: Each group should be autonomous except in matters affecting other groups or OA as a whole.

- Spiritual Principle: Autonomy

Concept 4: The right of participation ensures equality of opportunity for all in the decision-making process.

- Spiritual Principle: Equality

Promise 4: No matter how far down the scale we have gone, we will see how our experience can benefit others.

The registration deadline has been graciously extended a “couple of days” if responses are still coming in. We’re getting this issue out early (as we try to do every month) so **ACT FAST!**

OVEREATERS ANONYMOUS®
Greater Memphis Intergroup

TUNING IN TO
HP-TV
HIGHER POWER TELEVISION
April 1-3, 2022

SOAR 8 Business Assembly and Recovery Convention
Fri, Apr 1, 2022, 6:00 PM – Sun, Apr 3, 2022, 11:00 AM CDT

[CLICK HERE TO REGISTER](#)

AN ALL VIRTUAL EVENT!!!!

JOIN US FOR SPEAKERS, RECOVERY WORKSHOPS, AND ENTERTAINMENT
Spanish and Portuguese Interpreters will be provided

Registration Deadline: March 25, 2022

If you have any questions, we're happy to help!
Contact us at oamemphis.convention@gmail.com or call +1-901-295-8182



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Lifeline: Stories of Recovery

Guardian of My Recovery



My understanding and appreciation of anonymity has gone through several evolutions.

At first, I clutched onto the security and safety that no one would tell anyone else that they saw me here. Deep feelings of shame, humiliation, vanity, human respect, and all facets of my public face sought the protection of anonymity.

Gradually, I relaxed and began to identify with others and with their stories. I began to tell my own story, discovering the self that had been hidden behind the disguise of the image I thought was me.

I noticed a custom of courtesy in the rooms, which placed a gentle restraint upon my natural and undisciplined curiosity. I found that the people with whom I shared intimate things about my struggle with addiction did not ask me about my outside life. They did not seem to find that very important. I wonder still about the rest of their lives, but the spirit of anonymity curbs my curiosity, giving me the ability to direct my attention to what really matters: our experience, strength, and hope as recovering addicts.

Months and years later, I finally heard, “Anonymity is the spiritual foundation . . .” (Tradition Twelve). What a revelation when it came! Anonymity keeps me on the right path. The **Principles** of the **Steps** and **Traditions** guide my recovery, helping me to distinguish between principles and personalities, myself, and my Higher Power.

Anonymity has become the guardian of my treasured recovery. Anonymity keeps a watchful eye on the doorways of the rooms and redirects my wandering attention to keep intact the gift of recovery. It is in this way that anonymity remains available to the next person who crosses the threshold of recovery.

I know that God, through the people in the rooms, will reveal more to me about how blessed I am to have been led into the Fellowship.

— Edited and reprinted from *The Road to Recovery* newsletter, Westchester United Intergroup, November 2004
(Reprinted from *Lifeline*)

Step 4: Searching Out Shame

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

In OA, we rely strongly on AA literature, and we are truly blessed to have it. I am infinitely grateful to AA and its founders and members. I do find, however, one critical difference between alcoholism and food addiction that, once addressed, finally gave me the freedom of back-to-back abstinence that eluded me for decades.

Members of AA can walk away from alcohol. As hard as it must be, they can find new activities and new friends. With the support of their program, fellowship, and higher power, they do not have to engage with their substance again.

The Step Four inventory in AA literature focuses on fears and resentments and has been enormously helpful, but there is a critical difference for me as an overeater that requires additional probing in my personal Step Four inventory. My food addiction is not to individual foods but to eating itself. I have to go head-to-head with my addiction three times a day. In order to do that abstinently, I have to delve deep. I believe strongly that my food struggle is an emotional struggle. I



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cannot be in emotional discord for long without it leading to a food struggle. Since I have to engage with my addiction every day, it puts me on very shaky ground to be in a state of emotional “dis-ease.”

I recently heard a helpful metaphor: If I wanted to replace the blades in a blender, I’d obviously have to turn the machine off. But would I then put my hand inside it? Of course not, because it might turn on if still plugged in. I’d first be sure to disconnect the power source, or the blades could start spinning and I could get badly hurt. Disconnecting the power source is key. So I had to ask myself, “What is the power source of my compulsion?”

