



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.

Zoom Bombers are Baaack!

Just when you thought it was safe to get back into the water...the zoom bombers are back. We want to state briefly what you can do to keep your meetings safe from hacks and attacks.

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 the actions 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.

My meeting does the following: as soon as the host signs in, the host enables the waiting room. Anyone who wants to join the meeting has to be admitted by the host. If you do NOT recognize the name (and they are getting sneaky, even posting names such as “Jane F OA”) DO NOT let them in the room until you chat with them (only the people in the waiting room) and get their response. We ask questions such as “what is your home group?,” “what is your food plan?,” etc. to get a reply that shows they know the program. Many hackers leave at this point – they don’t want us to question them. Be wary of people who will not turn on their video or introduce themselves when asked.

Five to ten minutes after the meeting has started, we LOCK MEETING – no one else can request admittance. This seems harsh, but many bombers seem to come into the meetings late. OA-ers know that we start our meetings on time and end on time. This frees the hosts/cohosts from having to maintain tight vigilance and lets them enjoy their own recovery meeting.

Some meetings have had people hijack the screen or post derogatory/inflammatory comments in the chat room. This can be resolved in the SECURITY box by NOT allowing participants to share their screen or chat, and by turning off annotation. The host/cohosts can mute everyone else (thus preventing background noise and feedback). Check the other parameters in security – we enabled many of them (such as requiring a password) when we set up the original meeting, without crippling who can share. If you want tighter controls, you may turn them on or off.

If you follow all the best practices in this guide, you should never find yourself in a meeting with an unwanted guest.





But if you do need to remove an attendee from the meeting at any point, Zoom makes it easy to kick an unwanted participant out of the meeting. For additional security, you can also choose to not allow participants to rejoin once they've been removed.

- **Remove Participants** — Once you've admitted an attendee into your meeting, you can easily push them back to the Waiting Room or remove them from the meeting altogether, and can even prevent their return.
- **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.

Additional information:

1. A guide entitled: "OA FOOT STEPS VIRTUAL INTERGROUP — **EMERGENCY ZOOM PROTOCOLS**" discusses actions we can take to keep our meetings safe. We 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=1671592217787>. If you cannot download this and need an additional copy, please contact the vice-chair.

2. A pdf on "Best Practices for Securing Your Zoom Meetings": <https://explore.zoom.us/docs/doc/Securing%20Your%20Zoom%20Meetings.pdf>

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 9 – Spiritual Principal: Love

"Our sponsors may remind us the purpose of Step Nine is to clear away guilt and ill will that stands in the way of establishing better relationships with people whom our lives have touched." We are warned of the danger of doing more harm than good when we talk about hurtful situations with people face to face. It is recommended to discuss the actions we are about to take with someone else who has completed Step 9 or preferably your sponsor. If someone does not want to accept our apology we release this person with love. I had this happen to me, and my sponsor was a valuable resource in helping me to release with love and acceptance. "Only by permanently changing our harmful attitudes and actions can we make it up to ourselves and our loved ones..."

Step 10 – Spiritual Principle: Perseverance

In Step 10 we continue to take personal inventory and promptly admit when we are wrong. Continue means perseverance in working our program and using Step 10 to identify and remove stumbling blocks that bring pain into our lives. We turn them over to our HP to grow in our recovery. We continue to take spot-check inventories when we face difficulties. "Perhaps we've forgotten our Step Three decision and are trying to control some aspect of our lives by self-will. Do we need to discuss the problem with our sponsors, or ask our Higher Power to remove a character defect?" We promptly admit when we are wrong. This may lead us into working on our character defects – which we may discuss with our Higher Power, sponsor, or another person. "A persistent effort to let go of our defects and change our actions is crucial to our recovery from here on."

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



NEW FREEDOM INTERGROUP

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Step 2: Redefining My H.P. **Step 2:** Came to believe that a Power greater than ourselves could restore us to sanity.

