

# Inner Voice

Newsletter of New Freedom Intergroup of OA



*January 2022*

**Step 1:** We admitted we were powerless over food—that our lives had become unmanageable.

- Spiritual Principle: Honesty

**Tradition 1:** Our common welfare should come first; personal recovery depends upon OA unity.

- Spiritual Principle: Unity

**Concept 1:** The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

- Spiritual Principle: Unity

**Promise 1:** We are going to know a new freedom and a new happiness.



THE GOLDCOAST INTERGROUP PRESENTS:

## CONTINUING OUR HOUSECLEANING

A TENTH STEP WORKSHOP

Sunday, January 9, 2022  
3 pm - 5 pm ET

Zoom Meeting Link: <https://us02web.zoom.us/j/8658515319?pwd=RVNkQzRjaHJTSU5lYjRlTkRlTnhBkdR0Z0>

Zoom Dial-in Number: 1-646-558-8656

Zoom Meeting ID: 865 8515 5319

Zoom Password: 954954

For more information, contact:  
Jules 954-594-7985 or Cindy S 718-541-3465



LEARN, PRACTICE,  
& PERSIST!



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# DO YOU HAVE A PROBLEM WITH FOOD?



Join us in Overeaters Anonymous.

We are starting a new virtual open meeting that will be geared toward military personnel (but not exclusive for them).



**First meeting: Sunday, 9 January 2022**  
**Time: 7:00 PM (eastern)**  
**Zoom Meeting ID: 889 1880 5990**  
**Passcode: 903744**

Note: With an emphasis on the military, this meeting may discuss situations that are not familiar to or comfortable for non-military people; and may have coarse language (which will not be encouraged) as well as military terms (acronyms and jargon).



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# Lifeline: Stories of Recovery



## Join Our Virtual Workshops on January 7, 8, or 9, 2022, for Creative Expression and Sharing

Register at: <https://form.jotform.com/213414762107045> by January 5.

Explore writing, video, audio recording and more! Join any of OA's three upcoming virtual workshops focused on the many creative ways you can share your recovery:

- January 7, 2022, from 10 p.m. to 1 a.m. EST (UTC -5)
- January 8, 2022, from 1 p.m. to 4 p.m. EST (UTC -5)
- January 9, 2022, from 9 a.m. to 12 p.m. EST (UTC -5)

Each workshop offers plenty of opportunities to find your creative voice by working alone and with others. First, we'll gather in the main room to warm up and take in some fresh ideas for sharing our recovery. Next, we will move to breakout rooms to work alone or in small groups, and throughout the workshop we will return to the main room to share our discoveries and creations.

Want to help OA carry the message online? The original work that you create or get started in creating in this workshop can later be submitted to the WSO, which will make your submission anonymous and use it support a brand-new way for OA members to carry the message online...

## Relaunching in 2022: a New *Lifeline* Blog

OA is taking Lifeline in a new direction! Coming soon—*Lifeline: Stories of Recovery*, a blog for all of us to share our experience strength, and hope with each other and to attract those who are still suffering from compulsive eating and compulsive food behaviors and searching for a solution online. Together we can!



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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	<b>VACANT—Consider doing service</b>	oanfig@gmail.com
Newsletter/Meeting List	<b>VACANT—Consider doing service</b>	delegatenfi@gmail.com
Public Info/Prof. Outreach	Mark W. 904.527.3433	innervoiceinfi@gmail.com
Young Persons	Nancy K. 516.286.1888	piponfig@gmail.com
12th Step Within	<b>VACANT—Consider doing service</b>	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”	<b>VACANT—Consider doing service</b>	wandmnfi@gmail.com
	<b>TBD</b>	

## 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.

### Step 1: Always a Beginner

**Step 1:** We admitted we were powerless over food—that our lives had become unmanageable.

When I came into OA, I met a longtimer I particularly admired. She was slender and energetic. She shared wisdom and love with everyone in the rooms and had an irresistible sparkle about her.

When we passed around the phone list, though, she did something that confused me. In the “Comments” column, she wrote, “Always a beginner!” Why on earth, I wondered, would she claim to be a beginner when she clearly had it all together?

