



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.

The Miracles of Outreach Writing Challenge



One of the Tools of Recovery is **telephone** (Outreach). This tool assists OA members in reaching out to one another when they are experiencing joys or trials and to offer support to other fellow travelers.

Has there ever been a day when you were just about to take that first compulsive bite, but...an OA fellow called and you were able to stop?

Have you ever been so discouraged that you are ready to give up, only to hear the phone ring and it is a member you haven't seen in a while? Were you able to help them get to a meeting and found your own program renewed?

The **Twelfth Step Within** committee is asking for your stories of when the tool of "Outreach" has saved you and/ or your program.

Please submit your stories to the newsletter at:

innervoicenfi@gmail.com

We need all stories by **December 20, 2023**.

Below, we have attached an example of the miracle of outreach and hope that it stimulates your creative juices!

- This week, I attended a wellness presentation put on by my work and of course weight loss was mentioned. I grew frustrated with the presenter and was feeling more and more



resentful as they talked about how it's all a matter of "calories in versus calories out." I felt judged and unwelcome. I asked a question and the response just made me feel even worse. By the end of it, I was spiraling down pretty hard into self-loathing and anger and resentment.

Then an OA friend texted and asked if I had time for a call. I said sure, knowing it was supposed to be to follow up on some action items from the recent business assembly. But when she asked me how I was, every feeling about the presentation came pouring out.

She asked me if I wanted her to just listen, or to give feedback. I asked for feedback and she gave me such wonderful, loving, acceptance in that moment, that poof, away went my self-hatred and anger. I didn't feel judged any more. I didn't feel angry at my body. I didn't feel like I needed to be punished. I felt loved and reminded of how important my connections in OA are.

— Echo G (NFI)

OA Will Always Be There. Or Will It?*

"Most human beings have an almost infinite capacity for taking things for granted."

— Aldous Huxley

OA was there when I came in, and it will always be there. Or will it? I must admit, I took it for granted that there would always be someone to open the meeting room, make coffee, put out literature and clean up afterward. I didn't volunteer to do anything like that because I had too many other responsibilities and besides, there were plenty of people who liked to do those jobs.

Then something happened: two people moved away, another began working nights and had to find a day meeting to attend... and suddenly there wasn't anyone to do all the things I took for granted. I'm grateful that was all it took to wake me up.

For Today: What am I doing to ensure the continued existence of my home meeting and OA as a whole?

*For Today, October 21, p. 295.

Step 12: The Gifts of Sponsorship

I've been thinking about gratitude a lot lately. The focus of my existence is to stand in a place of gratitude for what I am right now. It is not to stand in dissatisfaction around what I am not, what I will never be, or what I have lost. Within this core of gratitude is great admiration for the women who have mentored me in recovery as my sponsors, past and present.

The *Big Book* never mentions the word "sponsor" in the first 164 pages, but I cannot imagine bungling my way successfully through the wilderness of Twelve Step recovery without a guide. I just don't have a good sense of direction. The biggest problem I'd face trying to do OA recovery without a sponsor is instead of hearing options and alternate viewpoints, I'd remain in my black-and-white mind, only hearing my own voice agreeing with my skewed thought process that always led me to abuse food.



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The gift of being sponsored seemed to me to be an enormous sacrifice on the part of the sponsor: the time they give up being part patient saint, part loving supporter (sometimes exasperated, often amused), part cheerleader, and part stern boundary-setter, all beyond any kind of reciprocity. But when I learned to sponsor, I came to see sponsoring itself as an even larger gift, not just to the sponsee, but to myself and my ongoing self-expansion project to live a life full of possibilities beyond my limited imagination.

The genius of Twelve Step recovery is that what we have is essentially peer counseling. People who were active addicts are mentored through the process of getting abstinent and discover themselves in the Twelve Steps. They go on to live a life of abstinence while learning to incorporate Step Principles into their daily existence. Then they show the process to the next still-suffering compulsive eaters, who show the next, ad infinitum. We are forever refreshing our own recovery as we hear and see the Twelve Steps and Twelve Traditions through the eyes of those who haven't known them before and are just realizing their magnitude and meaning in their own lives.

