



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.

Inward Peace



Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inward peace for anything whatsoever, even if your whole world seems upset. Command all to God, and then lie still and be at rest in His bosom. —St. Francis de Sales.

I go to this page (*For Today*, page 357) throughout the year to

find inward peace when my life is turned upside down. Sometimes I shed a few tears when I read this, and I know that my HP brought me to this page to help me heal. I may need to heal for physical, emotional, or spiritual reasons, but this reading always gives me what I need at the moment. This is true for many of our Overeaters Anonymous pieces of literature. I can find peace in what I read and remember that I am not alone in this disease called compulsive eating.

A spiritual life is what I seek today. I have been in this program for over twenty-one years, and I am still learning and growing in the program. I have released over 100 pounds and what I am grateful for is my spiritual awareness and inward peace. I didn't come into this program seeking a spiritual life, but I found it. My gratitude is overflowing and my soul is filled with love. I didn't know I could love myself so much and be happy most days. God has given me this life and I am overwhelmed by His grace for me.

I do not want to lose this inward peace I have found, and I know that the OA program is the key to keeping the peace I have in my life today. I will always give back to this program for as long as I can. I will face life's challenges with help from God and my OA family. I know I cannot do this alone and I don't have to today. Life is beautiful and my outlook is clearly a spiritual path. I rise up every morning and give thanks to the God of my understanding.

For Today: The twelve-step program might well be called a set of instructions for finding – and keeping – inward peace. —For Today, page 357.

— Martha R, Region 1 Second Vice Chair



Step 8: Improving Our Relationships

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

In Step Seven, we ask God to remove our defects of character. In Step Eight, we begin to work on our relationships with others. Our goal is to have the best relationships we possibly can with everyone we interact with. The process of steps eight and nine help us learn how to repair relationships, or to at least try to repair relationships by accepting responsibility for the damage we have done to others, and to learn to move forward with healthy new relationships – not repeating our mistakes of the past.

To do this we must examine our behavior closely. We work with our Higher Power to “become ready” to communicate honestly with those we have harmed. We use our fourth step inventory to make a list of everyone that we owe amends to. Like all of our step work, it is important to discuss this list with our sponsor or a trusted mentor. We want to assure that we are making amends for the right reasons. People with compulsive eating patterns have difficulty with relationships. We often blame our compulsive food behaviors on others.

If you are a “people pleaser” like I am, you may want to make amends just to get the approval of a person you feel no longer thinks highly of you. This is not the reason we make amends. We make amends to right our side of the street, to be free of the negative feelings related to knowing that we have hurt someone else. We want to make things as right as we can. Sometimes the amends is obvious – like paying back money we’ve stolen or expressing our regret to someone for hurtful statements we’ve made.

Often, we are making amends toward persons whom we’ve felt long-term resentment. There may be people on our list we do not feel ready to have an amends conversation with yet. It might take some time and more self-examination for us to get to the point where the amends is honest and heartfelt. We ask our Higher Power for the willingness, and the right attitude. We pray and meditate on these issues. Making our amends list and working on becoming willing to make each amends is the work of step eight. We are improving our ability to have healthy and honest relationships with others. What an incredible opportunity we have in this step to understand ourselves better and improve our ability to have healthy relationships.

— Lucy B.

Fighting Reality

“Real humility about our character defects carries with it acceptance. We accept that each defect, as painful to us as it may be, is a part of who we are. With humble acceptance we can quietly say to our Higher Power, ‘I am this way; and only with your help can I change.’ ” p. 53, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, Second Ed.

Before recovery, I spent a lot of time fighting reality. Whether I was blaming the circumstances of my life, other people’s defects or my own, I was never happy. When I fully embraced the 12 Step way of life, I learned that it was possible to accept things as they are, whether I agreed with them or not. But I also learned that change could be part of the equation. For example, in Step 6 I discovered many things about myself that needed to be changed. Too often I found myself acting out of the defects of selfishness and self-centeredness. I was coached to stop beating myself up and humbly ask my Higher Power and my fellows for help. I learned that I could pray for the removal of the defects and visualize how I would act if I no longer had the defect.

Sometimes I just “acted as if” and practiced the opposite of the defect. For instance, when I wanted to impulsively say something, I kept quiet. Or when I wanted to send a snarky text or email, I paused and prayed, and waited until a later time. I’m able to work Step 7 more effectively if I continue to do my nightly review for this keeps me in touch with my character defects, thus reminding me what to pray for and where I need to behave differently the next day. I’m never going to graduate from this program, but if I work diligently, I can get better and become more useful one day at a time. Thank you to my Higher Power, the 12 Steps, and the OA fellowship for making this possible!