Now, ten years later, I think I understand. We never have it all together in OA. We are always powerless over food and this disease. I can never control it, and I can never manage my life, at least not by myself. The best thing I can do for my recovery is to keep being teachable and follow instructions, like a beginner.

From the example of this member and others, from working the Steps, and from using all the Tools, I’ve learned that a beginner’s attitude as expressed in Step One is a very good place to be. When I remember I am powerless over pretty much everything except my own response in this moment, I can stay abstinent. Here’s how I use Step One every day:

- Every morning when I wake up, before I even open my eyes, I pray Steps One, Two, and Three to remind myself of my true relationship to life and my HP.
- When something doesn’t go my way or when life hurts, I remember I’m powerless over it. I am not supposed to control it, so I don’t need to be frustrated or disappointed when I can’t.
- I ask for help and support from anyone at a meeting, no matter how long or short their time in program.
- In OA, I’ve walked through drastic changes in household income, going back to work after twenty years, raising kids, my father’s dementia and death, and kids moving out—all abstinently—by remembering I am powerless.
- As I write this, my elderly Labrador seems to be dying—he hasn’t eaten in days. Since I’m powerless over this, instead of trying to force him to eat, I am doing what I can to make him comfortable. He is peaceful, and I get to feel my sadness and grief without eating over it.

When we pass around the phone list at a meeting, I often write the same thing as that longtimer did, because it works for me: I am “always a beginner.”

— Joan P., Mountain View, California USA (*Reprinted from Lifeline*)



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# Highlights of the December 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.)

The New Freedom Intergroup business meeting was held December 11. 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, January 8th at 10:00 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350). Highlights of what was discussed/accomplished in December:

## Old Business:

- New Executive Board will start doing service on January 1, 2022: Echo G. = Chair; Barbara C. = Vice Chair; No one ran for delegate or secretary. Since Echo is now the chair, we need a person to provide service as Ways and Means Committee Chair. **Consider doing one of these service positions.**
- Reminder: 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).

## New Business:

- Report about the 4th Annual Big Book Weekend at Jekyll Island. Approximately 40 attendees, beautiful venue, and much recovery! NFI thinks we made money, but final financial report will be given next month.
- Adopted the revised as of December 8, 2021 P&P Manual with one minor amendment — adding the PIPO email address.
- Voted to send one person to the World Service Business Convention in Albuquerque. Since we have no Delegate, Chair of OANFI will attend.
- Discussed the means by which we divide our NFI income with World Service Office and Region 8. Currently, we use a 60/30/10 (NFI/WSO/SOAR8) split of gross monthly group donations. Barb C and Nancy K to prepare an article for next month's newsletter.
- Twelfth Step Within Day Challenge was highlighted.

# God as I understood h—

Humbling myself to this power is a key element of recovery. Humiliation is a weapon I have used against myself throughout the history of my disease.

How many of our membership have submitted to an authority figure (male or female), and felt shame? Imagining a divine power is impossible for me if that entity has a sexual identity. Why handicap such an intimate relationship by establishing a gender?

At the beginning of program, reciting the steps using the pronouns him and his invoked an image of my father. Obeying (his) will has been a goal that has shaped most of my life. I was addicted to pleasing (him). I am an addict. As was (he).

Owning my disease required that I own the thoughts and behaviors that led me to overeat. Owning my body was a hurdle that required I understand how I gave it away. Realizing that I believed my body was the property of the man who took care of me packed a big wallop.

Establishing a relationship with a higher power is complicated enough without the burden of identifying this entity as masculine. I want to shake off the beliefs that encouraged me to do the same things, think the same ways. Turning the ship of my life around toward a new horizon. Propelling this journey so that I can trust myself to partner with a spirit greater than any I have known. The god of my understanding.

— Anonymous

*(Note from the ex-Chair: Region 8 has taken steps to change the Bylaws and the P&P Manual to reflect gender-neutral terms (they/them/their). This is not just a feminist issue – it is a human concern. There has been increasing interest in presenting a motion to the WSBC addressing this very issue and making the Steps, etc. all gender neutral.)*



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# My Journey Out of Chronic Relapse

This is a true account of my journey out of chronic relapse in the rooms of OA.

