

Inner Voice



December 2022

Newsletter of New Freedom Intergroup of OA

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:

- No OA committee or service body shall ever become the seat of perilous wealth or power;
- Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
- No OA member shall ever be placed in a position of unqualified authority;
- All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
- No service action shall ever be personally punitive or an incitement to public controversy; and
- 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

- Selflessness
- Realism
- Representation
- Dialogue
- Compassion
- 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.

Recovery Jars Make Great Gifts!!!!

As we enter into the beginning of the holiday season, here is a great gift idea for your sponsor, sponsees, or really good friends in OA: a Recovery Jar. A Recovery Jar is made up of 366 different questions or prompts to help you achieve or maintain your recovery and growth in the program. Each strip of paper in the jar has a unique prompt that you can write or meditate on as part of your daily OA work, with the idea being to use one per day for a year. Examples include writing on the different steps, the principles, gratitude, etc. Jars are 1 recyclable PET plastic with a black screw-top lid. Perfect for carrying with you!



Each jar costs \$20 plus shipping. If you would like to pre-order jars, please fill out the form at this link: <https://forms.gle/6bPaYJgu57sW24Yq6> and select whether you would like to arrange to pick it up in Gainesville, or have one shipped to you. If you select the shipping option, I will contact you to make arrangements for the shipping costs. (Shipping cost is currently an additional \$10-15 for one jar, which seems excessive. Hint: It will be much cheaper to ship multiples, such as a case of 12 for your group!) I can also try to meet you halfway to transfer the jars.

Payment can be made by cash at time of pick up or by check/money order ahead of time (please make the check out to New Freedom Intergroup) and mailed to: NFI Ways and Means, 28303 SW 101st Avenue, Newberry, FL 32669.

— Barbara C. (352-474-1366 cell)



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Sponsorship – One of Our Tools of Recovery

Why be a sponsor or Why you need to have a sponsor – through the lens of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, Second Edition.

Step 4 – Spiritual Principle: Courage. “We have found it best to approach this inventory with the words “fearless” and “searching” uppermost in our minds. Many of us become experts of self-deception after years of lying to ourselves about how much we have been eating and the problems our eating behaviors have caused us physically, emotionally, and spiritually. We’ve lied to ourselves about our other problems, too, denying that we’ve made mistakes, that we’ve been wrong about things, that we need to change. We *must* change if we are to recover. Change begins with honesty.”
Your Sponsor can help you with ways to approach your inventory.

Step 5 – Spiritual Principle: Integrity. The definition of integrity is the quality of being honest, demonstrating reliability and trustworthiness. Taking responsibility and accountability for your actions, good and bad. In Step 5, “Admitting the exact nature of our wrongs to another person can be a frightening prospect, for we’ve never before risked such complete openness. Yet, we find that we haven’t really admitted the full truth to ourselves until we speak about it with someone else. ... It is important to choose a trustworthy and understanding person with whom to complete Step Five.”
Sponsors are the main people to connect with to do this, since they have taken us through the first four steps.

Step 6 – Spiritual Principle: Willingness. Definitions of willingness include the quality of being happy to do something that is needed, readiness and eagerness, and take initiative. “We are powerless over each of our defects of character, just as we are powerless over the food. Our character defects need to be removed by a Power greater than ourselves; we cannot do it alone. ... Being “entirely ready” means that we firmly turn our backs on the old self-destructive behaviors and make every effort to live by the Principles embodied in the Twelve Steps.” If we become discouraged our sponsors can be utilized for support. We have willingness for continued growth and change. **Sponsors are a great resource to support your efforts.**

If you need help finding a sponsor or want to sponsor, please contact our NFI Sponsor coordinator:

Augusta L 912-508-4777, sponsor.nfig@gmail.com, augustalivingston1985@gmail.com

WELCOME HOME Y’ALL!

Exciting news everyone! Our Intergroup won the bid at the Region 8 Business Assembly on October 23, 2022. We will be having a face-to-face ONLY Recovery Convention along with a hybrid Business Assembly next Fall on October 27-29, 2023. The location is secured at the Tybee Island Hotel and our theme is “Welcome Home y’all, chosen from the wording we use in “Our Invitation To You.”

