

# Inner Voice

Newsletter of New Freedom Intergroup of OA



*July 2021*

**Step 7:** Humbly asked Him to remove our shortcomings.

- Spiritual Principle: Humility

**Tradition 7:** Every OA group ought to be fully self-supporting, declining outside contributions.

- Spiritual Principle: Responsibility

**Concept 7:** The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.

- Spiritual Principle: Balance

**Promise 7:** Self-Seeking will slip away.



## SAVE THE DATE!!

## 4th Annual Big Book Weekend

Being Held at: Jekyll Island Club Hotel, GA.

### Featuring Two Guest Speakers

New Freedom Intergroup  
Winter Convention

## December 3-5, 2021

Hosted by:



*Registration details coming soon.....*

## MEETING CHANGES

Please let me know if your meeting is changing formats. Some of the meetings are finally going back face-to-face at their original locations; some are staying as Zoom; and some will be hybrids. A hybrid meeting means that people will be face-to-face AND also have a Zoom connection. Perhaps your group wants to start a new additional meeting that is face-to-face. Everyone **please** share the status of your meeting—we will add a column to the main meeting list that shows the format. To update your listing, send an email to [oanfig@gmail.com](mailto:oanfig@gmail.com) or [chairnfi@gmail.com](mailto:chairnfi@gmail.com).

— Barb C.



NEW FREEDOM INTERGROUP

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## Service Positions Available for 4<sup>th</sup> Annual Big Book Weekend!!!

(See the Save the Date Notice on Page 1!) Would you like to **strengthen your recovery** by providing service for the Big Book Weekend? We are still looking for people to work on the following:

- Lead meditation sessions on Saturday and Sunday mornings (either, or both)
- Oversee and coordinate the Silent Auction event (write articles to request items, receive items and lay out the tables, collect the payments)
- Sell tickets for a 50/50 drawing (WINNER GETS half the money, NFI USES THE OTHER HALF TO FURTHER 12TH STEP WORK)
- Sell the spiral bound Big Books at the event

Requirements include 60 days continuous current abstinence by December 1 and sponsor approval. If any one of these services appeals to you, please email Big Book Weekend Committee Chair Mark W. at [m.wieder@juno.com](mailto:m.wieder@juno.com)

## Consider Volunteering to Help Sell Recovery Jars at WSC!

Are you looking to do service while at the upcoming **World Service Convention** August 26-28 in Orlando? Ways and Means will be selling Recovery Jars daily at the convention boutique and we will need help staffing our table! The boutique will be open from 8am to 10pm and we will be there until we sell out.

If this is a service you would like to perform, please sign up here:

<https://forms.gle/RF2JSDqkm7mmPDy6A>; If you have any questions, please reach out to Echo at [staugecho@gmail.com](mailto:staugecho@gmail.com).



## Step 7: All the Bad?

**Step 7:** Humbly asked Him to remove our shortcomings.

When I first did Step 7 what I really wanted was HP to remove all the bad things about me and leave the good things without me having to do any work. Well, as you can guess – that didn't go well! And I eventually ate. Steps 4-9 help me to be of maximum service to HP and my fellows so that I do not WANT to turn to the food. And Steps 10-12 help me live life on life's terms, so I don't HAVE to return to the food.

So how do I do Step 7? I need to really mean it when I ask HP to remove my defects. If I continue to hang onto my favorite defects, I need to examine my motives with my sponsor. In the beginning of my program, I was asking HP to remove my defects so I could look good and be comfortable. Now I genuinely want HP to remove my defects so I can be of maximum service to him and to my fellows. How I got there was by putting down ALL the ingredients giving me trouble and working the steps with a recovered sponsor. Through this fact finding and eye-opening process I was able to see the truth about my defects in Steps 4 and 5. Through the loving guidance of a recovered sponsor and my HP I was able to look at those defects in Step 6. We looked at what my behavior was with that defect and I asked HP to replace that behavior with another behavior. The replacement part is critical for me.

I've spent a lifetime filling the void I felt inside with food and now I fill it with HP and program work. Today through giving my defects to HP in Step 7 and truly cultivating my desire to be a better person, I see where these defects are being removed gently and lovingly. And I get to see every day during my nightly review and in conversations with my sponsor how HP is changing me.