I don't remember a time I wasn't heavy. My Mom said I was off the charts even at two years old. I can't remember a time when food wasn't one of the most important things in my life. I went to my first commercial weight loss plan at ten years old. I was humiliated. My relationship with food was already bad and this caused me so much shame and guilt. I had weight loss surgery—twice—in my 20's and 30's. Every diet started on Monday, or Jan 1<sup>st</sup> or after a holiday. The first OA meeting I attended, someone shared, "there are no more Mondays," and it filled me with such hope! You get the picture. I'm a true compulsive overeater. **Unfortunately, that wasn't enough for me to be convinced enough to do the work required to get and stay abstinent.** I was still looking for the easier softer way. I spent the first several years in the rooms of OA relapsing.

My relapse cycle was: I would get some abstinence and then slip—over and over. I was giving service and *saying* I was abstinent. I wasn't telling my sponsor when I slipped. I wanted so badly to be abstinent. The truth I know now is that I wanted to eat and get away with it—and I wanted to be in control. Every time I relapsed and got abstinent again was a total liability. It kept me in bondage to self and in bondage to the disease. In March of 2020 (after being in OA for 6 years), I was considering gastric bypass. I met with a surgeon. Something made me mention OA to him. He told me unless I got the compulsive eating under control that I would be back in his office in five years having gained back the weight I lost after surgery. I knew in my core that he was right.

How did I get out of relapse? I finally was so humiliated that I got tired of lying to my sponsor. In the end I wasn't even bingeing. I needed help with food. I had to listen to my sponsor and be honest about all the ingredients giving me trouble. Then I had to let go of ALL my alcoholic foods. I read food labels. There were trace amounts of my alcoholic ingredients in the foods I was consuming: e.g., the taco seasoning packet I used to make my "abstinent" taco salad had sugar in it. Ultimately, I had to be willing to do whatever my sponsor told me to do.

The truth about my disease is accounted for in The Doctor's Opinion (*Alcoholics Anonymous*, pg. xxviii): "*We believe, and so suggested a few years ago, that the action of alcohol on these chronic alcoholics is a manifestation of an allergy; that the phenomenon of craving is limited to this class and never occurs in the average temperate drinker. These allergic types can never safely use alcohol in any form at all; and once having formed the habit and found they cannot break it, once having lost their self-confidence, their reliance upon things human, their problems pile up on them and become astonishingly difficult to solve.*"

This explained to me why my husband could overeat sometimes but still leave half-eaten bags and boxes in the cabinet for days without going back to them. I could NEVER do that—because I'm one of those allergic types. I never really knew the truth about the allergy of the body until the substances were out of my system. And I never saw how the obsession of the mind—the mental twist—told me I could safely eat again. To get and stay abstinent I need to address both the allergy of the body and the twist of my mind. **Working the steps while entirely abstinent** produced the **spiritual change** sufficient to bring about recovery in me. I had worked the steps before, but while still eating trace ingredients of my alcoholic foods. I had some relief, but not the personality change it talks about in the *Big Book*. **Continued** work in the steps **KEEPS** me recovered—which means I don't want to eat. I get this reprieve daily—one day at a time—contingent on my willingness to continue the work.

Since this surrender I've stayed abstinent one day at a time for over 19 months. I've released 139 pounds of excess weight. I talk to my sponsor regularly and text her daily. I weigh and measure my food and commit it the day before I eat it. I don't eat my alcoholic ingredients NO MATTER WHAT. I sponsor others and take them through steps as I was taken. I give service at the group and intergroup level. I make at least three meetings a week. I make outreach calls. I get on my knees every morning. I do physical activity. I write regularly and do a regular Step 10. These things keep me in fit spiritual condition so I don't HAVE to go back to the food and so I can be of maximum service to those around me. Being of maximum service doesn't mean I'm perfect—it means I'm willing to speak the truth about myself and the disease and share it with others. Ego deflation sets me free.

**I stay abstinent AT ALL COSTS.** I must put my big girl pants on and do the work. God isn't going to come down and measure my food or text it to my sponsor for me. I do my part and let God do the rest. **I'm powerless, not helpless.** It's simple but not easy—it takes a lot of work! I have a daily reprieve. I get this daily reprieve when I work it one day at a time. I still wake up a compulsive eater—selfish and self-centered in the extreme. Each morning I must pray for the



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willingness and ability to **do my part, carry the message, trust God, and help others**. I believe this is why I haven't relapsed. This way of life takes a lot of work. But the truth is, eating compulsively took MUCH more work and it also robbed me of all my dignity. Now I get to live free of the need to compulsively eat!

