



## Welcome Home Recovery Convention and Business Assembly October 27-29

**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.

Our theme for Recovery Convention is **Willingness**.

Definition of Willingness: The quality or state of being prepared to do something.

The convention committee is so excited about our upcoming recovery convention happening at Tybee Beach. We have multiple speakers coming to the beach to share their recovery, strength and hope that they have found from Overeaters Anonymous. The multiple speakers we have obtained will share their Willingness journey. How their willingness to work and utilize the 12 steps helped them achieve and maintain recovery.

I am very proud of our intergroup for volunteering to get us back face to face with this recovery convention. Our intergroup is sponsoring this event. **We would like to see everyone come and support the convention. It will have something to offer everyone. If you cannot spend the night(s) , you can register for Saturday only.**

We plan to kick off Friday night with a speaker on Willingness followed by a panel discussion with SOAR 8 members on this theme. Saturday there will be multiple speakers on Connection and Correction. Sunday the speakers will focus on Direction. There will be yoga/meditation on the beach offered Saturday and Sunday.

If you have any questions or would like to provide service by volunteering an hour at the convention, please feel free to contact one of the NFIG Recovery Convention committee members:

Augusta L.	Chair	<a href="mailto:augustalivngston1985@gmail.com">augustalivngston1985@gmail.com</a>
Barb C.	Registration	<a href="mailto:bcarter32669@gmail.com">bcarter32669@gmail.com</a>
Shirley S.	Program	<a href="mailto:ezstreet53@gmail.com">ezstreet53@gmail.com</a>
Cynthia	Hotel Liaison	<a href="mailto:cynthhuey@yahoo.com">cynthhuey@yahoo.com</a>
Georgette P.	Ways and Means	<a href="mailto:ghabanero56@yahoo.com">ghabanero56@yahoo.com</a>
Linsey (Echo)	Decorations and AV	<a href="mailto:linsey.guertin@gmail.com">linsey.guertin@gmail.com</a>
Samantha	Volunteers	<a href="mailto:samanthabesmilin@yahoo.com">samanthabesmilin@yahoo.com</a>



## Step 8: A Nutty Step?

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

When I first read this as I was at my first few meetings, I thought I had never harmed anyone (who didn't deserve it) so I would not have to do this nutty step. Hope you are laughing. In our 12&12 it says if you can't think of harm you did, think of what harm was done to you. Lightbulb! My mother was a big lecturer, scolding, shaming, giving advice and directions and I hated the lectures, so of course I shamed and blamed and lectured Bob and Jack and other people. I was also the kind of driver who yells, waves one finger, and lays on the horn. And I harmed people with sarcasm and gossip.

Most of these are behaviors I don't do today. That is living amends to everyone I interact with. My OA sponsor said to make three lists: people I'd be happy to make amends to, people I'd probably make amends to, and people whom I was never going to make amends to...

Over the course of time these names have changed until now I am willing to make amends to anyone, including myself.

I recently read in a book by a 12 stepper that if life is still chaotic after years in recovery, maybe you have more work to do. I look at the chaos in my office, my lateness on taxes, all the stuff I don't do out of fear which keeps me ashamed and guilty and not doing the things I love, like writing. Oops!

So I am adding working on the chaos to the other amends I make to me and to my family and friends by going to meetings, reading literature and all the other tools. I know I will be doing this forever and I am happy to do so.

— PM, Gainesville FL

## More on Step and Tradition 7 from the Region:

**Step 7** is really simple. "We humbly asked Him to remove our shortcomings." If I have completed Step 6, then I have become willing to surrender the defects identified by my sponsor and I in Steps 4 and 5 that are barriers to my emotional and spiritual healing and growth. With humility, I ask my Higher Power to take away those impediments.

What will my life look like without my dishonesty, self-centeredness, resentment, and fear? I do not have to figure it out. As a good friend reminds me, there is no chapter in the Big Book titled "Into Thinking." In Step 7, I again take action and trust my HP with the results.

**Tradition 7** – Every OA group ought to be fully self-supporting, declining outside contributions.

Years ago a share at a meeting opened me to the concept of being self-supporting. Besides financially supporting the meeting, I need to do service at that meeting so that it will continue to be a healthy place to experience recovery. I also realized the importance of practicing this Tradition in my personal life.

I had a lot of debt and an unhealthy relationship with money. I spent when I had no money and didn't spend when I needed to pay bills. I feared that there was "never enough" money, just as I acted like there wasn't enough food.

I talked to my sponsor about the issue and did 4th and 5th Steps. I realized my selfishness with money. I rarely gave money to charity, tipped a bare minimum or not at all, all while spending freely on my personal pleasure.

I heard someone share that to experience abundance in life, one had to practice abundance. I asked my HP for the willingness to be a giver. I began to contribute regularly at all of my OA meetings and to do more service. I started to donate at church. I committed to tipping at least 20% when I ate out at restaurants.

I asked for help developing a budget and started paying down my credit card debt. Once again, HP did for me what I could not do for myself. After a number of years, my credit card debt was gone. I then used that money to pay off my mortgage and to invest. I also gave more money and time to OA.

Today I live a life of abundance, thanks to HP and OA!

– Neill M.



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# Tradition Eight: Special Workers?

