

# Inner Voice

Newsletter of New Freedom Intergroup of OA



January 2023

**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.

## My Sponsor Said, “Send it to Lifeline”



Here’s a link to a podcast talking about the importance of writing and sharing. While we love hearing from you locally for our *Inner Voice* newsletter, consider sharing to a wider audience...

<https://lifeline.oa.org/my-sponsor-said-send-it-to-lifeline/>

July 24, 2022

Ana’s sponsor taught her early in her recovery to use the Tool of writing to work the Twelve Steps of OA and then send her writing in to Lifeline magazine. In this short recording, Ana reflects on Lifeline’s role in her recovery and in those of her sponsees. Listen and become inspired to send in your story!

## 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 7** – Spiritual Principal: Humility. As you work the steps with your sponsor you may have been advised to be more humble. “In OA, we have discovered that humility is simply an awareness of who we really are today and a willingness to become all that we can be. Genuine humility brings an end to the feelings of inadequacy, the self-absorption, and the status seeking. Humility, as we encounter it in our OA Fellowship, places us neither above nor below other people on some imagined ladder of worth. It places us exactly where we belong, on an equal footing with our fellow beings and in harmony with God.” In Step 7 we humbly ask God to remove our defects. “Humility is a gift as surely as is our recovery from compulsive eating and the other miracles of healing we experience as we work the Twelve Steps.” Using your sponsor to assist you through the steps your job is to be willing to let go of old attitudes such as low self-esteem, status



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seeking, and self-righteousness that blocks your humility. “Our simple prayers, humbly spoken, are answered in wonderful ways as we open our lives to God’s transforming power...”

**Step 8** – Spiritual Principal: Self Discipline. The ability to control one’s feelings and overcome one’s weaknesses; the ability to pursue what one thinks despite temptation to abandon it. “If we were going to remain abstinent and find serenity, we had to learn better ways of dealing with other people, ways that would bring us joy instead of pain.” In Step 8 we make a list of people we have harmed and have the willingness to make amends to them all. **Your sponsor can help you sort out those people you harmed and those you have been hurt by.** You only put the person on the list if you have harmed them. You learn to forgive those people that harmed you; those are not on your list. Sponsors that are experienced in this step can make suggestions on how to become willing to make amends to the people on the list. It is suggested in our Overeaters Anonymous 12 & 12 that we not do this step alone. Sponsors can help us determine if we really need to have the person on our list to make amends. Sponsors during Step 8 will encourage us to think about forgiveness. Forgiving ourselves is a big part of this process.

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](mailto:sponsor.nfig@gmail.com), [augustalivingston1985@gmail.com](mailto:augustalivingston1985@gmail.com)

## **Step 1: The Comfort of “We”** **Step 1:** We admitted we were powerless over food—that our lives had become unmanageable.

When I came into OA it was because someone mentioned being a compulsive overeater in another program I was working. I was stunned by the concept and went “WTF! Maybe I am too!” (I swear a lot.) I was constantly looking for something to eat to make me feel better; grazing for the perfect bite that would fix my life; saying to myself, “I am not going to eat this,” as it went into my mouth without my consent. Food would call my name out of the refrigerator, and not common foods. I was a food snob, so imported Gruyere was calling my name, “Oh, Patience, I’m in here. Come eat me!” I’d tell myself I could have one bite, and I would but five minutes later, I’d be talked into another and another until it was gone. Then I’d vow not to buy it again. Haha! I always did. So I had no trouble believing I was powerless over food. It was running my life.

The word “we” was comforting. Other people did this. It had a name and there was help.

Besides food bossing me around from the refrigerator, I also noticed that I couldn’t change the calories in food, or its taste, or its effects on me! Neither did lying about what I had eaten change any of that. Definitely powerless!

I went to my first OA meeting in 1989 and cried all the way through it. I was giving up my best friend food! That meeting had very little literature, so I went to another meeting where someone said they had more. Soon I was going to three a week. We had pamphlets in OA then and used the AA 12&12, changing the words to fit our addiction, which really helped. We read *How It Works* from the AA *Big Book* to start the meetings. This was a big help to me because it says, “we can recover if we have the capacity to be honest,” which implied to me that I could develop that. I was honest about money but I lied all the time about food, and in my other program I had learned that my people pleasing meant I lied all the time, “Oh, I don’t mind,” when I did. I thought I was being nice by lying. My life was quite unmanageable, partly because of my constant ‘nice dishonesty.’