— A member of the Twelfth Step Within Committee



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Tradition 8: Workers

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

When volunteers can, they do the work of OA, but there is work that volunteers need help with and jobs that need skilled workers. Usually these special workers are paid office workers so the phones are always answered and the texts and emails at World Service get a response, or any large OA office can function. Their jobs include mailing out information and books, editing and proofreading OA literature (under careful supervision!), doing accounting, plus all sorts of jobs from cleaning to window washing. OA members can be hired to do these jobs.

No one is ever hired to start a meeting, to lead a meeting, talk to a newcomer, write OA literature, run a workshop or lead a retreat or conference. Only experienced OA members can do that; people who have the disease and know the pain and despair of it, and the joy and peace of recovery.

— Patience M., Gainesville FL

Promises: *We Think Not!*

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

Talk about an extravagant promise!! My WHOLE attitude and my whole outlook on life WILL change. No equivocating here. I would be a little more comfortable if it said “part” of my attitude and outlook on life “might” change.

When I arrived at OA I heard these promises and my immediate reaction was, “That’s nice for you all. But this cannot apply to me.” Is this an extravagant promise? I would immediately think, “I think so” and the crowd would gleefully shout, “*We think not!*”

I’ve spent my entire life working very, very hard to change my attitude and outlook on life. When I looked in the mirror and said, “That’s it! I’m changing today!” I truly meant it...until I didn’t. Something would happen that would make it acceptable to get back into the food. My attitude would be, “Well, I failed at this” or “They don’t love me” or “Everything is going great, so I must be a normal eater.” And just like that I’d be back in the food.

In the course of my life, abstinent or not, there WILL low spots. There will be disappointments. And before I fully conceded that I was a compulsive overeater of the hopeless variety, I suffered under the delusion that I could fix me, if only I tried hard enough. This outlook on life was normal for me. This outlook on my life kept me in the darkness.

So how on earth am I supposed to change my “whole” attitude and my “whole” outlook on life? I have failed over, and over, and over again!

Upon completion of the first 8 steps, and before I was halfway through with my 9th step amends, it occurred to me that I cannot change my whole attitude and outlook on life...but my Higher Power can!

What a gift. When I admit to my innermost self that I cannot combat food, and that my HP could if I only let Him, my compulsive eating problem was solved and abstinence came. So, as I walk the path of OA and follow the 12 steps, I realize that if I ask my HP to help me solve other problems, He will.

So, after many years of attending OA, I began to participate. And, to cure those character defects that fueled my negative attitudes and outlook on life, I needed power. Yes, lack of power was our dilemma. So honest participation in this beautiful program showed me the way to a whole new attitude and outlook on life came through belief in and a reliance on a Higher Power.

The program implored me, paradoxically, to surrender, and ask my HP to help me solve my problems. Living in this new attitude of surrender -- fear became faith; dread became hope; resentment became forgiveness; and selfishness became service.

— John K.



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And More Promises

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

There Is a Solution

"But this man still lives, and is a free man. He does not need a bodyguard nor is he confined. He can go anywhere on this earth where other free men may go without disaster, provided he remains willing to maintain a certain simple attitude." Yes, I don't need to panic over going to a restaurant with friends, or what might be served at my book club. And if food is calling to me, it's probably as important to check my spiritual attitude as my food plan.

"What seemed at first a flimsy reed, has proved to be the loving and powerful hand of God." I can't...

"A new life has been given us or, if you prefer, "a design for living" that really works."

"...all of us, whatever our race, creed, or color are the children of a living Creator with whom we may form a relationship upon simple and understandable terms as soon as we are willing and honest enough to try." My e-copy of the *Big Book* only gives 96 references for willing/willingness.

"Those having religious affiliations will find here nothing disturbing to their beliefs or ceremonies." As someone who was very committed to feeling disturbed (restless, irritable, discontented), I can let go of irritation points.

"There is no friction among us over such matters." Perhaps ideally, but at least we have a method to resolve friction.

"Many who once were in this class [agnostic or atheist] are now among our members. Surprisingly enough, we find such convictions no great obstacle to a spiritual experience."

— Mark W.