For many OA members, the power source of our compulsions is not just fear and resentment, but shame, which is rooted in the codependency that developed in our dysfunctional childhoods. Shame is my power source. If I don’t address it, the power can kick on again with the slightest trigger. Before I healed my shame, for example, a critical comment by a co-worker or supervisor was enough to send me into relapse. Trying to abstain without understanding the power of shame was like trying to stop the blender by only pressing the off button. It invariably kicked on again and cut me with a relapse.

My experience is that I only became able to abstain peacefully and consistently when I began a searching and fearless Fourth Step journey into my shame and codependence. I then began to enjoy the greatest gift of all: comfort in my own skin. This comfort is glorious and precious in itself, and it has protected my abstinence, one day at a time, for over five years.

— Leslie O., Broad Brook, Connecticut USA (Reprinted from *Lifeline*)

Order Your Recovery Jar

A Recovery Jar is made up of 366 different questions or prompts to help you achieve or maintain your recovery and growth in the program. Each strip of paper in the jar has a unique prompt that you can write or meditate on as part of your daily OA work, with the idea being to use one per day for a year. Examples include writing on the different steps, the principles, gratitude, etc. Jars are 1 recyclable PET plastic with a black screw-top lid. Perfect for carrying with you!

Each jar costs \$20 plus shipping. If you would like to pre-order a jar (or more than one), please fill out the form at this link: <https://forms.gle/6bPaYJgu57sW24Yq6> and select whether you would like to arrange to pick it up in Newberry, or have one shipped to you. If you select the shipping option, I will contact you to make arrangements for the shipping costs (currently an additional \$8-\$10 for one jar). Hint: It will be cheaper to ship multiples, such as a case of 12 for your group. (NOTE: We are offering free shipping on a case of 12!)

Payment can be made in cash at pick up or by check/money order ahead of time. (Please make check out to New Freedom Intergroup and mail to: NFI Ways and Means, 28303 SW 101st Avenue, Newberry, FL 32669.) If you have additional questions, please contact: wandmnfi@gmail.com

— Barbara C.



Do You Like to Write?

The newsletter is looking for a person who would like to write a brief article each month on the **STEP, TRADITION** or **CONCEPT** of the month. You would be using your tools of reading and writing and delving deeper into the principles behind each one. Let the newsletter chair (innervoicenfi@gmail.com) know if you want to volunteer for this service. Articles would be due by the 20th of each month. Members may also submit articles on other topics any month.



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Tradition Four: Autonomous Solution

Tradition 4: Each group should be autonomous except in matters affecting other groups or OA as a whole.

I worked Step Four in order to take responsibility for my past actions. No one else could do it for me; no one else could even really tell me how to do it. Others could guide me, but I had to do the work myself in the manner that was best for me. I had to take care not to hurt anyone else and follow program guidelines to the best of my ability.

I ended up working the Fourth Step three times in OA. None were identical. One was simply my life story. One was a detailed question-and-answer format. One dealt with one particular part of my life that for too long had continued to plague me. Each format was right for me at the time. I didn't hurt anyone else or OA as a whole by doing it "my" way. In the spirit of Tradition Four, that was me exercising my personal autonomy.

The same Tradition Four **Principle** is at work in my OA home group, New Beginnings OA-HOW. Even though our OA-HOW format and food plan are specified in particular ways, we are not hurting anyone else or OA as a whole by working our program this way. We are a registered OA group and enjoy the rights and responsibilities of every other OA group. Yet, we share a particular problem for which the OA-HOW format has a solution; for us, it is the only solution. We need structure, and it seems we need more than most. That's okay. At least we have learned this about ourselves and are now able to find a solution.

I am so grateful that OA's Fourth Tradition allows me to have an OA home group that meets my needs. I guess we are practicing diversity as well as autonomy!

— Edited from *Looking Up* newsletter, Tri-County Intergroup, Fort Worth, Texas, April 2018 (Reprinted from *Lifeline*)

Trusted Servants and Committee Chairs (New emails)