*(continued next page)*



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Keeping Step 7 fresh is crucial for me. I say the Step 7 prayer every morning and I work Step 7 regularly. When things are going well it's easy for me to rest on my laurels or go into self-will because I tend to only rely on my HP when things are bad. Continuing to work on Step 7 gives me the humility to remember that I'm not perfect, my defects will creep up, and it's all about how I work my program when that happens. Ultimately Step 7 means I humbly ask HP to remove my defects and I turn my attention to who I can be of service to. Then I allow HP to take those defects in his time and in His way. My job isn't to remove the defect, that's His job. My job is to humbly ask Him and to continue this work one day at a time!

Yours in recovery,  
 Carly B, Jacksonville, FL  
[Eastcoastgirl1020@yahoo.com](mailto:Eastcoastgirl1020@yahoo.com)

## One Day at a Time Removal,

When I came to OA many years ago, I was powerless over my character defects just like I was over my compulsive eating. I was stuck in the insanity of doing the same thing over and over again and expecting something different to happen. No matter how much I wanted to recover I couldn't until I accepted my powerlessness.

I realized that only a loving God could help me to change. I surrendered to God and took the action of praying, working the steps and using the tools of recovery. When I became honest, open and willing to surrender to God, my life began to change and my relationship with God became richer.

I accept that God is removing my character defects one day at a time. Each day I surrender my life and my will over to His loving guidance. Growth, change and humility continue one day at a time when I let go of my will and allow God's will to be done.

*Voices of Recovery* Sept. 19: "I will always be a compulsive overeater, but with my Higher Power I have the ability to change." My new life is so much better than the one I had before and I am so grateful.

— AG

*Edited and reprinted from a multilingual online newsletter.*

## Trusted Servants and Committee Chairs (New emails)

GENERAL INFORMATION	Secretary will forward as needed	
Chair	Barbara C.	352.472.9924 oanfig@gmail.com
Vice Chair/Bylaws	Georgette P.	352.870.4454 chairnfi@gmail.com
Treasurer	Carly B.	303.710.0589 vicechairnfi@gmail.com
Secretary	<b>VACANT - Consider doing service</b>	nfitreasury@gmail.com
Delegate	Cora W.	912.424.5959 oanfig@gmail.com
Newsletter/Meeting List	Mark W.	904.527.3433 delegatenfi@gmail.com
Public Info/Prof Outreach	Nancy K.	516.286.1888 innervoicenfi@gmail.com
Young Persons	Wendy I.	904.710.5555 piponfi@gmail.com
12th Step Within	Georgette P.	352.870.4454 youngpeoplenfi@gmail.com
Sponsor Coordinator	Georgette P.	352.870.4454 TSWnfi@gmail.com
Website	Lori L.	904.964.9991 sponsorsnfi@gmail.com
Ways and Means	Echo G.	561.704.2917 webmasternfi@gmail.com
Florida State Convention 2022	Barbara C.	352.472.9924 wandmnfi@gmail.com
2021 4th Annual "Big Book Convention" (Jekyll Island)	Mark W.	904.527.3433 bcarter337@att.net
		m.wieder@juno.com



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# How to be “In the Know” in OA

There is so much information out there concerning OA! Now, we have made it easier than ever for you to be in the know. You only need to remember **ONE email address** to get yourself on all of NFI’s email distribution lists. A single spreadsheet database/distribution list for NFI now includes sponsors, speakers, those who want the newsletter, and those who want general information about workshops, etc.

Simply send one email to the New Freedom Intergroup email list: [oanfig@gmail.com](mailto:oanfig@gmail.com) to get placed on or removed from the following lists:

- For the monthly “Inner Voice” newsletter
- To be a Sponsor or ask for one (you may also send this email directly to [sponsorsnfi@gmail.com](mailto:sponsorsnfi@gmail.com))
- To receive the agenda and handouts for the NFI monthly business meeting
- To receive emails about workshops, conventions, etc.

Of course, you may also send emails directly to any of the trusted servants (see the table in the newsletter). You should ask for information or submit newsletter articles directly to the committee chairs. Should you want information about Region 8 events, you may sign up for the ALLSOAR8 email list: <https://oaregion8.org/contact/join-email-group>.