I am profoundly grateful to have walked in the door of OA, and I am even more grateful for sponsorship, giving and receiving.

— Laurie (*reprinted from Lifeline*)

More on Step 11 from the Region: The Freedom to Choose

The spiritual principle embodied in Step 11 is spiritual awareness. When I first joined OA, I naively believed that I knew all there was to know about my Higher Power (HP). My pride had convinced me that being a theology student qualified me as an expert on all spiritual matters. However, in those early days, I did more running away from my HP than I spent seeking Him for my sanity and recovery.

I joined OA in August 2020 and began to work the Steps in October. I quickly sailed through Steps 2 and 3, “informing” my sponsor that I had a secure relationship with my HP. I began writing Step 4 and remained frozen there for some time, stuck in self-pity and morbid reflection. Finally, I sought a new sponsor and continued working the Steps until I hit the next major roadblock.

When I reached Step 8, I realized something rather disturbing- I was still full of resentment, bitterness, and rage at the people to whom I needed to make amends. My sponsor questioned me about my relationship with my HP and the work I had done with Steps 2 and 3. I confessed sadly that I not only carelessly sailed through these 2 Steps, but also I put my time with HP on the bottom of my daily task list. We decided to go back and do a thorough Step 2 and 3. A month later, in March 2022, I experienced a traumatic loss that made me question everything I knew or believed about my HP. A dear OA fellow suggested a writing exercise that consisted of me describing who my HP was to me now versus who I needed my HP to be going forth. I wrote honestly, openly, and willingly and was able to define the HP that I firmly believe in today.

I am grateful that OA is a safe place for each OA member to seek out their own version of HP. There are no time limits, no lists we must choose from, and absolutely no judgment or condemnation for our choice of HP. I believe that this step is intended to be a healing aspect of my recovery journey where my HP is exactly as I need Him to be.

I am thankful to OA for the freedom it allows its members in practicing Step 11. I prefer to write out my prayers to HP as it helps me focus better. I begin in the morning by listing what I need to surrender over to my HP. At night I end with a list of 5 things from my day that I am thankful to my HP for and share them with another OA fellow. Throughout the day I often repeat, “Thy will, not Sandi’s, be done!” This helps remind me that my HP is in the driver’s seat, I am free to relax, let go, and be the passenger. OA literature reminds me to “Keep it simple” (*Twelve Steps & Twelve Traditions of*



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Overeaters Anonymous, p. 77). My prayer journal can be either sentences when I have time in the morning or short bullet points on those days I have appointments.

I choose to meditate after I read *Voices of Recovery* or *For Today*. I set a timer for 5 minutes, get out a blank piece of paper, and if HP brings anything to mind during this time, I write it down. I often go back and write in my journal about what I wrote down during those 5 minutes of meditation.

I have found that the more I practice prayer and meditation it becomes a part of my routine and flows more freely. Also, my HP is always ready to reward any time I spend seeking Him with greater spiritual awareness. I find that my recovery journey is enriched by implementing Step 11 which also greatly improves my relationships with all those around me.

– Sandi JC, Georgia

Tradition Twelve:

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

All twelve traditions are spiritually founded on anonymity, so it is particularly important that we understand what that means in our fellowship.

The simple part of anonymity is that members of OA do not tell anyone else who is in the program, who attended a meeting, or what someone's story is. Each of us gets to determine on our own who knows we are members of this program and what our individual stories are – what meetings we have attended and what our recovery activities are. Gossip is a break of anonymity. We respect each member's prerogative to determine who knows what about them.

Anonymity also means that we do not use our work in the fellowship to become "famous" if even just among the fellowship. We pursue twelve step work humbly – not seeking recognition for service. Tradition two states, "Our leaders are but trusted servants– they do not govern". Leadership or service positions in OA do not change our status. The relapsing newcomer and the 30-year abstinent long timer have the same status in OA.