At the time, many people were on rigid no flour, no sugar plans of eating, but my problem foods were salty, crunchy and full of cholesterol. Someone suggested picking a plan I could live with, so I modified 3-0-1 to be 3 meals, 2 snacks, one day at a time. And I started doing the Steps right away. At that time, it said in our literature, in the original tools pamphlet which I still have, that some people got abstinent and then worked the steps, and some got abstinent through working the steps. I knew the steps were what changed me in my other program, so I figured they would change me in this one, and they have. It took me four years to get continuously abstinent and that was after my 5th Step.

I still have the occasional slip, and when I do I say to myself what my sponsor used to say to me during those four years when I would call *sooo* upset because I’d slipped again: “Gee, Patience, did it ever occur to you that you might be a



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compulsive overeater?" We'd laugh. I'd laugh at myself instead of feeling ashamed and giving up. I say that to my sponsees, too. A slip is STEP ONE. Keep on taking that step till it finally clicks. It will eventually.

Our *Welcome Back* pamphlet used say that for some OA's, "a bite is a bite. Nothing more. If that bite induces guilt, we learn to take action rather than nurture the guilt...we need not be a slave to the next bite and the next, unless we chose to give power to the food."

On page 21 of the second edition of our 12 & 12, there are eight things to do when food calls, actions to take, in the last paragraph. That is what I do. It works.

"Today we are not like normal people when it comes to food and eating behaviors." What a relief that is to me. I'm not weak or lazy or wicked...just have a disease. There is freedom in the truth.

— PM, Gainesville FL

## Tradition One: Groups—Where Recovery Happens

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

Perhaps this is the first tradition because our fellowship's existence literally depends on members being unified. OA groups are where recovery happens. Without OA groups, the fellowship could not exist. As we learn to recover from our disease of isolation, we must have each other to support us, to draw inspiration from, to literally learn to have healthy relationships with. The group provides members opportunities for service, which help us grow. We learn in OA that we need each other. We put the needs of the group over the needs of the individual to sustain our groups and support their ongoing effectiveness. OA may be the first place we learn to subordinate our own needs to the group; or OA may be the first place we learn to speak up to maintain the group conscious, which respects the unity of the group. We do not always agree, but we can always get along.

We learn in OA that we can love and support other fellows who have different opinions about their recovery and who implement their recovery differently than we do. It is our responsibility to support each other, as members of the group, despite our differences, because we need each other to recover. The group is our unifying element. While we can be aware of each other's individual needs in OA, we must work together to prevent individual needs from impacting the group in any negative way. Gossip, cliques, and dominating attitudes take away from the strength of our unity. Our group conscious is built on supporting the group. We accept the group conscious, even when it does not support our individual needs, because we know that we need the group to continue to recover. Tradition One brings us out of our isolation where we learn to be part of a healthy group.

— Lucy

## Concept 1 – It's Upside Down!

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

The Twelve Concepts of OA Service facilitate our application the 12 Steps and 12 Traditions in our service work. The OA Concepts explain and direct the practices required to fulfill the service structures responsible for executing OA business activities.

These spiritual Concepts explain the structure of responsibilities required to provide service on a global scale. While focused on OA World Services, the Concepts guide all OA's 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.<sup>1</sup>

Concept One in OA reminds us that OA possesses an upside-down structure. This concept reminds us that our world service representatives ultimately serve the groups and the individual who suffers from the disease of compulsive



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overeating and compulsive food behaviors. Our membership possesses ultimate authority. This authority is expressed individually and through our group conscience.

We owe Concept One, and all our concepts, to their origins in the creation of the Alcoholics Anonymous global service structure. Bill W. designed the concepts, as well as the traditions, to serve the suffering alcoholic (*sic*. Food addict).

It is interesting to consider how this compares to a traditional non-profit, commercial or governmental organization. In the average large business or charity, the ultimate authority resides with the Board of Directors. Certainly not with the employees. The Board can fire anybody and can set policy and strategy no matter what anyone says. Further, in an average country, ultimate authority lies with the government, not with the population. To understand this, consider that, once they have been voted in, the government are empowered to set taxes and laws and imprison people who do not obey them. They can even use the army against the population in times of civil unrest.

