

Inner Voice

Newsletter of New Freedom Intergroup of OA



February 2022

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 but trusted servants; they do not govern.

• **Spiritual Principle:** Trust

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

Promise 2: We will not regret the past nor wish to shut the door on it.

ypoa
overeaters anonymous
young people virtual intergroup

Young People's Virtual Intergroup & OA World Service Young People's Committee Present:

Young People's Virtual Zoom Retreat

February 26-27th, 2022
4-10pm EST Saturday
10am-4pm EST Sunday

Theme:
**ROCKETED
INTO A
FOURTH DIMENSION**

Visit oayoungpeople.org/retreat/ to register. The suggested donation is \$10.
Contact ypretreat2022@gmail.com if you are interested in giving service!

OAYOUNGPEOPLE.ORG



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SALE!
SPECIAL OFFER

AS SOME OF US COME TO THE
END OF OUR JOURNAL... AND WE
NEED TO CONTINUE OUR DAILY
WRITING ...DON'T WAIT TO THE
LATEST MOMENT.

**BUY THE DAILY JOURNAL + PEN,
DON'T STOP YOUR ROUTINE**



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There is a Solution

February 18-20, 2022
2022 OA Virtual Region Convention

**Register
Here**



REGISTRATION IS NOW OPEN!

Sliding Scale: \$5, \$10, \$15, \$25 USD

*Friday, February 18
10 am EST*

to

*Sunday, February 20
7:30 pm EST*

» **Keynote
Speakers**

» **Steps Sessions**

» **"Stepping
Around
the World"
Workshops**

Interpreted in many languages

*Zoom information
will be emailed
to all registrants.*



Registration for flier above: <https://www.eventbrite.com/e/there-is-a-solution-2022-oa-virtual-region-convention-registration-226285194107>

Any questions contact: registrationsupport@oavirtual.org



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Lifeline: Stories of Recovery

We All Qualify



I am a compulsive overeater of a common variety, and there is little about me personally that would not fit right into the least diverse of OA meetings. I am female, white, and I have been in OA for six years with four years of continuous abstinence. I came into the rooms of OA morbidly obese and now am at a healthy body weight. I have maintained a more than 100-pound (45-kg) weight loss for years.

My home group recently had a meeting on the Third Tradition, and most of the sharing was about each person's fear of being shunned by the group because she or he didn't fit in. One young girl, who

was not overweight, felt compelled to assure us that she was, in fact, a binge eater and quite desperate for relief from her suffering. Another woman had undergone a bariatric procedure, and although she lost the weight, she found she still needed OA and was afraid OA would not welcome her. In fact, every member of the room had a fear about not fitting in.

Many of us walk into the rooms of OA feeling "terminally unique." Some of us have obvious and legitimate reasons to feel so. I am not obviously different from everyone else, but the first words out of my mouth at my first OA meeting were, "This isn't going to work, and here's why," and going on to insist that I was just so broken OA couldn't fix me.

We are a diverse lot, and as OA continues to reach people all over the world, our differences will continue to grow in prominence. Whether our differences are racial, cultural, spiritual, or gender-based, or even whether we're anorexic, bulimic, or compulsive overeaters, we all have in common that we eat compulsively. The rooms of OA are available to us, and we qualify for membership as long as we have a desire to stop eating compulsively. We are united in a common illness and a common solution. Thus, it is in unity that we can join the ranks of those who recover. Our diversity, while both legitimate and present, does not bar us from that recovery.

However much we may stand out as not like other members, my experience is that most people believe themselves to be somehow alienated from the group. I certainly thought so. OA welcomes all who wish to find the solution within our rooms. I have met people of all types in OA, and I have yet to meet the one who is terminally unique.

— Joy C., Denton, Texas USA

Do You Like to Write?

The newsletter is looking for a person who would like to write a brief article each month on the **STEP, TRADITION or CONCEPT** of the month. You would be using your tools of reading and writing and delving deeper into the principles behind each one. Let the newsletter chair (innervoicenfi@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.



