

Inner Voice

Newsletter of New Freedom Intergroup of OA



August 2022

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.

Searching for Support

It was May of 2015, and I was up 30 pounds (14 kg) after a yearlong sugar binge.

Although I'd been on a constant roller coaster of losing and gaining, this was the biggest weight gain I'd experienced in seven years. It was also the low point when I began to realize my powerlessness over food. I had not yet



found OA, but I was already beginning to take the **First Step**.

The following summer, an awareness came to me that there just had to be a Twelve Step program for overeaters. I actually typed the words "overeaters anonymous" into the search engine without knowing of OA's existence. I was overcome with emotion when I saw OA at the top of my results. Immediately, I looked to see if there was a meeting in my area, but after getting that information, I lost courage. I wanted to call the contact, but I was too afraid.

Months later, I was again entering a new diet program. My husband, having witnessed years of my obsession with food and diets, was discouraged; he told me I needed to seek help. I realized that, months prior, my Higher Power (God) had led me to OA. In an exercise of trust, I called the contact for the meeting I'd originally hoped to attend. I was encouraged to hear a friendly voice inviting me to come the following week.

That first meeting brought a feeling of hope I'd not had in my whole history of compulsive overeating. There was love, kindness, and empathy there—these people got it. I cried at a few different points, overwhelmed with feelings of relief at finally being understood. I was not alone in my madness.

I still have a long journey ahead of me, but I've already found strength in the support of my fellow OA members, the **OA literature**, and the **Tools of Recovery**.

— Anonymous (Reprinted from *Lifeline*)



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Lifeline: Stories of Recovery

Beginning at Dusk

Many ancient societies begin their day at dusk (i.e., the evening before). After I had been in Overeaters Anonymous for a while, I began to feel this system might work for me and bring a level of serenity to my life that I hadn't achieved before. Here's how it has worked:

After I've finished my evening meal and taken a walk, I text a recovery buddy with my Tenth Step in a shortened form. This gives me an opportunity to examine the past twenty-four hours to see if I've left anything important undone.

Then I look at tomorrow's schedule to see what obligations and appointments I have, including scheduled meetings and calls with sponsees. Tomorrow's schedule should dictate tonight's bedtime. That way, I ensure I have enough rest to face the next day's challenges. (Recently, however, I have realized that if I program myself to get up at the same time every morning and go to bed the same time every night, the quality of my sleep is better.) I plan each morning to include sufficient time to work on the Steps, read OA literature, and write a thought for the day in my journal.

Knowing tomorrow's schedule helps me plan my food better. By bedtime, I have made an abstinent food plan for the next day, making adjustments if appointments or meetings mean I can't eat at my usual mealtimes. I've also checked to see if I have the food in my pantry and made notations on my shopping lists of what items I need to replenish.

Then I deal out the next day's supplements and medications. I remember all too well the mornings when I had to hustle to count out pills, package them, and gulp down my breakfast in order to get to work on time. Now that I'm taking care of packaging my medicine the evening prior, I can relax in the morning and enjoy my quiet time and breakfast.

Emotional peace and serenity is a gift of Overeaters Anonymous. With the help of God, this program, and this practice, I am closer to achieving it on a daily basis.

— Rosanne K., Beaverton, Oregon USA (Reprinted from *Lifeline*)

Step 8: My List

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

It says in the *Big Book*, "we have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory." I actually didn't do that until I got to the Eighth Step.

I could see "our defective ways of dealing with others was a source of pain" as it says in the 12 & 12, but I also had a lot of defenses against ever being wrong, so the idea of looking for patterns helped. The sentence that hit me hardest, though, was "Oddly enough, the question of how to identify harm rarely arises when we're remembering the harm done to us."

Some of the worst moments of my childhood were simply having to stand there and listen to my mother lecture and correct me at great length. It was even worse than being hit with a hairbrush because that was over quickly. That sentence showed me that I had done that to my husband and son constantly, and this was a turning point in our relationships. I still work on keeping it short and simple if I have an issue.

My amends to myself are ongoing: meetings, steps, sponsoring and being sponsored, showing up, having a plan of eating and an action plan.

My amends to others took a while. My sponsor had me list people I was willing to make amends to, people I might eventually, and then a huge list of people I was never ever going to make amends to because they were so bad they didn't deserve it.

This changed as I recovered and at this point the only person on my original list I haven't made amends to is a guy whose name I can't remember, which makes it hard...