## Highlights of the June NFI Business Meeting:

Our New Freedom Intergroup business meeting was held June 12. Each meeting is welcome to send two voting members, and as many observers as desire to attend. Next business meeting is Saturday, July 10 at 10:00 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350.) Highlights of what was discussed/accomplished:

- Carly B. was elected to the position of Treasurer! This allowed Nancy K. to volunteer and be accepted as the Chair, Public Information/Professional Outreach Committee.
- No one ran for secretary. **Consider doing this service.**
- We are updating the Policies and Procedures Manual. A separate email will be sent with the contents for review. Changes should be submitted to [vicechairnfi@gmail.com](mailto:vicechairnfi@gmail.com) by July 4.
- Echo (Ways and Means Committee) is asking for volunteers to help sell Recovery Jars at the World Service Convention in August. You may also purchase Recovery Jars in advance and we will arrange to deliver them.
- Website has been updated.
- NFI renewed our liability insurance. We actually have a binder to carry our coverage until July 1 as we are waiting for the final policy to be written and paid.
- NFI Business meeting will remain ZOOM at least through September, at which time we will readdress this issue.
- The NFI ZOOM account will continue to be paid at least through December 30. All meetings that are using this account for Zoom or hybrids may continue.
- Meeting concerns: Meetings are returning to face-to-face format. There was a lot of discussion about what is appropriate regarding masking and vaccination desires at face-to-face meetings. Please refer to the article “Covid is an outside issue.”

**“One aspect of this program that keeps us here is the promise of permanent recovery from this baffling malady.”**

*– The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p.83*



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# Perfect: My Will or God's Will

I recently heard a person say at a meeting, "I've got to get control of my food." I thought to myself, *I have to release my food to my higher power*. If I could get control by myself, I would not have to be in OA. I can't succeed by will power. My will was always that I would get to eat X, Y, or Z, without gaining weight. This was ineffective to put it mildly.

Someone at my first meeting suggested I pick a plan of eating I could succeed at. Since I was hungry all the time and ate all day, I chose 3-2-1, three meals, two possible snacks, one day at a time. For me it took practice to get and stay abstinent. Practice and experimentation and finding out what foods actually called me and what foods didn't. This requires "grasping and developing a manner of living that requires rigorous honesty" as it says in the Big Book. I thought I was honest when I came in, but I knew I lied about my food. So the idea of grasping and developing honesty was encouraging, and it gave me the courage to try.

It still took me four years to get abstinent.

An earlier version of the pamphlet Tools of Recovery said some people get abstinent and then work the steps and some people get abstinent from working the steps. That is what I did. I was working the steps in other programs, too, but it wasn't till I did my fourth and fifth steps with my OA sponsor that I got abstinent. On top of that, going to a workshop which taught me the meaning of the Third Tradition really helped. "The only requirement for membership is the *desire* to stop eating compulsively." Tradition Three doesn't say the desire to *lose weight*. It says the desire to stop eating compulsively. It uses a very gentle heart word, desire. I realized that if I could desire abstinence the way I desired my husband, it would be easy.

The leader of the workshop also said, "In OA we learn to make healthy choices for ourselves." Since I'd been trying to be *good* and then eating something *bad*, because I am rebellious, this was a whole new paradigm for me. I tried it and I could do it! 'What is a healthy choice for me?' became my mantra instead of 'I can't eat that because it is bad.'

Now we come to one of the problems which probably hits us all. Wanting to be perfect. We decide what our abstinence should be and get rigid and perfect. This is *my other will*: that I am perfectly abstinent on my terms or perhaps on my sponsor's terms.

God's will is that I am human, not perfect. The desire for problem foods and specific cravings is my will, but so is the desire to be perfect, and the black and white idea that if I'm not, I am nothing and might as well eat...

God does not want you or me to be perfect. God designed you and me to be human, imperfect. YOU want YOU to be perfect. I want ME to be perfect. That's self will.

Having a disease is not weak or wicked or self-will. "Perhaps spiritually sick" describes us, too, and we don't treat sick people like shit by shaming and blaming them. We **encourage** them to let go of old foods, old ideas and seek God's will/harmony.