The days of insanity around food are still crystal clear in my mind. From being starved as a young child to the humiliation of admitting myself into a nursing home at 601 pounds, I cannot recall a single day where I made or had a clear, sane thought about food. When I was a young child, I remained in a state of panic over when my next meal would come. As I grew older and had control over my choices, food quickly became my idol. Willing to go to any lengths to get my binge foods, I lied, stole, manipulated, and became a wrecking ball in everyone's life around me.

I came into the rooms broken and beaten in August of 2020. It was in December of 2021 when the doctor gave me that life-altering ultimatum before I was willing to go to whatever lengths my new food sponsor asked me to. At that time, I was in college as a youth ministry major. I was confident that I had a secure relationship with my Higher Power (whom I call God) and I could roll past Steps 2 & 3. I was certain that I knew who God was to me, therefore if this was a spiritual program, I could stop compulsive eating with no problems! Well, it wasn't until May 3, 2021 that I was able to gain continued abstinence.

I would love to be able to tell everyone that being a theology student guarantees an easy path through this program as my diseased mind was telling me. However, on March 15, 2022, my life drastically changed when my best friend in this world passed away. Suddenly I found myself back at Step 2 asking, "Who or what is a Higher Power to me?" I also needed to find out, "What characteristics do I need or not need my Higher Power to have?" A dear OA fellow suggested I do some "soul searching" and define these two questions because they are vital to our spiritual program.

During this time I wrote and sought the guidance of my sponsors and other OA members. It was particularly important for me to know who God was to me when I found myself in the valleys of life. This would enable me to stay in the solution and maintain my abstinence when facing difficulties. I wrote on each characteristic I needed my God to have or not have along with why these were vital for my sanity and recovery.

During this entire Step 2 process, I had a wonderful spiritual awakening that brought me into an intimate relationship with my God. I know now that I have a faithful God (HP) who will always be with me, love and accept me. This has brought me a joy and freedom which has resulted in sanity with the food that I never dreamed was possible. I no longer live to eat, but use food to fuel and nourish my body. Thank You, God, and OA for a restored life of joy, freedom, and sanity!

In recovery,

— Sandi JC (GA)

More on Step 2: I Don't Know it All

I had no problem with thinking I was insane. Food was talking to me and bossing me around. "Oh Patience, come here! Eat me!" I could not resist. I thought I was going mad. I would say to myself, "I am not eating this" as it went into my mouth.

On top of that, my brain seemed to be so defective that one part would be saying, "Don't eat that; it's fattening" and the other part would say, "No it's not." Part of me seemed to believe food didn't really have calories...Now that is crazy!

I KNEW I NEEDED SANITY.

I had no problem with a power greater than me, unless it involved believing in a guy named god, which simply did not/does not work for me.

There were lots of things with more power than me, including meetings, books, people, places, and things, so I felt I could make my higher power out of a lot of resources as long as I had an open mind and listened for and to ideas outside my own head.



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Inside, my head was warped by stuff learned at home and my own experiences. I could not trust my own thinking. So looking outside for help was so important. I still feel that way. When I think I know it all, it's a signal, and I remember: NO I DON'T.

However, I am a sarcastic rebellious sort of person, so I took Lee Iacocca, head of Chrysler at the time, as my first higher power. I stopped trying to control every detail of my family and my life. Turned them over to Lee. He did nothing. My life got better.

Later, I decided I wanted a more spiritual higher power: the twelve steps and everyone who was doing them. That was a big help as I was tired of being so cynical. I also realized that spirituality does not have to be logical. So I can believe that everybody and possibly everything has a spark of the divine without having to believe in a divinity. I can believe that getting in harmony with what is means I don't get to eat whatever I want nor boss my husband around. So I look for effective behaviors instead. And I find them within the harmony of what is, and instead of trying to erase my faults and problems, I work towards being the way I'd like to be, abstinent, kind, and compassionate. It works.