Bill W. and the AA pioneers did not design this service structure as a commentary regarding the use of ultimate authority outside of AA. Each organization has different needs, and I'm sure Bill W would never have claimed that AA definitely had it right and that others were wrong. However, this does show the contrast and significance of how ultimate authority lies within the membership as a whole.

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

<sup>1</sup><https://oa.org/service-bodies/twelve-concepts/>

— John K.

## 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.)

New Freedom Intergroup business meeting was held December 10. 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, January 14th from 10:00 am to 11:30 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350).

Highlights of what was covered at the December business meeting:

### Service Opportunities:

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

### 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 last organized one of these in March 2017 in Jacksonville, and it was a huge success from the 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. or Sandi JC know if you are interested.
  - ***We are still seeking an experienced co-chair for the committee. If you have ever attended an in-person recovery convention, please consider giving service by co-chairing this event!***

### 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.
- Elections were held for the following positions and the officer who was elected is noted. Note that these are two-year terms, so the position will next be open for election in December 2024.
  - Vice-Chair: Barb C



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- Secretary: Sandi JC
- Delegate: None
- Review and consideration to increase NFI's Prudent Reserve per WSBC suggestions. The first motion was to increase our prudent reserve to 40%-60% of our budgeted expenses and the second motion was to add an official line item to the 2023 budget for the prudent reserve. Both motions passed. Carly as treasurer is going to do the calculations to get us the official number for the 2023 budget so that we can vote on that next month.

## Trusted Servants and Committee Chairs (New emails)

GENERAL INFORMATION	Secretary will forward as needed	oanfig@gmail.com
Chair	Echo G. 561.704.2917	chairnfi@gmail.com
Vice Chair/Bylaws	Barbara C. 352.474.1366	vicechairnfi@gmail.com
Treasurer	Carly B. 303.710.0589	nfitreasury@gmail.com
Secretary (interim appointment)	Sandi JC 912.464.4231	oanfig@gmail.com
Delegate	<b>VACANT—Consider doing service</b>	delegatenfi@gmail.com
Newsletter/Meeting List	Mark W. 904.527.3433	innervoicenfi@gmail.com
Public Info/Prof. Outreach	Nancy K. 516.286.1888	piponfig@gmail.com
Young Persons	<b>VACANT—Consider doing service</b>	youngpeoplenfi@gmail.com
12th Step Within	Georgette P. 352.870.4454	ghabanero56@yahoo.com
Sponsor Coordinator	Augusta L. 912.508.4777	sponsor.nfig@gmail.com
Website	Brian B. 904.616.0608	websitenfi@gmail.com
Ways and Means	<b>VACANT—Consider doing service</b>	wandmnfi@gmail.com

## Tybee Island Volunteers Needed

Hello fellow OA members. The New Year is here, and it is time to begin planning the **Fall 2023 Recovery Convention and Business Assembly** to be held in **Tybee Island, Savannah, GA** on October 27-29, 2023. The Recovery Convention will be face-to-face only, while the Business Assembly is going to be held as a hybrid (face-to-face and virtual) meeting.

We need members to provide service in various areas in order to make this event a success. One of the most important things I have learned here in OA is that when I step up to give service, there is always someone willing to guide me and I am never expected to be perfect. Please consider giving service on one of the following committees:

- Co-Chair (*Someone who has attended a convention in person*)
- Co-chair: Sandi JC (volunteered)
- Treasurer: Carly B.
- Registration: Barb C. (*need more volunteers*)
- Program / speakers
- Hotel liaison/food: Carly will assist (*volunteers needed*)
- Fund-raising: Echo G. (*need more volunteers*)
- PI/PO
- Hospitality/greeters
- Literature
- Decorations (*keeping it simple*)
- Entertainment
- Boutique: Echo G. (*need more volunteers*)

The planning committee meetings will begin on **Tuesday, January 10, 2023, at 2:00 p.m.** They will be held the **2nd Tuesday of every month** until the convention grows closer.



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Topic: Tybee Island Planning Meeting

Time: Jan 10, 2023, 02:00 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/88608462612?pwd=enJSNkc3b2ZiZFIET09hWjVrL0JpZz09>

Meeting ID: 886 0846 2612

Passcode: 018395

For any questions, please email Sandi at: [learningdisciple624@gmail.com](mailto:learningdisciple624@gmail.com)

In grateful service,

— Sandi JC (NFI Secretary)

## From The TSW Committee

### *Twelfth-Step-Within Day Outreach*

On December 12th each year, Overeaters Anonymous celebrates **Twelfth Step Within Day**. This day is recognized by members reaching out to one another, which enables them to practice **Step 12** by carrying the message of OA to others through their experience, strength, and hope.