Trusted Servants and Committee Chairs (New emails)

GENERAL INFORMATION

Chair	Secretary will forward as needed	oanfig@gmail.com
Vice Chair/Bylaws	Echo G. 561.704.2917	chairnfi@gmail.com
Treasurer	Barbara C. 352.474.1366	vicechairnfi@gmail.com
Secretary	Augusta L. 912.508.4777	nfitreasury@gmail.com
Delegate	Sandi JC 912.464.4231	oanfig@gmail.com
Newsletter/Meeting List	VACANT—Consider doing service	delegatenfi@gmail.com
Public Info/Prof. Outreach	Mark W. 904.527.3433	innervoicenfi@gmail.com
Young Persons	Nancy K. 516.286.1888	piponfig@gmail.com
12th Step Within	VACANT—Consider doing service	youngpeoplenfi@gmail.com
Sponsor Coordinator	VACANT—Consider doing service	TSWnfi@gmail.com
Website	Hailey 404.797.5586	sponsor.nfig@gmail.com
Ways and Means	Brian B. 904.616.0608	websitenfi@gmail.com
	VACANT—Consider doing service	wandmnfi@gmail.com

Article Requests for Region 8

Hello OA Region 8 fellows!

I am looking for contributions for the upcoming Fall 2024 newsletter. Submissions can include but are not limited to, your recovery stories, reflections on the steps, poems and inspirations. Please submit contributions by **August 15th** and send out to kat4689@gmail.com. (As always *Inner Voice* welcomes your contributions as well.)

— Kat T.



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Region 8 Technology Committee...

...is looking for any Region 8 fellows to join the team! The Tech committee promotes the use of the Region 8 website and provides information and technology support for the region.

No technology experience is needed. Really!!! We are looking for both committee members and someone interested in leadership mentorship to attend the assemblies as a future Tech Committee Chair.

If you have any interest in helping Region 8 ensure we can provide our assemblies as hybrid to allow greater access to all intergroups- Please contact our Tech Committee Chairs:

techwebchair@oaregion8.org or Techwebchair2@oaregion8.org

Benefits of service: inspire you to do your best, stay in the middle of the boat in OA, be actively engaged with other people who take their program seriously, expand your network of fellows in OA across different states in the US and different countries, ensure OA is available for the newcomer.

WSO Annual Appeal



Your contributions continue to make a difference for Overeaters Anonymous. Thank you! Here are some of the wonderful new ways we've been able to put them to work. In 2023, we created a public service video to extend a hand to others with compulsive food challenges. Your funding also enabled us to post OA bylaws and policies as web pages and create a video that explains bylaws and service in a simplified way. And, of course, OA continues to update and maintain the Find-a-Meeting tool on the website.

Within the publications sphere, your contributions allowed us to translate *Where Do I Start?* into Icelandic, thereby increasing access to 21 languages, including Arabic, Chinese, Finnish, Italian, Mongolian, Norwegian, Persian, Romanian, Slovenian, and Zulu. New publications enabled through your funding included combined *Public Information and Professional Outreach Service Manual*, *Twelve Traditions Workbook of Overeaters Anonymous*, and e-pamphlet *To the Man Who Wants to Stop Compulsive Overeating, Welcome*. Finally, your funding enables us to fulfill your publication orders and answer your questions by phone and email.

As technology and costs accelerate, we will need your support in 2024 to continue our outreach to diverse populations and to offer innovative ways for you to connect with others who suffer from compulsive food behaviors. Here are ways you can show your support in addition to your regular Seventh Tradition contribution:



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- Donate directly, individually or as a group, online at oa.org/contribute (remember to include your meeting or service body number)
- Consider contributing automatically through the Automatic Recurring Contributions link at oa.org/contribute

Any amount would be appreciated and, if you cannot contribute now, we know that you continue to support OA in other ways.

In loving service and gratitude,

– Board of Trustees Treasurer

See the Registration Form Attached!

Big Book Weekend **NOVEMBER 1-3, 2024**

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



**Stepping
Our Way to
Recovery**
(A *Big Book* Buffet)

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

LOCATION: MARYWOOD RETREAT AND CONFERENCE CENTER

235 Marywood Drive, St. Johns, FL 32259

www.marywoodcenter.org

904.287-2525

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

The two-page registration flyer is attached to this newsletter.

