



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.

Carrying the Message

The main purpose of **Public Information/Professional Outreach Committee (PIPO)** is to carry the message of recovery to compulsive eaters who still suffer, as instructed in Step 12. OA is a program of attraction, not promotion. Members attract newcomers to OA when we:

- Inform the public about the program
- Inform health care professionals about the program so they may acquaint their patients and clients with OA
- Keep communication within the Fellowship open so members and groups can carry the message more effectively

A PIPO committee acts on behalf of its service body to provide information about the OA Fellowship to the local community. Note: The PIPO Committee is represented on three different levels in OA: the Intergroup (ours is: New Freedom Intergroup, aka: NFI); the Region (NFI belongs to Region 8) and World Service (WSO).

Each PIPO Committee meets separately. However, as often as possible, the PIPO committees share information freely and eagerly with each other regarding ways they've successfully informed the public about OA; and ways they've reached out to professionals. We also share the failures, as evidence of what to avoid. However, many times we find ourselves inspired by another member's insight for ways in which we can improve our approach to help make a possible future success.

The various levels of PIPO committees are not in competition with each other. It's such a beautiful thing we do for each other in OA!! And...in this way, we avoid recreating the wheel (so to speak); we learn new and exciting ideas from each other; and get to build on each idea, together, with the primary purpose of carrying the message to as many fellow sufferers as we can.

The following are some examples of how our NFI PIPO Committee has spent member donations to help carry the message there is hope and recovery in OA:

- In the fall of 2023 we purchased a 3-panel table presentation board (54" x 30") to display items such as: OA pamphlets and brochures, WSO promotional posters, wallet size slogan cards, OA serenity coins, the 15 Questions flier in large format, etc.
- We also purchased a 10' x 10' Canopy Tent to protect our OA table from inclement weather while participating in outdoor health fairs.
- In addition, we purchased a substantial supply of pamphlets and brochures to hand out to the public during the health fairs and lucite brochure holders for efficient pamphlet display, as well as Professional Folders that contain various brochures specifically designed to pass on information to professionals, so they may acquaint their clients with OA.

Some of our recent accomplishments:

- In the Fall of 2023 we participated in the 3rd Annual Recovery Fair (held at Fort Mose State Park, St. Augustine) by hosting a table filled with an elaborate display of OA literature and pamphlets. Many who attended shared how they identified with the information presented on our table and the personal information we shared about



our own experience, strength and hope. We carry the message; we hope for the best outcome; and God takes care of the rest...

- During the Fall Region 8 Business Assembly and Convention, we hosted a similar table display to our members in an effort for them to take pamphlets and brochures home to carry the OA message of hope and recovery to folks they know. We also received much praise as to how lovely the PIPO table looked and how professional the Tri-fold Presentation Board was. Also, on Friday night of the event, I announced to all attendees that our PIPO Committee was distributing the Professional Folders to members willing to take home to a professional(s) of their choosing. The outcome was: **33 members took home a total of 56 folders.** (The committee is in the process of following up as to the feedback the members received from their professional.)
- Another large order was placed for WSO Promotional Posters, "STOP Hurting Yourself with Food" (see below). The intent is to roll out distribution to members willing to put up a poster in places such as: local libraries, community rooms, Employee Assistance Programs (EAPs), hospital bulletin boards, eating disorder units, local Chambers of Commerce, social clubs, local gyms, those who may have access to school guidance counselors or cafeterias, senior citizen groups, etc. Anyone willing to put up OA promotional posters in their local community, please contact me at: npklei@gmail.com or (516) 286-1888, and I will be happy to mail them out to you.



community rooms, Employee Assistance Programs (EAPs), hospital bulletin boards, eating disorder units, local Chambers of Commerce, social clubs, local gyms, those who may have access to school guidance counselors or cafeterias, senior citizen groups, etc. Anyone willing to put up OA promotional posters in their local community, please contact me at: npklei@gmail.com or (516) 286-1888, and I will be happy to mail them out to you.

Our next goal is to update NFI's website (<https://oanfig.org>) to include a section for PIPO. We are also considering doing Public Service Announcements (PSAs).

