

Inner Voice

Newsletter of New Freedom Intergroup of OA



December 2021

Step 12: Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

- Spiritual Principle: Service

Tradition 12: Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

- Spiritual Principle: Spirituality

Concept 12: The spiritual foundation for OA service ensures that:

- a. No OA committee or service body shall ever become the seat of perilous wealth or power;
- b. Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
- c. No OA member shall ever be placed in a position of unqualified authority;
- d. All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
- e. No service action shall ever be personally punitive or an incitement to public controversy; and
- f. No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

- Spiritual Principle: Guidelines
(a) Selflessness, (b) Realism, (c) Representation, (d) Dialogue, (e) Compassion, (f) Respect

Promise 12: And we have ceased fighting anything or anyone.....That is how we react so long as we keep in fit spiritual condition.

COME JOIN US!

WALK-INS WELCOME



December 3-5, 2021

Jekyll Island, GA

Registration in Club Ballroom Foyer

Friday: 5:00-7:30 PM

Saturday: 8:00 AM – Noon

BB Study starts 7:30 PM Friday,
8:30 AM Saturday, 9:00 AM Sunday
Convention ends: Noon Sunday
(starting times subject to change)

Jekyll Island Club Hotel

371 Riverview Drive • Jekyll Island, GA • www.jekyllclub.com

912.635.2600 • 800.535.9547

**AT THIS WRITING THE HOTEL IS STILL OFFERING OUR
GROUP RATE ON FRIDAY NIGHT (ONLY).**

**There are many other local hotels available at reasonable rates
within minutes of the resort.**



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DO YOU HAVE A PROBLEM WITH FOOD?



Join us in Overeaters Anonymous.

We are starting a new virtual open meeting that will be geared toward military personnel (but not exclusive for them).



First meeting: Sunday, 9 January 2022
Time: 7:00 PM (eastern)
Zoom Meeting ID: 889 1880 5990
Passcode: 903744

Note: With an emphasis on the military, this meeting may discuss situations that are not familiar to or comfortable for non-military people; and may have coarse language (which will not be encouraged) as well as military terms (acronyms and jargon).



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**OVEREATERS
ANONYMOUS®**

Baton Rouge Intergroup Presents

Living the Serenity Prayer During the Holidays

Come and experience how the Serenity Prayer can help us walk through this holiday peacefully, abstinently, and with the "fuller living experience" the Big Book talks about!

Saturday, December 4, 2021

1:00- 4:00 (central time)

Zoom ID: 5989410028 Passcode: oabrig

Call in: 312-626-6799 Passcode: 486823

Suggested Donation \$10 (Scholarships available)

IF registering with Venmo or Pay Pal you do not need to mail in the registration form below. Just include your contact info & intergroup name in payment submission.

- PayPal: oabatonrouge@gmail.com. Select friends and family to avoid any fee.
- Venmo: @Overeaters-Anonymous-1

REGISTRATION FORM — BRIG Serenity Prayer Workshop

Name: _____ Email: _____
Intergroup: _____ Phone: _____

Mail check/money order with this form to BRIG, P.O. Box 14815 , Baton Rouge, LA 70898

Questions: Call Pat @ 225-921-3974 or Tami @ 205-267-8759



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Miami-Dade and the Keys Intergroup

Welcome Home, Welcome Back!

Come enjoy a good time along with spiritual growth for everyone!

About this event: Welcome Home, Welcome Back!

Join us on zoom for the virtual Miami-Dade Keys Intergroup Annual Convention on Saturday & Sunday, December 11 & 12th for two full days of recovery speakers, step work, guided meditation, fellowship, spirituality and sharing

Date and time: Saturday, **December 11, 2021, 9:00am** through Sunday, **December 12, 2021, 4:00pm EST**

Location: **online event**

Visit our online registration page:

<https://www.eventbrite.com/e/overeaters-anonymous-miami-dade-and-the-keys-annual-convention-tickets-199857999657>

Contact the organizer to request a refund.
Eventbrite's fee is nonrefundable.