We put the principles of the program over the personalities in the program. Some of us have very large personalities and some of us are quieter. Some of us speak eloquently and others more simply. Some of us like to control everything and drive each other crazy and some of us have come a little further in our recovery. Regardless of what type of personality we have, we treat each other with respect and dignity; honoring each of the principles of the program in each interaction. We make ourselves available to each other for recovery and do not let personality conflicts (after all, we are only human) deter us from being kind, helpful, available, and respectful. We acknowledge the value that each member brings to our group and try our best not to put anyone on a pedestal – for them to fall off of.

We utilize anonymity by humbly recognizing that we can learn from members who are very different from us. Cultural background, occupational activity, education level, financial status – have nothing to do with our OA membership. We are brought together by a desire to recover from a common affliction, and we need each other to recover.

It is not a break of anonymity to use our last names within OA. Nor is it a break of anonymity to say something like "have you spoken to Jane lately – she could use a call", when seeking twelve step help for a member who is struggling. We are careful not to include details about the individual – just the simple message that some support might be helpful.

Many meeting formats include a statement about anonymity, which helps newcomers learn about this important spiritual foundation, but perhaps the best way for a newcomer to understand anonymity is by our own example.

– Lucy



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Concept 12 – Warranties

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.

Concept 12 consists of the General Warranties of OA World Service. It was written by Bill Wilson, Founder of our parent program, Alcoholics Anonymous. It is cast in stone; that is, although Bill leaves the door open for alterations and changes in the other Concepts and points out that the rest of the Conference Charter “can be readily amended,” these General Warranties — like the Twelve Steps and the Twelve Traditions — be changed only by “written consent of three quarters of all A.A. groups” in the world! Why?

Because “these Warranties indicate the qualities of prudence and spirituality which the Conference should always possess . . . These are the permanent bonds that hold the Conference fast to the movement it serves.”¹

Concept 12 outlines what are known as the Six Warranties. And while straight-forward, following is a review of each.

- 1.) No OA committee or service body shall ever become the seat of perilous wealth or power.
Does this mean that OA does not possess money or authority? No. It means we should have limited money and limited authority. So, if we continue to hold individual members to a certain giving amount annually, remind groups not to give to excess, and continue to not take outside contributions; we are unlikely to see excess wealth in OA. Regarding power, if we remain focused on “spiritual” power and not “human” power, the organization will continue to function effectively.
- 2.) Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle.
Doing the work of OA requires a balance of time, talents, services and money. If we make prudent business decisions with our finances, keep a prudent reserve to cover any crippling losses; we can remain solvent and continue carrying the message to the suffering compulsive overeater.
- 3.) No OA member shall ever be placed in a position of unqualified authority.
While emphasized and extensively discussed in Concept 4 (Participation/Voting), it is important to be amplified here and to be the focus of this Warranty. This Warranty is an expression of loving respect for the spiritual liberties of our fellows and ensures we remain ever vigilant to it.
- 4.) All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity
Some may believe OA moves slowly at times when doing its business. This Warranty safeguards against snap decisions and harsh or overbearing simple majorities (read: bleeding deacons). It is designed to ensure that minority opinions are always heard. Time permitting, we need to allow for extensive debate to secure a heavy majority (substantial unanimity) for all critical decisions. On a very rare occasion, time may require we take only a majority, but the practical and spiritual results of the practice of substantial unanimity have proved invaluable time and time again.
- 5.) No service action shall ever be personally punitive or an incitement to public controversy.
This Warranty guarantees OA will never inflict personal punishment upon individual members for violations of its principles, for their beliefs, or for their behavior. We must avoid any methods of personal attack. It goes against all our spiritual principles. For much the same reason, we do not get involved in public controversy — even in self-defense. Nothing will tear down our unity faster than members getting involved in a public discourse, no matter how promising the payoff might be.



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6.) No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

This Warranty ensures we abstain from any form of authoritative government. We must always stay democratic in thought and action and maintain a spirit of mutual respect and love. This supports mutual trust and reinforces that no action should be taken in anger, haste or recklessness. Brought together, these practices are the very essence of democracy – in action and in spirit.²

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

— John K.

¹A.A. conference approved pamphlet (P8) *The Twelve Concepts for World Service*, Illustrated.