I leave you with this thought: Each time we share about the hope and recovery found OA with a fellow sufferer 'outside' the fellowship – we are doing public Information service work – aka: 12 Stepping.

To find out more about the work we do in this committee, or if you may have an interest in joining the PIPO committee, please reach out to me at: (516) 286-1888. Kindly leave a message if I do not pick up and I will definitely return your call. Or feel free to email me at: npklei@gmail.com.

In loving service,
– Nancy K., NFI PIPO Chair

Spring Into Recovery!

If you are like me, your program (and your regular meetings) could use a little spring cleaning!

Consider Refreshing your Meeting Topics. The Relapse Meeting format below was recently discussed at the NFI meeting. Each group is autonomous and can change their meeting format with a group conscience. Your group may wish to consider the format below as an option for your weekly meetings, or adding this into the rotation of meetings.



<https://media.oa.org/app/uploads/2022/06/22120336/suggested-recovery-from-relapse-meeting-format.pdf>

Relapse does not have to be a part of everyone's OA journey, but it has been for me. I relapse in my mind well before I pick up that first compulsive bite. I forget that I do have a choice before I take the first bite. After I take that bite, I have



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no choice, but to go on eating into oblivion. When the obsession of the mind tells me the food is safe again, the only thing that stands between me and that choice not to pick up is my Higher Power. If I am doing regular work in the steps, it gives me the best chance of hearing my Higher Power's voice in that moment.

There are other resources on OA.org for relapse as well. This writing tool is always helpful when I've been struggling in my program: <https://media.oa.org/app/uploads/2021/09/11085258/been-slipping-and-sliding-a-reading-and-writing-tool.pdf>.

If you are curious about hosting a Relapse workshop – NFI can help! Here is a sample workshop on the Road back to Recovery: <https://media.oa.org/app/uploads/2021/08/22222211/recovery-roadmap-workshop.pdf>

There are many other workshop formats listed in the documents posted on OA.org. If NFI can help you – please let us know by contacting the NFI Chair, Echo G at chairnfi@gmail.com.

Yours in grateful service,

— Carly B. Jacksonville, FL

Step 4: You're Worth It

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

I recently completed my fourth step....followed by working Steps 5-12. While this was not my first fourth step – it was the most profound. It seems to me that more than any other step, the location of the fourth step, between Steps 1-3 (I cannot, God can, I think I'll let Him) and Steps 5-9 (improving relationships with our fellow human beings), is extremely significant. I needed to admit my powerlessness and unmanageability, believe my HP could make me sane, and turn my thoughts and feelings over to that God BEFORE I could muster the courage to truly clean my dirty, disorganized, cluttered "house." Working Steps 5-9 after the 4th, the **Promises** (*Big Book*, pp. 83-84) were there to motivate me toward them, one step at a time.

After reviewing the fourth step in the *Big Book*, my sponsor guided me through a simple process of filling out forms based on the *Big Book* method. While at first I hesitated as I worked through the forms, it was easy to see the patterns of my disfunction and obvious habits of negative behavior. As I moved from "resentments" to "fears" to "sex issues," to "harms done," I found myself looking forward to unloading this stuff with my sponsor. I did not want to dwell in these behaviors – seeing them on paper motivated me to do something about them. The Promises loomed ahead of me.

As soon as I finished filling out the forms, I scheduled my fifth step with my sponsor. I felt afraid suddenly, of showing all of this to her. But it was scheduled – and like so many things in recovery, at this point I just had to suit up and show up...with my forms in hand.

I find myself wondering why we have created such drama around the fourth step. It is a daunting task to do a searching and moral inventory of ourselves, for sure. But what do we get in return? "We have listed and analyzed our resentments. We have begun to comprehend their futility and their fatality. We have commenced to see their terrible destructiveness. We have begun to learn tolerance, patience and good will toward all men, even our enemies, for we look on them as sick people. We have listed the people we have hurt by our conduct and are willing to straighten out the past if we can. ...faith did for us what we could not do for ourselves...God can remove whatever self-will has blocked you off from him." (pp. 70-71)

We get to understand how we will benefit from the work in those first three steps to ground us in our growing faith as we continue to move through the rest of the steps soothed by the love of our fellows and faith in our HP, rather than by food.

