

INNER VOICE

Newsletter of New Freedom Intergroup of OA



February
2020



*Step 2: Came to believe that a power greater than ourselves could restore us to sanity. Spiritual principle: **HOPE***

*Tradition 2: For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are bit trusted servants; they do not govern. Spiritual principle: **TRUST***

*The Promises: If we are painstaking about this phase our development... **We will not regret the past nor wish to shut the door on it.***

*concept 2: The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority, and effective conscience of OA as a whole. Spiritual principle: **CONSCIENCE***

There will be a hands-on WORKING meeting at 11:30 on SAT, FEB 8th (following the NFI Business Meeting). We will make the Recovery Jars to sell at the World Service Convention, and we will be stuffing envelopes for the PI/PO Committee.

Thank you to everyone who cut our paper strips for the Recovery Jars!
This was a bigger task than anticipated.



TRUSTED SERVANTS AND COMMITTEE CHAIRS

Chair	Barbara C.	352.472.9924	bcarter337@att.net
Vice Chair	Georgette P.	352.870.4454	ghabanero56@yahoo.com
Treasurer	Nancy K.	516.286.1888	nfitreasury@gmail.com
Secretary	Augusta L.	912.508.4777	augustalivingston1985@gmail.com
Delegate	Cora W.	912.424.5959	empowerone@att.net
Newsletter/Meeting List	VACANT		innervoicenfi@gmail.com
Public Info/Prof Outreach	Betsy S.		
12th Step Within	Carly B.	303.710.0589	eastcoastgirl1020@yahoo.com
Young Persons	Wendy I.	904.710.5555	wrirwin32246@yahoo.com
Website	Lori L.	904.964.9991	ljville@yahoo.com
We Care List	Jack W.	904.477.3110	nfiwecare@yahoo.com
Ways and Means	VACANT		
Florida State Convention	Barbara C.	352.472.9924	bcarter337@att.net
2020 Jekyll Island	<i>Co-Chairs needed – apply now !</i>		

Celebrate Unity Day with an OA Podcast

February 29

Unity Day. Join OA members around the world at 11:30 a.m. local time to pause and reaffirm the strength inherent in OA's unity. For inspiration, listen to the Unity Day podcast at oa.org/podcasts.



OA's Unity Day podcast was created in 2018 by the Strategic Planning Committee to support our goal for that year to grow OA unity worldwide. The podcast explores and defines the spirit and practice of unity through a brief examination of our Traditions and the ways unity is supported in OA-approved literature. The podcast concludes with journaling questions to support individual reflection on strengthening OA unity. Find the podcast here to stream or download, and download a copy of the script for use at your Unity Day event on Saturday, February 29, 2020, at 11:30 a.m. local time.



Intergroup meets on the 2nd Saturday of each month. The deadline to submit articles is the 20th of the month before the Intergroup meeting. *Disclaimer:* Articles printed in this newsletter reflect the opinion of each individual OA member and do not represent OA as a whole. When submitting

articles, please include your name and phone number and whether or not you would like your name printed. Articles may be edited. 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, please send an email to innervoicenf@gmail.com.

Step Ahead First Quarter 2020 Issue

The First Quarter 2020 issue of *A Step Ahead* is now available in a [translatable web-page format](#) and as a [printer-friendly PDF](https://oa.org/files/pdf/asa-q1-2020.pdf) (<https://oa.org/files/pdf/asa-q1-2020.pdf>). **Read the issue now** to learn more about:

- World Service Business Conference news
- New short OA videos to carry the message on social media
- An important change to Event Calendar/Datebook
- **Messages from our world service chair and treasurer**
- What's new from WSO
- and more!

Share *A Step Ahead* with your group or service body. Thank you for your service!



Sunshine of the Spirit: 60 Years Around the Sun!

