

Inner Voice

Newsletter of New Freedom Intergroup of OA



August 2021

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

- Spiritual Principle:
Self-discipline

Tradition 8: Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

- Spiritual Principle:
Fellowship

Concept 8: The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.

- Spiritual Principle:
Delegation

Promise 8: Our whole attitude and outlook upon life will change.



DON'T MISS OUT!

World Service Convention
Aug 26-28, 2021

Registration fee goes from \$150 to \$170 on August 1

Visit : <https://oa.org/world-service-convention/>

There is still time to join us for three full days of fellowship and recovery, walking in the Sunlight!

- Speakers
- Workshops
- Meditation
- Banquet
- Boutique
- Dancing



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Service Positions Available for 4th Annual Big Book Weekend!!!

Would you like to **strengthen your recovery** by providing service for the Big Book Weekend **December 3-5**? We are still looking for people to work on the following:

- Lead meditation sessions on Saturday and Sunday mornings (either, or both)
- Oversee and coordinate the Silent Auction event (write articles to request items, receive items and lay out the tables, collect the payments)
- Sell tickets for a 50/50 drawing (WINNER GETS half the money, NFI USES THE OTHER HALF TO FURTHER 12TH STEP WORK)
- Sell the spiral bound Big Books at the event

Requirements include 60 days continuous current abstinence by December 1 and sponsor approval. If any one of these services appeals to you, please email Big Book Weekend Committee Chair Mark W. at m.wieder@juno.com

MEETING CHANGES

Please let me know if your meeting is changing formats. Some of the meetings are finally going back face-to-face at their original locations; some are staying as Zoom; and some will be hybrids. A hybrid meeting means that people will be face-to-face AND also have a Zoom connection. Perhaps your group wants to start a new additional meeting that is face-to-face. Everyone **please** share the status of your meeting—we will add a column to the main meeting list that shows the format. To update your listing, send an email to oanfig@gmail.com or chairnfi@gmail.com. (See the article later in this issue entitled **Post-Pandemic Meetings**.)

— Barb C.

Help Wanted

LOOKING FOR A PART TIME JOB IN SERVICE? WE HAVE ONE FOR YOU

Would you like to do service on a committee, but don't think you qualify? The only requirement for serving on a committee is "the desire to work on a committee to help share OA." You DO NOT need to attend the monthly NFI business meeting to serve on a committee; nor do you need to meet any abstinence requirements. Serving on the committee is a great way to learn, and you earn the requirements toward becoming the Chair of the Committee. You will be providing service above the group level.

- **TSW.** The 12th Step Within (TSW) Committee's main goal is to spread the word and help those who are already in the program. We want to make sure that everyone is aware of how to get help in the program and make our meetings strong. Someone missing from the meeting for a while? Reach out. Along the way, we can also help newcomers find a sponsor and other meetings. Do you have any ideas?
- **PIPO.** The Public Information and Professional Outreach (PIPO) Committee is working on how to get the message out to the professionals (doctors, nurses, health professional students, clergy, et al.) in all areas. They set up booths at health fairs, and reach out with information packets, Courier, etc. This is a vital committee and needs help. Do you have any ideas?
- **Ways & Means Committee.** Another fun committee, they plan how to raise money so we can help our intergroup carry the message to everyone who suffers from the disease of compulsive eating. In the past, we made and sold charm bracelets and bookmarks; now we have Recovery Jars. (\$20 each plus shipping. Have you ordered yours yet? The order form is in the June issue of "Inner Voice" which can be



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downloaded at www.oanfig.org. The direct link for ordering is <https://forms.gle/6bPaYJgu57sW24Yq6>.) If you are crafty, like to sell things and want to serve on a fun committee, this is the committee for you.