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Trusted Servants and Committee Chairs (New emails)

GENERAL INFORMATION

Chair	Secretary will forward as needed	oanfig@gmail.com
Vice Chair/Bylaws	Barbara C. 352.472.9924	chairnfi@gmail.com
Treasurer	Georgette P. 352.870.4454	vicechairnfi@gmail.com
Secretary	Carly B. 303.710.0589	nfitreasury@gmail.com
Delegate	VACANT - Consider doing service	oanfig@gmail.com
Newsletter/Meeting List	Cora W. 912.424.5959	delegatenfi@gmail.com
Public Info/Prof Outreach	Mark W. 904.527.3433	innervoicefi@gmail.com
Young Persons	Nancy K. 516.286.1888	piponfig@gmail.com
12th Step Within	Wendy I. 904.710.5555	youngpeoplenfi@gmail.com
Sponsor Coordinator	Georgette P. 352.870.4454	TSWnfi@gmail.com
Website	Christen C. 904-844-1454	sponsorsnfi@gmail.com
Ways and Means	Lori L. 904.964.9991	websitenfi@gmail.com
2021 4th Annual "Big Book Convention" (Jekyll Island)	Echo G. 561.704.2917	wandmnfi@gmail.com
	Mark W. 904.527.3433	m.wieder@juno.com

New Group Start-ups

Are you thinking about starting a new group for Overeaters Anonymous? We can help!

At a business meeting in 2016, the North Florida Intergroup (NFI) adopted a policy to assist new groups in acquiring literature and other items that they may need at the beginning (until they are self-supporting). There are, however, several qualifications that the group must meet in order to qualify for this support. First, the Group must register online with the World Service Organization and receive a group number. Second, the registered Group must be affiliated with the North Florida Intergroup. Finally, at least one, and hopefully more than one, group member (Intergroup representative) must attend NFI on a monthly basis. The IG Rep will be able to ask for the initial package at the first meeting they attend.

Upon approval of the NFI business meeting, NFI will provide these new OA groups with an initial gift (a value of \$58 plus shipping) consisting of the following, all from the World Service Office Bookstore:

- A **"New Group Starter Kit"** (SKU #730, \$20). The New Group Starter kit contains everything you need to begin an OA meeting: Newcomer pamphlet "Where Do I Start?" and Newcomer Welcome Coins, Suggested Meeting Format, group registration form, sheets from Group Meeting Record Book, double copies of more than two-dozen pamphlets, one copy of *Lifeline* magazine, and suggestions for getting started.
- One copy of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, 2nd edition (original size, 5.5" x 8.5", SKU 990-2, \$15). This comprehensive work provides a detailed, moving exploration of how OA's Steps and Traditions help members recover and how the fellowship functions as a whole. Created specifically as a study of the OA Twelve-Step recovery program, the Second Edition has been revised for clarity and inclusivity—with a restructured Step Four chapter to increase usefulness. Read how, through working the Twelve Steps and studying the Twelve Traditions, members have found "physical, emotional, and spiritual healing that we don't hesitate to call miraculous." Questions after each Tradition are designed to help strengthen your meeting. Copyright 2018. Softcover; 180 pages; indexed.
- One copy of *Alcoholics Anonymous* (aka, "The Big Book"; SKU 1000, \$11). The fourth edition of AA's Big Book outlines the principles of Twelve Step recovery and tells the stories of those who found recovery by practicing them. Copyright 2001. Softcover; 608 pages.
- One copy of one daily reader. The group's choice of one of the following:
 - *For Today* (SKU #984, \$12). Offers inspiring and thought-provoking affirmations and readings for each day of the year, written especially for OA members. Copyright 1982. Pocket-sized, softcover, indexed; 374 pages.
 - *Voices of Recovery* (SKU #986, \$12). This daily reader contains inspirational quotations from OA literature and the experience, strength and hope of OA members. Pocket sized, softcover, indexed. Copyright 2002. 382 pages.

The Treasurer will be instructed to contact the new intergroup representative to arrange for the shipment of the materials directly to them.



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MEETING CHANGES

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

— Barb C.

Step 12: Someone to Protect

Step 12: Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Having had a spiritual awakening in this program, I now view myself as a unique and precious child of God. It has transformed my approach to myself.