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

**Spiritual Principle:** Fellowship

Tradition Eight protects our primary purpose by assuring financial incentives do not become a motive for twelve step work. Who are “special workers” and what are they paid for?

Special workers may or may not be members of OA. They are paid to do those tasks that keep the fellowship running in an administrative manner. They may perform administrative or maintenance tasks. They may provide communication by maintaining websites, answering phones, assisting with literature sales and mail outs and manage OA offices. Special workers help Overeaters Anonymous to function on local, regional, national and international levels. These paid “special workers” may be members of OA but are being paid to perform tasks related to keeping OA running administratively.

Those tasks that are not to be paid for according to the eighth tradition are twelfth step activities such as sponsoring, speaking at meetings or conferences, working with other overeaters to enhance and preserve our own recovery. A speaker at an OA convention may receive travel reimbursement, but is not specifically paid to speak, even if the speaker is routinely paid to speak at non-OA venues. OA members who work in the field of eating disorder treatment may share their OA experience with their patients, but they are paid as trained professionals in their field, not as members of OA.

The spiritual principle guiding the eighth tradition is fellowship. What members of OA receive for twelve step activities, working with other compulsive overeaters, is their own recovery and all of the wonderful aspects of fellowship. The gift of sharing our experience, strength and hope is a reward in itself. There is no financial payment for twelve step service.

Our AA friends went through trials and tribulations coming to terms with writing and defining this tradition, and you can read about their experience in the AA 12&12. They found that paying AA members to do 12 step work did not work. When someone is paid for an activity, it is only human that they become motivated by financial gain, rather than the invaluable experience of helping another addict recover and participating in fellowship with other food addicts.

- Recovery and Fellowship are our motives for continuing our twelve step work. Not money.
- We hire special workers to handle the administrative aspects of running Overeaters Anonymous, not to do twelve step work.

Understanding the important distinction between these two ideas allows us to protect our important primary purpose and not allow financial rewards to diminish the twelve step work that keeps our fellowship strong.

— Lucy

## Concept 8 – Delegating Responsibility

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

By definition, the Executive Committee (EC) of OA is comprised of all board officers and other trustees elected by the full Board of Trustees (BOT). Concept 8 delegates authority to oversee administrative work such as finances, pricing of goods and services, and managing human resources responsibilities. The EC is expected to meet on a regular basis with the managing director to handle business issues of the World Service Office (WSO). The EC then reports back to the entire BOT.

This concept also specifies that the management of day-to-day WSO work is to be assigned to a professional with the skills required for this important position. The title of this professional is “managing director.” The managing director



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cannot vote on matters before the BOT, however attends both the EC and BOT meetings to offer his expertise and support. Further, in Subpart A of OA's bylaws, the managing director is also listed as the corporation secretary.

The managing director, and all employees of OA (so-called 'special workers'), while not required to be members of OA, they must be well-versed in the principles of the OA program. Other aspects of the managing director's job include taking advice from trustees on key projects, and staffing the WSO with key personnel required to accomplish these important projects. The BOT reviews the performance of the managing director annually.

Other administrative and managerial rules outlined in Concept 8 require that the EC meets monthly. Meetings take place either in person or by virtual technology. The trustees and the EC, in concert with the managing director and his staff, oversee all elements of OA's business operations. Key operational work includes, but is not limited to budget, prudent reserve, investments, annual audits, legal issues, and literature pricing.

Concept 8 also includes provisions regarding some of the services rendered by the WSO staff. Some of these key responsibilities include registering groups and service entities; answering member and group inquiries; providing worldwide meeting information; producing, publishing, and shipping OA literature and specialty products; publishing newsletters and other periodicals; maintaining OA's website; and preparing public information material.

Finally, under provisions of Concept 8, the WSO staff refers issues and questions related to personal recovery, OA Traditions questions, or group problems to the appropriate trustee.

According to Bill Wilson, founder, Alcoholics Anonymous, Concept 8 draws from earlier mistakes by the General Service Board in trying to run the service functions directly and warns repeatedly against "too much concentration of money and authority."<sup>1</sup>

To learn more about our OA service structure, please check out Service Bodies on the OA website and read the pamphlet *The Twelve Concepts of OA Service*. 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.

<sup>1</sup>Excerpt from "The Twelve Concepts for World Service Illustrated," page 8.

## ***Registration is open...***

***... for the fall SOAR 8 Recovery Convention and Business Assembly  
to be held at Tybee Island, GA, October 27-29, 2023***

***This is the FIRST Region 8  
face-to-face gathering since 2019!***

Sign up now through Eventbrite:

<https://SOAR8-Welcome-Home.eventbrite.com>

or with the registration flyer in this newsletter.

The Business Assembly will be conducted as a hybrid. Virtual attendance is only for registered reps who cannot attend in-person. Representatives who are properly credentialed and registered but attending on zoom (virtually) will have limited participation in the proceedings. OA members (visitors) who want to observe the business assembly but NOT VOTE, may register for free.

The Recovery Convention is face-to-face only. This event promises to be great fun, full of recovery and hugs. The Saturday dance supports Halloween costumes. Guests are invited to sign up and attend our meals.