- **Newsletter.** The “Inner Voice” is distributed by email once a month to all who request it. Ever wanted to be a reporter or add images to written pages? This is where your creative juices can be put to use. Each edition contains factual information, commentaries, ads for workshops, etc. Gather information from outside sources or write your own articles.
- **Website.** Are you tech savvy, or do you want to learn about websites? Work hand-in-hand with the NFI webmaster to maintain our website on the “Go Daddy” platform.
- **Bylaws and Electronic Documents.** The Vice Chair of NFI oversees the NFI Bylaws and Policies and Procedures Manual to ensure our practices are documented accurately and efficiently. There are yearly reviews of both documents. If you love details: dotting I’s and crossing T’s, checking grammar and spelling, this committee is for you.

The NFI intergroup is always looking for new people and new ideas. By serving on any of these committees, you will be expanding your resume with the service positions that you have done. Remember: to serve on a committee, the only requirement is the desire to work on that committee.

Please send all committee requests to me.

Georgette — ghabanero56@yahoo.com
vicechairnfi@gmail.com

Step 8: Admission and Prayer

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

Step Eight asks me to own up to who I am in relation to other people and myself.

Working with a sponsor helped. I returned to OA after a relapse, during which I quickly gained 40 pounds (18 kg). After a suicidal crisis, I realized I would slowly eat myself to death if I continued. I received the gift of desperation and was willing to go to any length to recover from this disease. I asked someone who had what I wanted to sponsor me.

After Step Seven, my sponsor suggested I review my Fourth Step to look for anyone I had harmed. I wrote down their names and the reasons why I needed to make amends to them. The first half of Step Eight was an opportunity to name those I had harmed and why. It didn’t matter if someone had harmed me; I only needed to identify the people I had harmed. I recently considered several people I used to sponsor. It wasn’t easy to admit I had been controlling and arrogant towards them. When I did admit I had harmed these people, relief filled my heart.

I needed to put my own name on the list—“we have also damaged ourselves with our self-destructive thinking, eating, and living habits” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 69). I damaged my body by compulsively overeating, starving, overexercising, and denying my excess weight. I lived in isolation, fear, self-pity, and resentment. I wrote my name on the list, although I had no idea how I would make amends to myself. That was part of Step Nine, and I wasn’t there yet.

The second half of Step Eight involved becoming willing to make amends to those I had harmed. “It might help us to remember that our purpose in doing step eight is not to judge others, but to learn attitudes of mercy and forgiveness” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 69). My sponsor suggested I pray for anyone I was unwilling to forgive. I prayed for each person to have health, prosperity, and joy, although I still felt angry. After praying for one particular person every day for a month, I felt a wave of forgiveness flow over me. The God of my understanding helped me see this person as a lovable child of God, who, just like me, was doing one’s best with what had been given.

I prayed for each person on my Step Eight list and asked God to forgive me too. Then I was ready for Step Nine.

— Edited and reprinted from *The Transformation* newsletter, Central Ohio Intergroup, August 2011



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Trusted Servants and Committee Chairs (New emails)

GENERAL INFORMATION	Secretary will forward as needed	oanfig@gmail.com
Chair	Barbara C. 352.472.9924	chairnfi@gmail.com
Vice Chair/Bylaws	Georgette P. 352.870.4454	vicechairnfi@gmail.com
Treasurer	Carly B. 303.710.0589	nfitreasury@gmail.com
Secretary	VACANT - Consider doing service	oanfig@gmail.com
Delegate	Cora W. 912.424.5959	delegatenfi@gmail.com
Newsletter/Meeting List	Mark W. 904.527.3433	innervoicenfi@gmail.com
Public Info/Prof Outreach	Nancy K. 516.286.1888	piponfi@gmail.com
Young Persons	Wendy I. 904.710.5555	youngpeoplenfi@gmail.com
12th Step Within	Georgette P. 352.870.4454	TSWnfi@gmail.com
Sponsor Coordinator	VACANT - Consider doing service	sponsorsnfi@gmail.com
Website	Lori L. 904.964.9991	webmasternfi@gmail.com
Ways and Means	Echo G. 561.704.2917	wandmnfi@gmail.com
Florida State Convention 2022	Barbara C. 352.472.9924	bcarter337@att.net
2021 4th Annual "Big Book Convention" (Jekyll Island)	Mark W. 904.527.3433	m.wieder@juno.com