Let's remember to discuss the magnificent promises of the fourth step as we encourage each other to complete all twelve steps.

DO IT. YOU'RE WORTH IT.

— Lucy B.



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More on Step 3 From Our Region

Every time I honestly took Step 3, I had hit another emotional bottom. Whether it was with a binge food, an eating behavior, or a character defect, eventually I would become tired of repeating the insanity. Taking Step 3 and surrendering my will and life to a Higher Power was the way to serenity, sanity, and happiness.

I couldn't control my food, eating, or my unmanageable life. My self-will and dishonesty kept me in bondage to overeating, restricting, overexercising, and narcissism (endless trips to the mirror). This was the best that my willpower could accomplish in my life. I was frustrated, exhausted, and depressed.

I practiced Honesty in Step One. "I can't" do this by myself. I found Hope in Step 2. "God can." I practiced Faith in Step 3. "God can, I'll let God."

Today I continue to work Step 3 daily, as many times as I need to let my Higher Power be in charge. As it says on pp. 87-88 of the *Big Book*, "We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day, "Thy will be done." "

I can't. God can. I'll let God.

— Anonymous

Tradition 4: We're Autonomous

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

When I first got into OA 35 years ago, we had a very thin member who spoke to her sponsor in another program about our meeting. Her sponsor said that we had no recovery in this meeting and we should be doing X, Y, and, Z. Luckily one of our members, who was also a long-time AA member spoke up. She quoted this tradition and explained that we were autonomous.

This meant that no one from another group could tell us what to do. We had a format and the AA 12 & 12 and were studying the steps paragraph by paragraph. That was recovery, working the steps. So we kept studying the steps and had occasional group consciences to decide on things.

One member binged on any food mentioned at a meeting. She asked for help so we decided we wouldn't mention specific foods to help her. We changed that years later after she'd been gone for a long time. The bossy person started her own group where you couldn't talk about negative things and no one went. It folded in a month.

One of our jokes back then was that the Steps were for suicide prevention and the Traditions were for homicide prevention! They teach us how to get along.

One member also explained how this tradition can be used with family, friends, and neighbors. Is your kid's hairstyle, earrings, tattoos going to affect the family? Probably not. Using drugs would, so concentrate on important things that would affect the family or the program and let other stuff go. It works quite well for me and for OA.

Combined with our only requirement for membership, the desire to stop eating compulsively (Tradition 3), this keeps it simple and workable. We have the right to try things within the guidelines of the steps and traditions and to change our minds if they are not working.

It works!

— Patience M., Gainesville FL



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Promises: Up or Down

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

The word “scale” can be a trigger word for some of us. The eye on the number, up or down, can have implications for our mood, sense of self-worth, etc. And I’ve been known to kid that in OA the promise should read, “No matter how far up or down...” This has the advantage of understanding that even if my weight isn’t what I would wish it to be, I can be of use to others. Not that I would endeavor to be a bad example. The “up or down” also allows for people who have struggled with anorexia and/or bulimia. (You’ll recall that our statement on abstinence says, “working towards or maintaining a healthy body weight.”)

In the AA sense, though, going “down the scale” had more to do with loss of employment, economic status, estrangement from family and such. It recognized that some people have a higher bottom than others. In the *Big Book* story “Our Southern Friend,” the writer relates: “Suddenly I feel a wave of utter hopelessness sweep over me. I am in the bottom of hell.” But we don’t remain at the bottom. The account continues: “And there, a tremendous hope is born.”

Having ascended or descended the scale (anyone else keep thinking of musical scales?) we can use the journey to be of help to others. If we can make the way easier for others; if we can point out boulders in the path, dead-end routes, or billboards that promise an easier, softer way, we can all, indeed, be happy, joyous, and free.

— Mark W.