— PM, Gainesville FL

Tradition Two: What is Group Conscience?

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.

The spiritual principal guiding the second tradition is **trust**. This tradition requires us to trust in the group conscience, and to trust in our leaders who implement that group conscience.

What is a Group Conscience? This might be a new concept to newcomers who are used to controlling and manipulating to obtain power or control when group decisions must be made. Taking a "group conscience" means that we set aside time to make decisions in a way that every member of the group, even those who are not abstinent and those who are very new, have input to the discussion leading to that decision. This discussion, in which everyone is invited to participate, leads us to what we believe is God's will for our group. Do we ever get it wrong? Of course, we do. But we can always take another group conscience, having learned from the previous one and again engaging as many members as possible. Long timers may want to control the conversation or find it hard to allow those with less OA experience to participate fully in this important decision-making process. But we often find that it is the newcomer who brings a fresh perspective or new idea to the group that allows the group to grow and change in positive ways. While all members have a responsibility to share what they feel is important to the group conscience process, decisions made are to be accepted with good will by all. The "group conscience" process strengthens our OA groups.

"Our leaders are but trusted servants, they do not govern." In OA, individuals in leadership positions do not yield power or put their own opinions into operation in our groups. They are entrusted to implement the decisions the group makes during the group conscience process. We have a tradition of rotating leadership positions. Rotation of service prevents any one individual from having too much control over the group. OA service is not as much about performing the service at a high level, although getting the job done is important, it is about participating in and supporting the structure which provides support for our recovery from compulsive overeating/food addiction. It is also about sharing responsibility for the success of the group among the entire membership. While someone who is an accountant may do the best job of being treasurer for the group, it is important to allow others to learn these skills and reap the benefits of providing this service to the group.

Participating in the implementation of the second tradition in our groups strengthens both the group and our own recovery.

— Lucy



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Concept 2 – Trust Your Trusted Servants!

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.

The Twelve Concepts of OA Service, adopted by the World Service Business Conference (WSBC) in 1994, help us apply the steps and traditions in our service work. The OA Concepts define and guide our service practices and the overall structure that is responsible for conducting OA business.

These spiritual Concepts explain the structure of responsibilities required to provide service on a global scale. OA's 12 Concepts guide our trusted servants in their actions for group participation, decision making, voting, and the expression of minority opinions. The Twelve Concepts support our primary purpose of carrying OA's message of recovery to the still-suffering compulsive eater.

Each concept corresponds with a spiritual principal (see sidebar). The spiritual principal of Concept Two is Conscience. In Concept Two, we OAs entrust the actual voice and effective conscience of our whole society to the WSBC through our elected area delegates. The primary difference between Concept One and Concept Two is that the former can also be applied to one's personal life, whereas the latter is heavily dependent upon an understanding of OA and the way in which it is structured.

Delegates from Intergroups, service boards worldwide, regional chairpersons and the WSBC board of trustees set policy and guide OA world service. We voted for these trusted servants and Concept Two calls on us to trust them with the business of OA.

Key lessons and aspects of our OA teachings support the spiritual intent of Concept Two. Doing what is best for OA as a whole, entrusting the future of OA to the group conscience (not my selfish conscience), trusting the tradition that we must place principals before personalities, and genuinely believing our leaders are trusted servants that do not govern.

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 with or volunteer for the New Freedom Intergroup, please visit <https://oanfig.org/> and throw your hat in the ring!

— John K.

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 14. 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, February 11th from 10:00 am to 11:30 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350).

Highlights of what was covered at the January business meeting:

A spiritual principle is associated with each of the Twelve Concepts:

- Concept One: Unity
- Concept Two: Conscience
- Concept Three: Trust
- Concept Four: Equality
- Concept Five: Consideration
- Concept Six: Responsibility
- Concept Seven: Balance
- Concept Eight: Delegation
- Concept Nine: Ability
- Concept Ten: Clarity
- Concept Eleven: Humility
- Concept Twelve:
 - (a) Selflessness
 - (b) Realism
 - (c) Representation
 - (d) Dialogue
 - (e) Compassion
 - (f) Respect



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Service Opportunities:

- We need to fill the following service positions: Delegate, Parliamentarian, and Ways and Means Chair. Other committees also need volunteers to provide service.