I was cleaning out my home office this past weekend and found 12 completely full journals of writing I've done since I started working with my sponsor in early 2020. It's more writing than I did in the first six years of OA. Underneath the journals was the binder from the bariatric surgeon about gastric bypass. I burst into tears and thanked God for the willingness to go to any length and the gift of desperation that relapse gave me.

I'm going to keep coming back. It works if I do the work.

— Carly B. Jacksonville, FL

## 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](mailto: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.

## NFI Public Information/Professional Outreach (PIPO) Committee

**In search of:** Volunteers inside of OA to do exciting service work above the meeting level.

**Intent:** Reaching **Medical Professionals** who can recommend OA to their patients; and/or residents within an institution; and inform the **General Public** (including Young People) about OA. In other words: **Carry the Message of Recovery 'Outside the Walls of OA.'**

**Target four (4) areas:** Institutions, Professional Community, Public Information, Young People.

**Requirements for Volunteers:** 6 months of continuous back-to-back abstinence, has worked all 12 Steps familiar with the 12 Traditions, has a sponsor and currently sponsoring, and is working their recovery on all three (3) levels to the best of their ability.

Please Contact: Nancy K at: 516.286.1888 or email: [piponfig@gmail.com](mailto:piponfig@gmail.com)

## Tradition One: No One Answer

**Tradition 1:** Our common welfare should come first; personal recovery depends upon OA unity.

"I really believe that the solution to most of the problems that confront us today is to be found in growth, individually and as a whole. There will always be some who think that since a particular thing has worked for them, it is the **ONLY** way. Taking into account the personality that most of us had when we began, this is not too surprising. As long as our unity is based only on the 12 Steps and 12 Traditions, and each of us practice them to the best of our ability, differences and controversies will be handled by our Higher Power" (*Beyond Our Wildest Dreams*, p. 155).

Almost sixteen years after my first meeting, I read the history of OA in *Beyond Our Wildest Dreams*. The book had been sitting on my shelf ever since I won a basket of literature many years ago. I don't know why I didn't read it before, but now I am grateful to understand how this program came to be and how it evolved during its early years.

After a discussion at Conference about eating plans, OA's first board chair, A.G., wrote a letter to the other trustees, from which the quote above is taken. Conference discussions were sometimes heated; there were strong opinions about whether OA should produce and impose a definitive eating plan. As I read about the opposing views, I felt fear,



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hope, anxiety, and faith. When I came to A.G.'s letter, I felt relief. I realized OA doesn't answer to any one member, group, or eating plan. OA answers only to the collective Fellowship through a group conscience.

I plan to share the relief I feel with as many people as I can. I want others to have faith that no matter the disagreement, together we will find an agreed-upon outcome by practicing the Principles of the Twelve Steps and Twelve Traditions.

Perhaps I was not meant to read *Beyond Our Wildest Dreams* until now. You see, I am the person A.G. describes. When I first got abstinent, I believed OA members not using a food plan like mine were not abstinent. Members who were not working the Steps the way I was were just "dry drunks." It took many years to open my mind to the possibility that someone may work the program differently and still be abstinent.

The gratitude I feel for our founders and original OA members, and for all members who have sacrificed their time to serve OA, is beyond description.

I ask simply this: As you serve one another, practice the Principles, and evolve in your opinions, please consider A.G.'s statement. Remember no one person has all the answers for this lifesaving program. If we don't respect, accept, and understand each other, we will divide and die. I pray that we can stay united, no matter what!

— Jessica M., Shillington, Pennsylvania USA (Reprinted from *Lifeline*)

## ***J Completed the Twelfth Step Within Challenge!***

Here's the list of those who submitted their names on completing the **Twelfth Step Within Challenge**. (Thanks to those who responded to the challenge and who did not submit their names.) Remember, the challenge doesn't have to be a once and done!

Autumn (WV)  
Barbara C.  
Brianne G.  
Carole Ann S.  
Echo

Ellie  
Georgette  
Ginny M.  
Liz

Lucy  
Patience  
Sandi J.  
Tracy (WV)

## **Twelfth on the Twelfth from Region 8**

Dear fellow OA members,

(Note: Sent out on 12/12, reprinted here for those who didn't receive it. — Ed.)