Highlights of the July NFI Business Meeting:

New Freedom Intergroup business meeting was held July 10. Each meeting is welcome to send two voting members, and as many observers as desire to attend. Next business meeting is Saturday, August 14 at 10:00 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350). Highlights of what was discussed/accomplished in July:

- No one ran for secretary. Consider doing this service. If you would like to practice doing it for one month, let us know at the start of the business meeting.
- We are updating the Policies and Procedures Manual. A separate email will be sent with the contents for review. Changes should be submitted to vicechairnfi@gmail.com by August 1. We will vote on the revisions at the August meeting.
- Echo (Ways and Means Committee) is asking for volunteers to help sell recovery Jars at the World Service Convention in August. You may also purchase recovery Jars in advance and we will arrange to deliver them.
- Scheduled an audit of the treasurer's books for Monday, July 12.

NFI Executive Board Service Positions

- JUN: Secretary and Treasurer
- DEC: Chair, Vice Chair and Delegate

All five members serving on the NFI Executive Board **must** rotate out of service this year. As you can see from our Trusted Servants list above, **we did not get a candidate for secretary**. We need other members to step up to fill these roles and strengthen your own recovery. Per the NFI Bylaws Article IV, Section 2—Qualifications of Candidates:

"To qualify for election to the Intergroup Board, a candidate must:

1. Be working the OA Twelve Steps, the OA Twelve Traditions, and the Twelve Concepts of OA Service to the best of their ability.
2. Have the minimum amount of current continuous abstinence as defined by OA World Service as follows:
 - Chair, Vice-Chair, Treasurer and Delegate shall have one (1) year of current abstinence.
 - Secretary will have six (6) months of current abstinence.
3. Have attended at least six (6) Intergroup meetings.



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4. Have given service above the group level for a minimum of one (1) year.
5. Be a regular member of an affiliated OANFI member group."

The delegate has additional qualifications, the most stringent being 2 years of service above the group level. Volunteers must have attended six Intergroup meetings; service need not be concurrent, nor does it need to have been served in this intergroup (previous experience does count!).

Check the full text of the NFI Bylaws at this link: <https://img1.wsimg.com/blobby/go/5da998b5-e4ee-4a7d-8e91-770f8a9e6f75/downloads/NFI-Bylaws%20-12%20May%202020-Final%20%20approval.pdf?ver=1612012293559>.

Willing

"If you are willing to rely on a power greater than yourself for direction in your life and to take the Twelve Steps to the best of your ability we believe you can indeed join the ranks of those who recover."

Before OA, I was an emotional wreck. I was having difficulty at work and my only coping mechanism for dealing with stress was to eat compulsively. After months of meetings, I finally got down on my knees and prayed for the willingness to accept that I needed the help of a Higher Power. With willingness came abstinence. Humility followed close behind and I admitted that I needed a sponsor to guide me through the Steps. I've worked the Steps several times now, each time going deeper into the literature and into myself. My Higher Power continues to grant me new insights as I read pages that I must have read a dozen times before.

I've faced a number of difficult challenges in the last few years. However, I have kept going to meetings, doing service, working my program, maintaining my recovery. I do it through a constant reliance on my Higher Power.

— B.K.

Edited and reprinted from a multilingual online newsletter.

Our Eighth Tradition: Labor of Love

Overeaters Anonymous should remain forever nonprofessional,
but our service centers may employ special workers.



I remember when I was new to OA. I sat with my first sponsor, going over my journaling on Step One. It took quite a bit of time, and I couldn't believe how patiently my sponsor sat there, listening. She wasn't giving advice. Periodically she shared her experience, strength, and hope, but mostly, she just offered the gift of understanding. I was amazed that I wasn't paying her! She accepted me even though we had only known each other for a short while. She even said I was helping her.