And More Promises

Here are some *other* promises in *Big Book* order with a few comments (see last month for the first installment). Note that the promises are generally conditional. **One needs to work the program for the promises to come true in our lives.**

Bill’s Story

“It [the idea of choosing one’s own conception of God] melted the icy intellectual mountain in whose shadow I had lived and shivered many years. I stood in the sunlight at last.” This is a good reminder that my brain cannot think itself out of addiction.

“It was only a matter of being willing to believe in a Power greater than myself. Nothing more was required of me to make my beginning.” A quick search on “willing” in my e-copy of the *Big Book* showed 99 instances of the word in its various forms. Of course, many of these were in the stories and not just the “basic instructions,” but clearly it’s a basic element of recovery.

“Scales of pride and prejudice fell from my eyes. A new world came into view.” I love the intertwining of the idea of physical sight with the idea of new insights.

“My friend promised when these things were done I would enter upon a new relationship with my Creator; that I would have the elements of a way of living which answered all my problems.” Note that recovery is not only for the eating problem, but that we are offered a cure affecting our entire lives.

“These were revolutionary and drastic proposals, but the moment I fully accepted them, the effect was electric. There was a sense of victory, followed by such a peace and serenity as I had never known. There was utter confidence. I felt lifted up, as though the great clean wind of a mountain top blew through and through. God comes to most men gradually, but His impact on me was sudden and profound.” The “Step 9” promises include “We will comprehend the word serenity and we will know peace.” We are offered this here in a much earlier chapter from Bill’s experience.

— Mark W.



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Trusted Servants and Committee Chairs (New emails)

GENERAL INFORMATION	Secretary will forward as needed	oanfig@gmail.com
Chair	Echo G. 561.704.2917	chairnfi@gmail.com
Vice Chair/Bylaws	Barbara C. 352.474.1366	vicechairnfi@gmail.com
Treasurer	Augusta L.	nfitreasury@gmail.com
Secretary	Sandi JC 912.464.4231	oanfig@gmail.com
Delegate	VACANT—Consider doing service	delegatenfi@gmail.com
Newsletter/Meeting List	Mark W. 904.527.3433	innervoicenfi@gmail.com
Public Info/Prof. Outreach	Nancy K. 516.286.1888	piponfig@gmail.com
Young Persons	VACANT—Consider doing service	youngpeoplenfi@gmail.com
12th Step Within	VACANT—Consider doing service	TSWnfi@gmail.com
Sponsor Coordinator	Hailey 404.797.5586	sponsor.nfig@gmail.com
Website	Brian B. 904.616.0608	websitenfi@gmail.com
Ways and Means	VACANT—Consider doing service	wandmnfi@gmail.com

Save the date!

“Stepping To Recovery (A *Big Book* Buffet)”

Big Book Weekend
NOVEMBER 1-3, 2024

Join us in person as we witness examples of ‘how to recover’ from the disease of compulsive eating, as outlined in the “Big Book” of Alcoholics Anonymous. Two speakers will share how they practice their program, maintain their recovery, live in spiritual abundance, letting go of the food and working with others. There will be group sharing activities and plenty of time for fellowship, reflection and relaxation. Abstinent meals, on the premises, will be available.

Program begins at **7:00 pm Friday** evening
and ends at **12:00 pm Sunday**.

LOCATION: MARYWOOD RETREAT AND CONFERENCE CENTER

235 Marywood Drive, St. Johns, FL 32259

www.marywoodcenter.org

904.287-2525

If you cannot attend the full weekend in person, virtual access will be available for the speakers. Virtual registration will give you access to these workshops, but not any of the after-hours activities.

More information and the registration flyer will be coming soon.