²*Twelve Concepts for Dummies Smart People*®, https://aabookclub.org/aa_bookclub/12concepts.html

Tybee Island Wrap-Up

Fall Soar 8 Recovery Convention And Business Assembly

October 27-29, 2023, Tybee Island, GA

Hosted by New Freedom IG, this was the first face-to-face recovery convention and business assembly (hybrid) since the pandemic (2019). Theme was “Welcome Home, Y’all.”

The Recovery Convention was a huge success, attracting over 90 registrants. A few of these (5) were walk-ins, but the majority preregistered. The decorations and autumn color scheme did a lot to liven things up. We had workshops on the Steps with 12 different speakers; all did a great job and much recovery was shared. NFI fund-raising efforts were a 50/50 drawing (where the winner gets half of all the money we take in), sales of Recovery Jars (we sold 36), and a silent auction containing baskets and handicrafts. Lunch and dinner on Saturday had to be ordered in advance, and over 60 people did so. The Halloween costume dance Saturday night was so successful we had to throw people out at 10 pm!

They were dancing as they left the building...

There were 61 registrants for the business assembly, including 12 virtual voting members and 15 non-voting visitors (34 in the room; 14 green dots total). We had live translators for our Portuguese and Spanish speakers. The Panel and Discussion session on Friday night used the theme “Keeping Your Program Strong.” Technology Committee (wizards!) made it possible to allow virtual members to ask questions. The budget for Nov. 1, 2023 – October 31, 20 24 was adopted. A proposed motion to the Bylaws to hold business assemblies virtually only, without a corresponding recovery convention, was overwhelmingly defeated. It seems people really like to meet in person and have both events at once. Changes were made to applicable sections of both Bylaws and Policy and Procedure Manual to allow discussion and questions about motions for 7 minutes BEFORE calling for the pros and cons. We adopted a motion to stop tracking Continuing Effects in the P&P and make sure they are reflected in the written history. The Bylaws Committee section of the P&P was rewritten, expanded, and adopted. The secretary was made responsible for updating Appendix F of the P&P, “Region 8



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Intergroups/National Service Boards.” Susan B. was elected as Chair for a second term; Tina M. as Treasurer. We did not receive any bids to host the fall 2024 recovery convention.

A few things did not go as well as we planned, but we learned from the experience. The registration process for people living outside the USA is cumbersome and needs to be improved. More information (such as the registration brochure) needs to be translated into Portuguese and Spanish.

Overall, this was very successful event that brought a lot of recovery and hope to everyone who attended. Thank you for attending. If you missed it this time, plan to attend a future event.

Motions for Fall 2023

Policy and Procedure Manual

- Motion 1. Bylaws Committee Responsibilities rewritten. Passed
- Motion 2. Assembly Procedures modified. Passed
- Motion 3. Standing Rules -- questions before debate. This motion was removed and discussed
- Motion 4. Delete App G Continuing Effects. Passed
- Motion 5. Motion submission. Passed (consent agenda)
- Motion 6. Region Delegate to WSBC. Passed (consent agenda)
- Motion 7. Amend Service Structure. Passed (consent agenda)
- Motion 8. Clarify generic updates (Transparency in what Bylaws can change without a motion) Passed (consent agenda)
- Motion 9. Secretary Responsible for Appendix F. Passed (consent agenda)
- Motion 10. Change name of International Committee to “Integration Subcommittee.” Defeated

Bylaws

- Motion A. Remove recovery convention from business assembly. Defeated
- Motion B. Trustee forms. Passed (consent agenda)
- Motion C. Motions to Bylaws Committee. Passed (consent agenda)
- Motion D. Motions to modify P&P timeline. Passed (consent agenda)

Trusted Servants and Committee Chairs (New emails)

GENERAL INFORMATION	Secretary will forward as needed	oanfig@gmail.com
Chair	Echo G. 561.704.2917	chairnfi@gmail.com
Vice Chair/Bylaws	Barbara C. 352.474.1366	vicechairnfi@gmail.com
Treasurer	Carly B. 303.710.0589	nfitreasury@gmail.com
Secretary	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	Hailey 404.797.5586	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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12 Abstinence Strategies for the Holiday Season

We have repeated this list of strategies for those who may find it a blessing! Thanksgiving and Christmas are bad enough for compulsive eaters. But in between them are five weeks of office parties, boxes of holiday candy, cocktail parties, and more. OA's Steps, Tools, and Traditions are our keys to success. Here are 12 specific ideas for using them to get through the holiday season.