Today is 12-12, which makes it the official Overeaters Anonymous **Twelfth Step Within (TSW) day!** So, what's the BIG DEAL? Part of Step 12 says, "Having had a spiritual awakening as the result of these steps, we tried to carry this message to other compulsive overeaters..." and Tradition 5 says, "Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers." Since that message is mentioned in both the steps and traditions, it must be important, right? So, the TSW Committee was instituted with the mission of carrying the message to those INSIDE the membership of OA. And fortunately, we have a number of resources on the Region 8 website at [www.oaregion8.org](http://www.oaregion8.org) to do just that!

Did you know that the TSW Committee has a very easy access to our online support on the top of the REGION 8 website—a red bar that says RECOVERY HELP. Through this resource on the Region 8 website, there are many helpful aids for you and others. Why not check it out and let others know about it, too!

To start us off, here's a post from the TSW Committee: The TSW web support page seeks to provide tools to encourage existing OA members to become or remain abstinent, to work the Twelve Steps and to amplify the quantity and quality of recovery in our Fellowship. The Twelfth Step Within Committee does not focus on attracting new members; **it explicitly supports the ones we already have**. Anyone who is abstinent and working his or her own recovery can do this



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service. No special qualifications are necessary; only **willingness** is needed. We can all help carry the message of recovery through abstinence and working the Steps by:

- (1) being well ourselves;
- (2) giving service, sponsorship and friendship;
- (3) encouraging membership retention; and
- (4) attending meetings and OA events."

Then, in the top menu bar, if you go to "Committees," click and scroll to Twelfth Step Within, you'll find many more helpful resources for yourself, and others...

Since today is the OFFICIAL DAY to reach out to our fellow OA members who may be suffering or MIA. Here are some simple suggestions to do that:

- Take a MOMENT to think of (or even PRAY for) your fellow OA friends
- Take a MINUTE to text them
- Take a FEW MINUTES to send an email
- Take SOME TIME to make a phone call
- Take MORE TIME to visit or meet with them
- Take the TIME and EFFORT to give a ride to your meeting

And be sure to SHARE your own experience, strength and hope.

This is a "WE" fellowship: when we reach out to help another OA member with the smallest to grandest of gestures, we help ourselves as well. Whenever I reach out, without fail, whatever comes out of my mouth is also what I NEED TO HEAR, again, and Again and AGAIN... It's the perfect "win/win" situation!

From the TSW Committee: Have a Happy Abstinent Holiday Season, and may the blessings of the OA Program be yours in abundance for the New Year as well!

— Yours in joyful service, Chris J, Huntsville, AL

## Attention All Sponsors!

Dear OA Fellows,

The Twelfth Step Within Committee wants to offer you support so that both you AND your sponsee receive all the benefits of this special fellowship. Your willingness to be available to newcomers and those in need of a new sponsor beautifully reflects the OA Responsibility Pledge: "Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."

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](mailto: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.

Whether you are experienced in sponsoring and in taking another OA member through the 12 Steps, or whether you are new at it, we wanted to share some wonderful resources. Below is a link for the OA Sponsor's Toolbox. The "toolbox" contains an amazing set of resources for continuing to be or learning how to be a great sponsor. The toolbox includes podcasts, pamphlets, and general advice on how to hone your skills as a sponsor, and what is generally considered the responsibility of the OA sponsor. Even if you have years of experience as a Sponsor, we encourage you to review the OA Sponsor's Toolbox, which can be found at OA.ORG, under "resources" or at <https://oa.org/app/uploads/2021/08/a-sponsors-toolbox.pdf>.

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](mailto: 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



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# The Twelfth Step Within Committee Wants to Hear from YOU!



## NFI Meeting Spotlight

Wednesday Mandarin  
Meeting (Zoom)

could use some support.  
We have a varied meeting rotation  
by the week, and are experiencing  
some Zoom fatigue. Please consider  
adding your voices to the mix!