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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 9. Each meeting is welcome and encouraged 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 13 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:

Service Opportunities:

- We need to fill the following service positions: Delegate, Parliamentarian, Young Persons subcommittee chair, Twelfth Step Within chair, and Ways and Means chair. Other committees also need volunteers to provide service.
- We'll be hosting a Big Book Retreat at Marywood on November 1-3, 2024. There will be many opportunities to give service as we plan for this event and at the event itself. If you are interested in volunteering in any way, please reach out to Nancy K. Expect more details soon! And please continue to be on the lookout for more announcements and information about this!
- In August of 2025, the World Service Convention will be held in Orlando, FL. While NFI is not officially sponsoring or hosting this event, ANYONE is welcome to give service for it! If you are interested in helping with planning or otherwise volunteering, please contact Susan B. by email at chair@oaregion8.org



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Other Items of Note:

- All meetings are to let Chair know about changes in format. Thank you to those who sent us updates this month! They should be reflected on the website and meeting list.
- Thank you to everyone who sent in feedback so far for how to use funds from 7th Tradition donations to further carry the message. We reviewed the feedback and following ideas:
 - Advertisement using the newly released PSAs from the World Service Office — Digital options exist as well as news and radio options (Might be good to do something on Facebook or Instagram to try and target a wider audience. There are options for focusing on specific zip codes to keep it still within our area.)
 - Local advertising:
 - Our PIPO committee has about 60 posters that can be used for advertising locally at places like libraries, community centers, recreation centers, etc. If your meeting would like some, please reach out to Nancy K.
 - For newspapers, it's gotten more complicated over the years. Most newspapers have moved to advertising solutions being offered by media groups, making it more expensive and more complex. Echo G. has put in requests for information from some of these companies and will share the results with the PIPO committee for review and recommendations.
 - Consider looking into advertising using grocery cart runners too. Other intergroups have mentioned having success using this method.
 - Other advertising options including buses, billboards, refrigerator magnets, and more.
 - Literature:
 - Books for newcomers if they show consistent attendance, are working with a sponsor, pursuing service? Books could be kept at the meeting locations?
 - Purchase/make available additional "Where Do I Start" packets
 - Purchase/make available the Sponsorship kits from WSO
 - Workshops:
 - Remind meetings/groups that if they are interested in hosting a workshop and need funds for it, they can absolutely request support from NFI.
 - Would love to see more groups putting on workshops, so if the only thing stopping you is funds, please reach out!
 - One-time special donation either to the Region, WSO, or split between them in some fashion.
 - Next Steps?
 - We can absolutely continue to collect ideas and feedback on an ongoing basis from the membership!
 - In the meantime, the ideas will be passed on to the appropriate committee (for example: PIPO committee will be given the information for advertising) for them to review and discuss and then make recommendations to the intergroup if additional funding is needed for their committee's budget to move forward with any of the items.
- Our last big discussion topic for March was regarding Save a Member/Relapse and Recovery focused meetings. In the past within NFI, we had a meeting that was focused on the special topic of keeping members away from relapse and in recovery. Currently our intergroup does not have a meeting that is focused on this, but many of our intergroup representatives agreed that it's a very important topic for our fellowship. If your meeting is looking to shake things up and try a new format, consider checking out the Recovery from Relapse Meeting format on oa.org. Also be on the lookout for an article from Carly B. on the topic of freshening up your format in the Inner Voice, which will have more information on this!



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Events from All Over



You're Invited to an
OVEREATERS
ANONYMOUS BIG BOOK
BIRTHDAY BASH
Celebrating the 85th
Anniversary of its
Publication!

Everyone invited to listen and/or share
on favorite passages in the Big Book
and how use the Big Book in recovery!

April 8, 2024, 7-8PM, Fellowship after
Zoom link:

<https://us02web.zoom.us/j/81741958563?pwd=OHh0cnFqK1hmRDlvaEVNek5sZnlPZz09>

Meeting ID: 817 4195 8563

Password: 048782

Dial in: 1-646-558-8656

In Person: St. Mark's Episcopal Church, 15
Pearl St, Mystic, CT

Hosted by the Ocean & Bay Big Book Celebration Meeting
Questions: Contact John @ 860-304-7210 (Call or text)



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Baton Rouge Intergroup Spring Retreat April 12th - 14th, 2024
**"What am I Feeding Myself Physically, Emotionally
 and Spiritually"**

Where: Feliciana Retreat and Conference Center Lodge <https://frccenter.org>
 10274 Hwy 422, Norwood, LA 70761

Weekend Registration includes: 2 nights lodging in 1 room: 2 twin bed per room, linens & private bath, 2 dinners, 1 lunch, 2 breakfasts (menu will be emailed 2 weeks prior to event) – **\$225.00**

(a few partial scholarships are available for those in need of financial assistance, email oabatonrouge@gmail.com to inquire).