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 will need people to plan and help with 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 get started giving service. Let Sandi JC or Augusta L 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.
- Voted on leaving 2023 budget as approved and adjusting the prudent reserve to 50% of the 2023 budgeted expenses. Carly as treasurer is going to do the calculations to get us the official number and add it to her treasurer's report for January/presentation at the February meeting. Barb is going to review where we will need to make adjustments to the Bylaws and P&P manual to reflect the change.
- Review of the Intergroup survey: 32 responses overall, here are some of the highlights/trends:
 - 81% of respondents prefer having the business meeting virtually, though there were some suggestions that perhaps we could move towards hybrid in the future.
 - Most respondents are familiar with the official documents that direct the intergroup and more than 80% recognize them as living documents that can be updated at any time.
 - A lot of respondents listed that they would prefer an earlier start to the meeting, but keep it on Saturday. We're going to discuss this further at the February meeting.
 - Suggestions for increasing attendance varied, but many of them asked about a reminder. After lots of great discussion, it was decided that we will try sending out a reminder a few days before the next intergroup business meeting to the entire distribution list with the zoom details, a calendar invite, and a short synopsis of what we'll be covering.
- Refresher on what to do if you have a zoom bomber in your meetings, and discussion of possible training for those willing to serve as zoom hosts.

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. 352.474.1366	vicechairnfi@gmail.com
Secretary	Carly B. 303.710.0589	nfitreasury@gmail.com
Delegate	Sandi JC 912.464.4231	oanfig@gmail.com
Newsletter/Meeting List	VACANT—Consider doing service	delegatenfi@gmail.com
Public Info/Prof. Outreach	Mark W. 904.527.3433	innervocenfifi@gmail.com
Young Persons	Nancy K. 516.286.1888	piponfig@gmail.com
12th Step Within	Kat S.	youngpeoplenfi@gmail.com
Sponsor Coordinator	Georgette P. 352.870.4454	ghabanero56@yahoo.com
Website	Augusta L. 912.508.4777	sponsor.nfig@gmail.com
Ways and Means	Brian B. 904.616.0608	websitenfi@gmail.com
	VACANT—Consider doing service	wandmnfi@gmail.com



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Need Some Volunteers if we're going to have Fun at the Beach!

We want everyone to have **Fun and Fellowship at the Beach**. To provide that weekend full of tricks and treats for our fellows on Halloween weekend (October 27-29, 2023) at Tybee Island (Savannah, GA), we need you to:

COME OUT AND HELP US PLAN!



New Freedom Intergroup will be hosting the SOAR 8 Recovery Convention and Business Assembly.

There is plenty of room and the need for volunteers. Bring your nicest treats (new ideas, not tricks) to the next planning meeting on:

Monday, February 6, 2023 at 7:00 p.m. (eastern)

Zoom Information: 886 0846 2612 Passcode: 018395

The Tybee planning committee:

Augusta L (Co-chair) 912-508-4777; email: augustalivingston1985@gmail.com

Sandi JC (Co-chair) 912-464-4231; email: learningdisciple624@gmail.com

From The TSW Committee

My Action Plan Today: Call Someone Who is Struggling

OA has nine tools of recovery. One of these tools is the **Action Plan**. According to OA, "creating an action plan is the process of identifying and implementing attainable actions to support our individual abstinence, and emotional, spiritual, and physical recovery. This tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery."