I have volunteered to be one of the co-chairs and helped with the bid, however, I have never attended one of these conventions in person. We are asking for another experienced co-chair to step up and assist in facilitating this convention. We need volunteers in many other areas including:

Treasurer (Carly B), Registration (Barb C – still need members to help), Program design/arranging speakers, Hotel liaison & food/catering (Carly B has offered some assistance; there are NO FOOD venues at the hotel), Fund raising/drawings, etc. (Echo has volunteered thus far, also need more members here), PI/PO (advertising/outreaching), Hospitality/greeters, Literature, Decorations (keeping it simple), Entertainment, Boutique (if we have one or Silent Auction (Echo volunteered thus far), Love notes; any additional volunteers are always welcome especially in other areas that I may not have listed.

The Intergroup would like for every group to consider making a “themed” basket for a silent auction at the convention/assembly. Some examples would be: a basket for pets, a basket of bath items, a Southern hospitality basket, a basket of “recovery” themed items, etc.



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Please consider joining the planning committee for this exciting and wonderful event as we all look forward to being back together in fellowship with each other. The planning meetings will begin in January.

For any questions or to volunteer, please feel free to contact Sandi at my email: learningdisciple624@gmail.com, or you can call or text me at-912-464-4231 (please leave a message or text me if no answer).

In grateful service,

Sandi JC

Step 12: What I Feared I'd Never Have

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...

I remember thinking that as an atheist I would never have one, but I have...

The first time I realized it was in the 1980's when a fellow OAer said she realized that the sun was still coming up in the morning even though she was no longer pulling on the rope! Me, too! I thought.

I realized that the universe was running fine without me telling my family and friends how to live. I was not the center. My input was not essential...and I was happy with that.

Another spiritual awakening came when I realized my black and white thinking was gone, and acceptance had replaced it. There were thousands of spiritual systems in the world and that meant we all have spiritual needs and we can find what we need, not have to follow someone else's path. So I get to be an atheist with a spiritual life that works for me. Other people get to believe in the God of their understanding.

another moment was when in the middle of a posh restaurant, I realized that I didn't care what I ate! Food was not my life anymore... The hidden promises had come true.

Reading Acceptance is the Answer in the Big Book, (which was called Doctor, Alcoholic, Addict when I first read it in the third edition), also woke me up to actual acceptance of other people as they are. I had thought I was accepting them when I didn't criticize out loud even though I knew they were wrong. That reading helped me understand that quiet disapproval was not acceptance and that other people are not me, don't think like me, and need to do things in the way that helps them and works for them. My way is my way and their way is theirs.

Practicing these principles in all my affairs can be harder. I seem to recycle old patterns. After all I was not in recovery till I was 45, so I had practiced compulsion to eat, be right, and correct everyone for 45 years. It took a while to learn new methods and new ideas. Still practicing!

When I am in harmony with reality, I am living my spiritual awakening. And I am happy for you to have found yours.

— PM, Gainesville FL

Tradition Twelve: It's Not About Me, It's About Us

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

A wise person once explained that the steps of OA keep us from harming ourselves and the traditions keep us from harming each other. Tradition 12 is much, much more than simply not using our last name. This tradition cuts deep into the spiritual meat of our program – requiring humility and resulting in the realization that our recovery is delivered through our Higher Power.

In my experience with this tradition, I must accept others in OA. I'm not going to like everyone, or agree with everyone. Tradition 12 calls on me to tolerate my fellow OAer, and in the truest sense of fellowship, love them. Our



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common bond of food addiction cuts through any of our petty differences and places us each on an equal footing on this broad highway. We set aside any conflicts and prioritize the need to help another suffering compulsive overeater.

Anonymity requires that we place spiritual principals before personalities. When we place principals before personalities, we place the welfare of OA and the group above our own selfish desires. At the core of these self-sacrificing attitudes is anonymity – so vital, it is the second half of our name. The Twelve Steps and Twelve Traditions of Overeaters Anonymous reminds us that, “It is essential that all of us understand and respect anonymity if OA is to survive...”

From a practical perspective, anonymity is a vital element in the fabric of OA. This enables our members to have trust that they may share their feelings in a general way in our meetings without risk of judgement or gossip. For OAers, and newcomers especially, the OA rooms must provide a private haven for the safe disclosure of our food addiction struggles. As one of our OA sayings goes -- whom you see here, what you hear here, let it stay here...here, here!!