But when I compare myself to others, I feel “less than.” Since I am unable to eat the foods they eat and perform the simple behaviors they do, I conclude there’s something wrong with me that needs to be brought to submission and controlled.

If I instead think of myself as one of God’s creations, I see myself as valuable and worthwhile. I know I don’t deserve to be hurt by a disease or by thoughtless, clueless people. I see myself as someone who needs help and protection.

I’m more inclined to feel compassion for a human who needs protection than for a defective person who needs to be controlled. It’s much easier to come to my own aid when I perceive myself as needing help rather than punishment or restraints. So these days I focus on protecting, not controlling, myself.

Preparing abstinent meals protects me from the hunger that makes me seek snacks. Making a shopping list before I enter the store protects me from the siren’s song of items that would do me in. Looking at restaurant menus online before eating out protects me from tempting meals that would break my abstinence. Deciding on substitutions in advance protects me from the notions that I shouldn’t make a disturbance at a restaurant and that I should just take what I am given.

When I plan three meals in advance, I gain protection from foods in my fridge that are okay for my spouse to eat but not for me. Spacing my meals protects me from voices that call for me to use food for comfort. My plan of eating and action plan protect me from “surprise” foods such as grocery store samples, workplace treats, and holiday food gifts.

Removing trigger foods from my realm of choices protects me from the craziness that always ensues after eating even one bite. Connecting to God in prayer before meals protects me from the self-pitying thoughts of the disease, and allows me to eat slowly, mindfully, and with gratitude, regardless of what my companions are eating.

I am much better at protecting myself than I ever was at controlling myself. But I can’t do it alone. My participation in OA protects me from my own thoughts, and when I find myself really slipping, I step away and pray. My prayers protect me from myself and invite God to guide my actions.

Having had this spiritual awakening as a result of working the Steps, I try to practice this approach in all my affairs and to carry this message to those who suffer from a lack of connection to their Higher Power.

— Mard, Arizona USA (*Reprinted from Lifeline*)



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Highlights of the November 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 November 13. 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). Thus, the next business meeting is Saturday, December 11th at 10:00 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350). Highlights of what was discussed/accomplished in November:

Old Business:

- No one ran for secretary. Consider doing this service. If you do not yet meet the abstinence or attendance requirements and would like to practice doing it for one month, let us know at the start of the business meeting.
- We also need a Chair, Vice-Chair and Delegate to be elected in December; assume duties in January 2022.
- 4th Annual Big Book Weekend is December 3-5, 2021 at Jekyll Island, GA.
- NFI voted to submit a bid for the Fall 2023 SOAR 8 RC & BA to be held in Savannah, GA (bid to be entered in fall 2022).

New Business:

- Delegate provided an update on the SOAR 8 Recovery Convention and Business Assembly held October 15-17, 2021 and hosted by Greater Atlanta Intergroup.
- Voted to supply new group start-up materials to the Friday, 6 PM meeting in Orange Park (#57531).
- Voted to accept the balanced operating budget for 2022. (\$9,350.00)
- Mentioned the IDEA Day workshop and two Thanksgiving meetings.
- Discussion about the revised Policies and Procedures Manual was tabled till December as we ran out of time.

Thank You from the Chair

I want to thank all of you for allowing me to perform service as the Chair of New Freedom Intergroup for the past three years. This is my last month of this service in this role, and I have enjoyed every minute of it even though parts of it were a struggle.

When the covid pandemic hit, we were faced with many challenges and decisions: Do we meet face-to-face? Do we isolate? What technology can we use to hold meetings? (*Answer: Welcome to ZOOM!*) Masks or not? Big Book weekend in person or zoom? (*Zoom for 2020; face to face for 2021.*) Should Florida State Convention be cancelled? (*Yes, 2020, 2021, and 2022.*) Who is going to the World Service Convention? (*This was also cancelled for 2020, postponed to 2021 and subsequently cancelled.*) Our World Service Conference and Region 8 Recovery Conventions and Business Assemblies were held virtually. Regardless of what was thrown at us, Overeaters Anonymous met the challenges and continued to carry the message of recovery.