12. **Use Step One:** Remind yourself that you are powerless over food, of the pain, suffering, and unmanageability of your life when you eat compulsively. Abstinence is sweeter than any holiday confection.

11. **Live One Day at a Time!:** Don't think about getting through the entire holiday season, instead focus on staying abstinent until you go to sleep tonight.

10. **Sponsor and Be Sponsored:** Turn to your sponsor for support and then check in with any sponsees to see how they are doing.

9. **Make a 12th Step Within Call:** December 12th is OA's 12th Step Within Day. Get out of your head by calling someone you haven't seen at a meeting lately or drop in on the 12th Step Within Day phone marathon.

8. **Assess Your Abstinence:** If you're worried about whether you can make it through the season, take a look at OA's Strong Abstinence Checklist for suggestions that are proven

7. **Inventory Any Slips:** If you do stray from your plan, use OA's Been Slipping and Sliding to learn how you can avoid a future slip.

6. **Ask Other Members for Help:** If you don't have a sponsor, get one. Even if you do, ask other OA members how they cope with the holidays.

5. **Don't Forget Service:** At your meetings, raise your hand for any service opportunities available and do them cheerfully. Read the Promises, put away chairs, order the literature: It's a holiday gift that you'll want to keep on giving.

4. **Take Some Quiet Time:** Whether as part of your daily spiritual activities or right before a holiday get-together, take some quiet time, relax, read some program literature, and get into a frame of mind where your Higher Power can help you.

3. **Make Meetings:** Don't let them slip away. If the holiday season is messing up your meeting schedule, supplement with phone meetings or online meetings. Or attend one of OA's holiday phone marathons.

2. **Talk to the Newcomer:** Nothing so ensures immunity from compulsive eating as working with newcomers. Greet them warmly, make them feel welcome, and give them a buzz during the week.

And the most important support for abstinence during the holidays or anytime:

1. **Trust and Rely on God:** As powerless people, we must seek the power to abstain from a source greater than ourselves. Ask your Higher Power, however you define It, for ease and comfort, the willingness to avoid compulsive eating, and to focus your attention on how you can bring others good cheer during this season.

— Seacoast OA (New Hampshire and Maine), Posted on December 7, 2014

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 11. 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, December 9 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:



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- 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.
- In 2024 (aiming for some time in the Fall), we'll be hosting a **Big Book Convention at Marywood**. There will be many opportunities to give service as we plan for this event and at the event itself. If you are interested in being a part of the planning committee, please reach out to Nancy K. Expect more details soon! And please continue to be on the lookout for more announcements and information about this!

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.
- The Recovery Convention and SOAR 8 Business Assembly held at Hotel Tybee was a HUGE success! We received a lot of great feedback and many comments thanking the intergroup and all of the volunteers who made the event truly stellar. The final reports will be given at the December business meeting.
- If your meeting is planning to do something special for the upcoming holidays and needs any help from NFI, please let us know!
 - The Gainesville Thursday meeting will be hosting a zoom meeting on Thursday, November 23rd (Thanksgiving) at 9:30 AM – look for the information in this *Inner Voice*!
- Reviewed the protections for our financial accounts available from the credit union. Once we have transitioned our new Treasurer in, we may want to consider seeing if we can find a bank or credit union that offers a few more options for additional security measures, such as requiring two signatures for withdrawals over a certain amount.
- Voted to approve the proposed budget for 2024.
- Elections are open for Chair and Treasurer. Echo G. was nominated for a second term as Chair and accepted. Augusta L. was nominated for Treasurer, and accepted. We will vote at the December business meeting.