I.D. 845 6325 0136, Code 794963

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](mailto:tswnfi@gmail.com)

## A Shell of Myself

As I look today at what is me.  
This bag of skin that's what you see.  
But all I am is physical.  
Look underneath it's mystical.  
I am the man that you should know.  
Day after day I still do grow.  
By twelve and twelve  
the man that's grown.  
So all which was no longer's known.  
My body has a lot of scars  
That reach from earth to distant stars.  
For every mile that I am traced.  
I gained the program's very grace.  
So I can look in my reflection.  
Toward glory in an OA's resurrection.  
— Anonymous



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# NO MORE ZOOM BOMBS

*(Editor's Note: This Security Training Agenda is a short-form version, courtesy of the OA Foot Steps Virtual Intergroup, of what to do if your meeting gets Zoom bombed, something that many members have reported. The link to the full document is at the end, and we have sent out the document itself along with the updated meeting lists.)*

## 1. Zoom Bombers/Intruders

What, where, who:

<https://www.zdnet.com/article/the-internet-is-now-rife-with-places-where-you-can-organize-zoom-bombing-raids/>

## 2. Best Practices for ALL meetings

**ALWAYS** have 1-2 co-hosts. Whenever possible, make sure the cohosts are familiar with the following security features:

### a. "Mute" and "Unmute"

- From the attendee's video screen, right corner
- From the attendee's name on the Participant's list, microphone icon

### b. "Stop Video"

- From the attendee's video screen. Click "..."
- From the attendee's name on the Participant's list, click "More"

### c. "Mute All"

- on the bottom center of the Participants list

#### THEN

- remove the check on "Allow Participants to Unmute Themselves"

### d. "Put in Waiting Room"

- From the attendee's video screen. Click "..."
- From the attendee's name on the Participants list, click "More"

#### THEN "Enable Waiting Room"

- From The Security Shield
- From the Participants list, bottom right,

### e. The Security Shield for easy access to security features

### f. "Suspend Participant Activities" under the Security Shield **WITH** a printed copy of the "Zoom Intruder Action Plan" for intrusions that are harder to manage

### g. "Remove"—why don't we use?

- OAFS Policies and Procedures: <https://oaf footsteps.com/oafsvg-pp/>
- Mistakes are often made
- Utilize the Waiting Room when you want to remove participants

## 3. Utilizing Security features for smaller/less invasive intrusions

### a. Intruder examples:

- ### b. Features to consider **PRIOR** to the meeting when there are consistent reports of "less invasive" intrusions. Choose **appropriate security features** depending on the **type of intrusions** being reported.
- Enabling waiting room and assign **one** co-host to monitor



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- If you hear reports of inappropriate profile pictures – Enable “Hide Profile Pics” at the beginning of the meeting
  - If you hear reports of audio intrusions, remove check from “Allow Participants to Unmute”
4. If reports of larger/more invasive intrusions are occurring, **utilize the OAFSVIG Emergency Zoom Protocols** located on the OA Foot Steps website. <https://oafootsteps.com/wpcontent/uploads/2021/12/emergency-zoom-protocolsUPDATE1.pdf>

**5. Supporting one another after an intrusion:**

Sometimes, jumping back to where you left off in the meeting before the intrusion isn’t the best course of action. Some attendees, including yourself, may have been traumatized from the intrusion.

- Encourage everyone to take a deep breath
- Address issue directly: validate and encourage conversation
- Physically recuperate: shake limbs, self-hug
- Follow up with one another outside of the meeting

Zoom intrusions are a violation of our safety no matter what type of offense they commit. When intruders invade our meetings, hosts and co-hosts have to make quick decisions while our “fight/flight/freeze” response is activated. We **biologically** cannot control all of our actions when we are in this state. No matter how you handled the intrusion, you *unquestionably* did the best you could.

If you notice that memories of the intrusion keep repeating in your head or that you are continually having self-shaming thoughts such as “I wish I would have done this...” or “I really messed that up,” it may mean that you are experiencing some form of trauma. Talking to fellows, friends, family members and mental health professionals is highly encouraged.

**6. Utilizing “Suspend Meeting Participants”**

**DO NOT HESITATE** to use this feature. The quicker you suspend a meeting participant, the less exposure meeting attendees have to a traumatic event.