Rooms are going fast but are still available. Please call the Hotel Tybee directly 912-786-7777 (do not book online) and give them the code "SOAR2023."



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Register now!


We hope to see you there.

P.S. Those attending may want to donate a gift basket from their group for the silent auction.

Barbara J. Carter

Newberry, FL

Tybee Island Committee Member

<b>OVEREATERS ANONYMOUS®</b> CENTRAL FLORIDA INTERGROUP	<b>RETREAT INCLUDES:</b> <ul style="list-style-type: none"><li>• Speakers</li><li>• Fellowship</li><li>• Entertainment</li><li>• Workshops</li><li>• Yoga-Bring mat</li><li>• Boutique (Start saving your boutique items for the retreat)</li><li>• Gift Baskets</li><li>• Meals</li><li>• Fun/Fellowship</li><li>• Rest/Sharing</li><li>• Lodging</li></ul>	<b>Please check all that apply:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Single occupancy @ \$241.00</li><li><input type="checkbox"/> Double occupancy @ \$191.00. (each)</li><li><input type="checkbox"/> I am willing to be a workshop leader. (Requirement: 6 mos. Abstinence).</li><li><input type="checkbox"/> I will help in the boutique</li><li><input type="checkbox"/> I will help in registration.</li><li><input type="checkbox"/> I am willing to help in entertainment.</li><li><input type="checkbox"/> I am willing to volunteer for any need.</li><li><input type="checkbox"/> I would like to donate for a scholarship. Donate amount of \$ _____.</li><li><input type="checkbox"/> I am bringing a gift basket for the retreat.</li></ul>
<b>OA Fall Retreat 2023</b> October: 13 <sup>th</sup> -15 <sup>th</sup> , 2023 Lake Yale Retreat Center County Road 452 Leesburg, Florida 34788	<b>Room Registration ends</b> <b>September 30<sup>th</sup> No refunds after</b> <b>September 30<sup>th</sup>. "Register NOW!!! To</b> <b>Help us and assure your preferred</b> <b>accommodations."</b>	<b>Registration Information</b>
	<b>To register, Mail registration &amp; checks</b> <b>payable to.....OACFI Fall Retreat 2023.</b> <b>C/O P.O. Box 180293, Casselberry, FL</b> <b>32718</b>	Name: _____ Room Mate name: _____ Address: _____ _____ _____ Phone: _____ E-Mail: _____
<b>I think I can</b> <b>We know WE can.</b>	<b>Payments can also be made through</b> <b>Zelle or Pay Pal: (treasurer@oacfi.org)</b> <b>Just remember to mail in your</b> <b>registration form.</b>	Special Needs: _____ _____ _____
<b>Questions or service: Call Kathy M. @</b> <b>407-252-7575 or Robin G. @ 407-310-</b> <b>5373 or email retreat@oacfi.org</b>		



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# REGISTRATION FORM:

Registration Status:

\_\_\_\_\_ Recovery Convention Attendee

OR: Business Assembly Attendee (Need COE):

\_\_\_\_\_ Board Member \_\_\_\_\_ Trustee

\_\_\_\_\_ Funded Comm. Chair \_\_\_\_\_ Parliamentarian

\_\_\_\_\_ Representative (First timer) IG# \_\_\_\_\_

\_\_\_\_\_ Representative (Returning) IG# \_\_\_\_\_

\_\_\_\_\_ I WILL be a Mentor

\_\_\_\_\_ I cannot mentor this time

\_\_\_\_\_ I am also my INTERGROUP'S CHAIR

\_\_\_\_\_ I will be attending virtually and NOT voting.

My registration as a VIRTUAL VISITOR is FREE

I need translation services: \_\_\_\_\_ Portuguese

\_\_\_\_\_ Spanish

## I WILL GIVE SERVICE:

\_\_\_\_\_ Speaker - I have 90 days of continuous abstinence

Initial here

\_\_\_\_\_ I speak Spanish/Portuguese

(Please circle language)

\_\_\_\_\_ Anywhere -- as needed

\_\_\_\_\_ Hospitality Room

\_\_\_\_\_ Hunger/Greeter

\_\_\_\_\_ Meeting Room Timer

\_\_\_\_\_ Pager/Runner (in Business Assembly)

\_\_\_\_\_ Registration Table

\_\_\_\_\_ Sell Tickets for Drawings

If you need a roommate, check below. NOTE: Please make a reservation for a room with two beds - it can always be cancelled if not required.

\_\_\_\_\_ I need a roommate

## MEAL INFORMATION

Last date to order meals: 10/13/23

Lunch and Dinner on Saturday will be catered for your convenience, or you can find just the right food spot to savor the best seafood or classic southern cuisine. **Guests are invited to partake, as well.**

Lunch (\$20) will be catered by "Lainn Chicks" and you may select from several delicious spinach wraps (with side salad) or a green dinner sealed with seasoned chicken. Dinner (\$50) is a buffet with salmon and burgers, plus salad and side dishes, at the North Beach Bar and Grill restaurant (2.5 miles north of the hotel). Tybee Island has a golf cart taxi service for \$5 a ride.

Complete information about meals is available on <https://SOAR8-WelcomeHome.eventbrite.com> and [www.oanfig.org](http://www.oanfig.org) web pages.