I’ve been reminded that anonymity is not a sign of shame or the same thing as secrecy. Our OA literature, The Tools of Recovery, says, “It is not a break of anonymity to use our full names within our group or OA service bodies.” On the topic of service, anonymity reminds me to serve OA without any desire for recognition, prestige or power. This is difficult in a world of social media where we are constantly seeking that endorphin hit to our ego by getting “likes” and “shares.” On the contrary, anonymity takes us out of self -- the more I think of you, the less I think of me.

Our humility will shine through when we find that we are content with the fact that we are just another bozo on the bus – just another compulsive overeater. No better, no worse than anyone else. When integrated into our lives, tradition 12 manifests itself as contentment to be one of a group and not seek prestige for our success in overcoming our food addiction. We grow in effectiveness in sharing the program with others while giving all credit for our recovery to our Higher Power.

I’ve been saved from my compulsive overeating by learning that it’s not about me – it’s about us.

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

the ring!

— John K.

Trusted Servants and Committee Chairs (New emails)

GENERAL INFORMATION	Secretary will forward as needed	
Chair	Echo G. 561.704.2917	oanfig@gmail.com chairnfi@gmail.com
Vice Chair/Bylaws	Barbara C. 352.474.1366	vicechairnfi@gmail.com
Treasurer	Carly B. 303.710.0589	nfitreasury@gmail.com
Secretary (interim appointment)	Sandi JC 912.464.4231	oanfig@gmail.com
Delegate	VACANT—Consider doing service	delegatenfi@gmail.com
Newsletter/Meeting List	Mark W. 904.527.3433	innervoicenfi@gmail.com
Public Info/Prof. Outreach	Nancy K. 516.286.1888	piponfig@gmail.com
Young Persons	VACANT—Consider doing service	youngpeoplenfi@gmail.com
12th Step Within	Georgette P. 352.870.4454	ghabanero56@yahoo.com
Sponsor Coordinator	Augusta L. 912.508.4777	sponsor.nfig@gmail.com
Website	Brian B. 904.616.0608	websitenfi@gmail.com
Ways and Means	VACANT—Consider doing service	wandmnfi@gmail.com



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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 12. Each meeting is welcome to send two voting members, and as many observers as desire to attend. The meeting is always the second Saturday of the month (unless otherwise decided) and runs for one and a half hours. Thus, the next business meeting is Saturday, December 10th from 10:00 am to 11:30 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350).

Highlights of what was covered at the November business meeting:

Service Opportunities:

- We need to fill the following service positions: Delegate, Parliamentarian, Young Persons Subcommittee Chair, and Ways and Means Chair. Other committees also need volunteers to provide service.
- Nominations are open for Vice-Chair, Secretary, and Delegate. Candidates must be present at either the regular OANFI business meeting when they are nominated, or at the OANFI business meeting the month the election is held (December). Responsibilities and requirements for these positions can be found in the Bylaws, Article IV.

Volunteers are still needed to help:

- **SOAR 8 Recovery Convention and Business Assembly.** Our bid was accepted, so we will be hosting! This committee will be planning all the events to be held for the recovery convention and business assembly for fall 2023 in Tybee Island (near Savannah), GA. We last organized one of these in March 2017 in Jacksonville, and it was a huge success from the recovery and financial aspects! We will need people to plan the sessions, theme, boutique, decorations, entertainment, get speakers and timers, arrange volunteers, set up hospitality, baskets and drawings, ...you name it, we need it! We need you – and there is no time like the present to start planning. Let Barb C. or Sandi JC know if you are interested.

Other Items of Note:

- All meetings are to let Chair know about changes in format. Thank you to those who sent us updates this month! They should be reflected on the website and meeting list.
- Region 8 Fall 2022 Recovery Convention and Business Assembly was a success. We sent three representatives (Barb C., Sandi JC, and Nancy K.) to vote on our behalf. Each came back with some great ideas and wonderful recovery and we were grateful to have them share their experience with us.
- Budget for 2023 was approved! Thank you to Carly and the budget committee for all their hard work in putting this together.

Sneak peek at December's topics:

- Elections for Vice-Chair, Secretary, and Delegate
- Discussion on our prudent reserve and increasing it to meet the suggested guidelines from World Service of 40-60% of our budget
- Preparing for success in 2023

“Book-it” Workshop a Great Success!!