**Print the first page of the following and keep near you every time you lead a meeting:**

<https://oafootsteps.com/wp-content/uploads/2021/12/emergency-zoom-protocolsUPDATE1.pdf>

## Planning to Host a Workshop?



The Holiday season will soon be over, with our everyday routines slowly returning to normal. 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 😊. There are various topics to choose from such as “The Tools of OA,” “Surviving Relapse,” “The OA Principles,” etc. The great news is that you are not alone and our Twelve Step Within (TSW) committee is here to provide you with any assistance you need.

Also, on our region website ([oaregion8.org](http://oaregion8.org)) there is a red box that says, “Recovery Help” that you can click on and then scroll down until you another red box entitled “**Workshop Resource List.**” This may seem like a

huge undertaking, but as someone who was co-chair of the last workshop on “Service,” I can say it was not as difficult as I had projected it to be 😊. Please contact our chair of the Twelve Step Within committee, Georgette, if you have any concerns, questions, or ideas at [tswnfi@gmail.com](mailto:tswnfi@gmail.com).

In grateful service,

— Sandi J



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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

Date	Holiday	Spiritual Principle and/or Topic
Friday, January 1	New Year's Day	Every Day is a Fresh Start with Step 1
Saturday, January 16	OA's 61st Birthday	Step 1 Spiritual Principle- Honesty ~ Celebrating Honesty
Monday, January 18	Martin Luther King Jr. Day	Recovery is Worth Working For
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](mailto:VIGOAMarathons@gmail.com) or call 828-620-0521

To sign up go to [www.signupschedule.com/oamarathons](http://www.signupschedule.com/oamarathons)



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# *The God of Our Understanding*

## One Day Virtual Retreat

Sponsored by New Hampshire Intergroup

Saturday, January 22, 2022 8:30 AM – 3:30 PM (EST)

Retreat admission is \$20.00

Register and purchase a ticket at:

<https://oanewhampshire.ticketleap.com/the-god-of-our-understanding---nhj-virtual-retreat/>

(Deadline to purchase tickets is Friday, January 21, 2022.)



## Retreat Schedule

8:30 – 9 a.m.  
Registration

9:00 – 10:15 a.m.  
Introduction and Opening Prayer  
Session #1 • Who is the God of Our Understanding? • Introduction to Step 3  
(Discussion in break out groups.)

10:15 – 10:30 a.m.  
Break

10:30 - 11:30 a.m.  
Session #2 - What does it mean to "turn my will and my life over to the God of my understanding"?  
(Panel discussion of Step 3.)



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## Where are your donations going?

According to our Seventh Tradition, we are self-supporting through our own contributions. To donate directly to Intergroup, write a check made payable to 'NFI' and mail to: OA NFI, PO Box 550842, Jacksonville, FL 32255; or log onto oanfig.org and scroll down to the 'donate' button. You may pay by PayPal or credit card.

When you contribute your 7th Tradition donations, if you indicate your group number, the donation will be recorded for that specific group. When we do not have a group number to work with, we may include the donations as unspecified.