There is no restaurant at the hotel (only a lounge and poolside bar). Tybee Island restaurants are just steps from the hotel and offer a wide variety of dining options. **Breakfast is on your own.** Each room should have a refrigerator.

For more information about this event contact:

Committee Chair – Augusta L.

Email: [augustalivingston1985@gmail.com](mailto:augustalivingston1985@gmail.com)

Phone: 912-508-4777

### TRANSPORTATION:

SAV- Savannah/Hilton Head Airport

The hotel is approximately 60 minutes from the airport. (No shuttle is available.) Estimated costs:

- Taxi = \$53 one way (+\$5 (extra person))
- Uber/Lyft = \$35 one way

(Transportation fees to downtown Savannah over this Halloween weekend may be significantly higher than normal.)

	New Freedom Intergroup PO Box 550842 Jacksonville, FL 32255-0842 <a href="http://www.oanfig.org">www.oanfig.org</a>
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If you are reading a paper copy, additional copies of this flyer can be downloaded at [www.oanfig.org](http://www.oanfig.org) OR [www.oanfig.org](http://www.oanfig.org). Please distribute to your groups.



# “Welcome Home,

# Y’all!”

*(Willingness is the key)*

New Freedom Intergroup of OA is hosting the SOAR 8 Fall Recovery Convention and Business Assembly.

## October 27-29, 2023 Tybee Island, GA

### Hotel Tybee

1401 Strand Ave, Tybee Island, GA, 31328, USA  
 Hotel Tybee is located next to the Beach Parking and Pavilion (14th Street). It is approximately a 2.5-mile walk to the restaurant, past the Tybee Lighthouse, and the Marine Center which are located at the North Beach of Tybee.



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## HOTEL INFORMATION



**Hotel Tybee**  
 1401 Strand Ave, Tybee Island, GA, 31328, USA  
 Phone number: 912-786-7777  
 (Call hotel directly – do not book online)

You must make your own reservations before 9/26/2023. Hotel requires a credit card to hold your reservation. Use code "SOAR2023" for special rates. Any reservations made after that date will be charged at the current room rate.

**THERE WILL BE NO EXCEPTIONS.**

**RATES: \$155 /Night Two Queen (Inland view) + \$15 /day parking + \$5 /night GA hotel fee + 14% taxes per night. (Total = \$199.50 /night). Rates are available for three days before and after the event. Rooms have refrigerators, microwaves, and coffee makers. Rate is for up to four people in the room. (Must place \$50 deposit per room for incidentals during the stay.) Each room will receive four drink tickets, three beach chairs and beach towels.**

All guests will be charged one night's stay upon booking. Deposits are refunded or credited only if notice is received 7 (seven) days prior to arrival date and cancellation number must be obtained by guest.

Hotel check-in is at 4:00 PM, Friday; check-out is 11:00 AM Sunday. **There is NO free parking on the island. Day trippers will need to pay a rate of \$20/day.**

### Driving directions from Florida:

- Follow I95 N to Montgomery St in Savannah. Take exit 167B from I-16 E
- Follow E President St, Islands Expy and US-90 E to your destination in Tybee Island.

### More information:

- There is no shuttle to or from the hotel. Please use taxi or Uber/Lyft. Coordinate with others.
- We are not having a boutique due to lack of space.
- There will be no literature sales.
- All intergroups are asked to bring a basket to donate to the silent auction. Thank you in advance.
- There will be virtual attendance and voting for the **Business Assembly only. Non-voting visitors may attend for free.** There is no virtual attendance at the Recovery Convention. We'll see you face-to-face!
- There will be a silent auction, drawings, and recovery merchandise available.

### Convention Highlights

**Opening Ceremony: 7:00 PM FRI**  
**Workshops start: 9:00 AM SAT**  
**9:00 AM SUN**  
**Convention ends: Noon SUN**  
**Meditation/yoga at 7:00 am Sat & Sun**

Registration in Business Center 1<sup>st</sup> Floor Lobby  
 Friday: 3:00 – 7:30 PM  
 Saturday: 7:00 AM – Noon

### REGISTRATION FEES

- **Early registration:** \$40.00  
 (Postmarked by 9/26/2023)
- **VIRTUAL registration (BA Only): \$40.00**
- **SAT Only Pre-Registration: \$30.00**
- **Late registration: \$50.00**  
 (Postmarked **AFTER** 9/26/2023)

### WALK-INS ARE WELCOME!!!

- **SAT only Walk-ins: \$35.00**  
 (Parking fee of \$20 will be charged by the hotel.)

No refunds after **10/13/2023**. Your registration fee will be kept as a 7<sup>th</sup> Tradition donation.

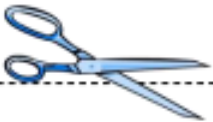
*No one will be turned away for lack of funds. If you cannot afford registration, consider giving service or a donation at the event. Scholarships are available; contact the Committee Chair.*

### Register on-line:

<https://SOAR8-Welcome-Home.eventbrite.com>  
 (A surcharge is added when using this site.)