GENERAL INFORMATION	Secretary will forward as needed	
Chair	Echo G. 561.704.2917	oanfig@gmail.com
Vice Chair/Bylaws	Barbara C. 352.472.9924	chairnfi@gmail.com
Treasurer	Carly B. 303.710.0589	vicechairnfi@gmail.com
Secretary	VACANT—Consider doing service	nfitreasury@gmail.com
Delegate	VACANT—Consider doing service	oanfig@gmail.com
Newsletter/Meeting List	Mark W. 904.527.3433	delegatenfi@gmail.com
Public Info/Prof. Outreach	Nancy K. 516.286.1888	innervocenfifi@gmail.com
Young Persons	VACANT—Consider doing service	piponfig@gmail.com
12th Step Within	Georgette P. 352.870.4454	youngpeoplenfi@gmail.com
Sponsor Coordinator	Christen C. 904-844-1454	TSWnfi@gmail.com
Website	Lori L. 904.964.9991	sponsorsnfi@gmail.com
Ways and Means	VACANT—Consider doing service	websitenfi@gmail.com
2022 5th Annual "Big Book Convention"	TBD	wandmnfi@gmail.com

Highlights of the March NFI Business Meeting:

(Note: These are NOT the official minutes; they are only a recap of what was discussed. Official minutes are released after changes and approval in the next month's business meeting.)

New Freedom Intergroup business meeting was held March 12. Each meeting is welcome to send two voting members, and as many observers as desire to attend. The meeting is always the second Saturday of the month (unless otherwise decided) and runs for one and a half hours. Thus, the next business meeting is Saturday, April 9th from 10:00 am to 11:30 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350).

Highlights of what was covered at the March business meeting:



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Service Opportunities:

- We need to fill the following service positions: Secretary, Delegate, Parliamentarian, Young Persons Subcommittee Chair, and Ways and Means **Chair**. Other committees also need volunteers to provide service.
- As per a motion passed in February, we are asking for volunteers (no abstinence requirements need to be met) to serve as note taker for the meeting and to assemble the draft minutes until such a time as we have an elected Secretary.

Need Planning Committees:

We need to establish two special event planning committees in the very near future:

1. **The 5th Annual Big Book Convention.** Normally held at Jekyll island, last year's committee received feedback that this venue may be cost-prohibitive for many, and the December timeframe is problematic. That being said, the new committee can change the time and place — which is why we need to get started! If you would like to chair this committee, please step up and inform Echo G.
2. **SOAR 8 Recovery Convention and Business Assembly.** This committee will be planning all the events to be held for the recovery convention to be held in fall 2023 at Savannah, GA. If we are selected to host this event (submission will be made to Region 8 in fall 2022), NFI will be responsible for all aspects of the recovery convention. We last organized one of these in March 2017 in Jacksonville, and it was a huge success from the recovery and financial aspects! We will need people to plan the sessions, theme, boutique, decorations, entertainment, get speakers and timers, arrange volunteers, set up hospitality, baskets and drawings — you name it, we need it! We need you — and there is no time like the present to start planning. Let Barb C. know if you are interested.

Other Items of Note:

- All meetings are to let Chair know about changes in format.
- NFI P&P Manual: new section 20 was sent out with all intergroup reps to address with their members in February. This section adds reimbursement guidelines for speakers that we invite for special events. At the March meeting, an amendment was submitted to change the reimbursement for drivers to match the IRS standard rate instead of the IRS charitable rate. Vote was called and the amendment was approved. The vote was then called to add the new section 20 (with amendment) to the P&P Manual and was approved.
- It is time to review the NFI Bylaws.

So far, the recommended changes presented are as follows:

- Increase all terms for the Board and the Committee Chairs to two years (instead of one) with a chance to renew one time (4 years consecutively).
- Update the Standing Committees list to remove “We Care List” and match the Standing Committee list to what is found in the P&P Manual.

We will open discussions about the proposed changes at the April meeting so as to give everyone time to discuss with their meetings and to pray on the matter

- The Region 8 Business Assembly and Recovery Convention will be held virtually on April 1-3 and hosted by the Greater Memphis Intergroup – Echo G., Barb C., and Nancy K. will be attending as NFI voting representatives.
- PI/PO attended and hosted a table for the “Holistic Living & Healing Expo” Saturday, February 19th, in St. Augustine, FL. Nancy K. provided a report of how the event went, which was a success.
- WSBC 2022 will be held virtually at the end of April – Echo G. attending as voting representative for NFI.9



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Donating to Intergroup

Question: *Our group is fairly new and still small. Our income is low, and our group expenses include rent to the host facility and supplies we have purchased (that some members have paid for out of pocket). We did hold a business meeting, however, and the topic of 7th Tradition donations arose, specifically in regard to the Intergroup. We are wondering if there is any specific guidance for new groups on when they should start donating to Intergroup?*

Answer: This is a great question, and there is some guidance available. The "OA Handbook for Members, Groups, and Service Bodies: Recovery Opportunities" (SKU #120, oa.org bookstore) has some information for the group treasurer on pages 18-20. Briefly, it says groups may start contributing "*all excess funds to their IG*" once they are self-supporting AND have a prudent reserve (three to six months of operating expenses). When your group is able to do this, the Intergroup uses 60% of these funds to carry the message and contributes 30% to the World Service Office and 10% to Region 8.