Saturday Day-Tripper (lunch included) – \$60

- Check-in Friday begins at 4:00pm / Dinner on Friday is at 6:00pm
- Welcome to the Retreat begins at 7:00pm
- Retreat concluded Sunday at 11:00am

Payment is due with the registration form by deadline.

To register online: [click here](#) to fill out the form. We accept Venmo or mail a check

Registration deadline: Sunday, March 24th (capacity: 42 weekend registrants, adm'n 38 registrants Sat. only)

To register by mail - fill out this form and send a check to:
 BRIG Spring Retreat PO Box 14815, Baton Rouge, LA 70898.

Contact: BRIG Retreat Committee at oabatonrouge@gmail.com if you have any questions.

Full Name: _____

Roommate: (write "request one" if needed) _____

(For a private room, please write PRIVATE – Cost: + \$125. Your new total: \$350)

Email Address: _____ Phone: _____

Intergroup Affiliated With: _____

Dietary Allergens: _____

Special Needs due to Disabilities: _____

If you would like to donate to the scholarship fund, please make a notation on your check/venmo



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Relapse & Recovery Speaker Panel

Four Speakers share their journey from relapse to recovery, followed by Q&A

April 14, 2024 2:00 pm – 4:00 PM ET (UTC-5)

Zoom ID: 914 633 2988

Password: 121212

[For more info:](#)

Questions: contact Diane T. at sinnerinrecovery@gmail.com

Sponsored by Westchester United Intergroup of OA



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April 19-21, 2024
“Conquering the Disease”



“Steiner Bell Lodge”
at the Wafloy Mountain Retreat
Gatlinburg, Tennessee

This spring, join OA Middle Tennessee Intergroup for a retreat in the beautiful Smoky Mountains! It will be a weekend of shared experience, strength & hope.

To register, click [here](#) or visit:
www.OANashville.org



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Spring Into Action OA Retreat

From: Friday April 26th @ 7:00P.M.
To: Sunday April 28th @ 8:30A.M.

Camp Milan Retreat Center
12905 13th Street Milan, Illinois

Weekend including 3 meals and registration: \$60.00

Schedule and Fees

Friday:

Arrival 6:00PM
Introduction 7:00PM

Saturday

Breakfast 8:00 AM-9:00AM
Speaker/Workshops
Lunch: 12:00PM-1:00PM
Speaker/Workshops
Dinner: 5:00PM-6:00PM
Speaker/Workshops
Meeting: 8:00PM-9:00PM
Entertainment: 9:00-?

Sunday:

Pack Up: 7:30AM-8:00AM
Re-entry 8:00AM-8:15AM
All Clean Up 8:15AM-8:30AM
Departure 8:30AM

Menu

Friday: Dinner on you own

Saturday Breakfast: Oatmeal
w/applesauce, toast, fresh fruit, hard boiled
eggs

Saturday lunch: Soup & Salad Bar

Saturday dinner: Herb Chicken,
vegetables, fruit cup, roll

*Coffee and water will be available through out the
weekend. Soda is available from the vending
machine. All are welcome to bring additional foods
required by individual food plans.*

Items to Bring:

OA approved literature,

Bedding (sleeping bag & or sheets/blankets),

Towels and personal hygiene supplies.

Online Registration Required by April 1st

Pay When You Arrive! Cash or Check Accepted at the Door

Register at [Click Here to Register](#) or Scan the Code



Save \$5.00 if you register before March 23rd



**OVEREATERS
ANONYMOUS®**

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Meet the Virtual Region Chair



12 PM ET (4 PM UTC) & 8:30 PM ET (12:30 PM UTC)
The Fourth Friday of Every Month

Bring your **QUESTIONS** and **IDEAS**
Join the **DISCUSSION**
Learn about **UPCOMING EVENTS**



Zoom Link: <https://us02web.zoom.us/j/87080400598?pwd=TnhOQm1EN1R1WWQ0N2xVbEJlQm1uQT09>