### Register by mail:

Make checks payable to: "NFI"  
 Mail check and registration form to:  
 Barbara Carter  
 28303 SW 101<sup>st</sup> Avenue  
 Newberry, FL 32869  
 (352) 474-1366  
 bcarter337@aatt.net



## REGISTRATION FORM

"Welcome Home, Y'all"  
 Name and City for Badge:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### Fees Enclosed:

Registration Fee \$ \_\_\_\_\_

Sat. Lunch only (\$20)\* \$ \_\_\_\_\_

Sat. Banquet only (\$50) \$ \_\_\_\_\_

DONATION \$ \_\_\_\_\_

**TOTAL \$ \_\_\_\_\_**

\*If ordering lunch, please circle your choice:

\*SPINACH WRAP: CHICKEN PORK  
 (Choose one filling) BEEF VEGGIE

OR: Garden dinner salad with seasoned chicken

- All wraps include side garden salad
- All sauces and dressing will be on the side

Please fill out both sides of registration form.



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# 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 8. Following are the highlights of what was covered:

- There is a NEW Twelfth Step Within Committee webpage! Go to <https://www.oanfig.org> and check out MORE. At the bottom of the list, click on "Welcome Back" to see more about the TSW Committee and how they are working to bring former members back into OA (<https://oanfig.org/welcome-back>).
- We are finalizing a letter that we will send to NEW groups in NFI. This letter includes information on how to register your meeting, get some FREE resources to use for starting the meeting, and how to request a new group start-up kit from NFI. If you want to have input on this, contact the vice chair.
- Liability insurance for all groups and events was renewed for one year.
- We have a new Sponsor Coordinator: Hailey
- We agreed to pay for the three zoom accounts we share on a yearly basis to save money overall. (July is the renewal date.)
- PIPO will be addressing the Recovery Convention and Business Assembly at Tybee Island to make Professional Outreach pamphlets available to those who request them. Anyone needing POSTERS to announce a meeting should contact Nancy K. The committee bought a pop-up tent (10' x 10') to use for health fairs, etc.

**Service Opportunities:** As always, we have service opportunities available on EVERY committee (even if you do not attend the monthly business meeting), and we especially need a Delegate, Parliamentarian, Young Persons subcommittee chair, and Ways and Means chair. Volunteers are also needed for the SOAR 8 Recovery Convention and Business Assembly at Tybee Island, GA (near Savannah). You may sign up to provide service when you register: <https://www.eventbrite.com/e/soar-8-recovery-conventionbusiness-assembly-fall-2023-tickets-532666328327>. You may also contact Augusta L know if you are interested.

**MEETING CHANGES:** 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.

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, August 12th from 10:00 am to 11:30 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350).

## Trusted Servants and Committee Chairs (New emails)

### GENERAL INFORMATION

Chair	Secretary will forward as needed	<a href="mailto:oanfig@gmail.com">oanfig@gmail.com</a>
Vice Chair/Bylaws	Echo G. 561.704.2917	<a href="mailto:chairnfi@gmail.com">chairnfi@gmail.com</a>
Treasurer	Barbara C. 352.474.1366	<a href="mailto:vicechairnfi@gmail.com">vicechairnfi@gmail.com</a>
Secretary	Carly B. 303.710.0589	<a href="mailto:nfifinance@gmail.com">nfifinance@gmail.com</a>
Delegate	Sandi JC 912.464.4231	<a href="mailto:oanfig@gmail.com">oanfig@gmail.com</a>
Newsletter/Meeting List	<b>VACANT—Consider doing service</b>	<a href="mailto:delegatenfi@gmail.com">delegatenfi@gmail.com</a>
Public Info/Prof. Outreach	Mark W. 904.527.3433	<a href="mailto:innervocenfif@gmail.com">innervocenfif@gmail.com</a>
Young Persons	Nancy K. 516.286.1888	<a href="mailto:piponfig@gmail.com">piponfig@gmail.com</a>
12th Step Within	<b>VACANT—Consider doing service</b>	<a href="mailto:youngpeoplenfi@gmail.com">youngpeoplenfi@gmail.com</a>
Sponsor Coordinator	Georgette P. 352.870.4454	<a href="mailto:ghabanero56@yahoo.com">ghabanero56@yahoo.com</a>
Website	<b>VACANT—Consider doing service</b>	<a href="mailto:sponsor.nfig@gmail.com">sponsor.nfig@gmail.com</a>
Ways and Means	Brian B. 904.616.0608	<a href="mailto:websitenfi@gmail.com">websitenfi@gmail.com</a>
	<b>VACANT—Consider doing service</b>	<a href="mailto:wandmnfi@gmail.com">wandmnfi@gmail.com</a>



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## Can You Volunteer for Fun at the Beach?

We want everyone to have **Fun and Fellowship at the Beach**. To provide that weekend full of tricks and treats for our fellows on Halloween weekend (October 27-29, 2023) at Tybee Island (Savannah, GA), we need you to:

### **COME OUT AND HELP US PLAN!**

New Freedom Intergroup will be hosting the SOAR 8 Recovery Convention and Business Assembly.