In NFI, our Twelfth Step Within Committee sent members to attend meetings other than their regular home groups, and carry information to them. They also implemented a Sponsorship Coordinator position. The *Inner Voice* newsletter and our website performed valiantly, carrying timely, essential information to all members. Our big plan for Ways and Means fundraising was thwarted when the WSC was cancelled, but they are rallying with new ways to sell Recovery Jars. We continued to hold conventions and workshops. We started new meetings. The Professional Information/Public Outreach (PIPO) Committee took the biggest hit as most events were shut-down, but, like a phoenix, it is rising from the ashes stronger than ever. Through it all, you have continued to provide service in safe ways and reach out the compulsive eater. I am extremely proud of all of you.

Personally, I will continue to provide service to our groups, the Intergroup and Region 8. As we go forward, the new Chair, other members of the Executive Board, and all Intergroup Representatives will decide if NFI Business Meetings will be zoom, hybrid or face-to-face. Whatever the decision, I am confident NFI will continue to thrive because our members are strong, and our recovery is growing.

— Barbara C.



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NFI Executive Board Service Positions

All five members serving on the NFI Executive Board **must** rotate out of service this year (2021). We elected a new Treasurer in July; but the Secretary position is still open. In December, the Chair, Vice Chair, and Delegate must be replaced. We need other members to step up to fill these roles and strengthen your own recovery. Per the NFI Bylaws Article IV, Section 2—Qualifications of Candidates:

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

1. Be working the OA Twelve Steps, the OA Twelve Traditions, and the Twelve Concepts of OA Service to the best of their ability.
2. Have the minimum amount of current continuous abstinence as defined by OA World Service as follows:
 - Chair, Vice-Chair, Treasurer and Delegate shall have one (1) year of current abstinence.
 - Secretary will have six (6) months of current abstinence.
3. Have attended at least six (6) Intergroup meetings.
4. Have given service above the group level for a minimum of one (1) year.
5. Be a regular member of an affiliated OANFI member group.”

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

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

Do You Like to Write?

The *Inner Voice* is looking for a person who would like to write a brief article each month on the STEP, TRADITION or CONCEPT of the month. (One member of the TSW Committee also suggested articles on the SPIRITUAL PRINCIPLES.)

You would be using your tools of reading and writing and delving deeper into the principles behind each one. Let the newsletter chair (innervoicenf@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.

NFI Public Information/Professional Outreach (PIPO) Committee

In search of: Volunteers inside of OA to do exciting service work above the meeting level.

Intent: Reaching **Medical Professionals** who can recommend OA to their patients; and/or residents within an institution; and inform the **General Public** (including Young People) about OA. In other words: **Carry the Message of Recovery ‘Outside the Walls of OA.’**

Target four (4) areas: Institutions, Professional Community, Public Information, Young People.

Requirements for Volunteers: 6 months of continuous back-to-back abstinence, has worked all 12 Steps familiar with the 12 Traditions, has a sponsor and currently sponsoring, and is working their recovery on all three (3) levels to the best of their ability.

Please Contact: Nancy K at: 516.286.1888 or email: piponfig@gmail.com



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Tradition Twelve: Falling Star

Tradition 12: Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

I was the self-appointed poster child for OA: I had physical recovery, I performed a lot of service, and I had several sponsees. My phone rang day and night. I was asked to speak at marathons and retreats. I wasn't anonymous, and I didn't want to be anonymous—I was a star.

I was lacking in self-esteem, and OA offered a platform where I could succeed and show my worth. When I attained a normal body weight and performed more than my fair share of service, recognition came my way. People looked up to me! I was finally perched on a higher rung of that imaginary ladder of worth. Self-righteousness only strengthened my grip.

Members began to look my way whenever a service position needed to be filled. By then, my life was full to bursting with service, family, work, and the fixer-upper home I'd purchased.

Then at one business meeting, a question hung in the air, needing an opinion. I always had at least three opinions on the same issue, but this time I didn't offer any of them—I leaned back in my chair and remained silent, letting someone else take the lead. It was the start of humility.