Upcoming Elections for Intergroup Board Members:

Per our bylaws, which we revised in May of 2022, we elect our board members in alternating years (Chair and Treasurer in odd years, Vice Chair, Secretary, and Delegate in even years) to serve two-year terms. So that means in December of this year (2023), we'll be electing our Chair and our Treasurer to serve from January 2024 to December 2025. And then in December 2024, we'll be electing our Vice Chair, Secretary, and Delegate, so if you're interested in those roles, keep reading too! Because there is a requirement to perform service above the group level, it may be time for you to start getting your feet wet at the intergroup.

What are the requirements to be an intergroup board member?

Per our bylaws as of September 2023:

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.
1. 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.
2. Have attended at least six (6) Intergroup meetings.
3. Have given service above the group level for a minimum of one (1) year.
4. Be a regular member of an affiliated OANFI member group.

Note that there are additional requirements for the delegate, and these can be found in the bylaws.

What are the responsibilities of the Chair?

For the full and official list of the Chair's responsibilities, please refer to the bylaws. In summary, though, the Chair creates a written agenda for our regular OANFI business meetings and any special meetings that are needed (board meetings, etc.). The Chair presides over the monthly meeting, navigating through the agenda and making sure that



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Parliamentary procedure is followed throughout (note: the Chair may appoint a Parliamentarian to assist with that). The Chair cannot make, second, or amend any motion from the floor, but can participate in the discussion and may cast the deciding vote to break ties as needed. They are also allowed to attend any OANFI committee meetings that they would like to and are able to. Essentially, the Chair is considered a de facto member of the committee. The Chair is also responsible for being a signatory for the bank account and is responsible for forming audit committees as needed (for example: after an OANFI sponsored event or retreat), so there will likely be a need to arrange a time to physically go to the bank to handle paperwork as part of the transfer of the role to a new Chair.

What are the responsibilities of the Treasurer?

For the full and official list of the Treasurer's responsibilities, please review the bylaws. Generally, though, the Treasurer's biggest responsibility is maintaining the bank accounts as necessary for the dispersal of intergroup funds. We have several accounts, so it is recommended that the Treasurer maintain some sort of spreadsheet or official record that shows the source of all income and expenses for each account and provides a balance. They are also a signer for the bank account and must collect incoming checks sent to the post office box maintained by the intergroup, thus they may be required to travel to both the post office and a physical bank location to deposit checks, fill out paperwork, etc. on a regular basis (about once a month is usually sufficient). The Treasurer assists with all audits and must also chair the Annual Budget Planning Committee meeting and present the budget for approval to the intergroup. While it helps to be pretty good with numbers, please note that we do not require any special certification or accounting experience to be the Treasurer.

I'm interested, but... who should I contact to learn more?

Echo, the current chair, can be reached at chairnfi@gmail.com and would be happy to answer any questions you might have!

Carly, the current treasurer, can be contacted at eastcoastgirl1020@yahoo.com and welcomes any questions!

What comes next?

If you're qualified and want to run, nominations and elections will occur on December 9th. You can ask someone in advance to nominate you or you are welcome to self-nominate if you'd like. Once nominations are accepted and confirmed, candidates will have a chance to speak about their experience and share a pitch at the business meeting. Then we'll have our elections and any new board members will begin their terms in January 2024.



NFI MEETING IN THE SPOTLIGHT

We are starting a new FACE-TO-FACE meeting in Newberry, FL (west of Gainesville). This meeting will be open discussion of the OA 12 & 12. FIRST meeting starts 30 NOV 2023. We would love to have you join us. ♥

For information
Contact: Marie D.
Email: madepalma@att.net
Phone: 352-214-1439

NFI New OA Meeting
Meeting # 57595
Thursday: 6:00 pm ET
ST Joseph's Episcopal Church
16921 W. Newberry Road
Newberry, FL 32669



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Events from All Over



Do My Credits Transfer?

Three OA members, with recovery in OA and other 12 step programs, share how they work the OA Steps, Tools and Traditions.