There is plenty of room and the need for volunteers. Bring your nicest treats (new ideas, not tricks) to the next planning meeting on:

**Saturday, August 5 & 19, 2023 at 8:00 a.m. (eastern)**

Zoom Information: 886 0846 2612 Passcode: 018395

<https://us02web.zoom.us/j/88608462612?pwd=enJSNkc3b2ZiZFIET09hWjVrL0JpZz09>

— Augusta L, 912-508-4777; email: [augustalivingston1985@gmail.com](mailto:augustalivingston1985@gmail.com)



## The Power of 12 Stepping – Public Information

I am a long-time member of OA, and through the years have often traveled on vacation with my husband. We generally stay in a time share unit which works beautifully for someone like me, because the accommodations include a kitchen. Therefore, I can shop for my abstinent food and prepare my own meals with less distraction.

Recently, my hubby and I were celebrating our 25th wedding anniversary and wanted to visit somewhere in Europe. I prayed about it and was willing to step outside of my comfort zone and take my first trip, including with a tour group, to Greece. This meant staying in hotels, therefore, putting my trust in God to help me get all of my food needs met. Greece seemed to be a reasonable and a safe choice, based on my knowledge of the Mediterranean diet, which is how I basically eat.

I get to Greece and OMGosh! Despite the abundance of healthy food choices, there was sooooo much gluttony (of the unhealthy choices) within the tour group and all around me!!!

I am so grateful for the buildup of years I have of continuous abstinence!! It definitely helped me. However, my biggest concern was not the foods and/or treats that are not on my food plan, it was that I would pile my abstinent food onto my plate. You see, that's what I heard my disease saying. It was gently trying to trick me into succumbing to the old idea, "At least it's not the wrong food..." Yipes! And that thought, my 'sticking thinking' absolutely terrified me!! So I began to pray before each meal, "God, please, I'm begging you.... help me to not be a glutton."

About six days into the tour, I noticed another couple from our tour group walking towards the hotel dining room for dinner. My husband and I joined them in the walk. Out of nowhere, the gentleman started telling us about his poor health; and the serious blister on his foot; and his doctor wanted to amputate. He was apparently overweight and suffering. He continued to complain that he's tried so hard to lose weight.

I looked at him square in the eyes with understanding and compassion. When he was done talking, I gently said, "There is a solution to your problem. I found it." He said, "OMG, there is, I've tried everything, even two weight loss surgeries, but nothing's worked. Then he told me, "They did surgery on my body, but they didn't fix my brain."



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I began the conversation about my compulsive eating and the solution I found in the 12 Step program of Overeater's Anonymous, and if it could work for a gal like me, it could work for him. We had many private mini meetings during the remainder of the tour. Truth be told, I needed to talk program to someone (actually anyone) to maintain a peaceful and happy abstinence during my trip!!! This was God in action.

And the great news of all is, this gentleman and I have stayed in communication. He's been reading the BB, OA 12X12; he's been on zoom meetings and has attended face-to-face meetings in his community (lives in LA); and has reported to me that he's looking for a sponsor. Please keep him in your prayers, as I am.

Lastly, this is an example of the gift we give away (and the joy we receive) each time we share about the program to a fellow sufferer 'outside' of OA. This gentleman, in his mid-50's, had never heard of OA before. Even though he had heard of AA, he had no idea our program even existed.

I leave you with this thought: Each time we share about the hope and recovery found OA—with a fellow sufferer outside of the fellowship—we are actually doing "Public Information" service. Another term you may already be familiar with is: 12th Stepping. Our Intergroup (NFI) has an active committee, called 'PIPO-Public Information/Professional Outreach' which focuses on this very topic.

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.

In loving service,

– Nancy K., PIPO Chair

## Spring Writing Assignment (Region 6)

By Chuck F.

May 25, 2023

### *Topic: Why is doing service rewarding to you?*

Service is incredibly rewarding to me! I am a 'learn by seeing and doing' person. I have learned so much about OA, myself, and life by doing service in this 12-Step program of recovery. Service allows me to meet new people, share ideas and learn new ideas from others especially about recovery and keeping OA alive.

I know where I would be without this program, six feet under! Service has allowed me to get involved and stay involved. What a gift from my loving HP.

— Karen S.

I learned early on in recovery that service was a part of the program and I could 'give back' as a way of thanking my Higher Power for another day of abstinence. (I also heard that 'service is slimming' so that may have been a motivator as well!) And there are *soooo* many ways doing service in the Fellowship.

- Service keeps me accountable.
- It helps me stay motivated to follow my food plan.
- It gives me an excuse to attend a meeting (especially if I 'don't feel like it'),
- It keeps me willing to help others through sponsorship or outreach calls.

And it can be great fun!

We are not a glum lot!

– Kara M.



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# MEN IN OA

## We want your story!



Overeaters Anonymous is updating our existing publication welcoming men to OA with the intention of expanding the representation of men in OA. We are seeking stories that express your experience with compulsive eating and what brought you to OA.

### *Some ideas to get you started:*

- How have food, weight, and body image affected your life and health?
- Share your experience of compulsive eating:
  - » Overeating
  - » Restricting
  - » Under-eating
  - » Excessive exercise
  - » Binge eating
  - » Chronic dieting
- What made you walk through the doors of OA?
- What was your experience at your first OA meeting? What were the positives? Negatives?
- What made you decide OA was for you?
- How has working the OA program changed your life? What hope would you like to share with the man new to OA?