Building a persona at meetings takes a lot of energy. I imagined myself better than others because that was the only way I felt good enough. Imagine the effort it took to keep up such a sick standard! How you continued to love me defies all reason, but you did.

When the inevitable fall came, I tossed away my abstinence and sank into a three-year, 70-pound (32-kg) relapse. I continued to come to meetings, fearing what would happen if I didn't. My shame must have been palpable to others in the group, and it took every last shred of courage to show up. Ironically, the only member who ever sneered at my relapse was the other "star" in the group. The rest of you loved me through it.

When I see other OA members repeating my mistakes, I appreciate their willingness to give, and I hope they learn balance before they fizzle out and fall away from our Fellowship, unable to sustain endless service commitments and perfect back-to-back abstinence. I am aware that some members (the "experts") want to influence decision-making based on the length of their membership. I only know because I did that too.

We can only love the stars blazing in our meetings, make our own decisions, and keep our "expertise" to ourselves. We all have one voice and one vote, and none is more substantial than another. We are all trusted servants, not self-appointed leaders. I'm grateful that OA taught me the difference.

— Cynthia W., Wickenburg, Arizona USA (Reprinted from *Lifeline*)



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Twelfth Step Within Challenge!

Here's a little jotter to make it easy for you to pull together your twelve names for the **Twelfth Step Within Challenge**. List anyone who could use an email, phone call or text below – and then reach out to them on December 12th! After you do so, let the innervoicenfi@gmail.com know you completed the challenge. Wear or display the badge proudly.

#	Name	Phone	Email	✓
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
...or more!				

This is My Only Day

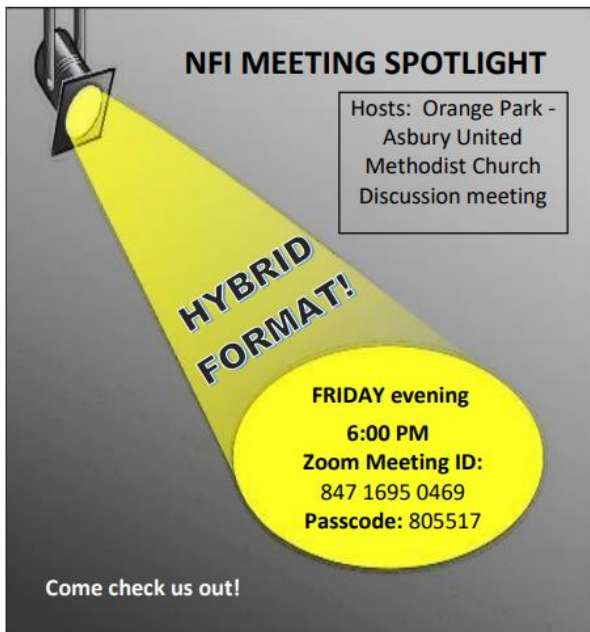
One day at a time -- it's all I have.
By my higher power I have been granted this day.
How do I use what I have been given?
Will I honor this day of abstinence?
Can I rise above the temptation of spirit, emotion, and the physical?
What if I do not?
And, if and when I do, what will I be given?
I will have peace, I will have love.
I will enjoy my abstinence.
I will not have to eat, or drink, or drug
Emotionally abstinent -- I will be peaceful.
— Anonymous



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The Twelfth Step Within Committee Wants to Hear from YOU!



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

Some things to consider:

- Does your meeting have a group rep?
- If so, are they attending NFI and bringing information back to your group? (New Freedom Intergroup – meets the 2nd Saturday of every month, right now via Zoom, from 10:00-11:30 AM. Meeting ID: 872 7218 1719. Password: 883350).
- Do you or your group members need outreach?
- Do you need tools and resources to support your recovery?
- Is there something our committee can do to aid in your recovery? We want to know!
- Do you have a workshop topic or suggestion for a future NFI event? Please share your ideas with us!

Georgette P., Twelfth Step Within Chair
tswnfi@gmail.com



Twelfth Step Within

December 12th (12/12) each year is designated as OA's International Twelfth Step Within Day. The purpose is to encourage OA service bodies, meetings, and individual members to reach *** to those within the Fellowship who are still suffering from compulsive eating behaviors.