Your Twelve Step Within (TSW) Committee works to carry OA's message of recovery to those who still suffer within the OA Fellowship; to offer the message of hope to members in relapse while encouraging all members to stay in the fellowship, maintain their recovery and prevent relapse. The 12th step principal of service guides us in this work. TSW is encouraging all members to add a specific service to their individual action plans on a routine basis. This service is: **REACH OUT TO SOMEONE WHO YOU KNOW IS STRUGGLING IN THE FELLOWSHIP. ARE YOU STRUGGLING, REACH OUT TO SOMEONE.**

Do you remember when someone reached out to you at a significant time in your recovery? Can you recall a time when texting, e-mailing, or calling members who are struggling was something you did routinely? Are you ready to reap the benefits of reaching out in the spirit of the 12th step? It's easy to put off doing this simple but significant service.

Implement your Action Plan today by reaching out to someone in need. Once you do this, multiply the benefits by sharing your experiences of reaching out with your fellows through our newsletter. Send a short description of your positive experiences of reaching out to those who are struggling to our newsletter editor, Mark, at innvoicenfi@gmail.com. By sharing these positive experiences in the newsletter, you will encourage more members to reach out and to receive the benefits of helping others. "We who have worked the first twelve steps of the OA program have had a spiritual awakening and we now have a message of hope to carry to other compulsive overeaters."

The 12 Step Within Committee, is here to help you. Please let us know how we can help.

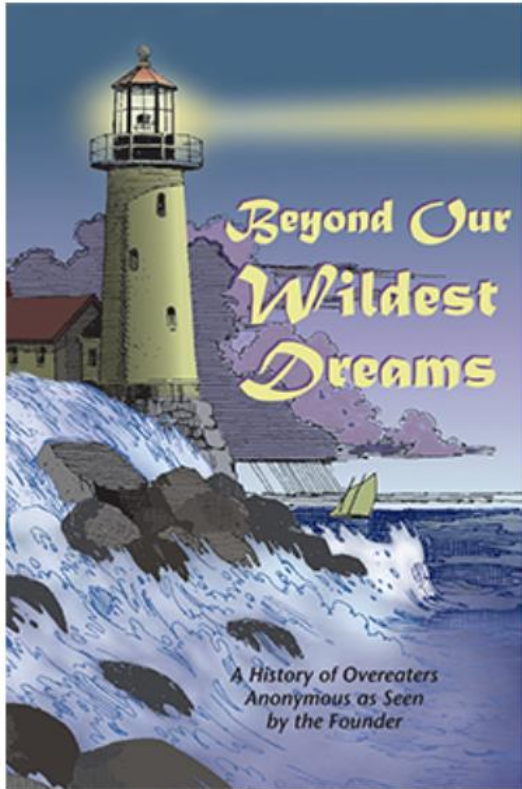
— Georgette, Ghabanero56@yahoo.com



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Beyond Our Wildest Dreams



How did Overeaters Anonymous begin? When was abstinence introduced? How did *Lifeline* get its name?

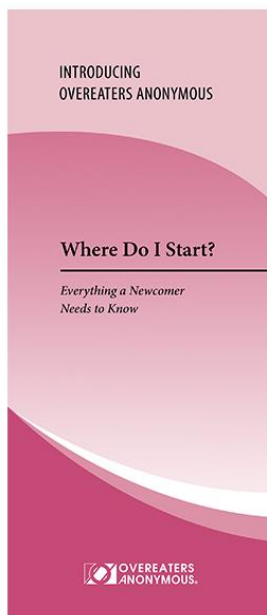
Discover answers to these questions and more in this book of OA's history. Copyright 2005. 220 pages; indexed.

Beyond Our Wildest Dreams is only available from our third-party vendors. OA receives a royalty share for e-book purchases made through these vendors (links open to external websites):

- [Amazon Kindle](#)
- [Apple Books](#)
- [Barnes and Noble Nook](#)

Más Allá de Nuestros Más Salvajes Sueños, our Spanish-language version of *Beyond Our Wildest Dreams*, is available as an e-book.