The Intergroup wants to make sure all groups are self-supporting and capable of functioning. The 7th Tradition contributions you receive should be used first to reimburse the current outlays for obtaining the necessary literature and supplies, and then for building a prudent reserve. When you meet these conditions, **excess funds** can be contributed to the Intergroup. Holding onto excess money can cause issues. If you have three to six months of rent and other group expenses set aside, you can start contributing to the NFI -- regardless of how small the donation may be.

The OA New Freedom Intergroup Policy and Procedure Manual (P&P Manual) says nothing about WHEN to start sending, just HOW to submit donations to NFI.

I hope this helps.

Planning to Host a Workshop?



This is a great time to consider giving service and begin planning to host a workshop. You can plan one with just your group or better yet, join forces with another OA group 😊. Consider topics such as "The Tools of OA," "Surviving Relapse," "The OA Principles," etc. Our Twelve Step Within (TSW) committee is here to provide you with any assistance you need.

Please contact our chair of the Twelve Step Within committee, Georgette, if you have any concerns, questions, or ideas at tswnfi@gmail.com.

In grateful service,

— Sandi J

From NFI's Professional Outreach/Public Information (PIPO) Committee

The PIPO Committee is happy to report that our Public Information Subcommittee (plus a few additional OA members) participated in a Health Fair event on Sat, Feb 19th, at the Renaissance Hotel, located in the World Golf Village, St. Augustine. Displayed was NFI's 6-foot banner which includes an enlarged version of WSO's poster, "Is Eating Overwhelming You?". Our table displayed an array of nine various OA pamphlets, copies of our *Overeaters Anonymous* 3rd Edition book, NFI's business cards, Zoom/Hybrid/Face to Face meeting lists, WSO's advertising posters with tear-offs at the bottom with WSO's website for, "Take the Quiz" at www.oaquiz.org, large print out of OA's 15 Questions, etc.



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The five of us doing service at the Health Fair took turns answering questions from folks that stopped by our table. We think about 20 folks stopped to chat with us and from those, we spoke to about five in greater detail. Some of the others who stopped seemed to be more curious than anything.

However, we truly believe the seed was planted in at least a few who stopped by our table. For example:

- One gentleman in particular had tried OA in 2015, but unfortunately, did not have a good experience. He shared with us that at one time he was over 500 lbs. and was advised by his physicians he needed to undergo Bariatric Surgery, which he did. He's currently just under 300 lbs. but the urge to eat has not gone away...so his physicians put him on appetite suppressants. I heard him say that finding us at this health fair was definitely a power outside of himself because he's been suffering greatly. He admitted that he's an emotional eater and that he needs help. We gave him a copy of our meeting lists and he gave us his contact info, which I've passed on to a recovering gentleman in our fellowship.
- One gal became so very emotional shortly after stopping by our table. It happened very suddenly and she burst into tears. It was the moment it struck her that there is a 12-step program for her eating disorder and she was unable to stop crying. I felt like we were witnessing her spiritual awakening...and in between her sobbing, she admitted to us that she was an overeater and bulimic; and that she had never said that out loud to anyone ever before. She's been struggling alone her whole life. After the event, I passed her contact number to a recovering member who I know, who had also struggled with bulimia, which she has been recovering from. Our member reached out to the gal from the Health Fair and they've already connected over the phone. With God's help and the gal's desire for help, maybe we'll be seeing her in the (near) future at our OA meetings.

Lastly, giving service at this Public Information event touched all (5) of us who gave service there. We remained abstinent, and we were fortified both emotionally and spiritually. I'll leave you off with this: "Doing service has a ripple effect." It has no price tag and speaks in volumes as to why we carry the message. For example:

- "When I give service, I receive more than I could ever give." (*Voices of Recovery*, p. 328)
- "We now have a message of hope to carry to other compulsive overeaters". (*The Twelve Steps and Twelve Traditions of OA*, Second Ed., p. 81)
- "Only by working with those who are not yet free (from the disease) do I fully realize that freedom." (*For Today*, p. 252)

God Bless, keep coming back and never give up!!