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Step 2: Nothing Stopping Me

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

“Came to believe that a Power greater than ourselves could restore us to sanity” (Step Two). That is all I heard twenty-two years ago when I went to my first OA meeting, and I’ve held onto that Step since. God could restore me to sanity, and he did. During all these years, I’ve never even thought to or wanted to leave this lifesaving program.

At my first meeting, I thought, “I don’t think I’ll like it. They all know each other, and I don’t belong.” Then I heard the Second Step and had a spiritual experience that I’ve never forgotten. Nothing could keep me from coming back, and it has been principles before personalities ever since.

I knew I was home. I got a sponsor and bought all the books and pamphlets that I could afford, and I read them. That night, I became abstinent and did whatever I was told. I made phone calls, went to meetings, had a food plan, and did whatever service I could.

I lost 75 pounds (34 kg) and gained a new life. I still feel like my OA group is my family. I don’t have to feel like I’m on the outside looking in anymore. Now I know I belong.

— N.P., Modesto, California USA (*Reprinted from Lifeline*)

Tradition Two: Authority in the Rooms

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 but trusted servants; they do not govern.

When I came into OA about thirty-three years ago, I was working for an important corporation. It just amazed me that OA meetings were so much more efficient and effective than corporate meetings. Corporate meetings, with all the power, resources, and experience at their disposal, should have been the better, but in my observation, here is what I’ve learned.

Everyone in an OA meeting is there for the same thing: recovery from compulsive overeating. We buy into running the meeting by adhering to its meeting format. Is the meeting format something that was created by the hierarchy of OA? No. The meeting format has been gleaned by group conscience over the years. So long as the **Steps** and **Traditions** are upheld, any one group can modify the meeting format if that is what they decide through group conscience. By following the meeting format, we are giving authority to “a loving God as He may express Himself in our group conscience” (Tradition Two). We trust the process because we see ourselves and other members recovering from compulsive eating.

I remember once when a local therapist attended my OA meeting. She considered herself an expert, generously lending her knowledge to the meeting. It was apparent, however, that this didn’t work. The only authority in our meeting is a loving God, and OA’s structure is such that we, through the process of listening to all and making informed choices, are able to follow our loving God. OA does not depend upon credentialed experts to lead meetings.

I enjoy being amazed, over and over, by being part of a Fellowship that respects its Traditions. I can be sure that any OA meeting I venture into will take its authority from a loving God as described in Tradition Two.

— Carrie A., Centralia, Washington USA (*Reprinted from Lifeline*)

MEETING CHANGES

Please let us know if your meeting is changing formats, e.g., going back face-to-face, or becoming hybrid. To update your listing, send an email to [oanfig@gmail.com](mailto: oanfig@gmail.com) or [chairnfi@gmail.com](mailto: chairnfi@gmail.com).

— Echo G.



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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	Echo G. 561.704.2917	chairnfi@gmail.com
Treasurer	Barbara C. 352.472.9924	vicechairnfi@gmail.com
Secretary	Carly B. 303.710.0589	nfitreasury@gmail.com
Delegate	VACANT—Consider doing service	oanfig@gmail.com
Newsletter/Meeting List	VACANT—Consider doing service	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	VACANT—Consider doing service	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
2022 5th Annual "Big Book Convention"	VACANT—Consider doing service	wandmnfi@gmail.com
	TBD	

Highlights of the January 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 January 8. 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, February 12th at 10:00 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350). Highlights of what was discussed/accomplished in January:

Old Business:

- New officers took roles: Echo G. as Chair, Barb C. as Vice-chair. We need to fill the following service positions: Secretary, Delegate, Parliamentarian, Ways and Means Chair. Other committees also need service.
- All meetings are to let Chair know about changes in format.
- 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). Barb C. working on this.

New Business:

- Financial update on 4th Annual Big Book Weekend, December 3-5, 2021 at Jekyll Island, GA. Made a profit of \$305.53.
- TSW Challenge was a success! Will run it yearly.
- Discussion about 60/30/10 split and/or allowing direct contributions to NFI Committees. Decided to continue as is (P&P Manual) by donating 30% of total monthly group donations to WSO and an additional 10% to Region 8. Because budget is fluid and not locked in stone (just a best guess estimate of where to start), we may reallocate funds from one category (line-item) to another upon vote by the NFI assembly.

