

Inner Voice

Newsletter of New Freedom Intergroup of OA



July 2022

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.

Self-seeking will slip away...



What's the difference between our groups being **self**-supporting, and the promise that our **self**-seeking will slip away? Certainly it's not a bad thing for us as individuals to be self-supporting—making a living, creating a positive home and family environment, enjoying nature, creating and nurturing a relationship with our Higher Power, etc.

The difference is focus. Are we **self**-absorbed? **Self**-aggrandizing? Are we still **self**-medicating, whether with food, work, sex, other intoxicants? Are we indulging in **self**-defeating thinking? Do we believe we are entirely **self**-sufficient? Are we awash in **self**-pity? Is **self**-doubt preventing us from taking action in our lives?

Clearly it's an important topic. A casual search on an e-version of *Alcoholics Anonymous* says there are 232 instances of "self" in its pages. Admittedly, some of these are just things like him**self**, or such, but still...

What attributes are part of self-seeking? Being selfish, and self-centered. Being lost in self-pity and resentment. Not being willing to leave behind self-deception. For me, it had to do with realizing I was not the center of the universe ("...self-centered—ego-centric as people like to call it nowadays.")

The *Big Book* more than implies a death threat. We are told we, "must be rid of this selfishness. We must, or it kills us!"

What are the alternatives? We can pray, being careful "never pray for our own selfish ends." We are reminded, "To be vital, faith must be accompanied by self sacrifice and unselfish, constructive action." Vital, as in necessary to the maintenance of life.

What are my choices to be today? Will I chose an outward focus and seek to help others, or be tied to the image in the mirror, whether to build myself up or tear myself down? I believe it's a simple choice, which becomes simpler as I practice it.

— Mark W.



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Lifeline: Stories of Recovery

Regular Reminders of Recovery

I am a very grateful compulsive overeater with thirty-six years of abstinence. That is amazing to me, but not to my Higher Power, who asks me only to be abstinent one day at a time. The adding up of days and weeks and years is in the hands of my Higher Power. My job is to be abstinent today, and today only.

I have just returned from an idyllic holiday, one that was abstinent, relaxed, easy, pressure-free, and in a beautiful area. Now I am transitioning back into my life of responsibility, pressure, deadlines, and performance. These times of moving back into “the real world” can be difficult because my head starts identifying my work life as a problem and my holiday experience as the solution. I begin to think I am supposed to be on a never-ending holiday up on that mountaintop experience. My mind, influenced by my disease, invites me into a place of self-pity, dreaming, and resentment. I begin to think I should quit my job, move away, become a writer, and live in a log cabin. Anything and everything begins to look better than my current job, home, and life.

Thankfully, I have this **program** to help me reconnect with a Higher Power that can restore me to sanity today (not tomorrow); a Power bigger than my crazy head’s dreams, visions, and delusions; a Power that offers serenity through acceptance and gratitude. As I work my **Steps** Ten, Eleven, and Twelve, which I work on a daily basis, and use the **Tools** by writing, talking to my sponsor, and getting to my home meeting, my defects of character (dishonest, self-centered fear in this particular case) are revealed. I am reminded of my love for my job, my home, and my daily life, including the contentment I usually experience day to day. I am reminded that happiness comes not from escaping life but by engaging with it. Yes, I enjoy my holidays, but I also enjoy my mundane, contented, serene daily life, thanks to the Twelve Steps of recovery.

So this morning, I went for my regular swim, ate my regular breakfast, and took my regular sponsee calls. It’s a cold, blustery day, so I’ve stayed home rather than trying to squeeze in one more “amazing” excursion on my last day of vacation. I checked off a couple of items on my household to-do list, showered, and found time to write this article for *Lifeline*. The evening still lies before me, and I’m not feeling anxious about returning to work tomorrow, and I’m not wishing I were somewhere else. Thanks to my Higher Power, I’m sane, abstinent, and serene. This is indeed an amazing way to live! I do not take it for granted.

I cannot do this on my own. I need to see recovery in you to believe that it’s possible for me. Thanks to OA, my sponsor, and my sponsees. Thanks to every abstinent member of OA who is showing me how to live in recovery for one more day.