This year, the TSW Committee is **challenging every OA member** to reach out by phone call, email, or text message to 12 other OA members – especially those you may not have seen in a while. Carry the message of recovery and hope; encourage them to "keep coming back."

When you complete the Challenge:

- Cut out this challenge badge and display it prominently on your computer or attach it to your shirt!
- Send your name to the newsletter innvoicenfi@gmail.com so that you can be added to the list of **Outreach Challengers** in the January edition!



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ATTENTION ALL SPONSORS!

Dear OA Fellows,

The Twelfth Step Within Committee wants to offer you support so that both you AND your sponsee receive all the benefits of this special fellowship. Your willingness to be available to newcomers and those in need of a new sponsor beautifully reflects the OA Responsibility Pledge: "Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."

For everyone who is a sponsor, we encourage you to add your name to our sponsors list. The sponsor coordinator is working to connect members looking for a sponsor with an available sponsor. Please let us know if you would like to be contacted by a potential sponsee by reaching out to the sponsorship coordinator; Christen at 904-844-1454 or sponsorsnfi@gmail.com. Please provide your name, email, and phone number.

We ask that once you have the name of a new sponsee, you contact that individual within a week. It is important that your new sponsee understands you are motivated to work with them. If for some reason you cannot contact the new sponsee in this time frame, be sure to let Christen know.

Whether you are experienced in sponsoring and in taking another OA member through the 12 Steps, or whether you are new at it, we wanted to share some wonderful resources. Below is a link for the OA Sponsor's Toolbox. The "toolbox" contains an amazing set of resources for continuing to be or learning how to be a great sponsor. The toolbox includes podcasts, pamphlets, and general advice on how to hone your skills as a sponsor, and what is generally considered the responsibility of the OA sponsor. Even if you have years of experience as a Sponsor, we encourage you to review the OA Sponsor's Toolbox, which can be found at OA.ORG, under "resources" or at the link below:

<https://oa.org/app/uploads/2021/08/a-sponsors-toolbox.pdf>

It is very important that we keep the OA Sponsor List current. If at some point, you decide that you no longer want to be on the New Freedom Intergroup Sponsor List, please email oanfig@gmail.com and we will remove your contact information from the list.

Thank you again for supporting your recovery by sponsoring!

— Twelfth Step Within Committee, New Freedom Intergroup

Ask It Basket

OA has an "Ask It Basket" archive, and we will occasionally be reposting (hopefully) interesting issues that have come up.

— Mark W., Editor

ANONYMITY—PHOTOGRAPHY

Even with permission, is it a violation of Traditions to photograph a group of people, such as all the region delegates, and email the photo to each person in it? Should the person emailing the photos caution the recipients not to distribute the photo or post it on any social media?

I would suggest it is not a violation to take such a photo and email, print, and distribute it to people in the photo, or even to others within OA. Photos become a violation of Traditions when we publicly identify people as OA members. But part of the risk of using today's internet is that it is easy for things to get out among many people, which poses a possible break of anonymity. Participants should be made aware of this before photos are taken and emailed so they may give informed consent.

Email is never truly secure. However, we are not famous people, and reporters are probably not trying to find ways to hack our pictures and publish them.

Some OA members would choose not to be in a photo or take and email a photo because of the internet risk. The risk is small. I would suggest: know the risk and go for it.

— February 2014



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December Events from All Over



CARRY THE MESSAGE
12TH STEP WITHIN DAY WORKSHOP
SUNDAY 12/12/21
1:00-3:00PM ET

2 SPEAKERS
FOLLOWED BY SHARING

**DISCOVER RECOVERY
WITHIN THE FELLOWSHIP**

**OFFER HOPE TO THOSE
IN RELAPSE**

**BOOST NEW AND RETURNING
MEMBER RETENTION**

ZOOM LINK
Meeting ID: 818 6483 2774
Passcode: wecare4u
Dial In: (929) 205-6099
Dial in Password: 43828102