I have the occasional slip, but when it happens, I say to myself, "Did you ever think you might be a compulsive overeater?" and I laugh and start over that moment. I am a compulsive overeater. If I slip it will be food, not heroin or whiskey. I don't shame or blame myself or get all "Why can't I be perfect? Why can't I abstain completely? Why am I not perfect? What's wrong with me?" All that heavy-does-it shaming and blaming used to drive me to the food.

So instead of hating yourself and shaming and blaming, find the way that works for you. I hope it has some humor and compassion in it.

— Patience M.



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# Our Seventh Tradition

Every OA group ought to be fully self-supporting, declining outside contributions.

I schlepped into my first OA meeting late and in dirty clothes, fearful of the people around me. I left early too. But I kept coming back, and eventually I found sanity, a benevolent Higher Power, and abstinence. I've recently become interested in exploring the Traditions at a deeper level. This is what Tradition Seven means to me.

I strive to give more than I take. I come to meetings to support the still-suffering through whatever forms their eating disorders take. I come to offer experience and hope, strength and compassion. And I reach out for support when I need it. Members in my meeting need to hear about the healing that is possible. I don't dwell on the events of the week, wallow in self-pity, or detail the latest argument with a family member unless it underscores recovery. I bring the message to my meetings and the mess to my sponsor or another OA friend.

Being self-supporting means that I perform service at the meeting level and beyond when I have the time and resources. Somebody has to do it, so why not me? I learned that service providers will sometimes be criticized, but criticism doesn't kill. I learned to step back from service when I took on too much and discovered that people still loved me. I took on tasks to learn them, not because I was already an expert, and taking these risks taught me faith, trust, and new skills.

Something as simple as decorating tables or carpooling with other members is a meaningful contribution. Volunteering at special events enriches my recovery: At a marathon lunch, I learned to design beautiful food trays from a member who catered professionally. At our region assembly, I was introduced to Robert's Rules of Order, which now enables me to lead business meetings at work and at intergroup. And when I was a regional delegate, I learned to dance the Y.M.C.A. (and had a blast!) when I stayed for a convention.

The Seventh Tradition encourages me to be financially responsible for myself and to OA. I don't expect my meetings to give me free literature or pay the rent without my help. I don't expect a free ride. Whatever my circumstances, I can give something: time, talent, or money.

To be self-supporting means so much—it means making our own decisions with the help of our Higher Power and being grown up. So, share what you know, share your hope and recovery, and support this life-enriching Fellowship.

— Cindy W., Wickenburg, Arizona USA (*Edited and reprinted from Lifeline*)

## NFI Executive Board Service Positions

- JUN: Secretary and Treasurer
- DEC: Chair, Vice Chair and Delegate

All five members serving on the NFI Executive Board **must** rotate out of service this year. As you can see from our Trusted Servants list above, **we did not get a candidate for secretary**. We need other members to step up to fill these roles and strengthen your own recovery. Per the NFI Bylaws Article IV, Section 2—Qualifications of Candidates:

“To qualify for election to the Intergroup Board, a candidate must:

1. Be working the OA Twelve Steps, the OA Twelve Traditions, and the Twelve Concepts of OA Service to the best of their ability.
2. Have the minimum amount of current continuous abstinence as defined by OA World Service as follows:
  - Chair, Vice-Chair, Treasurer and Delegate shall have one (1) year of current abstinence.
  - Secretary will have six (6) months of current abstinence.
3. Have attended at least six (6) Intergroup meetings.
4. Have given service above the group level for a minimum of one (1) year.
5. Be a regular member of an affiliated OANFI member group.”

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The delegate has additional qualifications, the most stringent being 2 years of service above the group level. Volunteers must have attended six Intergroup meetings; service need not be concurrent, nor does it need to have been served in this intergroup (previous experience does count!).

Check the full text of the NFI Bylaws at this link: <https://img1.wsimg.com/blobby/go/5da998b5-e4ee-4a7d-8e91-770f8a9e6f75/downloads/NFI-Bylaws%20-12%20May%202020-Final%20%20approval.pdf?ver=1612012293559>.



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

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!

Carly B, Twelfth Step Within Chair  
[tswnfi@gmail.com](mailto:tswnfi@gmail.com)

**“...Step Seven calls for us to adopt an attitude of humility.”**

*– The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p.59*



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# Registration is Open for the 2021 World Service Convention!