Sunday, December 3, 2023

1:00 - 3:00 pm ET/ (UTC -5)

Meeting ID: 856 2461 4913 Passcode: 101112

[Click here for the direct Zoom link](#)

[Click here for US and international phone numbers](#)

Suggested Workshop Contribution \$5

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

Simultaneous interpretation in French, Greek and Spanish

Presented by The Bridge Intergroup of Overeaters Anonymous

Meeting Schedule: oabridge.org



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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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You Are Not Alone

Quarterly Region 3 Relapse Prevention
Workshop

Saturday, December 16, 2023

Time: 1:00 pm - 2:30 pm CT

Hear speakers share their experiences with
relapse/relapse prevention

ZOOM ID: 963 218 9907

Password: Recovery

Questions? Email

r3tswregister@oaregion3.org

Sponsored by Region 3



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Greater ATL GA IG presents

The Tool of Service

2023 5th Saturday Virtual Workshops

ID: 431 394 3661
PW: serenity

Our interactive format allows for Q&A, and it's fun as well as informative!
Ever wonder how to increase participation in your service body,
or why you even need to be of service?
Join us on Zoom-- and find out! <https://bit.ly/3e6jdtL>

5th Saturday Meeting Topics

- 04/29/2023 Structure & Increasing Participation
- 07/29/2023 Where do I Fit In?
- 09/30/2023 FAQs about Service
- 12/30/2023 ABC's & DEF's of Service

1030 AM to 12 PM ET



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THE LOS ANGELES INTERGROUP PROUDLY PRESENTS

THE 64TH ANNUAL OA BIRTHDAY PARTY

Together We Get Better

JANUARY 12TH – 14TH, 2024

AT THE LAX HILTON
5711 W. CENTURY BLVD.
LOS ANGELES, CA

COME MEET YOUR FELLOWS FROM ALL OVER THE WORLD.
WORKSHOPS, PANELS, SPECIAL FOCUS MEETINGS, MARATHONS, OPENING
CEREMONY ON FRIDAY NIGHT, DANCE PARTY ON SATURDAY NIGHT, YOGA,
MEDITATION, AND MORE.

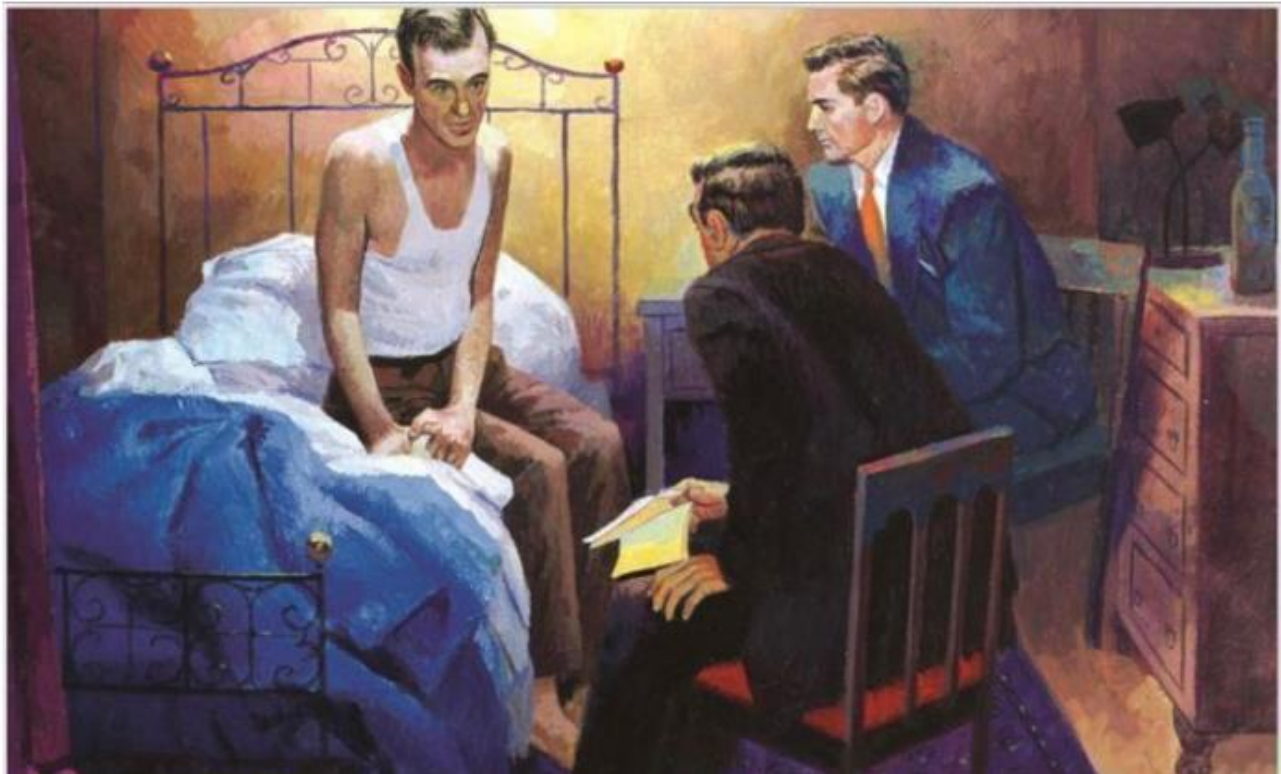
 EARLY BIRD REGISTRATION: \$45 (THROUGH NOV. 30)
GENERAL REGISTRATION: \$55 (THROUGH JAN. 7)
FINAL REGISTRATION: \$65 (THROUGH JAN. 14)