August 20-22, 2020 • ORLANDO FLORIDA, USA

Have you heard? The largest gathering of OA members (**one thousand or more!**) is happening this August 20–22, 2020, in Orlando, Florida USA. Join us for this giant celebration of recovery and fellowship, and **give yourself a life-changing OA experience**. Not sure about attending? Just read what other members said about past Conventions:

- “World Service Conventions are **fabulous, educational, exhausting, inspiring, fun**, and . . . just go to Orlando and fill in the rest for yourself.”
- “It’s seeing the people that gets me most excited—so many recovering compulsive eaters all in one place!”
- “Both the opening ceremony and the Saturday banquet festivities were so uplifting and emotional. **My heart just wanted to shout with gratitude and happiness**, and I could hardly sit still.”
- “From the grand opening until the final dance, soaking in the experience, strength, and hope of others and then sharing my own is an experience I would not trade.”
- “I bought all the recordings. With so many choices, I could hardly decide what topics I wanted to hear live. But with recordings, I could hear all of them.”

This year’s Convention offers another benefit: with so many attractions in the Orlando area, **it’s a great option for a family vacation**. OA service so often takes us away from our families, but not this time!

Convention Registration and Lodging are **NOW OPEN!**
Detailed information can be located on the Convention page at <https://oa.org/members/events/world-service-convention/>.

Check out the following:

- Email Updates
- Hotel Reservations
- Roommate List
- Convention Registration, including cancellation and transfer policies
- Saturday Banquet
- Schedule of Events
- Hotel Parking
- Ground Transportation
- Convention Bookmark

Questions? Contact the World Service Office at conventioninfo@oa.org.

DONATIONS REPORT 2020	Group #	JAN	YTD TOTAL
Jacksonville Groups			
Mon: Serenity by the Sea Beaches	47664		
Mon: Shepherd of the Woods Church	00774		
Mon: Orange Park Newcomers 7pm	52038		
Tue: Orange Park-10am Presb Church	03654		
Tue: Lakewood United Meth Church	36763		
Wed: Step Study Mandarin	51223		
Wed: JAX Beach-Wisdom at the Beaches	54507		
Thur: Newcomer, Lakeview Health	47756		
Fri: Orange Park - 10am	49119		
Sat: Saturday Steppers-Ponte Vedra Bch	51693	\$100.00	\$100.00
Sat: Super Saturday Lakeview	20025		
Sat: Believe in Recovery First, Mandarin	32773		
Sat: Serenity Saturday OP NFI			
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137	\$250.00	\$250.00
Thu: Unity Church (Acceptance)	50421	\$100.00	\$100.00
Sat: 9:30 AM Welcome Home	48324		
Sun: United Church of Gainesville	52879	\$50.00	\$50.00
Other Florida Groups			
Mon: Lifesaver - Palatka	38464		
Mon: Palm Coast-St Mark by the Sea	38320	\$100.00	\$100.00
Mon: St Augustine- BB pm (unregistered)	-		
Wed: Palm Coast - 5:45pm	56604	\$45.00	\$45.00
Thu: Fernandina Beach	49101		
Thu: Flagler Beach	15171	\$80.00	\$80.00
Sat: St. Augustine Serenity	00235		
Sun: Palm Coast/Flagler Beach	56072		
Southern Georgia Groups			
Tue: Jesup	54175	\$25.00	\$25.00
Tue: 7pm St Simons by The Sea	38311		
Thur: Brunswick	51988	\$21.00	\$21.00
Sun: Cumming - 7pm	48278		
Savannah	50301	\$88.00	\$88.00
Totals		\$859.00	\$859.00

INTERGROUP – WHY ATTEND?

Do you know that the New Freedom Intergroup (NFI) budget for fiscal year 2020 is \$11,400? This is a large chunk of change – and YOU can have a say in how it is spent. Each group/meeting may send TWO VOTING Intergroup representatives (IRs) and as many others as desire to attend. Right now, half of our meetings are NOT represented at Intergroup. Why not?

NFI meets at 10:00 am (sharp!) on the second Saturday of every month at the Orange Park Presbyterian Church (Fellowship Hall 1905 Park Ave, Orange Park, FL 32073). We adjourn at 11:30 am, but there is another hour-long meeting immediately following. This meeting is generally a speaker meeting (sharing their experience, strength and hope), a topic meeting, or a working meeting (ex., putting together centerpieces for the World Service Convention).

Please consider performing this service for your group. Even though this is a business meeting, there is a lot of laughter and love.