- [Amazon Kindle](#)



Free PDF in 20 Languages
Where Do I Start?:
Everything a Newcomer
Needs to Know



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“Welcome Home, Y’all”

New Freedom Intergroup of OA (out of Jacksonville, FL) is hosting the SOAR 8 Fall Recovery Convention and Business Assembly. It will be face-to-face on Tybee Island, GA the weekend of October 27-29, 2023. More details about the meals and the registration flyer will be released soon.



We will be staying on the beach, within a 10-minute walk of Tybee Island Beach and Tybee Island Marine Science Center. This beach hotel is 0.4 mi (0.7 km) from Tybee Island Fishing Pier and Pavilion and 0.6 mi (0.9 km) from Back River Beach. Tybee Island is 20 minutes from downtown Savannah.

Hotel Tybee
1401 Strand Ave
Tybee Island, GA, 31328, USA
Call for reservations: 1-912-786-7777

If you even THINK you will be attending, make your hotel reservations now! (You **must** make your own reservations before 9/26//2023.) The Hotel requires a credit card to hold your reservation. Use code **“SOAR2023”** for special rates. Any reservations made after that date will be charged at their current room rate.

RATES: \$155 /Night Two Queen (Inland view) + \$15 /day parking + \$5 /night GA hotel fee + 14% taxes per night, (Total = \$199.50 /night.) This rate is valid for up to **four** people in the room. (If you get three roommates, each person would pay only ~\$50 per night, or \$100 for the weekend.). Rates are available for three days before and after the event. Rooms have refrigerators (but no microwaves). (Must place \$50 deposit per room for incidentals during the stay.) Each room will receive four drink tickets, three beach chairs and beach towels.

Cancellations: All guests will be charged one night’s stay upon booking. Deposits are refunded or credited only if notice is received **7 (seven) days prior to arrival date (before October 19th)** and a cancellation number must be obtained by guest.

Hotel check-in is at 4:00 PM, Friday; check-out is 11:00 AM Sunday.

There is NO free parking on the island. Day trippers will need to pay a rate of \$20/day to use the hotel parking area.



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Events from All Over

THE NJIOA
Winter Retreat
STAR LAKE LODGE

2 WEEKS TO GO!

Saturday Feb 04
9:00am-5:00pm ON ZOOM
Incredible Line-up of Fabulous Speakers
From Across the Country

Register Online at:
<https://www.njioa.org/star-lake-details>

CONTACT PERSON: Susan S.
(201) 960-1995 starlake@njioa.org



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Sponsoring: Now What?

Have you ever wondered:

- What exactly is a sponsor or how do I find one?
- Now that I can sponsor, what's the next step?

SPONSORSHIP WORKSHOP (Virtual)

DATE: Sunday, February 5, 2023

TIME: 3:00 p.m. to 5:00 p.m. (EST)

2:00 p.m. to 4:00 p.m. (CST)

Zoom Meeting ID: 880 1022 7725

Passcode: just4today

Join Zoom Meeting DIRECT LINK:

[https://us02web.zoom.us/j/88010227725?
pwd=MHNiK3dNYmNqZTY3OERMdKxGVXdjZz09](https://us02web.zoom.us/j/88010227725?pwd=MHNiK3dNYmNqZTY3OERMdKxGVXdjZz09)

- Featuring:**
- 3 Speakers discussing Sponsorship
 - Ask-it-basket session for questions & answers
 - Time for individual sharing

To help carry the message of recovery, please consider giving a 7th tradition donation to Region 8

(<https://oaregion8.org/region-8/contributions/>).

For more information, please contact Susan at smfitzmaur@gmail.com.