The gift of sponsorship is so powerful because it is given freely—no strings attached. Now I get to pass it on and do the same for others. I always enjoy seeing my sponsees' faces when I tell them they are actually helping me more than I am helping them.

The Twelve Steps and Twelve Traditions of Overeaters Anonymous tells me "In OA, we learn to give our loving support to others freely, without trying to advise people or change them; nor do we look to others to work our program for us" (p. 175). Service is its own reward. Even if we are experts (counselors, ministers, dietitians, authors) outside the rooms of OA, we only share our experience, strength, and hope. Even someone who has long-term abstinence is not an OA expert; experience has shown that everyone suffers in the long run when recovery "gurus" exist.

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OA may (and does) employ special workers. These employees help manage the business aspect of OA when the job is too big for volunteers. These employees may or may not be members. Effective workers are appreciated because they help OA grow stronger, but their duties are entirely business-related.

No member is ever paid for Twelve Step service. Just as the OA *Twelve and Twelve* says, "When we keep OA's eighth tradition, we discover a beautiful spirit of caring service . . . we can each turn to the one next to us and say truthfully from the heart, 'I put my hand in yours because I care'" (p. 176).

— Edited and reprinted from *OA Today* newsletter, St. Louis Bi-State Area Intergroup, August 2014

The Twelfth Step Within Committee Wants to Hear from YOU



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

Some things to consider:

- Does your meeting have a group rep?
 - If so, are they attending NFI and bringing information back to your group?
- (New Freedom Intergroup – 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 or your

group members need outreach?

- 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



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Order Your Recovery Jar NOW!

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. We hope to sell all of these jars at the World Service Convention in August, so don't count on having them be available after that! 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 will be picking it up at the World Service Convention in Orlando (August 26-28) or if you would like to arrange to pick it up in Gainesville. If you need to have one shipped to you, please select that option and I will contact you to make arrangements for the shipping costs. (Shipping cost is an additional \$7-8 for one jar. It will be cheaper to ship multiples.)

Payment can be made by cash at time of pick up or by check (please make the check out to New Freedom Intergroup) and mailed to: NFI Ways and Means, 703 NW 11th Ave. Gainesville, FL 32601

– Echo G.



August Events from All Over



Central Arkansas Intergroup

Presents

A Hybrid* **Super Saturday** Workshop

Back to Basics: the Tools of OA

August 14, 2021

9 AM until Noon

Face to Face Option: St. Mark's Episcopal Church

1000 N Mississippi Street

Little Rock, AR 72207

ZOOM Option: Meeting ID: 869-6341-0195

Passcode: 016228

*Hybrid = 2 Options available Face to Face or Zoom

For more information email: CAIOAintergroup@gmail.com

SPONSORING & BEING SPONSORED

Saturday, August 21, 2021
1:00-3:00PM EDT

- Speakers
- Breakout Rooms
- Q & A
- How to be a Sponsor
- How to pick a Sponsor
- Types of Sponsorship

Spiritual
Person
Offering
Necessary
Suggestions
On
Recovery

OVEREATERS ANONYMOUS
Piedmont Intergroup
<https://piedmontintergroup.org>

Meeting ID: 840 5717 8092
Passcode: 053881

Our Seventh Tradition states that "Every OA group ought to be fully self-supporting, declining outside contributions."
<http://piedmontintergroup.org/7th-tradition> Venmo: @piedmontintergroup



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Save the Date for Florida State!

The 32nd annual Florida State Convention of Overeaters Anonymous will be held **January 14-16, 2022** at the Hilton Cocoa Beach Oceanfront, 1550 N. Atlantic Avenue, Cocoa Beach, FL. 32931. **It will be a face-to-face gathering—our first one in over two years!!!** The theme for next year is:

“Together We Can...CELEBRATE RECOVERY—62 YEARS”

The registration flyer is not yet available. Room rates will be \$164 plus taxes and fees (12% additional, total rate = \$183.68 per night) for up to four people per room.