Need planning committees:

We need to establish two special event planning committees in the very near future:

1. **The 5th Annual Big Book Convention.** Normally held at Jekyll island, last year's committee received feedback that this venue may be cost-prohibitive for many, and the December time-frame is problematic. That being said, the new committee can change the time and place – which is why we need to get started! If you would like to chair this committee, please step up and inform Echo G.
2. **SOAR 8 Recovery Convention and Business Assembly.** This committee will be planning all the events to be held for the recovery convention to be held in fall 2023 at Savannah, GA. If we are selected to host this event (submission will be made to Region 8 in fall 2022), NFI will be responsible for all aspects of the recovery convention. We last organized one of these in March 2017 in Jacksonville, and it was a huge success from the



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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. know if you are interested.

Zoom Bombers—How to Thwart Them!

In last month's Inner Voice, we ran an article ("No More Zoom Bombs") discussing how to prevent zoom bombers from disrupting our meetings. When the newsletter was released by email, we also sent each individual a guide entitled "OA FOOT STEPS VIRTUAL INTERGROUP—EMERGENCY ZOOM PROTOCOLS" which discussed actions we can take to keep our meetings safe. We also posted it on the NFI website next to the zoom meetings: (<https://img1.wsimg.com/blobby/go/5da998b5-e4ee-4a7d-8e91-770f8a9e6f75/downloads/emergency-zoom-protocolsUPDATE1.pdf?ver=1641648638329>). If you cannot download this and need an additional copy, please contact the vice-chair.

The important things to remember are these:

1. Someone from the group must get into the meeting early and take control as HOST by entering the host code (given separately) at the bottom of the PARTICIPANTS box. This should allow you to see the SECURITY parameters box. This controls all our fun over the bombers!
2. Assign one or two other people you trust to be co-hosts so that they can look for weird videos and mute audio as required. The host and co-hosts who are handling room security should not be the meeting leader – there is too much to do.
3. You have access to all sorts of things in the SECURITY box:
 - Lock Meeting
 - Enable waiting room
 - Hide profile pictures

ALLOW PARTICIPANTS TO:

- Share screen
- Chat
- Rename themselves
- Unmute themselves
- Start video



Suspend participant activities – Use this as a quick means to get rid of the bombers! No one in the meeting can take any action and the bombers get bored, should leave the meeting. The participant numbers should decrease – put anyone you don't recognize into the waiting room.

Remember: when we have control over our meetings, the bombers do not.

Planning to Host a Workshop?



This is a great time to consider giving service and begin planning to host a workshop. You can plan one with just your group or better yet, join forces with another OA group 😊. Consider topics such as "The Tools of OA," "Surviving Relapse," "The OA Principles," etc. Our Twelve Step Within (TSW) committee is here to provide you with any assistance you need.

Please contact our chair of the Twelve Step Within committee, Georgette, if you have any concerns, questions, or ideas at tswnfi@gmail.com.

In grateful service,

— Sandi J



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NFI Public Information/Professional Outreach (PIPO) Committee Announcements

The goal of OA public information work is to carry the message of recovery to compulsive eaters outside the OA rooms. It's with this intention that our recently formed Public Information Committee has an exciting announcement to make

We are pleased to inform our members that we're registered to participate in our first organized community event:

Holistic Living & Healing Expo

February 19, 2022 10am – 2pm

Renaissance Resort World Golf Village, 500 S. Legacy Trail, St. Augustine

Free admission to the public. Our OA informational table will be one amongst approximately 50 vendors, including, but not limited to: nutrition, fitness, creative expression, personal growth, sustainable living, etc.

For any of us in fellowship, this can also be an opportunity to utilize the event to do some 12th step work. For example, if you know a non-OA person who has previously eluded to having a problem with food, weight issues (perhaps resulting in health problems), etc., you may want to mention this Expo. No need to reference OA in advance. There will be other options for guests as well. At our table, we will be giving away an array of OA informational pamphlets and copies of meeting/zoom lists; we'll be displaying the Overeaters Anonymous 3rd ed. book; WSO's advertising posters; giving personal assistance on navigating the OA website; etc.