Presented REGION 8 - Twelfth-Step-Within Committee
by the



**Region 8
Twelfth Step Within Committee**



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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



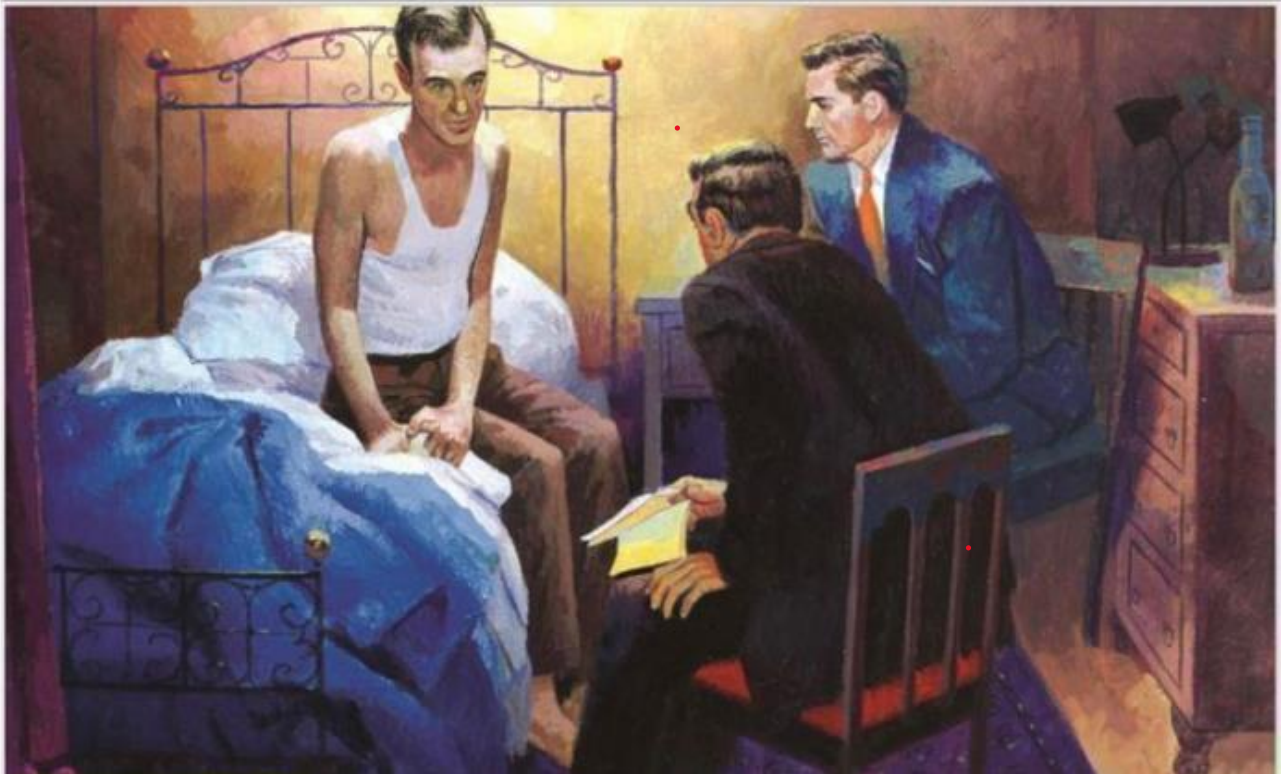
Responsibility Pledge

Always to extend the hand and heart of OA to all
who share my compulsion; for this I am responsible.



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**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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**Great for
Newcomers or
LongTimers!**



OA Central Ontario Intergroup

Presents a:

Quick Step Study

- **TUESDAYS (Five sessions)**
Jan 31, Feb 7, 21, 28 and Mar 7, 2023.
(Skip Feb 14)
6:00pm – 7:30pm ET.
- **By Zoom or phone**
- **Free - 7th Tradition**
- **Session Format: Write on the step, share on the step. (Read the step ahead of time.)**
- **You don't have to attend all the sessions**
- **Registration is limited:**
 - Please register early to receive the handouts and zoom details.
 - Registration required 24 hours ahead of the start time.
 - Register by emailing:
coiquicksteps@oaontario.org