In loving service,

Nancy K
NFI's PIPO Chair

Attention All Sponsors!

Dear OA Fellows,

For everyone who is a sponsor, we encourage you to add your name to our sponsors list. The sponsor coordinator is working to connect members looking for a sponsor with an available sponsor. Please let us know if you would like to be contacted by a potential sponsee by reaching out to the sponsorship coordinator: Christen at 904-844-1454 or sponsorsnfi@gmail.com. Please provide your name, email, and phone number. We ask that once you have the name of a new sponsee, you contact that individual within a week. It is important that your new sponsee understands you are motivated to work with them. If for some reason you cannot contact the new sponsee in this time frame, be sure to let Christen know.

It is very important that we keep the OA Sponsor List current. If at some point, you decide that you no longer want to be on the New Freedom Intergroup Sponsor List, please email oanfig@gmail.com and we will remove your contact information from the list. Thank you again for supporting your recovery by sponsoring!

— Twelfth Step Within Committee, New Freedom Intergroup



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The Twelfth Step Within Committee Wants to Hear from YOU!

A graphic featuring a spotlight shining on a yellow oval. The spotlight is labeled 'NFI MEETING SPOTLIGHT'. The yellow oval contains the text 'FACE TO FACE!!!!' and 'St. Peter's Episcopal Church, 801 Atlantic Avenue (in the parlor), Fernandina Beach, FL, Meeting # 49101'. A text box above the oval says 'This is a Literature Meeting. We have been on hold throughout the pandemic, but we are returning in JUNE!' and 'Thursdays 1:00 PM'. At the bottom left, it says 'Resuming 1 JUNE - Face to Face' and 'Come check us out!'. At the bottom right, it says 'We're baaaaaacckkk!!'.

The purpose of the Twelfth Step Within Committee is to support our existing members. The committee wants YOUR ideas!

- Does your meeting have a group rep?
- Does your rep attend NFI and bring information back to your group? (NFI meets the 2nd Saturday of every month, right now via Zoom, from 10:00-11:30 AM. Meeting ID: 872 7218 1719. Password: 883350).
- Do you need tools and resources to support your recovery?
- Is there something our committee can do to aid in your recovery? We want to know!
- Do you have a workshop topic or suggestion for a future NFI event? Please share your ideas with us!

Georgette P., Twelfth Step Within Chair,
tswnfi@gmail.com

12th on the 12th: Another Look at Step 3

A miserable first nine years on the planet drove me into compulsive overeating. This was a breeding ground for an assortment of addictions. My uncontrollable food and weight issues started at age 10. I gained bunches of pounds over the summer before 5th grade. My denial was shattered when our school custodian made a single comment about my massive new overweight body. With a look of disgust, he angrily said, "You sure are so FAT, what happened to you?!" It's the first time I felt the thunder-pounding darkness of shame which I carried for much of life until entering the rooms of OA at 27.

From age 10 to 27, the food & weight obsession was my private living hell, including starving, restricting, dieting, weight loss, weight gain and bingeing. My day-to-day living was wrapped in fear and doom because my whole world hinged on my size; I had discovered boys and romance at the age of 16. Thus, my second addiction was born and with it came destruction of epic proportions. As a result of low self-worth and people-pleasing, I chose relationships that led to domestic violence, financial ruin, and finally living in a hotel. However, I was living a double life as a college graduate with honors as well as a highly respected teacher.

Terrified of losing my new thin size (as a result of a diet), I came to OA at 27, desperate for help. For a time I was willing to adopt a whole new mindset about food and weight. I had 1 solid year of abstinence and then took my will back. I couldn't grasp steps 1, 2, 3, for far too many years. There ensued a roller coaster ride of abstinence, bingeing, relapse and weight gain. I was relying on my own UNSTEADY willpower until my missy size 10 ballooned to a women's size 2x.



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I hit my second bottom and this time I gave up self-will around food and weight on a deeper level and became 'completely open' to the guidance of a Higher Power. I asked my HP for my eating guidelines...I received 3 meals a day and life in between. That has been my abstinence now for 14 years, granting me a missy size 12 again. I must have my HP's hand in my hand to overthrow the tyranny of compulsive overeating. I'm so grateful that the only requirement for membership is a desire to stop eating compulsively. Moreover, I have heartfelt gladness for the slogan, KEEP COMING BACK, IT WORKS IF YOU WORK IT!!! I have been coming back for 30+ years, HAPPY, JOYOUS, and FREE!