For more information:
Call or text
Frank (917) 841-3585
Or Ross (732) 239-7209

7th Tradition
If you would like to make a donation for this workshop, you may do so on our website via PayPal: [OA-CENTRALJERSEY.ORG](https://www.oa-centraljersey.org)

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2021 TOPICS



Virtual Region WORKSHOP

"2nd Sunday of the Month"

3 - 4:30pm

EST Eastern Standard Time Nov to Feb Workshops (GMT-5/UTC-5)
EDT Eastern Daylight Time March 14 to Oct Workshops (GMT-4/UTC-4)



- Sept 12 The Promises of the Program
- Oct 10 Applying the Traditions in Daily Life
- Nov 14 "To carry the message to other compulsive overeaters"
- Dec 12 Connection is the Opposite of Addiction



891 6554 0024
Password: 120912



For more information: oavirtualregion.org

(Lisa) workshop@oavirtualregion.org (Lee) vicechair@oavirtualregion.org

Suggested workshop contribution \$5




NEW FREEDOM INTERGROUP


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

Quick Step Workshops

Central Ontario Intergroup of Overeaters Anonymous is offering a series of Quick Step Workshops. As you will see from the flier—dates circled, below—there are four sessions coming up, Dec. 6, 13, 20, 27 from 6:00pm - 7:30pm Eastern Time via Zoom or phone.



Great for
Newcomers or
LongTimers!



OA Central Ontario Intergroup presents a series of

Quick-Step Studies

- **Session format:** Write on the step, share on the step. (Read the step ahead of time).
- **Registration:** To ensure your spot, please register at least 24-hours ahead of the first session in the series. Limited number of spaces! Following registration you will receive the handouts and Zoom details via email. Click the black registration button on this web page; or, email coiquicksteps@oaontario.org with the start date of the series you wish to attend. Questions may be directed to this email as well.
- **Free** - 7th Tradition payable to Central Ontario Intergroup in two ways:
E-transfer: coitreasurertoronto@gmail.com
**Please indicate that your contribution is for the Quick-Step Study*

Cheque by mail:
Central Ontario Intergroup - OA
% A. Goodale
108 Waterloo Street
Waterloo, ON Canada N2J 1X9

Dates

Eastern Time North America

- Monday's - **May 31, 2021**
6pm-7:30pm
May 31, June 7, 14, and 21
- *Saturday's - **July 17, 2021**
12pm-1:30pm * 3 sessions only
July 17, 24, 31 Steps 1-7
- *Wednesday's - **August 11, 2021**
12pm-1:30pm * 3 sessions only
Aug 18, 25, and Sept 1 Steps 1-7
- Sunday's - **September 12, 2021**
12pm-1:30pm
Sept 12, 19, 26 and Oct 3
- Tuesday's - **October 12, 2021**
8pm-9:30pm
Oct 12, 19, 26 and Nov 2
- Saturday's - **November 13, 2021**
12pm-1:30pm
Nov 13, 20, 27, Dec 4
- Monday's - **December 6, 2021**
6pm-7:30pm
Dec 6, 13, 20, 27

"This workshop has been all and more than I could have hoped for."

- former workshop participant



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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.

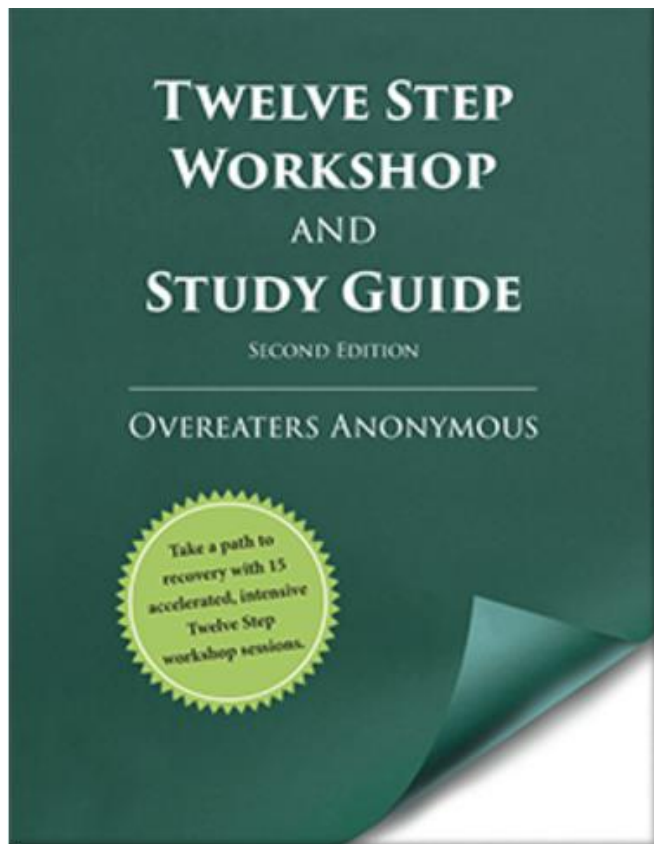
Donations sent directly to World Service Office do not reflect in our group donations total.