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 13. 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 10 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:



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Service Opportunities:

- We need to fill the following service positions: Delegate, Parliamentarian, Young Persons subcommittee chair, Twelfth Step Within chair, and Ways and Means chair. Other committees also need volunteers to provide service.
- SERVICE ROTATION REMINDER: At the end of this year, we will need to elect a new Vice Chair and a new Newsletter Chair per the term limits of these positions. If you are interested in either of these roles, please consider reaching out to learn more and possibly even to begin shadowing on the job.
- We'll be hosting a Big Book Retreat at Marywood on November 1-3, 2024. There will be many opportunities to give service as we plan for this event and at the event itself. If you are interested in volunteering in any way, please reach out to Nancy K. Registration is open!
- In August of 2025, the World Service Convention will be held in Orlando, FL. While NFI is not officially sponsoring or hosting this event, ANYONE is welcome to give service for it! If you are interested in helping with planning or otherwise volunteering, please contact Susan B. by email at chair@oaregion8.org

Other Items of Note:

- All meetings are to let Chair know about changes in format. Thank you to those who sent us updates this month! They should be reflected on the website and meeting list.
- Service at the meeting level is important for our continued recovery. Don't be afraid to give service at a meeting, even if it's not one you usually attend. It's a great way to try a new meeting and contribute!
- We reviewed the Annual Appeal letter from the World Service office. A copy will be included in the *Inner Voice*, and it can also be found at <https://media.oa.org/app/uploads/2024/04/10135858/annual-appeal-letter-2024.pdf>

7th Tradition Script for Meetings

This is a "script" that I have created to pass information at every meeting I attend. The first paragraph is general information; the second paragraph concerns the 7th Tradition donations. I post this in the chat room so that people can download it and have it; but it can also be summarized when the format asks for announcements or reports. Please use this if you think it may be helpful. Of course, you may modify it (especially the 7th Tradition format) to match your meeting:

"This meeting belongs to the New Freedom Intergroup (Jacksonville, FL) and OA Region 8 (SOAR 8).

- We invite you to attend the next NFI meeting; Aug 13th at 10:00 AM - 11:30 AM (this is always the 2nd Sat). Zoom meeting ID: 872 7218 1719. Zoom meeting password: 883350.
- Every group may send as many people as they desire; two of them can VOTE!
- One stop email list. Send request to oanfig@gmail.com
 - For the *Inner Voice* newsletter
 - For the New Freedom Intergroup workshops and info
 - To be added to Sponsors list or if you need to find a sponsor
- We are looking for groups to host a workshop during the year, whether face-to-face or virtual. We will help you set it up!
- Do you need a speaker for a meeting? Reach out to your Intergroup representative or a member of the NFI Board and we can help you find one for your meeting.
- To get on the Region 8 (ALLSOAR8) email list: <https://oaregion8.org/contact/join-email-group>

"According to our Seventh Tradition, we are self-supporting through our own contributions. Our group number is XXXXX. Please send a check made payable to "NFI" to the group treasurer and include your meeting information. To donate directly to Intergroup, write a check made payable to 'NFI' and mail to: OA NFI, PO Box 31072, Savannah, GA 31410; or log onto oanfig.org and scroll down to the 'donate' button. You may pay by PayPal or credit card. Note: NFI splits the monthly donations, sending 30% to WSO and an additional 10% to Region 8."



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Dear Abby: Overeaters Anonymous is still doing the hard work

July 11, 2024 at 5:00 p.m.

by Jeanne Phillips

DEAR ABBY:

I recently watched a video of the founder of Overeaters Anonymous, Rozanne S., telling the story of founding the program and her own struggles with food. In it, she mentioned that your mother had been instrumental in getting OA information out to the public and was responsible for its growth.

Abby, OA saved my life, and I'm grateful to Rozanne and to your mother. After 39 years in the program, I have released 120 pounds from my top weight. I'm now at a healthy weight and have been for most of 39 years. Beyond the weight loss, I have sanity, freedom and healthy relationships in my life. I came in only to lose weight, but the clarity I derived from working the 12 steps is the most important thing I have ever done in my life.

I'm glad I didn't have to rely on a drug to help me lose weight, and I found that working on what's inside helped to make the outside a normal weight. My only regret is that more people aren't aware of the program and still believe the solution is to "just lose the weight."

In the introduction to my first OA book, it said, "Thin will not make you well, but well will make you thin." Today, I love myself as I am — something I never thought would be possible. — JOE A. IN HOUSTON, TX

DEAR JOE:

Thank you for your sweet letter. I remember my mother's interest in Overeaters Anonymous and her respect for its founder. I once had the pleasure of meeting Rozanne, a lovely woman, as well. As I'm sure most of us know, people have been known to eat for reasons that have nothing to do with physical hunger.