Post-Pandemic Meetings

Many of our meetings went to a total virtual format during the pandemic. This was a blessing, because we could maintain meetings and our recovery while being socially distanced and safe. Now, however, buildings are opening and people are “allowed” to get back together – what format do our meetings take? Some options are to become a hybrid meeting, return to a total face-to-face meeting, or remain a virtual meeting. A group conscience will help each meeting decide.

- **HYBRID:** Hybrid meetings are a mix of a face-to-face group with additional members attending virtually. Those hybrid meetings with equipment and dedicated members are working fairly well. One meeting has had a problem with hearing the face-to-face members over zoom. This may be an issue of computer placement -- where is the microphone and speakers? This issue may be resolved if the meeting can afford a microphone or use the speakers on a phone.
- **FACE-TO-FACE.** If your group votes to return to a physical location, make sure you comply with the requirements of the building in which you are meeting. If the building staff requires masks, the group should wear masks. If they want you to spray antibacterial cleaner after the meeting, please do so. Covid is an outside issue; keep yourself safe (don't attend if you don't think it is safe). If your meeting votes to return to face-to-face but you do not feel it is safe for you, please find a virtual meeting to attend. Don't just stop attending OA.
- **VIRTUAL.** Many meetings that went virtual (telephone or zoom) found that they grew in membership – attracting many people from outside the local geographic area, and even from other states! Instead of becoming a hybrid, some of these meetings may either choose to remain virtual, or they may split into two (face-to-face and virtual). Splitting is easy, but may mean smaller groups (until we grow each meeting again!) If your group splits, decide which group keeps the original meeting number and register the other one with a **new meeting number**. Virtual meetings (solely) do **NOT** need to go to the WSO Virtual Region, they may remain affiliated with the New Freedom IG. If you need help registering a new meeting, please contact chairnfi@gmail.com.

Speaking of groups: Do you need a zoom number for your virtual meeting? Is the group or an individual paying for a zoom account? You do not need to do so. New Freedom Intergroup may be able to set up a recurring meeting for you. The only mandate for virtual meetings is that we can only run one at a time – they cannot overlap. So, take a look at all the virtual meeting list and check the days and times being used for zoom. A new zoom session must not conflict with any current meeting – and we should have some lag time before and after in case the meetings run a bit over an hour. Zoom meetings may get an NFI account session IF they do not conflict with other meetings already scheduled.



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DONATIONS REPORT 2021		July	YTD TOTAL
PAYPAL - Individual Donations		\$0.00	\$348.61
Jacksonville Groups		Grp#	
Mon: Shepherd of the Woods Church	00774		\$0.00
Tue: Orange Park-10am Presb Church	03654		\$140.00
Tue: Lakewood United Meth Church	36763	\$4.00	\$181.66
Wed: Step Study Mandarin	51223	\$139.63	\$704.41
Wed: JAX Beach-Wisdom at the Beaches	54507		\$332.00
Thur: Newcomer, Lakeview Health	47756		\$0.00
Fri: Orange Park - 10am	49119		\$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		\$49.00
Sat: Serenity Saturday OP NFI			\$0.00
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137		\$200.00
Thu: Unity Church(Acceptance)	50421	\$9.41	\$109.41
Sat: 9:30 AM Welcome Home	48324		\$185.00
Sun: United Church of Gainesville	52879		\$0.00
Other Florida Groups			
Mon: Lifesaver - Palatka	38464		\$50.00
Mon: Palm Coast-St Mark by the Sea	38320	\$30.00	\$142.00
Wed: Palm Coast - 5:45pm	56604		\$197.00
Thu: Fernandina Beach	49101		\$102.00
Thu: Flagler Beach	15171		\$87.00
Sat: St. Augustine Serenity	00235	\$152.22	\$719.00
Sun: Palm Coast/Flagler Beach	56072		\$0.00
Southern Georgia Groups			
Tue: Jesup	54175	\$50.00	\$285.00
Tue: 7pm St Simons by The Sea	38311		\$0.00
Wed: Savannah - 5:30 pm	50301		\$0.00
Thur: Brunswick	51988		\$0.00
Sun: Savannah - 5pm	54362		\$110.00
Totals		\$385.26	\$3,942.09

Where are your donations going?