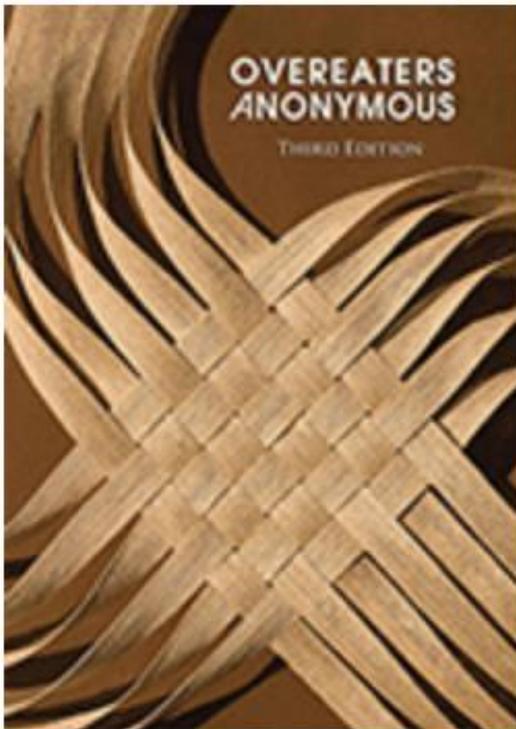
— BJ, Atlanta

MEETING CHANGES

Please let us know if your meeting is changing formats, e.g., going back face-to-face, or becoming hybrid. To update your listing, send an email to oanfig@gmail.com or chairnfi@gmail.com.

— Echo G.

OA MATERIALS (bookstore.oa.org)



Overeaters Anonymous, Third Edition

OA's third edition of the beloved Brown Book includes forty never-before-published stories by members from around the world, the complete text of "Our Invitation to You," the founder's story, and a new foreword by an eating disorder treatment professional with a new appendix to help readers understand the importance of using the plan of eating Tool in finding abstinence. Copyright 2014.

Softcover, 232 pages. Available in a variety of formats:

Set of 6 CDs, SKU 656	\$20
Downloadable MP3 file, SKU 657	\$20
Book, SKU 980	\$15

E-book formats are available. OA receives a royalty share for e-book purchases made through these third-party vendors:

- Amazon Kindle
- Apple Books
- Barnes and Noble Nook

Comedores Compulsivos Anónimos, Tercera Edición, our Spanish-language version of *Overeaters Anonymous, Third Edition*, is available as an e-book from Amazon Kindle.

Articles printed in this newsletter reflect the opinion of each individual OA member and do not represent OA as a whole. Intergroup meets on the 2nd Saturday of each month. The deadline to submit articles is the 20th of the month before the Intergroup meeting. Articles may be edited. When submitting articles, please include your name and phone number and whether or not you would like your name printed. This newsletter may be reproduced and enjoyed by other 12-steppers without written permission. If you would like to submit articles and/or comments, or if you would like to receive the Inner Voice in color as a pdf, send your email address to the Newsletter Chair at innervoicenf@gmail.com.



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Events from All Over



The Buffalo Retreat is Back!!!

Please Update Your Calendar!!!

No matter where you are on your journey – from newcomer to recovered – you'll find what you need at the 2022 OA Buffalo Retreat.

Join others on the road of happy destiny during a transformative weekend packed with speakers, small groups, guided meditation, fellowship, and fun.

It's time to get together again!

Friday, Saturday & Sunday April 8th - April 10th, 2022

Christ the King Retreat Center
621 First Avenue South
Buffalo, MN 55313

No matter where you are on your journey – from newcomer to recovered – you'll find what you need at the 2022 OA Buffalo Retreat. Join others on the road of happy destiny during a transformative weekend packed with speakers, small groups, guided meditation, fellowship, and fun. It's time to get together again!

Costs:

Shared room: \$192.00 before March 15 and \$200 after March 15

Private room*: \$212.00 before March 15 and \$220 after March 15

Program with meals and NO lodging: \$100.00

**Private room availability is limited. No scholarships for private rooms.*

Includes:

Friday: dinner and room, Saturday: three meals and room, Sunday: breakfast.