The introduction of weight loss drugs has hit like a tidal wave and, for some, it has been like a miracle (so far). However, for those wanting a more conservative approach, or who cannot tolerate the side effects of these drugs or afford the cost, Overeaters Anonymous may provide a successful path to weight loss.

There are more than 6,500 OA meetings worldwide, in 77 countries. This includes 2,500 virtual meetings taking place almost any time of the day from other locations around the world. Readers, if you're interested, you will find more information about Overeaters Anonymous at OA.org. Like any 12-step program, there's no membership fee, but donations are welcome.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Reprinted from the Chattanooga Time free Press

<https://www.timesfreepress.com/news/2024/jul/11/tfp-dear-abby-overeaters-anonymous-is-still-doing/>



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Events from All Over



Full Registration Flier: <https://oaregion8.org/assemblies/2024/Fall/SOAR8-Assembly-Registration-Fall-2024.pdf>



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Houma, LA Groups are celebrating 47 years of recovery!

Carrying Out Our Primary Purpose for 47 Years

Saturday, September 14, 2024

***Terrebonne Parish Main Library
151 Library Drive
Houma, Louisiana 70360
985-876-5861***

***Hybrid Celebration: Face to Face and Zoom: Face to Face Speaker
See you in Person or on Zoom!***

Join Zoom Meeting

<https://us02web.zoom.us/j/82383026495?pwd=L0FkcVo3WlVlc2YzYzFiMjZPQlNwZz09>

Meeting ID: 823 8302 6495 Passcode: 080287 One tap mobile +13052241968,,82383026495#,,,*080287# US

For audio only: Dial +1 346 428 7799 US (Houston) Meeting ID: 823 8302 6495 Passcode: 080287

Door Opens @ 9:00am Program Starts @ 9:30am to 4:00pm CST

Lunch @ 11:30am– 1:00pm (Brown Bag It or Near by Restaurants)