Why Carry the Message??

"Service is its own reward." (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, Second Edition, p. 175)

"When I give service, I receive more than I could ever give." (*Voices of Recovery*, p. 328)

"Only by working with those who are not yet free (from the disease) do I fully realize that freedom." (*For Today*, p. 252)

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics." (*Alcoholics Anonymous*, p. 89)

— In loving service, Nancy K., NFI PIPO Chair

Twelfth on the Twelfth

Hi, I am Missy, and I am a compulsive over-eater and food addict.

I have been a compulsive overeater and food addict pretty much all my life. I have participated in almost every diet program beginning when I was nine years old. Throughout the years, I have lost significant amounts of weight many times to just turn around and gain it back and most of the time gain more. Even when I was on restrictive diets, I would compulsively eat more nutritional types of food or compulsively exercise. I went through years of using food to try and cope with any type of feelings, especially feelings of nervousness and anxiety. I would turn to certain sugary foods and pretend it was normal to eat excessive amounts usually in secret.

About two years ago and weighing around 355 pounds, I was having several health issues in which one included violent attacks of repetitive vomiting and hours of diarrhea mostly resulting after bingeing fatty and sugary foods to the point of having to seek urgent medical care. Even after having gallbladder removal, I could not control my bouts of bingeing. I was scared because I knew I could not control my eating behaviors, and thus, my behaviors and weight interfered with my work, life, and family.

Thankfully, I was introduced to OA during my health crisis, and I was able to take the first step of recovery: admitting I am powerless over food and that my life had become unmanageable. Admitting that I could not control my compulsive eating behaviors started me on my journey to recovery. No matter what, I just kept coming back to the OA meetings.

After working through the steps, having a "spiritual awakening," and having many other life changing OA experiences, I am continuing my journey to recovery. I have stopped putting food above God, my Higher Power and everyone and



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everything else in my life. Food does not control my behaviors and my life anymore. I have lost approximately 70 pounds, and I am still working towards a healthy body weight.

Attention All Sponsors!

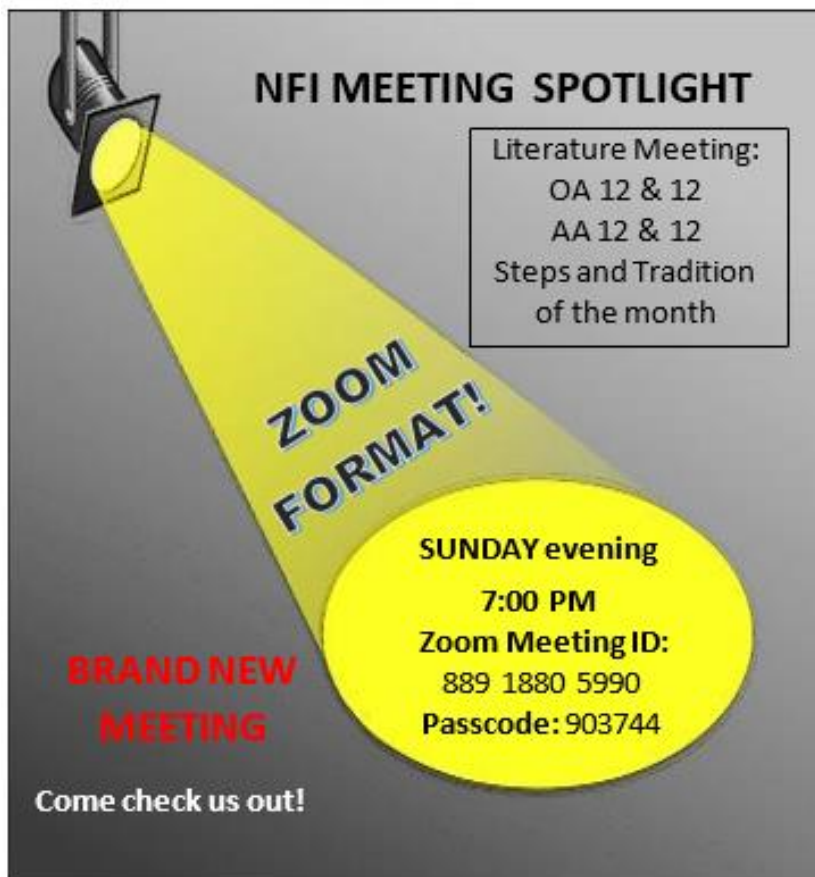
Dear OA Fellows,

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.