**Fully
Rely on
God
(FROG)**

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

When I came across the phone number for OA, I tried to get a friend to go with me, but she changed her mind at the last minute. For some reason I was determined to get to an OA meeting. (God at work) I went alone. A decision that has forever changed my life.

I think I wrote that first part of step 2 in the 12 and 12, LOL. I know every one of us can relate to this part. How it describes eating certain foods and our food behaviors, and the craziness of my mind. When I read this chapter it always reminds me how low I was when I walked through those doors.

When I finally hit bottom, I had given up. I was tired of fighting with myself over my weight. What's the use? I am 45 years old my life is going downhill, what does it matter anymore. I decided I was going to eat and eat. No more hating myself, no more trying, just EAT!!! Hitting my lowest low is what brought me to OA. As the BB says on p. 48 "In this respect alcohol was a great persuader. It finally beat us into a state of reasonableness."

Growing up my father tried bring religion into our family. That is where my fear of God came from. All I remember of church is a man standing up at the pulpit screaming and looking down at me and pointing and telling me I was going to hell because of my thoughts. I came to believe I was a bad person and God hated me. Not only did I fear God, I feared life and death. All I ever did was focus on all my faults, my fears and my hatred. I did try to believe in God throughout my life, but as soon as life went wrong, so did my thoughts. My favorite principle was "Life's a bitch and then you die." looking back no wonder I never really achieve to succeed in life.

Reading about step 2 in the BB is one of my favorite chapters. It was the beginning of my new belief. The principle for step 2 is Hope "The belief that something good is going to happen."

Which leads to the subject of God p.13 in the 12 and 12 "ours is a spiritual program not a religious one." and studying, We Agnostics in the BB is where I learned I am agnostic. I am learning to be willing to believe in a Power. My Higher Power of my choice. How beautiful is that!! Page 45 in the BB, "well, that's exactly what this book is about. Its main objective is to enable you to find a Power greater than yourself which will solve your problem."

I have come to learn this is a program of "willingness." Willing to do 12 simple steps (never easy.) Page 17 in the BB: "This willingness to act on faith, then, was the key to step 2." and in For Today, p. 132: "Willingness. There is no other key to this program." The whole program is based on willingness. Is that all it takes? YES! Page 47 in the BB "Do I now believe, or am I even willing to believe, that there is a Power greater than myself? As soon as a man can say that he does believe, or willing to believe, we emphatically assure him that he is on his way." So yes, all it takes is a willingness to believe in a Power greater than myself, a willingness to work the 12 steps, and a willingness to find recovery.