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It is a continuing process for me. At the suggestion of my sponsor I recently did a mini fourth step on some people I was bitching about a lot, and made amends to the meeting and a couple of members for my attitude of “after all I have done for this meeting, you should be grateful and put me on a pedestal!” Ooops! Selfish, self-centered, dishonest and frightened! What a surprise! Not!

I am human and will be doing the steps forever. Making those amends helped me see myself more clearly, stop feeling overly responsible, and go back to liking the people whom I’d resented, and the meeting I was feeling despair about. Last week the same meeting and people were simply wonderful. So it works if you work it and keep at it!

— PM, Gainesville FL

Tradition Eight: Taking Care of Business

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

Many times I’ve heard that God will help me move mountains, but I’d better bring a shovel.

Along the same lines, Overeaters Anonymous is not a professional organization but we do have vital work that requires attention. Our OA World Service Office as well as regional offices require workers to take care of the business of OA.

Indeed, since the beginning of OA in 1960, the organization has been growing and has service structures whose workload outstrips our ability to get it all done with volunteers. There are OA groups in over 75 countries meeting in person, via telephone and through the internet each week.

That’s a lot of growth requiring a lot of support. OA service offices have phones that need to be answered, computers that need servicing, and bills that need to be paid. These vital business services that OA chooses to pay for enable us to focus on our unpaid 12th step work -- to bring the OA program to suffering compulsive overeaters.

I was originally introduced to OA in New Jersey through my mother, Agnes K. She joined OA in 1985 and remained abstinent until she passed in 2014. Her love of OA also helped guide me into the rooms and helped me find recovery. She always reminded me that if not for those who did service, our ability to keep OA going would be compromised. And that some services required paid staff.

To learn more about our OA service structure, please check out **Service Bodies** on the OA website. If you wish to get involved or volunteer in Northern Florida New Freedom Intergroup, please visit <https://oanfig.org/> and throw your hat in the ring!

— John K.

Another Look at Tradition Seven

The spiritual principle behind the 7th Tradition is responsibility. We as members have a responsibility to contribute to OA both financially and with our time and energy. Over the past 33 years, I have been to over 36,000 meetings. That’s approximately \$180,000 in 7th tradition contributions if I had donated about \$5.00 per meeting. I’m not confident that I have actually donated that much, but I do try to give back to OA for two main reasons: 1) OA has saved my life and it continues to do so on a daily basis; and 2) because OA relies solely on the contributions of its members to stay financially solvent in carrying the message of recovery.

OA freed me from the bondage of compulsive eating and food addiction. In the beginning all I could do was go to lots of meetings; I felt like I was fighting for my life. Abstinence eluded me and depression enveloped me. At meetings I heard messages of hope, and there was a tiny part of me that believed there was hope for me too. Why wouldn’t I want to give back to an organization that helped restore hope in me and gives me a purpose for living?

Furthermore, OA is not free. We don’t charge people to attend meetings but meetings need money to pay rent and other incidental expenses. The World Service Office has full-time paid staff who help run OA. They do a multitude of



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things, only some of which I am familiar with. For example, they help get the literature published, printed, sold and distributed; they also have funds for Intergroups and other service bodies to do the work of carrying the message to the still-suffering compulsive overeater; and they help plan and organize the annual World Service Business Conference held in Albuquerque, New Mexico. I trust that when I make a donation to OA my money is used wisely. In this time of COVID, I can get a little lazy about making contributions. Part of the reason I am writing this is to be more accountable and commit to making regular donations to OA.

Finally, the OA responsibility pledge talks about extending my “heart and hand” to ALL who share my compulsion. It's important for me to be generous with my time as well as my money. I need to give back by sponsoring, making calls, attending meetings and helping in any way that I can. When I do this, I find that it really is more satisfying to give than to receive!

Thank you for listening!

— Tina S. (from “12th on the 12th in English, Spanish, and Portuguese”)

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. 352.472.9924	vicechairnfi@gmail.com
Treasurer	Carly B. 303.710.0589	nfitreasury@gmail.com
Secretary (interim appointment)	Sandi JC 912.464.4231	oanfig@gmail.com
Delegate	VACANT—Consider doing service	delegatenfi@gmail.com
Newsletter/Meeting List	Mark W. 904.527.3433	innervoice nfi@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	Georgette P. 352.870.4454	ghabanero56@yahoo.com
Sponsor Coordinator	Augusta L. 912.508.4777	sponsorsnfi@gmail.com
Website	Brian B. 904.616.0608	websitenfi@gmail.com
Ways and Means	VACANT—Consider doing service	wandmnfi@gmail.com

Highlights of the July 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 July 9. 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, August 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 July business meeting:

Service Opportunities:

- We need to fill the following service positions: Delegate, Parliamentarian, Young Persons Subcommittee Chair, and Ways and Means Chair. Other committees also need volunteers to provide service.