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

The Twelfth Step Within Committee Wants to Hear from YOU!

A graphic titled "NFI MEETING SPOTLIGHT" featuring a spotlight beam. Inside the beam, it says "ZOOM FORMAT!". To the right, a box lists "Literature Meeting: OA 12 & 12, AA 12 & 12, Steps and Tradition of the month". Below the beam, a yellow circle contains "SUNDAY evening 7:00 PM, Zoom Meeting ID: 889 1880 5990, Passcode: 903744". At the bottom left, it says "BRAND NEW MEETING" and "Come check us out!".

NFI MEETING SPOTLIGHT

Literature Meeting:
OA 12 & 12
AA 12 & 12
Steps and Tradition
of the month

**ZOOM
FORMAT!**

SUNDAY evening
7:00 PM
Zoom Meeting ID:
889 1880 5990
Passcode: 903744

**BRAND NEW
MEETING**

Come check us out!

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



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From Slip or Relapse to Recovery

This is an action plan for reclaiming and retaining our abstinence.

If we are struggling or have had a slip or relapse, we may need to take different actions than before to renew our commitment to abstinence and recovery. The food is the last to go when a compulsive eater slips, relapses, or struggles. A thorough look at food and food behaviors is necessary now because our lives as recovering compulsive overeaters depend on it.

Slips, relapses, and struggles do not have to occur in the journey of recovery. But for some of us this does happen. The goal of this process is not to shame or beat ourselves up. It is to learn from it and move forward with a renewed commitment to ourselves, our abstinence, the OA program, and our Higher Power.

This inventory and the actions that we take are the most loving things we can do right now for ourselves, our abstinence, and our recovery.

There are three parts to this action plan.

- **Part One** is an inventory of what happened. Here we will assess what we have been doing that hasn't been working.
- **Part Two** is looking at ways to get out of relapse and back into recovery. A plan helps determine specific actions we are willing to take now. Following a plan also helps put our commitment to abstinence first—as the most important thing in our lives, without exception.
- **Part Three** is creating an action plan to keep us out of relapse and in recovery going forward. This plan includes the use of the Twelve Steps, Twelve Traditions, Tools of recovery, and other actions that may be helpful to us.

As each section is completed it is vital to share it with someone who is abstinent and recovering.

This may be our sponsors or another OA fellow. Do not use the excuse of not having a sponsor to prevent us from doing this work. Remember, we are as sick as our secrets. Rigorous honesty is a must for getting abstinent and staying abstinent.

This plan is designed to help us put fear, denial, perfection, guilt, and procrastination behind us as we take an honest look back and develop an action plan for going forward that will allow us freedom from food obsession.

Part One: Inventory of What Happened

Write down exactly what happened by answering the following questions.

First look at the food. Write down exactly what happened as though there had been a video camera rolling.

- a) List the foods we were eating during our slip or relapse.
- b) Were we eating any of our trigger, binge, or other foods that are or may be a problem or that we haven't gotten honest about yet?
- c) If we aren't sure, try looking at the ingredients in the foods we have been eating. Look for patterns; are there common ingredients in foods we eat most often or in the foods we look forward to the most?
- d) Do we still have foods in our house that are trigger or binge foods?

It is said that we relapse in the reverse order than which we recovered: most of us first recover physically, then we clear up mentally and emotionally, and finally we find "spiritual abstinence." When we relapse or slip, we first lose our spiritual connection (consciously or unconsciously), then our mental or emotional abstinence falters, and finally we lose our physical abstinence. We are at the end of the slip when we pick up the fork or the behavior with food, not at the beginning.

Since the food is the last thing to go, it is important to inventory our feelings, thoughts, and spiritual connection. Can we identify any specific things that may have contributed to our relapse? Answer the following questions honestly and thoroughly.