This year the TSW Committee sent an email to our NFI members reminding them to reach out to at least one person on TSW Day. We requested that they click reply on the email so we could estimate how many members participated. The committee received approximately **45 responses** from our fellows letting us know that they not only made one outreach call or text, but several! Many members expressed gratitude for the email reminder as they either did not know about TSW Day or had forgotten in the business of the holiday season. Several members mentioned that they called or texted someone they had not seen at meetings in a while and reminded them of meeting information. There were some fellows who sent emails or e-cards as well as a few text threads to outreach to one another.

Overall, the response this year was fantastic and great new ideas were shared. Our fellowship displayed genuine love and acceptance through their outreach.

On behalf of the TSW committee, in grateful service,

— Sandi JC (NFI Secretary)

### *And More...*

Hi, my name is Georgette and I am the Chair of The Twelfth Step Within Committee. Our goal is to help those who are in the OA Fellowship and might still be suffering. We are always looking for anyone who would like to help on the committee. No abstinent requirements—just the desire to help those who need our help.

One of the things I am personally starting to do is to add a “Reach Out” to another OA person every day on my action-plan. Just letting them know I am thinking about them. It is always empowering for them to get a reach out.

We are also trying to get new people, especially in our Zoom meetings, to come back. So near the end of the meeting I put the Zoom info in chat and ask everyone to write the numbers down, if they want to come back. It has actually brought people back new and current members from other areas.

Also, I ask one of my sponsees to reach out to newcomers. This not only gives the sponsee a chance to do service, but also do the reach out.

We are looking for meetings or group of meetings willing to volunteer to have a **virtual workshop**. Our committee is here to be of assistance.

If you have any questions or suggestions, please let me know.

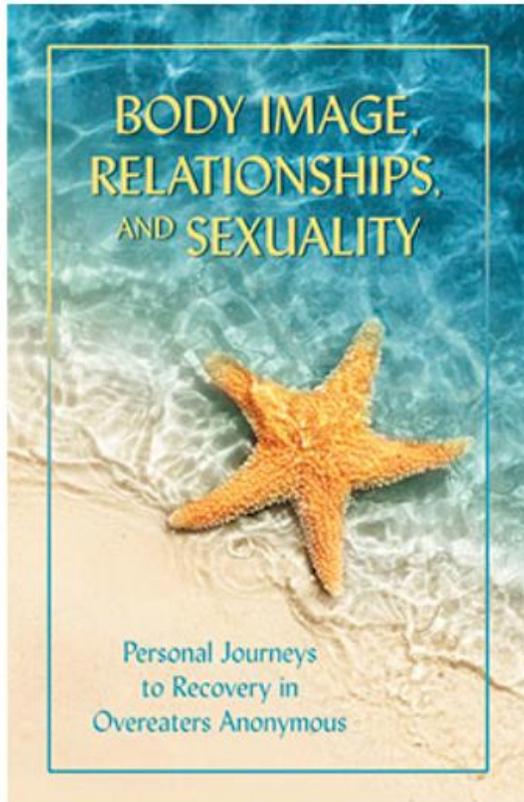
— Georgette, [Ghabanero56@yahoo.com](mailto:Ghabanero56@yahoo.com)



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## Body Image, Relationships and Sexuality

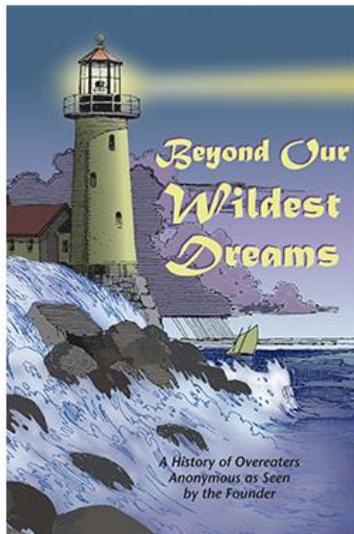


*Body Image, Relationships, and Sexuality; Personal Journeys to Recovery in Overeaters Anonymous* is a first-of-its-kind collection of member stories about how our disease can be deeply intertwined with the most intimate parts of our lives—our deeply held traumas, personal relationships, and changing identities. In this book, OA members share openly and honestly about their journeys from unfulfilled—even shattered—existences to lives overflowing with the acceptance, freedom, and serenity found by working and living OA's Twelve Step program of recovery. Find hope as you read in *Body Image, Relationships, And Sexuality* how these OA members became truly “happy, joyous, and free.” Softcover; 132 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](#)