Susan A.
Jacksonville



New Freedom Intergroup #09089

FACE TO FACE MEETINGS

Updated: 1 FEB 2020

Day	Time	Number	Name	Address 1	Address 2	City	Contact	Phone	Special Topic
Sunday	10:00 AM	56072	Florida Hospital Flagler	60 Memorial Medical Pkwy	Education Room D	Palm Coast	Vicki	386-441-2968	Varies
Sunday	7:00 PM	54362	Lutheran Church of The Redeemer	51 Wilmington Island Rd		Savannah, GA	Augusta	912-508-4777	Big Book
Sunday*	7:00 PM	52879	United Church of Gainesville	1624 NW 5th Ave	West Wing, Room 9	Gainesville	Jean	352-281-7490	Literature, Abstinence
Monday	12:00 PM	51137	First Baptist Church	14005 NW 146 Ave	Room 210	Alachua	Barbara	352-472-9924	12&12 Workbook
Monday	5:45 PM	38320	St Mark by The Sea Church	303 Palm Coast Pkwy NE	Preschool entrance	Palm Coast	Nancy	617-680-4834	12&12; or Diane 386.852.8021
Monday	6:00 PM	00774	Shepherd of the Woods Lutheran Church	7860 Southside Blvd	Back school door	Jacksonville	Wendy	904-710-5555	Literature
Tuesday	10:00 AM	03654	Orange Park Presbyterian Church	1905 Park Ave	Basement	Orange Park	Jack W	904-477-3110	None
Tuesday	5:00 PM	38464	Palatka Public Library	601 College Rd		Palatka	Donna	815-980-7118	Varies
Tuesday	6:00 PM	54175	Saint Paul Episcopal Church	745 S Palm St	Fellowship Hall	Jesup, GA	Cora	912-424-5959	Literature
Tuesday	7:00 PM	36763	Lakewood United Methodist Church	6133 San Jose Blvd	Lakewood UMC (rear)	Jacksonville	Karen J	904-422-3659	None
Tuesday	7:00 PM	54975	St Michael & All Angels Episcopal Church	3101 Waters Ave	Crn Washington & Water	Savannah, GA	Nicole	912-308-6684	OA Steps and/or Traditions Study
Wednesday	12:00 PM	54507	Palms Presbyterian Church	3410 S Third St	Room 204	Jacksonville Beach	Ginny M	904-234-4245	None
Wednesday	5:30 PM	50301	First Presbyterian Church	520 Washington Ave	Paulsen & Washington A	Savannah, GA	Kathryn	215-840-3978	OA Steps and/or Traditions Study
Wednesday	5:45 PM	56604	St Mark's by the Sea Lutheran Church	303 Palm Coast Pky NE	School Library	Palm Coast	Nancy	617-680-4834	Steps and Traditions
Wednesday	7:00 PM	51223	Mandarin Presbyterian (West Campus)	2501 Loretto Rd	Room 9	Jacksonville	Carl	323-304-9287	Steps
Thursday	10:00 AM	15171	Santa Maria Del Mar	915 N Central Ave	Classroom Bldg "Mark"	Flagler Beach	Dottie	631 626 6296	Literature, Varies
Thursday	1:00 PM	49101	St. Peter's Episcopal Church	801 Atlantic Avenue	Parlor	Fernandina Beach	Ilona	904-261-9361	Literature, Varies
Thursday	6:00 PM	47756	Lakeview Health Center	1900 Corporate Square Blvd	North Star Conf Center	Jacksonville	Wendy	904-710-5555	Abstinence
Thursday	7:00 PM	50421	Unity of Gainesville	8801 NW 39th Ave	Y.O.U. Room	Gainesville	Barbara C	352-472-9924	Topic, Varies
Thursday	7:00 PM	51988	Southeast Georgia Health System	2415 Parkwood Dr	Conference Room 4	Brunswick	Gail O	912-506-5675	None
Friday	10:00 AM	49119	Orange Park Presbyterian Church	1905 Park Ave	Basement, Meeting Room	Orange Park	Barbara	904-291-5233	Literature, Topic
Friday	10:00 AM	56386	YMCA Healthy Living Center	500 Sterhaus St		Ormond Beach	Mary Anne	386-212-6260	Teen Friendly, Varies
Saturday	9:00 AM	00235	Flagler Hospital	400 Health Park Blvd	Osceola Room	Saint Augustine	Jeff	904-322-3453	Varies
Saturday	9:30 AM	20025	Lakeview Health Center	1900 Corporate Square Blvd	St. Johns River Room	Jacksonville	Ethel	904-477-6313	Varies
Saturday	9:30 AM	32773	Mandarin Presbyterian Church	2501 Loretto Rd	West Campus, Room 9	Jacksonville	Carly	303-710-0589	Spirituality, Recovery 1st
Saturday	9:30 AM	48324	Parkview Baptist Church	3403 NW 13th St	Large Meeting Area, Whi	Gainesville	Angela	386-209-1470	OA Steps and/or Traditions Study
Saturday	10:00 AM		JC Lewis Health Center	125 Fahm Street		Savannah, GA	Augusta	912-508-4777	Varies: 1st and 3rd SATs only
Saturday	10:30 AM	51693	Christ Episcopal Church	400 San Juan Dr.	Parish Live Center, 2nd F	Ponte Vedra Beach	Judy K	904-704-7004	Book study
Saturday	11:30 AM		Orange Park Presbyterian Church	1905 Park Ave	Basement	Orange Park			Speaker; 2nd SAT ONLY
Major Holiday	9:00 AM		Jacksonville Beach (on the beach)	6th Ave South	Bring towel or chair	Jacksonville Beach	Patty W	770-634-5738	Varied

* Closed meeting -- all others are open meetings