Need planning committees:

We need to establish a special event planning committee in the very near future:

- SOAR 8 Recovery Convention and Business Assembly.** This committee will be planning all the events to be held for the recovery convention and business assembly for fall 2023 in 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



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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. Thank you to those who sent us updates last month! They should be reflected on the website and meeting list.
- OA Intergroup Inventory: We received feedback from 5 members (about 50-50 split between those who attend intergroup meetings regularly and those who do not). Generally the feedback was positive, though there were some areas noted where we could look into making changes/improvements:
 - Consider adding an area to the agenda to allow for open discussion/open sharing as time permits. Allows folks an opportunity to share ideas or bring up topics or ask questions, etc.
 - Can we do some kind of outreach to meetings who are not currently sending a representative?
 - How do we get more people to come to NFI meetings? Possible survey opportunity here.
 - Could we form a workshop subcommittee?
 - How can we make it easier for meetings to find speakers?
 - Research methods for gathering and retaining membership not just for NFI, but for all of the meetings in our intergroup.

Goal for August is to take the areas for improvement/ideas and begin to prioritize and see where we should focus our efforts. Determine what resources we have and set goals.

- Discussed ideas for how to bring in new members to the intergroup and possible ideas for a survey on what would entice people to come and keep coming.

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.

Do You Like to Write?

The newsletter is looking for a person who would like to write a brief article each month on the **PROMISE** 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.

Professional Outreach/Public Information (PIPO)

Why OA attends professional conferences

A professional conference brings together professionals who are either employed in the same field or who have common interests. Most conferences have an exhibition area which consists of booths occupied by companies, treatment centers and Twelve Step programs. By exhibiting at professional conferences, Overeaters Anonymous has the opportunity to educate a large number of professionals at one time and to speak to them directly when they visit the OA booth. Remember, we do not present ourselves as professionals, nor do we affiliate ourselves with the sponsors of the conference or other exhibits.

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From The TSW Committee

Hi, my name is Georgette and I am the chair of the 12 Step Within Committee. I would like to see how many of you will reach out to me. As soon as you can after you read this, please send me a message to my email. I hope to be flooded with people who have reached out to me.

Georgette

Ghabanero56@yahoo.com

Responsibility Pledge

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

OA MATERIALS (bookstore.oa.org)



Professional Outreach Manual

Offers guidance on how to work in prisons, medical facilities, schools and other settings. Includes information on holding OA meetings in institutions. Copyright 2011. Three-hole punched and spiral bound.

SKU 772

\$15.00



OA. It Works!

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Phone: 1-505-891-2664
Email: info@oa.org
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New Prospect Cards, Pack of 30

\$2.50

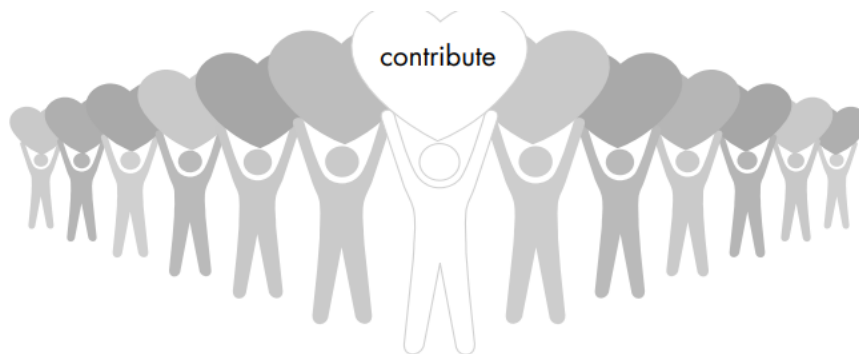


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Why Become an Automatic Recurring Contributor? For Twelve Really Great Reasons.