SKU 950 **\$12.00**



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

- [Amazon Kindle](#)



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# Events from All Over

## 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=TnhOQm1EN1R1WWQ0N2xVbEJlQm1uQT09>

Meeting ID: 870 8040 0598. Passcode: 120912



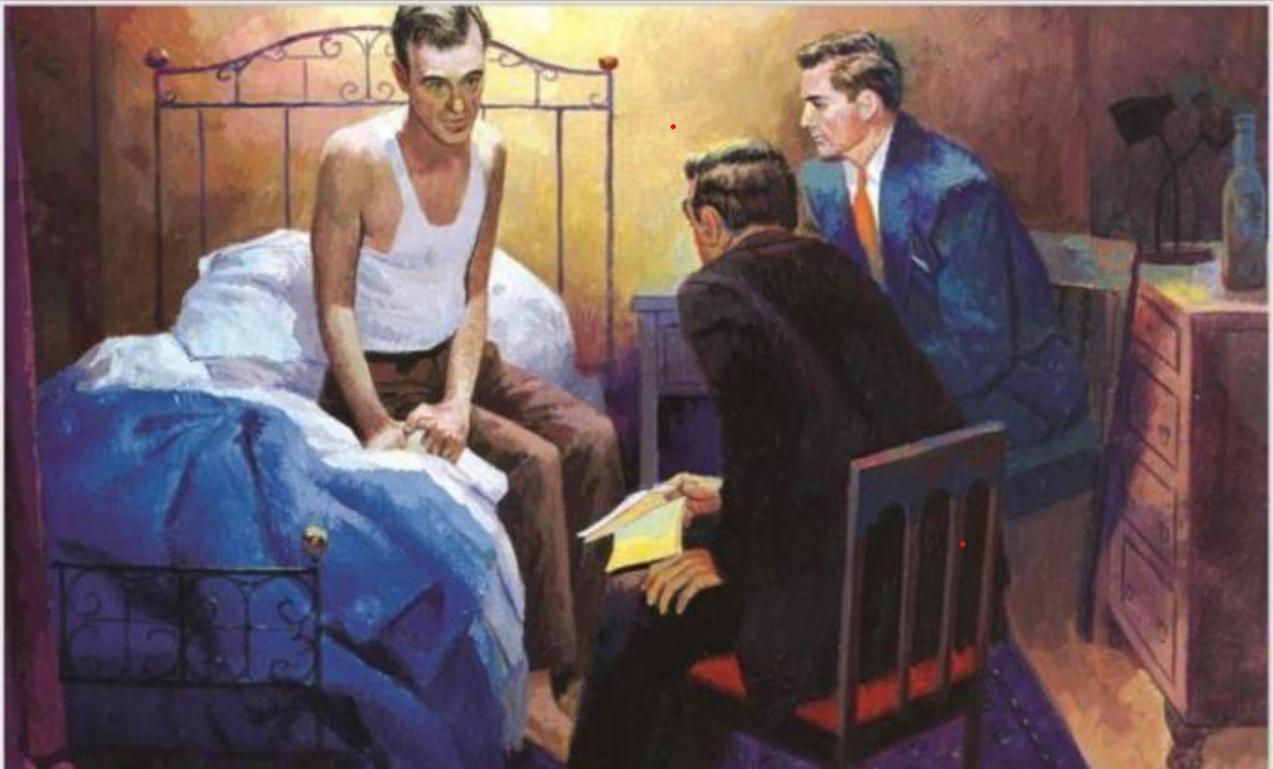
### Responsibility Pledge

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



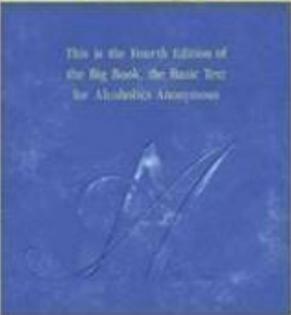
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**ALCOHOLICS  
ANONYMOUS**