Meeting ID: 870 8040 0598. Passcode: 120912



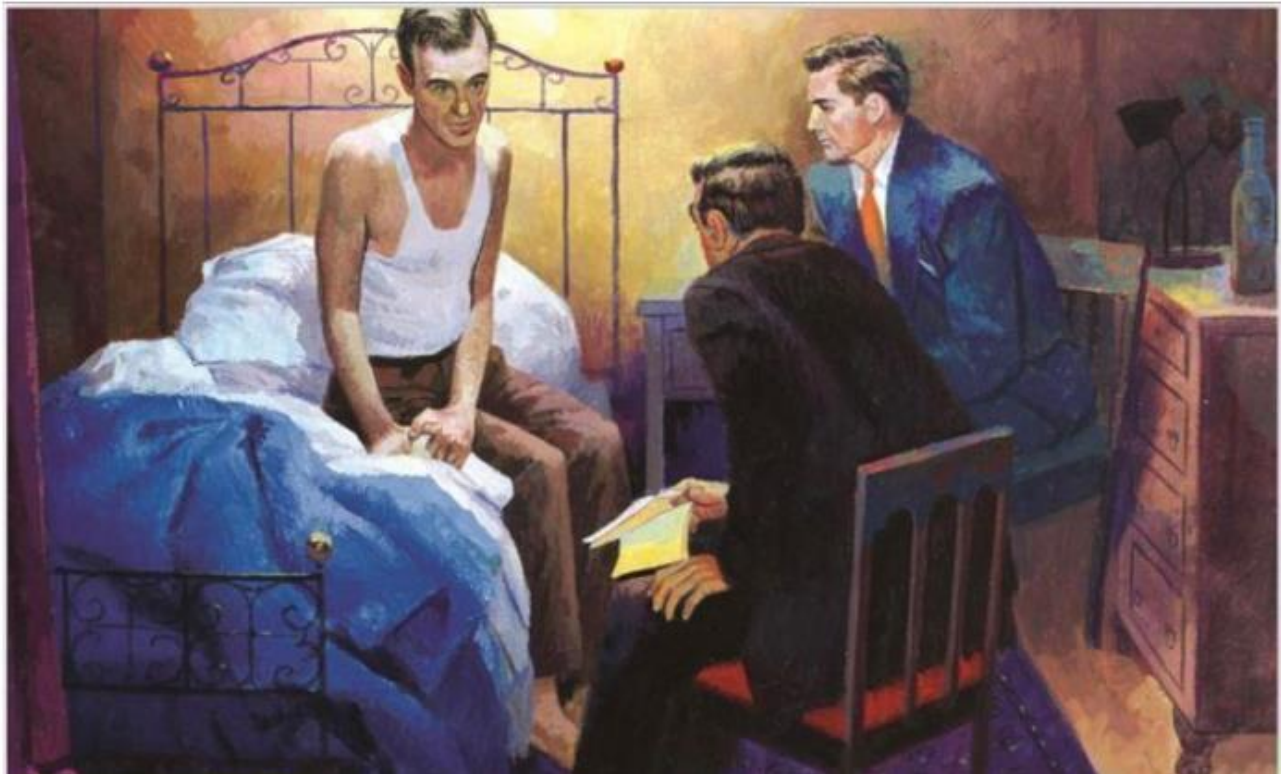
Responsibility Pledge

Always to extend the hand and heart of OA to all
who share my compulsion; for this I am responsible.