This August, we will see the largest face-to-face celebration of recovery from compulsive eating and compulsive food behaviors that we have seen in years. From August 26-28, 2021, we will be “Walking in the Sunlight: One Day at a Time” at World Service Convention in Orlando, Florida USA, and we will be renewing our recovery in the spirit of this amazing Fellowship.

Convention registration and hotel reservations are now open. Our hotel and venue is the Renaissance Orlando at SeaWorld®, and OA members will enjoy a special room rate that extends before and after Convention. Registration this year is limited to full attendance only (no day passes). Visit the World Service Convention web page (<https://oa.org/world-service-convention/>) for registration and hotel reservation links, plus a tentative schedule of events and links to the most current safety, sanitation, public health, and travel information issued by the hotel and venue, City of Orlando, area attractions, and the State of Florida.

Stay on top of the latest Convention news by sending your email address, first and last name, and country to [conventioninfo@oa.org](mailto:conventioninfo@oa.org). Your information will be kept confidential to the World Service Office.

You can give service to Convention in a number of ways: Show and share your Convention spirit with a free bookmark download from the Convention web page, suitable for printing at home or having professionally printed. Make plans to attend. New Freedom Intergroup is responsible for decorations and entertainment. Also, we will be selling the Recovery Jars that we put together in 2019. If you are willing to provide service for the Intergroup, please contact [chairnfi@gmail.org](mailto:chairnfi@gmail.org). In your conscious contact with Higher Power, ask daily for a safe and successful Convention. Together we can!

## Why I Meditate

Meditation can be elusive if I have expectations about how it “should” be. If I think it will take away my problems, make me stop eating compulsively, make me feel like I have reached nirvana, then I am setting myself up for disappointment. Then why do I meditate?

Meditation is a tool; it helps me to become more aware of what thoughts and feelings flow in and out of my mind. In recovery language, it helps me to see the character traits arise and fall when I am still and listening. It’s not just noise in my head. I find it useful to notice my thoughts and then come back to an anchor.

For me, the anchor is my breath. Noticing how the breath feels in my nostrils and how my chest and belly rise and fall with the breath takes me back to just being and not do anything. I start with an intention that there is nowhere to go and nothing to do for the 10 to 30 minutes I set aside. If I am fortunate enough for my mind to finally settle down then I will achieve relaxation and calm. This method assists me in life. When unpleasant thoughts and feelings arise I am more likely to think of my breath so the feelings don’t hijack me into a downward spiral of negativity. The breath serves as the pause we speak about.

Visualization meditation is another method that I find helpful. Listening to someone else talk can take me out of my head. Whatever method you choose, the important thing is to just do it. The results are evident when you least expect it.

— Shelley

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# July Events from All Over



Please join us for  
**"A New Day in Recovery - Steps 7 through 9"**  
A continuing interactive workshop series presented by the  
Twelfth-Step-Within Committee of Region 8

**When:** Sunday – July 25, 2021  
**Time:** 2 pm to 4:30 pm (EST)  
1 pm to 3:30 pm (CST)

**Where:** Zoom  
**Meeting ID:** 828 1522 2041  
**Passcode:** 121212

### Join Zoom Meeting

<https://us02web.zoom.us/j/82815222041?pwd=dE1MWU5aQ0FhYTZSUjJlTlVwR2dSQ09>

### Featuring:

- Speakers on Steps 7, 8 and 9
  - Time for writing and sharing
  - Gentle stretching breaks

Please have paper and pen available and wear comfortable clothing.

To assist in continuing  
carrying the message, please  
consider giving a 7<sup>th</sup>  
Tradition donation.  
(ooregion8.org – scroll down  
to donate).

If you have any questions please email:

[sugarfreeplace@gmail.com](mailto:sugarfreeplace@gmail.com)  
or  
[guildman54@gmail.com](mailto:guildman54@gmail.com)

A VIRTUAL OA EVENT HOSTED BY  
THE DC-METRO AREA INTERGROUP

### Special Virtual Event:

### 12-Step Recovery Panel on

## Compulsive Food Behaviors

**Sat, July 17th, 2021, 1pm to 2:30pm**



What does compulsive food behaviors mean? How do you work  
a program of recovery to abstain from these behaviors?