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**

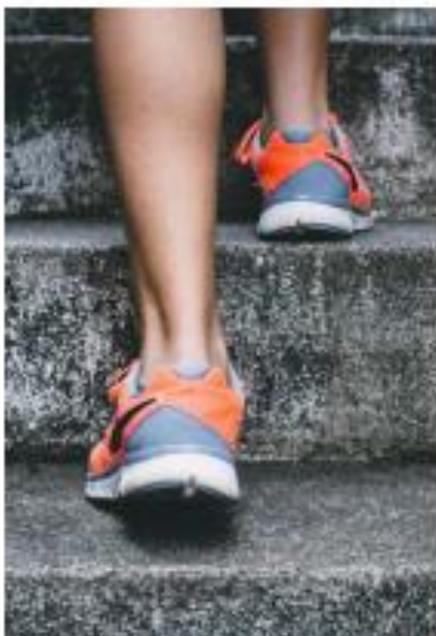
*Using scripts based on the beginners meetings  
in the 1940s: a focused introduction to the 12  
step program in 4 weekly sessions.*



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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](mailto:coiquicksteps@oaontario.org)

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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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DONATIONS REPORT 2022		Dec	YTD TOTAL
PAYPAL - Individual Donations		\$14.08	\$696.50
Jacksonville Groups		Grp#	
Mon: Shepherd of the Woods Church	00774		\$0.00
Tue: Orange Park-10am Presb Church	03654		\$0.00
Tue: Lakewood United Meth Church	36763		\$96.62
Wed: Step Study Mandarin	51223	\$176.08	\$1,013.58
Wed: JAX Beach-Wisdom at the Beaches	54507		\$193.06
Thur: Newcomer, Lakeview Health	47756		\$0.00
Fri: Orange Park - 10am	49119		\$0.00
Fri: Orange Park - 6pm	57531	\$107.33	\$142.33
Sat: Saturday Steppers-Ponte Vedra Bch	51693		\$588.40
Sat: Super Saturday Lakeview	20025		\$0.00
Sat: Believe in Recovery First, Mandarin	32773	\$130.00	\$781.46
Sat: Serenity Saturday OP NFI			\$0.00
Sun: Military	800278		
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137		\$250.00
Thu: Unity Church(Acceptance)	50421	\$9.22	\$620.64
Wed: Gainesville Unity Church	57568	\$100.00	
Sat: 9:30 AM Welcome Home	48324		\$198.06
Sun: United Church of Gainesville	52879		\$0.00
Other Florida Groups			
Mon: Lifesaver - Palatka	38464		\$0.00
Mon: Palm Coast-St Mark by the Sea	38320	\$8.00	\$36.00
Wed: Palm Coast - 10am	56604	\$9.00	\$37.00
Thu: Fernandina Beach	49101		\$0.00
Thu: Flagler Beach	15171	\$8.00	\$127.00
Sat: St. Augustine Serenity	00235	\$123.79	\$598.54
Sun: Palm Coast/Flagler Beach	56072	\$36.00	\$256.00
Southern Georgia Groups			
Tue: Jesup	54175	\$25.00	\$300.00
Tue: 7pm St Simons by The Sea	38311		\$0.00
Wed: Savannah - 5:30 pm	50301		\$106.47
Thur: Brunswick	51988		\$0.00
Sun: Savannah - 5pm	54362	\$28.64	\$28.64
Totals		\$775.14	\$6,270.30
Don to WSO		\$232.54	
Don to SOAR8		\$77.51	

## Where are your donations going?

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

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

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

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

Articles printed in this newsletter reflect the opinion of each individual OA member and do not represent OA as a whole. Intergroup meets on the 2nd Saturday of each month. The deadline to submit articles is the 20th of the month before the Intergroup meeting. Articles may be edited. When submitting articles, please include your name and phone number and whether or not you would like your name printed. This newsletter may be reproduced and enjoyed by other 12-steppers without written permission. If you would like to submit articles and/or comments, or if you would like to receive the Inner Voice in color as a pdf, send your email address to the Newsletter Chair at [innervoiceni@gmail.com](mailto:innervoiceni@gmail.com).



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PO Box 550842 • Jacksonville, FL 32255-0842 • Email: [oanfig@gmail.com](mailto:oanfig@gmail.com) • Website: [www.oanfig.org](http://www.oanfig.org)