1. Your contributions support OA's primary purpose: to carry the message of recovery to the still-suffering compulsive overeater.
2. Your contributions help produce OA-approved literature, such as *Overeaters Anonymous, Third Edition* and *Taste of Lifeline*.
3. Your contributions support OA's website, oa.org, where many newcomers first learn about OA and the promise of recovery.
4. Your contributions support freely available, downloadable resources on oa.org, such as podcasts and meeting formats.
7. Your contributions support carrying the message around the world through translations of OA-approved literature.
8. Your contributions help you work your program, with many OA members discovering that making regular financial contributions supports their recovery.
9. Your automatic, recurring contributions are easy to set up and can be scheduled monthly or quarterly.
10. Your contributions are tax deductible in the USA.



5. Your contributions support worldwide and virtual meeting information, and outreach to professionals.
6. Your automatic, recurring contributions for virtual meetings means you never have to ask, "Did I remember my Seventh Tradition this week?"
11. Your contributions are a meaningful way to honor your abstinence anniversary, acknowledge a sponsor or sponsee, or remember the costs of your last binge.
12. Your contributions make a difference, and no contribution is too small to help carry the message of recovery.

Help OA grow. Go to oa.org/contribute and sign up to become an Automatic Recurring Contributor.

Consider contributing at <https://oanfig.org/> using your local group number. 10% automatically goes to support Region 8, 30% to OA World Service.



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Events from All Over



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)

- **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=eXZWSUNNdVhtZ3hHZHZJY2RRekJkzdZ09>

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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Fall 2022 SOAR8 Assembly

SAVE THE DATES:

Region 8
Assembly &
Miami-Dade
and The Keys
Recovery
Convention:
October 21, 22, & 23, 2022



XOXO

CELEBRATING
THE SOLUTION:
A weekend of
Light & Love...

VIRTUAL EVENT



Mountain of Miracles OA Retreat
September 23-25, 2022
Christmount, Black Mountain, NC



**OVEREATERS
ANONYMOUS®**
Piedmont Intergroup

<https://piedmontintergroup.org/retreat-registration/>



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OVEREATERS ANONYMOUS
EAST BAY UNITY INTERGROUP PRESENTS

Annual Twelve Step Marathon



SEPTEMBER 17, 2022
1PM - 4 PM

Come hear five speakers tell how the
Twelve Steps of Overeaters
Anonymous transformed their lives.
Virtual on Zoom
Register at eastbayoa.org



\$5-10 Suggested Donation

No one turned away due to lack of funds

Contact - Emma E, events@eastbayoa.org



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REGION 5 CONVENTION

September 16 - September 18

Overeaters Anonymous Region 5 Convention

LETTING OUR LIGHT SHINE



Event Type: Region 5 Convention

Event Title: Letting Our Light Shine

Event Dates: Friday 9/16/2022 Thru Sunday 9/18/2022

Sponsored By: Region 5 and Chicago Area Service Intergroups

Event Location: Zoom Online

Event Cost: A suggested donation of \$10 to \$20, however No one is turned away. All are welcome

Online Registration: <https://oaregion5.regfox.com/region-5-2022-convention>

Mail-in Registration: [Convention Registration Mail in Revised 2-23-22.pdf](#)



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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.

DONATIONS REPORT 2022		July	YTD TOTAL
PAYPAL - Individual Donations		\$49.08	\$520.78
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	\$96.62	\$96.62
Wed: Step Study Mandarin	51223	\$164.08	\$589.43
Wed: JAX Beach-Wisdom at the Beaches	54507		\$183.06
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	\$242.28	\$290.34
Sat: Super Saturday Lakeview	20025		\$0.00
Sat: Believe in Recovery First, Mandarin	32773	\$78.06	\$481.46
Sat: Serenity Saturday OP NFI			\$0.00
Sun: Military	800278		
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137		\$170.00
Thu: Unity Church(Acceptance)	50421	\$34.22	\$319.54
Sat: 9:30 AM Welcome Home	48324	\$150.00	\$198.06
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		\$20.00
Wed: Palm Coast - 5:45pm	56604		\$20.00
Thu: Fernandina Beach	49101		\$0.00
Thu: Flagler Beach	15171	\$40.00	\$110.00
Sat: St. Augustine Serenity	00235	\$71.85	\$379.59
Sun: Palm Coast/Flagler Beach	56072		\$140.00
Southern Georgia Groups			
Tue: Jesup	54175	\$25.00	\$175.00
Tue: 7pm St Simons by The Sea	38311		\$0.00
Wed: Savannah - 5:30 pm	50301		\$106.47
Thur: Brunswick	51988		\$0.00
Sun: Savannah - 5pm	54362		\$0.00
Totals		\$951.19	\$3,935.35
Don to WSO		\$285.36	
Don to SOAR8		\$95.12	

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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