Join OAs from around the world as we hear from a panel who will  
share their experience, strength, and hope specifically on working  
12-steps around compulsive food behaviors.

Register: <https://tinyurl.com/DCOA2021Jul>

For more info, visit our event calendar:

<https://oa-dcmetro.org/activities/>

## Save the Date for Florida State!

The 32<sup>nd</sup> annual Florida State Convention of Overeaters Anonymous will be held **January 14-16, 2022** at the Hilton Cocoa Beach Oceanfront, 1550 N. Atlantic Avenue, Cocoa Beach, FL. 32931. **It will be a face-to-face gathering—our first one in over two years!!!** The theme for next year is:



### "Together We Can...CELEBRATE RECOVERY—62 YEARS"

The registration flyer is not yet available. Room rates will be \$164 plus taxes and fees (12% additional, total rate = \$183.68 per night) for up to four people per room.



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# Covid is an “outside issue”

Life is what happens while we are busy making other plans. Just as we were adapting to the pandemic and isolation, vaccine development and deployment is making it feasible for meetings to return to the face-to-face format. This may be causing some fear. When fear arises, people want to control their situation and surroundings as much as possible. While we can acknowledge this fear, we also need to note that COVID-19 and vaccination status of individuals is an outside issue on which the New Freedom Intergroup has no opinion. However, we can likely all agree that:

1. gathering professional information can help make an informed group conscience,
2. each group is autonomous, and
3. it is up to each individual to decide which precautions, if any, to take for their own personal safety.

## PROFESSIONAL INFORMATION

Information about the outbreak and vaccination effort is widely available. Please use a reputable source. The Center for Disease Control (<https://www.cdc.gov/>) has up-to-date information and suggests the following for prevention:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Wash your hands. Wash your hands. Wash your hands.

## GROUP AUTONOMY

The Governors of the states of Florida and Georgia have lifted all Covid restrictions for their states; however, counties, cities, and private businesses may have their own covid requirements (masking and social distancing) in place. HONOR THEM. Most of our face-to-face meetings rent space in churches, office buildings, libraries, medical buildings, etc. If any of these locations require masks to be worn, WEAR THEM (and maybe have some available in case an OA member forgets one). If they have social distancing or post-meeting cleaning rules, COMPLY WITH THEM. We are guests in these spaces and want to be able to return when we are ready.

Here are a few suggestions that may be useful for groups (group conscience):

- Continue with a ZOOM or telephone meeting until a later date. (Or forever; many meetings have grown exponentially and have attendees from such distances that they could not attend face-to-face).
- Make your meeting a HYBRID. Have those who want to meet face-to-face do so, but let others attend through technology. This does require some commitment on the part of the group... and maybe some additional equipment.
- Your meeting may choose to lock elbows rather than hold hands at the close of the meeting.
- Your meeting may temporarily vote to eliminate hugging.
- The group might keep hand sanitizer at the meetings and encourage all to use it before the hand-holding closing.
- Some businesses are adopting wearing of red-yellow-and green bracelets that indicate your personal level of comfort with being approached/touched/hugged.

***You may NOT hold a group conscience to prevent people who are not vaccinated from attending the meetings when your group returns face-to-face.***

## INDIVIDUAL SAFETY

YOU are the only person who can decide if it is safe for you (and your family and friends) to return to face-to-face meetings. BUT, you do not have the right to ask anyone about their personal vaccination status nor to impose your views on anyone else. If YOU want to wear a mask, do so. If someone is wearing a mask and you are not, please do not belittle or otherwise comment about the mask-wearer for being cautious. You don't know their circumstances. If you, personally, do not feel it is safe to return to a face-to-face meeting, please stay home. There are many virtual meetings available to help your recovery.

Overeaters Anonymous is all about recovery from the disease of compulsive eating and compulsive food behaviors. We should remain open and welcoming to all who share our disease. Please practice acceptance and tolerance for others at all times. Be grateful that we have the opportunity to continue to carry the message.