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

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

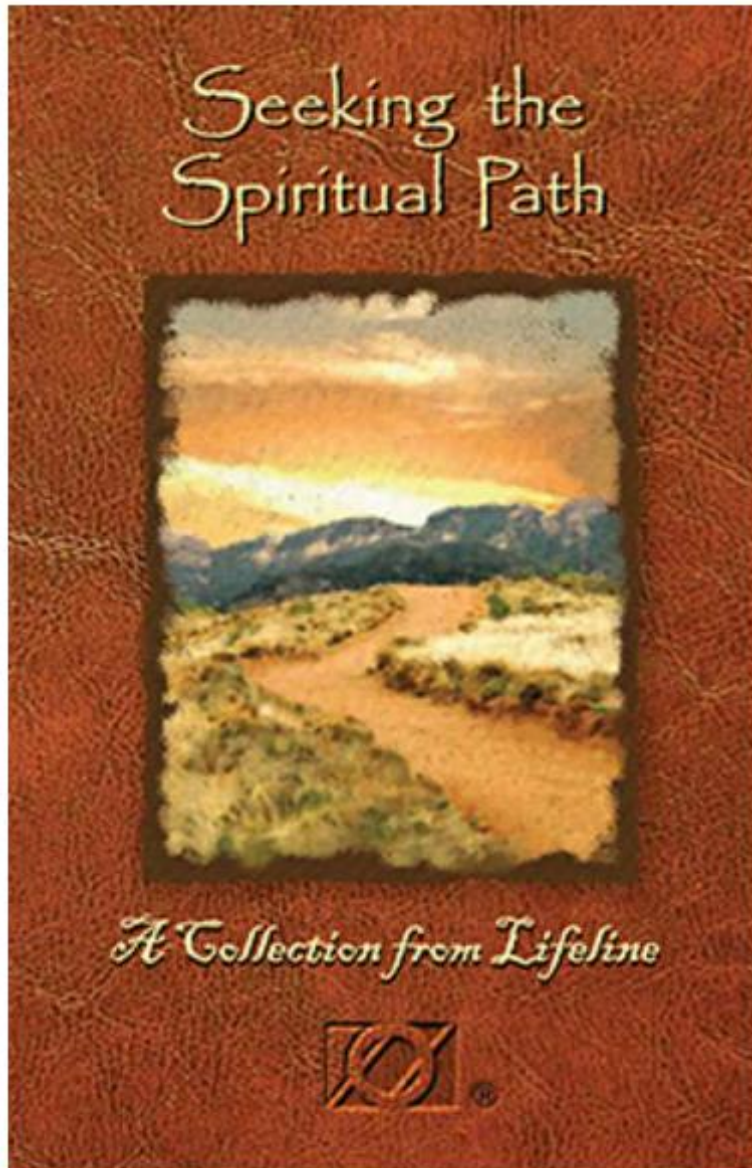
DONATIONS REPORT 2021		Dec	YTD TOTAL
PAYPAL - Individual Donations		\$125.26	\$473.87
Jacksonville Groups	Grp#		
Mon: Shepherd of the Woods Church	00774		\$0.00
Tue: Orange Park-10am Presb Church	03654		\$190.00
Tue: Lakewood United Meth Church	36763		\$286.28
Wed: Step Study Mandarin	51223	\$90.54	\$1,055.76
Wed: JAX Beach-Wisdom at the Beaches	54507	\$10.00	\$505.06
Thur: Newcomer, Lakeview Health	47756		\$0.00
Fri: Orange Park - 10am	49119		\$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		\$287.35
Sat: Serenity Saturday OP NFI			\$0.00
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137		\$320.00
Thu: Unity Church(Acceptance)	50421	\$9.22	\$423.49
Sat: 9:30 AM Welcome Home	48324		\$301.04
Sun: United Church of Gainesville	52879		\$0.00
Other Florida Groups			
Mon: Lifesaver - Palatka	38464		\$50.00
Mon: Palm Coast-St Mark by the Sea	38320	\$80.00	\$243.00
Wed: Palm Coast - 5:45pm	56604	\$30.00	\$248.00
Thu: Fernandina Beach	49101		\$102.00
Thu: Flagler Beach	15171	\$30.00	\$140.00
Sat: St. Augustine Serenity	00235	\$63.79	\$917.95
Sun: Palm Coast/Flagler Beach	56072		\$40.00
Southern Georgia Groups			
Tue: Jesup	54175	\$25.00	\$460.00
Tue: 7pm St Simons by The Sea	38311		\$0.00
Wed: Savannah - 5:30 pm	50301		\$0.00
Thur: Brunswick	51988		\$0.00
Sun: Savannah - 5pm	54362		\$129.51
Totals		\$463.81	\$6,173.31
Don to WSO		\$139.14	
Don to SOAR8		\$46.38	



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More than seventy stories of spiritual discovery compiled from *Lifeline* magazine. Explores such topics as the search for a Higher Power, spiritual experiences before and during the program, tools for spiritual growth, and the perspective of agnostics and atheists. Copyright 2007. Softcover; 144 pages.

E-book formats are available. OA receives a royalty share for e-book purchases made through these third-party vendors (links open to external websites):

[Amazon Kindle](#)

[Apple Books](#)

[Barnes and Noble Nook](#)

*En busca del Camino Espiritual*, our Spanish-language version of *Seeking the Spiritual Path*, is also available in an e-book format:

[Amazon Kindle](#)

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 [innervoicenfi@gmail.com](mailto:innervoicenfi@gmail.com).



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