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- a) Look at our eating behaviors. Do we see anything that may be causing problems, such as eating in the car, sneaking food, eating standing up, eating in front of the TV, skipping meals, allowing too much flexibility in our plan, or anything else from which we need to be abstaining?
- b) What feelings were we having before the relapse?
- c) What were we thinking before the relapse?
- d) What secrets were we keeping or still keeping that need to be shared with our sponsors or another abstinent, recovering compulsive eater?
- e) What lies did our disease tell us that we believed?
- f) How did we decide it was okay to eat?
- g) Are we hanging around slippery people and slippery places, such as family, friends, relatives, restaurants, grocery stores?
- h) Where was HP?
- i) Were we doing our daily meditation and prayers consistently?
- j) Were we keeping honest, accountable, and current with our daily Tenth Step inventory?
- k) Were we making people, places, or things our Higher Power?
- l) Were the highest priorities in our life our Higher Power, our abstinence, and the program, or was it something else?

Part Two: Moving from Slip or Relapse to Recovery

With a better understanding from our inventory in Part One of what happened, let's take a look at what different actions will help us achieve abstinence today. In Part Two, we will be deciding exactly what actions we are willing to take now to move back into recovery.

Answer the following questions with the Part One inventory in mind and refer to it as needed. Ask a sponsor (or another recovering member) for guidance if in doubt about any questions or responses.

- a) Are there changes we need to make to our plan of eating?
- b) Are there changes we need to make in our eating behaviors?
- c) Are there other actions regarding our food and eating that we need to take?
- d) What changes in our thinking do we need to make?
- e) What changes do we need to make to our program spiritually?

By now, we are willing to go to any length for victory over food and compulsive eating. It is now time to move on to the next section.

Part Three: Action Plan for Commitment to Recovery

The following actions are necessary to achieve and maintain abstinence. Write an action plan for each item listed below. Share it with our sponsors or a fellow abstinent OA member. Ours is a program of action. Remember that "half measures availed us nothing" (Alcoholics Anonymous, 4th ed., p. 59). So don't think about it. Commit and get started now.

How do we plan to utilize each of the nine Tools with our Step work?

- | | | |
|---------------------|---------------|----------------|
| a) a plan of eating | d) telephone | g) action plan |
| b) sponsorship | e) writing | h) anonymity |
| c) meetings | f) literature | i) service |

Remember, we only have to do this one day at a time, one moment at a time, and one meal at a time. May our Higher Power bless us, our recovery, and our abstinence.

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Events from All Over

2021 Marathons Sponsored by Virtual Intergroup of Overeaters Anonymous

712-432-5200 Conference ID 4285115#

Meetings every hour from 8:00A to 12 midnight EST with regular scheduled meetings

Sunday, February 7	Super Bowl Sunday	It Is A We Program - It Takes Fellowship to Work the Steps
Friday, February 12	Chinese New Year	Spiritual Principle of Tradition 1~ Unity ~ Together We Can Do What We Cannot Do Alone
Sunday, February 14	Valentine's Day	The Sweetness of Recovery
Monday, February 15	President's Day	Step 2 Spiritual Principle - Hope ~ How Do I Sustain My Hope?
Tuesday, February 16	Mardi Gras	What Are You Craving?
Saturday, February 27	OA Unity Day	Spiritual Principle of Tradition 2 - Trust ~ How Am I Willing to Act on Faith?
Wednesday, March 17	St. Patrick's Day	Step 3 - Spiritual Principle Faith ~ What Does Letting Go of My Self-Will Feel Like?

There is no abstinence requirement to moderate

For more information contact

Padma at VIGOAMarathons@gmail.com or call 828-620-0521

To sign up go to www.signupschedule.com/oamarathons



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Our mission is to provide inspiring speaker meetings of depth and authenticity while supporting World Service through financial contributions.