Regardless of how each group decides to proceed, please do keep us informed so we can keep the meeting schedule accurate and up-to-date. Send meeting format changes to [oanfig@gmail.com](mailto:oanfig@gmail.com) or [chairnfi@gmail.com](mailto:chairnfi@gmail.com).



**NEW FREEDOM INTERGROUP**

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

<b>DONATIONS REPORT 2021</b>		<b>APRIL</b>	<b>YTD</b>
PAYPAL—Individual Donations		\$9.41	\$348.61
<b>Jacksonville Groups</b>	<b>Grp#</b>		
Mon: Shepherd of the Woods Church	00774		
Tue: Orange Park-10am Presb Church	03654	\$100.00	\$140.00
Tue: Lakewood United Meth Church	36763	\$8.00	\$177.66
Wed: Step Study Mandarin	51223	\$85.63	\$564.78
Wed: JAX Beach-Wisdom at the Beaches	54507	\$17.00	\$332.00
Thur: Newcomer, Lakeview Health	47756		
Fri: Orange Park—10am	49119		
Sat: Saturday Steppers-Ponte Vedra Bch	51693		
Sat: Super Saturday Lakeview	20025		
Sat: Believe in Recovery First, Mandarin	32773	\$6.00	\$49.00
Sat: Serenity Saturday OP NFI			
<b>Gainesville Groups</b>			
Mon: Big Book Study (Alachua)	51137	\$50.00	\$200.00
Thu: Unity Church (Acceptance)	50421		\$100.00
Sat: 9:30 AM Welcome Home	48324		\$185.00
Sun: United Church of Gainesville	52879		
<b>Other Florida Groups</b>			
Mon: Lifesaver – Palatka	38464	\$50.00	\$50.00
Mon: Palm Coast-St Mark by the Sea	38320	\$92.00	\$112.00
Wed: Palm Coast—5:45pm	56604	\$42.00	\$197.00
Thu: Fernandina Beach	49101		\$102.00
Thu: Flagler Beach	15171	\$42.00	\$87.00
Sat: St. Augustine Serenity	00235	\$23.97	\$566.78
Sun: Palm Coast/Flagler Beach	56072		
<b>Southern Georgia Groups</b>			
Tue: Jesup	54175	\$25.00	\$235.00
Tue: 7pm St Simons by The Sea	38311		
Wed: Savannah—5:30 pm	50301		
Thur: Brunswick	51988		
Sun: Savannah—5pm	54362	\$20.00	\$110.00
<b>Totals</b>		<b>\$521.01</b>	<b>\$3,556.83</b>



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# Are You Reading *Inner Voice*?

## Not so secret contest:

Hidden somewhere in this newsletter is the figure of a leaf (the crossed-out one here doesn't count). When you find it, simply send an email to [innervoicenf@gmail.com](mailto:innervoicenf@gmail.com) within the first week of the month stating WHERE you found the figure. Correct answers will be added to a list of people eligible to receive a special prize. We will draw the name in August and announce the winner in the September issue. The prize will be a **Recovery Jar**, given to the person whose email we draw. You may enter with the correct answer every month, *but only one time each month*. The Recovery Jar contains 366 slips of paper with daily writing prompts.



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

### **FUTURE EVENTS – Clip and save**

#### **2021**

July 10	NFI Meeting	10 am
August 14	NFI Meeting	10 am
Aug. 26-28	<b>WSO Recovery Convention</b>	



## OA MATERIALS ([bookstore.oa.org](http://bookstore.oa.org))



## Handy Reading Material

Recovery never goes out of date! The OA bookstore has back issues of *Lifeline* available for a mere \$4.00 apiece from 1990 to 2020. Perfect for the in-between situation when a dose of inspiration could come in handier than a few more minutes on the smartphone.

### **DESCRIPTION:**

Lifeline magazine contains real stories of recovery written by OA members, and is often referred to as “A Meeting on the Go,” a credit to its portability and versatility. OA members have cited many creative ways to use Lifeline, including placing an issue in the refrigerator, pantry, or other location that threatens abstinence; gifting an issue to a sponsees; offering an issue to an OA member in relapse during a Twelfth Step within call; packing an issue when traveling; and leaving an issue in a clinic waiting room to provide public information to the still-suffering compulsive eater.

<https://bookstore.oa.org/lifeline/lifeline-back-issues-820.asp>



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