Our October 15th "Book-it Through the Holidays Workshop" was a great success of speakers and attendance. Thank you to Lakeview Saturday Morning Meeting at 9:30, for ALL your help and support! Thank you to Orange Park Friday Morning Meeting at 10:00 for your support of the workshop. And thank you OA Intergroup (Sandi!) for your help with this project!

I want to say thank you to OA for the help and support I get. Without God, Roxanne, Bill W. and Dr. Bob, I don't know where I would be now, and my guess is dead. No matter where or how you receive your OA, KEEP IT UP!!

— Susan A., Jacksonville, FL



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From The TSW Committee

Twelfth-Step-Within Day

As you might expect, Twelfth-Step-Within Day is celebrated in December, the twelfth month. And oftentimes, there are special events on December 12 (it's okay to practice TSW work all month!). Twelfth-Step-Within Day was established by the World Service Business Conference of Overeaters Anonymous in 2009. Groups and Intergroups around the world are encouraged to plan events to support the still suffering compulsive eater within our fellowship. Here are some of the ideas that have been proposed over time. You can use any of them this year—maybe share them with your home group?—or save as possibilities for the future:

1. Members agree to make outreach calls on December 12th. (12 calls at 12 o'clock).
2. Intergroups publish a list of ideas in December that have been brainstormed at their business meeting to offer support to struggling members.
3. Meetings or Intergroups make copies of the "Recovery Insurance Policy" (<http://www.oa.org/pdfs/recoveryinspolicy2.pdf>). On December 12th, encourage members to reach out to each other to make pacts to give each other extra support.
4. Members are encouraged to use December 12th as a day of reflection on the strength of their own recovery. They can write down 12 actions that will support their own or others recovery. Sharing their list with another member is encouraged.
5. In December, Intergroups make copies of the *Been Slipping and Sliding? A Reading and Writing Tool* questions. These are available for those who are struggling or want to strengthen their recovery. (<http://www.oa.org/pdfs/been%20slipping%20and%20sliding.pdf>)
6. In December, offer to drive someone to a meeting who hasn't been able to attend.
7. Write an article for December 12th to your intergroup newsletter or Lifeline. What support and encouragement can you offer to a member who is struggling in program?
8. Offer to babysit in December for a member to attend a meeting.
9. Call 12 members who no longer attend meetings.
10. Plan a reunion with past and present members for December... before "the eating season."
11. Conduct in-home meetings in December for shut-ins.
12. Call a sponsee who is struggling with the physical, emotional, or spiritual part(s) of recovery on December 12th. Offer honesty and support.

TAKE THE NFI SURVEY – Business Meeting

"Service to my meeting, my intergroup, my region, and OA as a whole is also part of the Seventh Tradition." (*Voices of Recovery*, Sept. 8, p. 252.)

The New Freedom Intergroup (NFI) meets once a month by zoom to discuss the business of the intergroup. We are conducting this survey to find out how we can entice you to try attending the business meeting of the intergroup at least once.

We ask that every member of every group in the New Freedom Intergroup submit their answers to this survey. The deadline for completion is 31 DEC 2022; we will discuss the results in the January business meeting. You may take it online or print it.

- Click on the link below (if that doesn't work, copy and paste the link in your browser):
https://docs.google.com/forms/d/e/1FAIpQLSdd9tCjmh9NBWprzO_53eln2xM9aFJea7zW-cDkmfShXO8WsQ/viewform
- Complete the survey on-line and press the submit button.



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- You may also print the form and complete it.
 - You may either scan the form and email it to: vicechairnfi@gmail.com or bcarter337@att.net
 - Use the USPS (“snail mail”) to send the completed form to: Barbara Carter, 28303 SW 101st Avenue, Newberry, FL 32669.

If you are an Intergroup Representative, we suggest you assist your group members with the completion of the form.

- Place the link to the google survey in the chat room after each meeting you attend. Perhaps the meeting can end five minutes early to give the attendees a chance to complete the survey.
- Download and make copies of the survey to distribute at face-to-face meetings.

If your group does not have an Intergroup Representative, you may want to give service by acting as an IG Rep and helping members of your meeting complete the survey. Thank you for taking the time to complete this and giving NFI your input.



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OA MATERIALS (bookstore.oa.org)

Buy it Now! Literature Prices Increasing in 2023

Effective January 1, 2023, Overeaters Anonymous will increase the prices of our print and digital literature. OA's shipping prices will also increase.