DONATIONS REPORT 2021		Nov	Dec	YTD TOTAL
PAYPAL - Individual Donations				\$348.61
Jacksonville Groups				
	Grp#			
Mon: Shepherd of the Woods Church	00774			\$0.00
Tue: Orange Park-10am Presb Church	03654			\$190.00
Tue: Lakewood United Meth Church	36763			\$286.28
Wed: Step Study Mandarin	51223	\$67.48		\$965.22
Wed: JAX Beach-Wisdom at the Beaches	54507	\$48.06		\$495.06
Thur: Newcomer, Lakeview Health	47756			\$0.00
Fri: Orange Park - 10am	49119			\$0.00
Sat: Saturday Steppers-Ponte Vedra Bch	51693			\$0.00
Sat: Super Saturday Lakeview	20025			\$0.00
Sat: Believe in Recovery First, Mandarin	32773	\$30.00		\$287.35
Sat: Serenity Saturday OP NFI				\$0.00
Gainesville Groups				
Mon: Big Book Study (Alachua)	51137			\$320.00
Thu: Unity Church(Acceptance)	50421	\$9.22		\$414.27
Sat: 9:30 AM Welcome Home	48324			\$301.04
Sun: United Church of Gainesville	52879			\$0.00
Other Florida Groups				
Mon: Lifesaver - Palatka	38464			\$50.00
Mon: Palm Coast-St Mark by the Sea	38320	\$9.00		\$163.00
Wed: Palm Coast - 5:45pm	56604	\$9.00		\$218.00
Thu: Fernandina Beach	49101			\$102.00
Thu: Flagler Beach	15171	\$7.00		\$110.00
Sat: St. Augustine Serenity	00235	\$23.79		\$854.16
Sun: Palm Coast/Flagler Beach	56072			\$40.00
Southern Georgia Groups				
Tue: Jesup	54175	\$25.00		\$435.00
Tue: 7pm St Simons by The Sea	38311			\$0.00
Wed: Savannah - 5:30 pm	50301			\$0.00
Thur: Brunswick	51988			\$0.00
Sun: Savannah - 5pm	54362			\$129.51
Totals		\$228.55		\$5,709.50
Don to WSO		\$68.57	\$0.00	
Don to SOAR8		\$22.86	\$0.00	



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Is it time to take a new look at things? Ask some more questions? Study with other like-minded OA members?

Consider a new challenge for the new year.

Twelve Step Workshop and Study Guide, Second Edition

Only \$13.50

SKU 960-2

Description: Updated with references to the OA Twelve and Twelve, Second Edition, the Twelve Step Workshop and Study Guide, Second Edition is our most in-depth resource for taking groups or individual sponsees on a journey through OA's Twelve Steps to a life of recovery. This guide has leader scripts, working-the-Steps worksheets, and selected readings from OA-approved literature. Use the Workshop and Study Guide, Second Edition to lead a group or your sponsee through the Twelve Steps—and to a life “beyond our wildest dreams.”

E-book formats are available. OA receives a royalty share for e-book purchases made through these third-party vendors:

- Amazon Kindle
- Apple Books
- Barnes and Noble Nook

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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