* \$3 surcharge per meal/per person, gluten free or vegetarian (5 meals is \$15)

Check-in: Friday 5:00, dinner 6:00, program 7:00 and Check-out: Sunday 10:30 am

Register online: <http://overeaters.org/upcoming-oa-events/>



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2022

2nd Sunday of the Month Workshop Topics

**Overeaters Anonymous Virtual Region is hosting
The WORKSHOP series: 2nd Sunday of the Month**

8:00 - 9:30 PM London (UTC)

3:00 - 4:30 PM New York (UTC -5)

- **April 10th - Service Keeps Us in Program**
- **May 8th - Dealing with Guilt & Shame**
- **June 12th - Gratitude as an Action Word**
- **July 10th - Steps 10 - 12: Continue, Improve & Practice**
- **August 14th - Practicing these Principles in all our Affairs**
- **September 11th - Being Entirely Ready for HP to Change Us**
- **October 9th - How to Twelve Step a Problem**
- **November 13th - Step 11: Prayer & Meditation**
- **December 11th - Sponsorship**

Come Join Us!

For Virtual Region Workshop Room Join Zoom Meeting

Meeting ID: 891 6554 0024

Password: 120912

<https://us02web.zoom.us/j/89165540024?pwd=eXZWSUNNdVhIZ3hHZHZJY2RRejkdz09>

For United States or International numbers <https://zoom.us/zoomconference>

Suggested workshop contribution \$5

<http://oavirtualregion.org/region/seventh-tradition/>

FOR MORE INFORMATION:

<https://oavirtualregion.org>

info.workshop@oavirtualregion.org or chair.workshop@oavirtualregion.org



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DONATIONS REPORT 2022		Mar	YTD TOTAL
PAYPAL - Individual Donations		\$62.14	\$343.53
Jacksonville Groups		Grp#	
Mon: Shepherd of the Woods Church	00774		\$0.00
Tue: Orange Park-10am Presb Church	03654		\$0.00
Tue: Lakewood United Meth Church	36763		\$0.00
Wed: Step Study Mandarin	51223	\$137.71	\$194.03
Wed: JAX Beach-Wisdom at the Beaches	54507		\$135.00
Thur: Newcomer, Lakeview Health	47756		\$0.00
Fri: Orange Park - 10am	49119		\$0.00
Fri: Orange Park - 6pm	57531		\$35.00
Sat: Saturday Steppers-Ponte Vedra Bch	51693	\$48.06	\$48.06
Sat: Super Saturday Lakeview	20025		\$0.00
Sat: Believe in Recovery First, Mandarin	32773	\$28.64	\$213.40
Sat: Serenity Saturday OP NFI			\$0.00
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137		\$0.00
Thu: Unity Church(Acceptance)	50421	\$9.22	\$27.66
Sat: 9:30 AM Welcome Home	48324		\$48.06
Sun: United Church of Gainesville	52879		\$0.00
Other Florida Groups			
Mon: Lifesaver - Palatka	38464		\$0.00
Mon: Palm Coast-St Mark by the Sea	38320		\$10.00
Wed: Palm Coast - 5:45pm	56604		\$10.00
Thu: Fernandina Beach	49101		\$0.00
Thu: Flagler Beach	15171		\$10.00
Sat: St. Augustine Serenity	00235	\$23.79	\$136.37
Sun: Palm Coast/Flagler Beach	56072		\$0.00
Southern Georgia Groups			
Tue: Jesup	54175		\$50.00
Tue: 7pm St Simons by The Sea	38311		\$0.00
Wed: Savannah - 5:30 pm	50301	\$106.47	\$106.47
Thur: Brunswick	51988		\$0.00
Sun: Savannah - 5pm	54362		\$0.00
Totals		\$416.03	\$1,367.58
Don to WSO		\$124.81	\$410.27
Don to SOAR8		\$41.60	\$136.76

Where are your donations going?

According to our Seventh Tradition, we are self-supporting through our own contributions. To donate directly to Intergroup, write a check made payable to 'NFI' and mail to: OA NFI, PO Box 550842, Jacksonville, FL 32255; or log onto oanfig.org and scroll down to the 'donate' button. You may pay by PayPal or credit card.

When you contribute your 7th Tradition donations, if you indicate your group number, the donation will be recorded for that specific group.

When we do not have a group number to work with, we may include the donations as unspecified.

Each month, NFI tallies the group donations and sends 10% of the total to Region 8, with an additional 30% to the World Service Office.

Donations sent directly to World Service Office do not reflect in our group donations total.



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