Upcoming Speaker Topics:

FEB 6	Replacing Stinking Thinking With Program Speak	FEB 20	Protecting Your Abstinence: Know Your Internal & External Triggers
MAR 6	The Culmination, The Call, & The Challenge The Three Cs of Step 12	MAR 20	Experience, Strength and Hope
1-4 p.m. PDT		Overeaters Anonymous Registered Meeting #88993	

Meetings held regularly on the first & third Sundays of each month
Zoom ID: 947 2125 9974 Password: 810562



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unity

honesty

neutrality

courage

integrity

willingness

humility

love

hope

trust

spirituality

anonymity

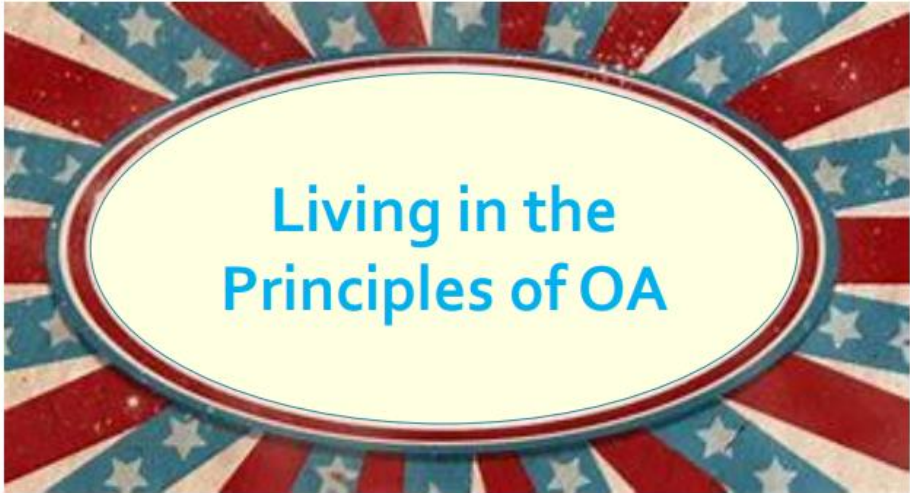
service

faith

structure

fellowship

President's Day Workshop Hosted by Fellowship of Hope



Date: Monday, Feb. 21, 2022

9:15 a.m. Fellowship Meeting – 9:30 to 11:30

**Two Speakers
Open Sharing.**

**Meeting ID 884 2062 7878
Call for password
(if you don't already have it)
Jarad @ 215-880-8523**

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 innervoicenf@gmail.com.

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DONATIONS REPORT 2022		Jan
PAYPAL - Individual Donations		\$122.14
Jacksonville Groups	Grp#	
Mon: Shepherd of the Woods Church	00774	
Tue: Orange Park-10am Presb Church	03654	
Tue: Lakewood United Meth Church	36763	
Wed: Step Study Mandarin	51223	\$27.19
Wed: JAX Beach-Wisdom at the Beaches	54507	
Thur: Newcomer, Lakeview Health	47756	
Fri: Orange Park - 10am	49119	
Fri: Orange Park - 6pm	57531	\$15.00
Sat: Saturday Steppers-Ponte Vedra Bch	51693	
Sat: Super Saturday Lakeview	20025	
Sat: Believe in Recovery First, Mandarin	32773	\$30.00
Sat: Serenity Saturday OP NFI		
Gainesville Groups		
Mon: Big Book Study (Alachua)	51137	
Thu: Unity Church(Acceptance)	50421	\$9.22
Sat: 9:30 AM Welcome Home	48324	
Sun: United Church of Gainesville	52879	
Other Florida Groups		
Mon: Lifesaver - Palatka	38464	
Mon: Palm Coast-St Mark by the Sea	38320	
Wed: Palm Coast - 5:45pm	56604	
Thu: Fernandina Beach	49101	
Thu: Flagler Beach	15171	
Sat: St. Augustine Serenity	00235	\$23.79
Sun: Palm Coast/Flagler Beach	56072	
Southern Georgia Groups		
Tue: Jesup	54175	\$25.00
Tue: 7pm St Simons by The Sea	38311	
Wed: Savannah - 5:30 pm	50301	
Thur: Brunswick	51988	
Sun: Savannah - 5pm	54362	
Totals		\$252.34
Don to WSO		\$75.70
Don to SOAR8		\$25.23

Where are your donations going?

According to our Seventh Tradition, we are self-supporting through our own contributions. To donate directly to Intergruop, 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.



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