#### *Submission Requirements*

- Submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc.
- Submissions are not returned.
- All submissions must contain the author's full name and address. You may request anonymity with publication. Your state, province, or country may remain anonymous if you so indicate.
- Submissions must be submitted with a signed release form.
- Submissions of approximately 400-800 words with a title are preferred.

**Due by September 15, 2023**

**Email your story to  
info@oa.org  
with subject line  
"To the Man"**



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# Events from All Over

## 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=TnhOQm1EN1R1WWQ0N2xVbEJQQT09>

Meeting ID: 870 8040 0598. Passcode: 120912



### Responsibility Pledge

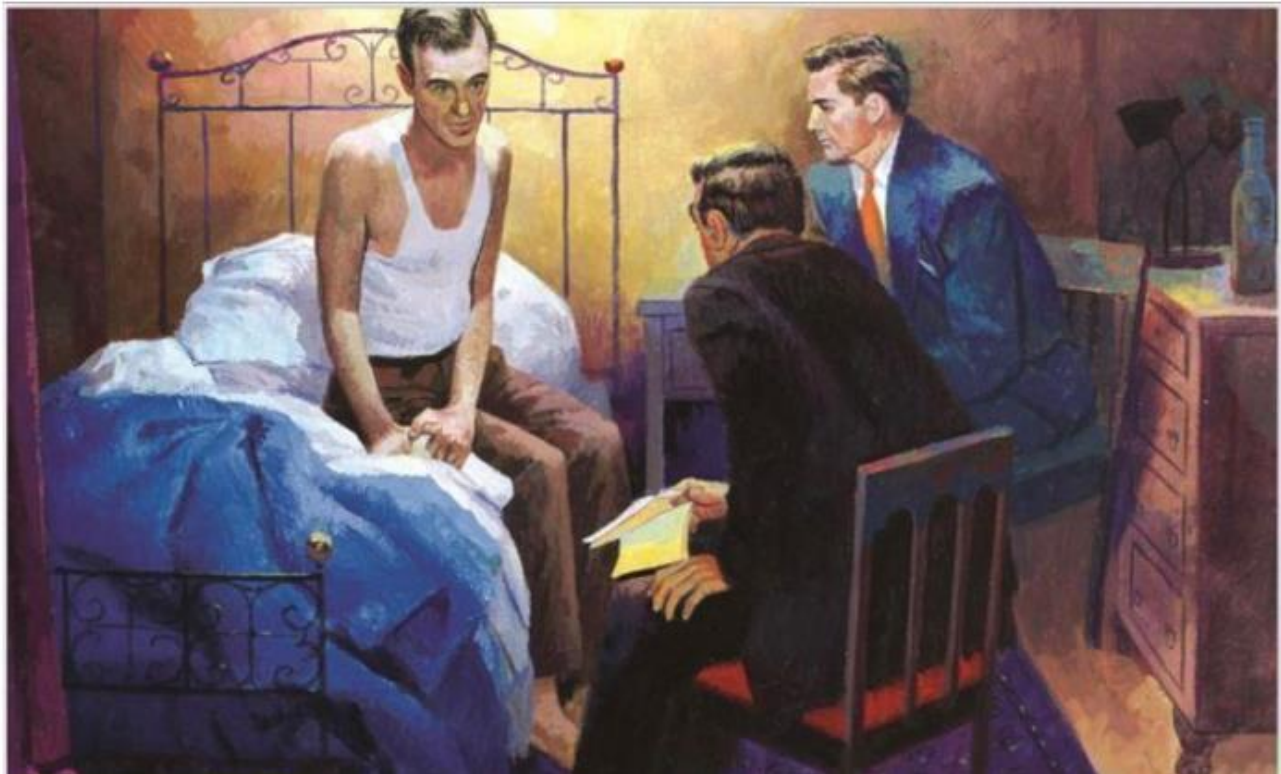
Always to extend the hand and heart of OA to all  
who share my compulsion; for this I am responsible.



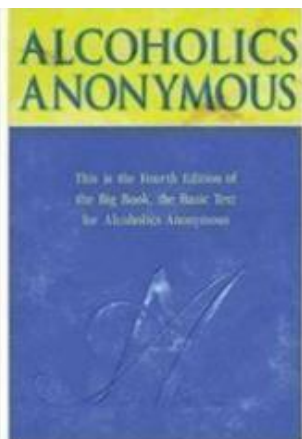
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*Using scripts based on the beginners meetings  
in the 1940s: a focused introduction to the 12  
step program in 4 weekly sessions.*



**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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**Houston Metro Intergroup of Overeaters Anonymous**  
hosts the  
**First Annual 2023 Texas OA State Convention**  
and **Region III Fall Assembly**  
**October 13-15, 2023**  
**Houston, Texas**

**Register Online**  
at: [txoaconvention.org/registration](https://txoaconvention.org/registration)

1. Early Bird (until 9/13/23 Full Access including Saturday Banquet - \$125
2. After 9/13/23, Full Access including Saturday Banquet - \$150
3. Virtual Pass for all 3 General Sessions - \$30
4. Banquet only - \$50

**Hotel Information**  
The Royal Sonesta Houston Galleria  
2222 West Loop South, Houston, TX 77027

Parking  
Self parking is \$15 a day, includes overnight and in/out privileges  
Valet parking is \$40 a day