According to our Seventh Tradition, we are self-supporting through our own contributions. To donate directly to Intergruop, 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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St. Augustine Meeting Info

Everyone is welcome to attend this St. Augustine meeting on Saturdays at 9:30 AM. It is an open meeting at the Center for Spiritual Living, 1795 Old Moultrie Road, starting **August 7**.

The Rooms of Love

We all have space in rooms of love
Provided us by a power above
Those who dwell within this space
Have abstinence by His grace
I call out to him by his Name
For all of us it is the same
His name is "Love " this you now know
Now by his power you must grow
Come you all into these rooms
It's here for you to be consumed

Are You Reading *Inner Voice*?

LAST CHANCE!

Hidden somewhere in this newsletter is the figure of a leaf (the crossed-out one here doesn't count). When you find it, simply send an email to innervoicenfi@gmail.com within the first week of the month stating WHERE you found the figure. Correct answers will be added to a list of people eligible to receive a special prize. **We will draw the name in August** and announce the winner in the September issue. The prize will be a **Recovery Jar**, given to the person whose email we draw. You may enter with the correct answer every month, *but only one time each month*. The Recovery Jar contains 366 slips of paper with daily writing prompts.



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 innervoicenfi@gmail.com.

FUTURE EVENTS – Clip and save

2021

August 14	NFI Meeting	10 am
September 11	NFI Meeting	10 am

Aug. 26-28	WSO Recovery Convention
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History of New Freedom (Northeast Florida) Intergroup

Do you know any of the history of the New Freedom IG? When were we established? When did we change our name? The boxed area below was taken from the oa.org webpage and gives us guidelines for writing the history of our local OA area. It is possible we have a history of the intergroup already, but I have not seen it. I would like to document as much about NFI as possible. If you have any of this information, please send it to the Chair (chairnfi@gmail.com). If you would like to add your OWN personal level information, please send that, too. I will keep all of it in a single location to be passed along to the next Chair.

Writing the History of Your Local OA Area

The following guidelines are offered as suggestions only; they are guides to aid you in deciding what information to collect.

We invite any and all of you to participate in recording your local history and in gathering local historical memorabilia. This will help to ensure that your history is not lost. The World Service Office invites you to submit your histories for safekeeping to allow historians and scholars, as well as OA visitors from around the world, to gain a broader perception and appreciation of OA history in different areas. Anonymity and confidentiality will be protected. Please note: the WSO is only able to accept electronically formatted files due to storage limitations.

We suggest that the content and interpretation of local histories be approved by the group conscience of members involved in your area.

You may want to begin by interviewing longtime members or writing the history of your own OA experience.

On a personal level:

- Where did you first hear about OA?
- Did you have a sponsor? If so, how did it help you as a newcomer?
- Do you continue to have a sponsor?
- What contributions did you make to the Fellowship's growth? (Please don't be modest.)
- How has OA changed since you first encountered it?

On the birth of OA in your area:

- When was OA started in your town or area? Where were the first meetings held (homes, churches, etc.)?
- Who was responsible for starting the group? Which early members contributed to the growth and success of the group? How was it started: as an offshoot of a parent group, as a split from the first or main group, or by one person starting the group?
- What was OA like in the early days in your area?
- How were new members contacted? How was Twelfth Step work done?
- Was the cooperation of local community agencies and professionals—ministers, doctors, etc.—looked into?
- Who were the founders and group officers of the early groups?
- How often were meetings held and what kinds of meeting formats were used?
- If English is not the local language in your area, how did the founding members start the group? What literature did they use and how has this changed? How has translation of OA literature been carried out?
- Did any special problems arise during the early years? Did the early groups suffer growing pains?
- Was your group ever given a name? What was it? Is it still the same? If it has been changed, what is the present name of the group?
- Do you know how the community received the first group when it started? How has it affected the community since?
- Do you have an intergroup/service board or central office in your area or community? Do you know when it started? How? By whom? Were there any problems?