 **OVEREATERS
ANONYMOUS.**
CENTRAL ONTARIO INTERGROUP

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

-former workshop participant

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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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PINELLAS TRADITIONS INTERGROUP
invites you to
The 13th ANNUAL OA FRANCISCAN CENTER RETREAT
PRACTICING THE PRINCIPLES
JULY 28-30, 2023

WHAT: Three days of seasoned speakers, good fellowship, crafts, serenity and peace on the river

WHERE: The beautiful Franciscan Center Campus, 3010 Perry Avenue, Tampa, FL 33606

TIME: Check-in 4:00PM Friday Check-out by 11:30 AM Sunday

COST: Weekend Room & board \$266 for single occupancy or \$246 for double occupancy. One day additional option is a Saturday only fee which is \$75 including 3 meals. **Both Options require** a PTI registration. An economical option is \$25 if received before June 1 or \$35 if received after that date.

Complete registration below and mail to:
Pinellas Traditions Intergroup
PO Box 294, Palm Harbor, FL 34682
Including a check made out to PTI for all fees.
Or pay online @oapinellas.org and email your registration
to Karen R @platoscloseton19@gmail.com.
* Be sure if paying online to include your name and "FR 2023"

FINAL REGISTRATION DEADLINE July 10, 2023

- Space is limited to approximately 50 participants so register early.
- Call your friends and make plans to carpool with them.
- Please announce this retreat and print copies of this flier for your meetings.
- Save this flier for your information. See you on the peaceful Hillsborough River!
- **This is a Fragrance Free Zone Please**

Cut on the dotted line and mail this Retreat Registration Form

PINELLAS TRADITIONS INTERGROUP 13th ANNUAL RETREAT

Name _____
Address _____
Phone _____ email _____

Select your meal preference

Friday Dinner : Vegetarian___ Chicken___ Fish___
Saturday Dinner : Vegetarian___ Chicken___ Fish___

Single room_____ Double _____ Roommate name _____

Would you care to volunteer in some service capacity this weekend? Yes_____ No_____

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.

DONATIONS REPORT 2023		Jan	YTD TOTAL
PAYPAL - Individual Donations		\$47.09	\$47.09
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	\$47.13	\$47.13
Wed: JAX Beach-Wisdom at the Beaches	54507		\$0.00
Thur: Jacksonville 9am - Our redeemer	57370		
Thur: Newcomer, Lakeview Health	47756		\$0.00
Fri: Orange Park - 10am	03654		\$0.00
Sat: Saturday Steppers-Ponte Vedra Bch	51693		\$0.00
Sat: Super Saturday Lakeview	20025		\$0.00
Sat: Believe in Recovery First, Mandarin	32773	\$30.00	\$30.00
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137		\$0.00
Thu: Unity Church(Acceptance)	50421	\$9.22	\$9.22
Wed: Gainesville Unity Church	57568		
Sat: 9:30 AM Welcome Home	48324		\$0.00
Other Florida Groups			

Mon: Palm Coast-St Mark by the Sea	38320		\$0.00
Tues: Lifesaver - Palatka	38464		\$0.00
Wed: Palm Coast - 10am	56604		\$0.00
Thu: Fernandina Beach	49101		\$0.00
Thu: Flagler Beach	15171		\$0.00
Sat: St. Augustine Serenity	00235	\$23.79	\$23.79
Sun: Palm Coast/Flagler Beach	56072		\$0.00
Southern Georgia Groups			
Tue: Jesus	54175	\$25.00	\$25.00
Wed: Douglas, GA	57445		
Wed: Savannah - 5:30 pm	50301		\$0.00
Thur: Brunswick	51988		\$0.00
Sun: Savannah - 5pm	54362	\$28.64	\$28.64
Totals		\$210.87	\$210.87
Don to WSO		\$63.26	
Don to SOAR8		\$21.09	

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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