Hotel Reservation Information  
Reservation Phone Number: 855-463-3091  
Reservations made by September 20, 2023: Cost is \$159/night up to occupancy of 4  
Reservations after September 20, 2023: Convention rate of \$159 is subject to availability  
Code to get Convention Rate: 101923TXOA

**Service Opportunities**  
Workshop Session Leaders  
Registration/Raffle Ticket Sales  
Hospitality Room

Clothing Boutique  
Hugger/Greeter  
Literature Table  
Anywhere there is a need



**Convention Contact Information**

- [info@TXOAConvention.org](mailto:info@TXOAConvention.org)
- [www.TXOAConvention.org](http://www.TXOAConvention.org)
- 832-271-5701





# WELCOME home

WHITE PLAINS NY

Region 6 of Overeaters Anonymous  
invites you to attend the  
**2023 Region 6 Convention!**  
**JOIN US IN PERSON**

## TENTATIVE HIGHLIGHTS

### Friday, October 13

3:00 pm Registration opens  
4:00 pm Workshops begin  
6:00 pm Friday Night Buffet Dinner  
8:00 pm Grand opening/keynote speaker

### Saturday, October 14

8:30 am Workshops continue throughout day  
6:30 pm Banquet  
8:00 pm Keynote speaker

### Sunday, October 15

9:00 am Workshops begin  
10:30 am Closing session

## General Service Opportunities

We need your help with service  
Email will arrive in late-summer  
with all the service options

## Workshop Speakers

Information to follow in late summer

For additional information, please contact:

[r6conventionchair@oaregion6.org](mailto:r6conventionchair@oaregion6.org)

For registration information, please contact:

[r6conventionregistrar@gmail.com](mailto:r6conventionregistrar@gmail.com)

## 2023 REGION 6 CONVENTION WELCOME HOME

## CONVENTION REGISTRATION

Registration is online only to Sept 28th:

### Click here to register

Credit Card/PayPal accepted

**\*\*No refunds or transfers\*\***

- \$55 USD to August 15
- \$65 USD - August 16 - Sept 28
- \$75 USD - Registration at the door
- \$45 USD - Friday Night Buffet Dinner
- \$60 USD - Saturday Night Banquet Dinner

## HOTEL INFORMATION

### Sonesta Hotel

66 Hale Ave., White Plains, NY, 10601

### Hotel Occupancy Rates

- King/Double Room \$179 US + tax/night
- Triple Room \$189 US + tax/night
- Quad Room \$199 US + tax/night

### Room Reservation Information

- Hotel reservations must be made by September 12 to guarantee the R6 Convention rate
- Cancellation Policy:** Cancel by 3pm 48 hours prior to arrival to avoid charges

### Additional Hotel Information

- Self Parking is \$10 per car per day

## 2 Ways to Register for the Hotel

1. OA Region 6 website:

### Click Here

2. Phone reservations 1-800-766-3782



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DONATIONS REPORT 2023		July	YTD TOTAL
General Fund / no meeting # specified		\$94.17	\$381.69
<b>Jacksonville Groups</b>			
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	\$50.01	\$436.69
Wed: JAX Beach-Wisdom at the Beaches	54507		\$180.00
Thur: Jacksonville 9am - Our redeemer	57370		
Thur: Newcomer, Lakeview Health	47756		\$0.00
Fri: Orange Park - 10am	03654		\$100.00
Sat: Saturday Steppers-Ponte Vedra Bch	51693		\$450.00
Sat: Super Saturday Lakeview	20025		\$0.00
Sat: Believe in Recovery First, Mandarin	32773	\$168.35	\$866.94
<b>Gainesville Groups</b>			
Mon: Big Book Study (Alachua)	51137		\$136.00
Thu: Unity Church(Acceptance)	50421	\$9.22	\$100.54
Wed: Gainesville Unity Church	57568		
Sat: 9:30 AM Welcome Home	48324		\$200.00
<b>Other Florida Groups</b>			
Mon: Palm Coast-St Mark by the Sea	38320	\$11.00	\$41.00
Tues: Lifesaver - Palatka	38464		\$0.00
Wed: Palm Coast - 10am	56604	\$12.00	\$187.00
Thu: Fernandina Beach	49101		\$0.00
Thu: Flagler Beach	15171	\$12.00	\$122.00
Sat: St. Augustine Serenity	00235	\$113.79	\$406.53
Sun: Palm Coast/Flagler Beach	56072		\$36.00
<b>Southern Georgia Groups</b>			
Tue: Jesup	54175		\$150.00
Wed: Douglas, GA	57445		
Wed: Savannah - 5:30 pm	50301		\$0.00
Thur: Brunswick	51988		\$0.00
Sun: Savannah - 5pm	54362	\$28.64	\$200.48
<b>Totals</b>		\$499.18	\$4,194.87
<b>Don to WSO</b>		\$149.75	
<b>Don to SOAR8</b>		\$49.92	

## 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 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.

Articles printed in this newsletter reflect the opinion of each individual OA member and do not represent OA as a whole. Intergruop meets on the 2nd Saturday of each month. The deadline to submit articles is the 20th of the month before the Intergruop 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](mailto:innervoiceni@gmail.com).



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