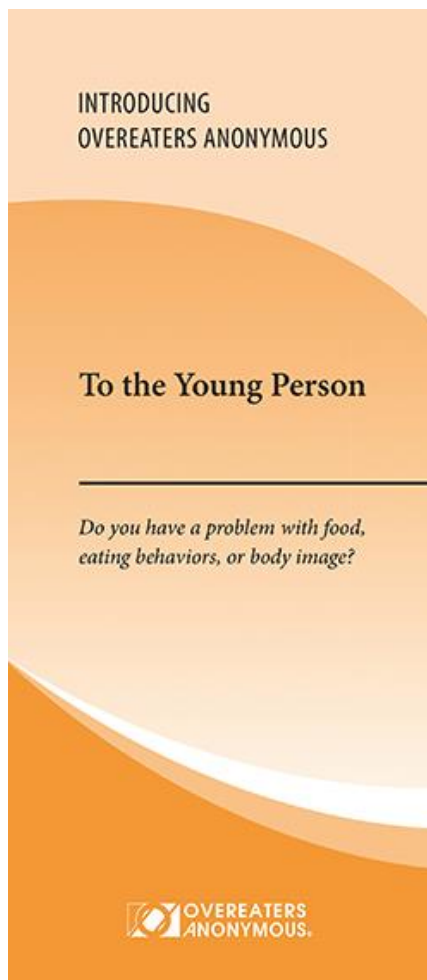
NEW FREEDOM INTERGROUP

PO Box 550842 • Jacksonville, FL 32255-0842 • Email: [oanfig@gmail.com](mailto: oanfig@gmail.com) • Website: www.oanfig.org

- Was there any opposition to OA or were there intergroup/ service board feuds in your area? Please elaborate.
- Does your area sponsor OA events such as conventions, marathons, retreats, or assemblies? When were they started? How often are they held? Are they well-attended?
- Do you participate in events outside your area, such as those hosted by other service bodies? Do other members from your area attend also?
- Have you experienced growth in your group, in your area? Who approaches OA today: mostly young people, women, men, minorities? Are all welcome? Are there any special problems?
- Does your area have a website? How was this idea received when it was proposed? How was the website created, and how is it maintained?
- Has your group ever completed a public awareness/information project? Have any members ever written articles for, or been interviewed by, local newspapers?
- Do you celebrate individual and group anniversaries? How?
- OA Board-Approved

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OA MATERIALS (bookstore.oa.org)



To the Young Person

Many of our members are intimately familiar with how the disease of compulsive eating and food behaviors knows no age limit. In fact, the seeds of compulsive eating often are planted in our youth—even our earliest childhood memories—and those who have found hope in OA repeatedly express a fervent wish to get years of suffering back. With that in mind, OA has recently redoubled its efforts to reach a greater variety of age groups with OA’s message, and specifically reach young people ages 18 to 30 earlier in their recovery journey.

The **To the Young Person** pamphlet, updated with new stories and adopted at WSBC 2020, is now available for free download. The e-pamphlet is also free.

Find it here:

OA.org/document-library under the category “Young People”

OA’s Young People page on oa.org: <https://oa.org/young-people/>

bookstore.oa.org in the “Digital Products” category:

<https://bookstore.oa.org/pamphlets/to-the-young-person-280.asp>

Our e-book platforms:

- Amazon Kindle: <https://www.amazon.com/Young-Person-problem-eating-behaviors-ebook/dp/B08PG521RF/>
- Apple Books: <https://books.apple.com/us/book/to-the-young-person/id1543933882>
- Barnes & Noble Nook: <https://www.barnesandnoble.com/w/to-the-young-person-overeaters-anonymous/1138407151>



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