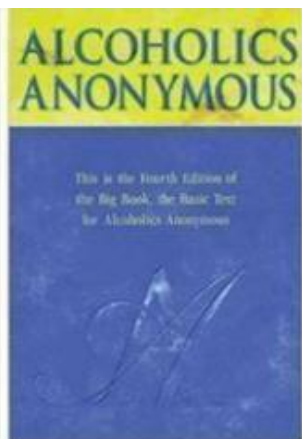


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*Using scripts based on the beginners meetings
in the 1940s: a focused introduction to the 12
step program in 4 weekly sessions.*



**OVEREATERS ANONYMOUS
BACK TO BASICS
EVERY SUNDAY
7:30-9pm UK
2:30-4pm EST
11:30am - 1PM PST**

**ZOOM ID: 853 4685 2850
PASSWORD:121212**



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Week 1: OA 12 and 12 Step of the month
Week 2: OA Principle of the month
Week 3: AA Big Book Step of the month
Week 4: Lead/Speaker Meeting
Week 5: Topic Meeting

Sunday Morning Coffee and Recovery Meeting

Online Zoom Meeting - Every Sunday
9:00 AM to 10:00 AM (Eastern)

Zoom Meeting ID: 842 2999 2560 883975 Link: <https://us06web.zoom.us/j/84229992560>
Dial In: +1 929 205 6099



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More from Region 8

A new way to carry the message!

Region 8 announces an excellent resource page with links to valuable OA information to benefit newcomers, returning and current members. Maybe even the "old timers." 😊

Have you read the appendices to *Overeaters Anonymous, Third Edition*? They include writings on The Role of a Plan of Eating, A Disease of the Mind, A Disease of the Mind, A Disease of the Body, A Disease of the Spirit and more.

People may scan this QR code (point your smart phone's camera at the QR code and it will pop up a link) and connect to the Region 8 resources page. Please feel free to print this information and pass around in face-to-face meetings or insert into a visual format for virtual meetings.

Check it out — Pass it on!



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Report look familiar? Yes, this is the February Donations Report. Rather than a partial month report for March, given that we distribute Inner Voice prior to the end of the month, the March report will be in the next issue. This will bring us into alignment with our Procedure Manual. Thanks for your understanding.

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 9, 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.

DONATIONS REPORT 2024		Jan	Feb	YTD TOTAL
General Fund / no meeting # specified		\$162.64	\$152.57	\$315.21
Jacksonville Groups				
Mon: Shepherd of the Woods Church	00774			\$0.00
Tue: Lakewood United Meth Church	36763			\$0.00
Tue: 7pm Jacksonville (virtual)	800028			
Wed: Step Study Mandarin	51223	\$64.09	\$59.08	\$123.17
Wed: JAX Beach-Wisdom at the Beaches	54507			\$0.00
Thur: Jacksonville 9am - Our redeemer	57370			
Thur: Newcomer, Lakeview Health	47756			\$0.00
Fri: Orange Park - 10am	03654			\$0.00
Sat: Saturday Steppers-Ponte Vedra Bch	51693			\$0.00
Sat: Super Saturday Lakeview	20025			\$0.00
Sat: Believe in Recovery First, Mandarin	32773	\$78.64	\$28.64	\$107.28
Gainesville Groups				
Mon: Big Book Study (Alachua)	51137	\$25.00		\$25.00
Thu: Unity Church(Acceptance)	50421	\$9.22	\$9.22	\$18.44
Wed: Gainesville Unity Church	57568			
Sat: 9:30 AM Welcome Home	48324			\$0.00
Other Florida Groups				
Mon: Palm Coast-St Mark by the Sea	38320	\$62.00	\$35.00	\$97.00
Tues: Lifesaver - Palatka	38464			\$0.00
Wed: Palm Coast - 10am	56604	\$62.00		\$62.00
Thu: Fernandina Beach	49101			\$0.00
Thu: Flagler Beach	15171	\$11.00	\$47.58	\$58.58
Sat: St. Augustine Serenity	00235			\$0.00
Sun: Palm Coast/Flagler Beach	56072			\$0.00
Southern Georgia Groups				
Tue: Jesup	54175			\$0.00
Wed: Douglas, GA	57445			
Wed: Savannah - 5:30 pm	50301			\$0.00
Thur: Brunswick	51988			\$0.00
Sun: Savannah - 5pm	54362	\$28.64	\$28.64	\$57.28
Totals		\$503.23	\$360.73	\$863.96
Don to WSO		\$150.97	\$108.22	
Don to SOAR8		\$50.32	\$36.07	

* Revised Donations for January 2024
Increase of \$50 from previously reported.

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 innervoiceni@gmail.com.



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