OA, like so many, has been impacted by higher prices due to recent global factors. With OA's books and pamphlets, we are seeing increases in the costs of paper stock, production, and shipping/postage.

OA remains committed to the purpose of carrying the message of recovery to those who still suffer, and our literature is an essential tool for carrying out our purpose. Raising prices was not an easy decision; however, to continue to bring quality OA recovery literature to the Fellowship, OA must do this to offset higher costs.

OA literature is available in multiple formats: print, e-book, PDF download, print-on-demand, and audiobook. Some formats, such as e-books, do not have a shipping cost. No piece of literature is available all formats.

To purchase OA literature, go to bookstore.oa.org. Product pages include links to third-party vendors authorized to sell our literature.

The price changes will be effective **January 1, 2023**. Till then, we encourage you to order OA literature at current prices.



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=TnhOQm1EN1R1WWQ0N2xVbEJQQtmtuQT09>

Meeting ID: 870 8040 0598. Passcode: 120912



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2022

2nd Sunday of the Month Workshop Topics

Overeaters Anonymous Virtual Region is hosting
The WORKSHOP series: 2nd Sunday of the Month

8:00 - 9:30 PM London (UTC)

3:00 - 4:30 PM New York (UTC -5)

- December 11th - Sponsorship

Come Join Us!

For Virtual Region Workshop Room Join Zoom Meeting

Meeting ID: 891 6554 0024

Password: 120912

<https://us02web.zoom.us/j/89165540024?pwd=eXZWSUNNdVh1Z3hHZHZJY2RRRejkdz09>

For United States or International numbers <https://zoom.us/zoomconference>

Suggested workshop contribution \$5

<http://oavirtualregion.org/region/seventh-tradition/>

FOR MORE INFORMATION:

<https://oavirtualregion.org>

info.workshop@oavirtualregion.org or chair.workshop@oavirtualregion.org

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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**ALCOHOLICS
ANONYMOUS**

This is the fourth edition of
the Big Book, the Basic Text
for Alcoholics Anonymous



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

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



**OVEREATERS
ANONYMOUS®**

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DONATIONS REPORT 2022		Nov	YTD TOTAL
PAYPAL - Individual Donations		\$14.08	\$682.42
Jacksonville Groups		Grp#	
Mon: Shepherd of the Woods Church	00774		\$0.00
Tue: Orange Park-10am Presb Church	03654		\$0.00
Tue: Lakewood United Meth Church	36763		\$96.62
Wed: Step Study Mandarin	51223	\$52.43	\$837.50
Wed: JAX Beach-Wisdom at the Beaches	54507		\$193.06
Thur: Newcomer, Lakeview Health	47756		\$0.00
Fri: Orange Park - 10am	49119		\$0.00
Fri: Orange Park - 6pm	57531		\$35.00
Sat: Saturday Steppers-Ponte Vedra Bch	51693	\$298.06	\$588.40
Sat: Super Saturday Lakeview	20025		\$0.00
Sat: Believe in Recovery First, Mandarin	32773	\$30.00	\$651.46
Sat: Serenity Saturday OP NFI			\$0.00
Sun: Military	800278		
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137		\$250.00
Thu: Unity Church(Acceptance)	50421	\$9.22	\$611.42
Sat: 9:30 AM Welcome Home	48324		\$198.06
Sun: United Church of Gainesville	52879		\$0.00
Other Florida Groups			
Mon: Lifesaver - Palatka	38464		\$0.00
Mon: Palm Coast-St Mark by the Sea	38320	\$8.00	\$28.00
Wed: Palm Coast - 10am	56604	\$8.00	\$28.00
Thu: Fernandina Beach	49101		\$0.00
Thu: Flagler Beach	15171	\$9.00	\$119.00
Sat: St. Augustine Serenity	00235	\$23.79	\$474.75
Sun: Palm Coast/Flagler Beach	56072		\$220.00
Southern Georgia Groups			
Tue: Jesup	54175	\$25.00	\$275.00
Tue: 7pm St Simons by The Sea	38311		\$0.00
Wed: Savannah - 5:30 pm	50301		\$106.47
Thur: Brunswick	51988		\$0.00
Sun: Savannah - 5pm	54362		\$0.00
Totals		\$477.58	\$5,495.16
Don to WSO		\$143.27	
Don to SOAR8		\$47.76	

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.

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 innervoiceni@gmail.com.



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