For More Info Contact: Janice S. @ 985-879-1341 janices684@aol.com

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



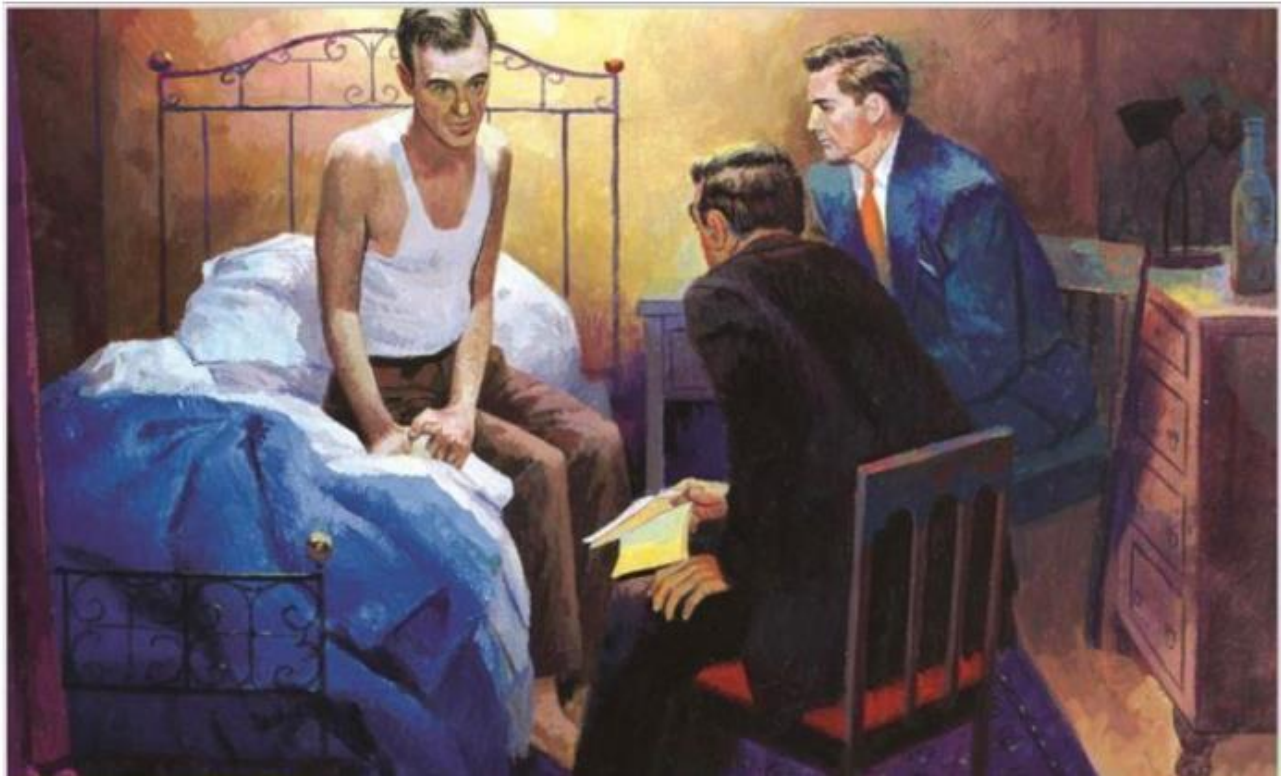
Responsibility Pledge

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

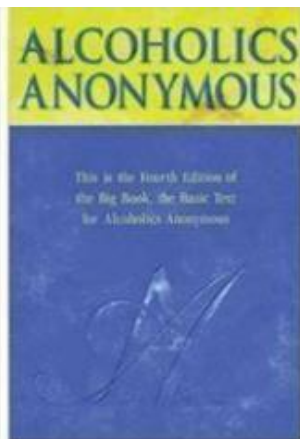


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*Using scripts based on the beginners meetings
in the 1940s: a focused introduction to the 12
step program in 4 weekly sessions.*



**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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More from Region 8

A new way to carry the message!

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

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

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

Check it out — Pass it on!



OVEREATERS
ANONYMOUS®
Region 8

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.



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DONATIONS REPORT 2024		Apr	May	June	YTD TOTAL
General Fund / no meeting # specified		\$37.38	\$238.66	\$42.23	\$963.41
Jacksonville Groups	Grp#				
Mon: Shepherd of the Woods Church	00774				\$0.00
Tue: Lakewood United Meth Church	36763				\$0.00
Tue: 7pm Jacksonville (virtual)	800028				\$0.00
Wed: Step Study Mandarin	51223	\$34.08	\$46.61	\$49.08	\$301.49
Wed: JAX Beach-Wisdom at the Beaches	54507				\$0.00
Thur: Jacksonville 9am - Our redeemer	57370				\$0.00
Thur: Newcomer, Lakeview Health	47756				\$0.00
Fri: Orange Park - 10am	03654				\$0.00
Sat: Saturday Steppers-Ponte Vedra Bch	51693	\$400.00			\$400.00
Sat: Super Saturday Lakeview	20025				\$0.00
Sat: Believe in Recovery First, Mandarin	32773	\$28.64	\$28.64	\$178.64	\$371.84
Gainesville Groups					\$0.00
Mon: Big Book Study (Alachua)	51137	\$108.00	\$25.00		\$193.00
Thu: Unity Church(Acceptance)	50421	\$117.22	\$9.22	\$25.00	\$188.32
Wed: Gainesville Unity Church	57568	\$450.00			\$450.00
Sat: 9:30 AM Welcome Home	48324				\$0.00
Other Florida Groups					\$0.00
Mon: Palm Coast-St Mark by the Sea	38320		\$12.00	\$12.00	\$121.00
Tues: Lifesaver - Palatka	38464				\$0.00
Wed: Palm Coast - 10am	56604		\$12.00	\$11.00	\$85.00
Thu: Fernandina Beach	49101		\$25.00		\$25.00
Thu: Flagler Beach	15171		\$31.00	\$12.00	\$171.58
Sat: St. Augustine Serenity	00235	\$48.79	\$23.79	\$23.79	\$170.16
Sun: Palm Coast/Flagler Beach	56072	\$108.00		\$9.22	\$117.22
Southern Georgia Groups					\$0.00
Tue: Jesup	54175			\$50.00	\$50.00
Wed: Douglas, GA	57445				\$0.00
Wed: Savannah - 5:30 pm	50301				\$0.00
Thur: Brunswick	51988				\$0.00
Sun: Savannah - 5pm	54362			\$25.00	\$110.92
Totals		\$1,332.11	\$451.92	\$437.96	\$3,718.94
Don to WSO		\$399.63	\$135.58	\$131.39	
Don to SOAR8		\$133.21	\$45.19	\$43.80	

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.



NEW FREEDOM INTERGROUP

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