Registration
opens Oct. 15th
oabirthday.com

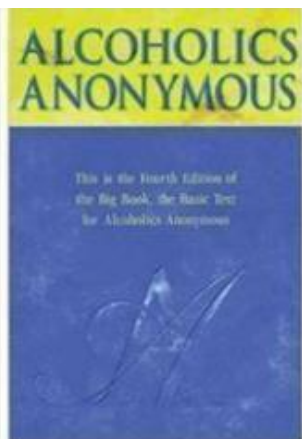


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Using scripts based on the beginners meetings in the 1940s: a focused introduction to the 12 step program in 4 weekly sessions.



**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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ANONYMOUS®**

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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!



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Region 8



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DONATIONS REPORT 2023		Nov	YTD TOTAL
General Fund / no meeting # specified		\$71.36	\$937.51
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		
Wed: Step Study Mandarin	51223	\$48.55	\$637.53
Wed: JAX Beach-Wisdom at the Beaches	54507	\$50.00	\$230.00
Thur: Jacksonville 9am - Our redeemer	57370		
Thur: Newcomer, Lakeview Health	47756		\$0.00
Fri: Orange Park - 10am	03654	\$50.00	\$200.00
Sat: Saturday Steppers-Ponte Vedra Bch	51693	\$400.00	\$850.00
Sat: Super Saturday Lakeview	20025		\$0.00
Sat: Believe in Recovery First, Mandarin	32773	\$60.00	\$1,321.65
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137	\$25.00	\$258.00
Thu: Unity Church(Acceptance)	50421	\$9.22	\$209.42
Wed: Gainesville Unity Church	57568		
Sat: 9:30 AM Welcome Home	48324		\$200.00
Other Florida Groups			
Mon: Palm Coast-St Mark by the Sea	38320		\$53.00
Tues: Lifesaver - Palatka	38464		\$0.00
Wed: Palm Coast - 10am	56604		\$224.00
Thu: Fernandina Beach	49101		\$0.00
Thu: Flagler Beach	15171		\$133.00
Sat: St. Augustine Serenity	00235	\$47.58	\$501.69
Sun: Palm Coast/Flagler Beach	56072		\$108.00
Southern Georgia Groups			
Tue: Jesup	54175	\$25.00	\$250.00
Wed: Douglas, GA	57445		
Wed: Savannah - 5:30 pm	50301		\$0.00
Thur: Brunswick	51988		\$0.00
Sun: Savannah - 5pm	54362	\$28.64	\$315.04
Totals		\$815.35	\$6,628.84
Don to WSO		\$244.61	
Don to SOAR8		\$81.54	

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 9, NFI tallies the group donations and sends 10% of the total to Region 8, with an additional 30% to the World Service Office.

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

Articles printed in this newsletter reflect the opinion of each individual OA member and do not represent OA as a whole. 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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