— Anonymous (Reprinted from *Lifeline*)

MEETING CHANGES

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

— Echo G.

Do You Like to Write?

The newsletter is looking for a person who would like to write a brief article each month on the **PROMISE or CONCEPT** of the month. You would be using your tools of reading and writing and delving deeper into the principles behind each one. Let the newsletter chair (innervoicenfi@gmail.com) know if you want to volunteer for this service. Articles would be due by the 20th of each month. Members may also submit articles on other topics any month.



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Steps 6&7

Step 6: Were entirely ready to have God remove all these defects of character.

Step 7: Humbly asked Him to remove our shortcomings.

One of the problems for those of us who grew up so sweet and nice without noticing our arrogance is a feeling of shame over every defect of character.

Heard at a meeting: SHAME is an acronym for Should Have Already Mastered Everything. Yep. That was me!

I should already be defect-less! I was quite ready to “get on with the business of being perfect...” as it says in our *Twelve and Twelve*. I love the sense of humor because one of the factors that helps me see myself with clarity and charity is laughter. Laughter and letting go of perfectionism are two tools I use when I notice yet another character defect (which I also see as a survival skill) acting up. I tell myself “we recycle” because my character defects do seem to come around again, mostly in a weaker form, but there it is again! Oops.

Becoming willing is not the same as wanting to do it, either. I like being an arrogant smart*ss, but I am willing to try to let occasions for sarcasm and cruel, snide remarks pass me by, and mostly can. I had to defend myself from criticism a lot as a child, so most of my character defects are defensive. For sarcasm, the best defense was a good offense. Lying is another defense. Denial, ignoring facts, bringing up irrelevant details, all have a place in self-defense. So did judgmentalism. We practiced that assiduously because in my family, it meant that we had good judgement. Yes, I’m laughing.

When I tried to rid myself of these character defects, they just got stronger. But when I practiced acting in the way I wanted to be while not focusing on what I didn’t want to perpetuate, my life started to change.

I could not make myself less judgmental, but I could work on simply observing and accepting.

I couldn’t make myself less sarcastic and dishonest, but I could evaluate what I was saying. I use “is it true? is it kind? is it necessary?” and “Say what you mean, mean what you say, but don’t say it mean.” No matter how clever it was, I worked at not saying it! I practiced and practiced and gradually the well-trodden paths of sarcasm and judgmentalism in my brain became overgrown and it was easier to go down the paths of compassion and acceptance.

One slogan I made up that helped me was, “Everything after the word ‘should’ is bullsh*t.” When I would should on myself, it never worked. The phrase “It would be nice if....” was suggested to me and seemed much more helpful, probably because I am so rebellious.

Another thing that really helped me with these two steps was when I heard at a meeting that we don’t make ourselves better (read perfect which is what I heard because of my thinking and perfectionism). Instead it reads what we do is become entirely willing and humbly ask. That is a lot easier than becoming perfect!

When I was trying very hard to make myself not have character defects, they were getting stronger. I couldn’t erase them. So I broke down. I was so sick of myself I just felt a lot of willingness, which is a very peaceful feeling if you surrender, and actually tried humbly asking which is also a sweet peaceful feeling...

I am not perfect, and not supposed to be. I am human; I am a work in progress and that is enough. Try it, you’ll like it.

— PM, Gainesville FL

Tradition Seven: Independence – A Core Element

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

The first part of Tradition Seven reminds each of us that it is our responsibility to support OA. And, while no fees or dues are required for membership, OA members have a responsibility to keep our rooms open, provide opportunities for fellowship, and spread our message of recovery.

As each member of OA is ultimately responsible for their abstinence, our seventh tradition illustrates that that personal responsibility extends to the OA group. To survive and serve effectively, each group will need basic financial needs met, such as rent for a meeting place, literature, and costs for phone meeting platforms and virtual meeting technology.



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The second aspect of our Seventh Tradition says that OA ought never accept outside contributions. As independence stems from our ability to stand on our own, declining outside money eliminates any risks of influence from large outside contributions. Further, as a non-profit, OA is not in the business of getting rich, and a wealthy organization could compromise the spiritual growth of its members.

How should OA members participate in tradition seven? As outlined in our suggested OA meeting format, “Give as if your life depends on it! We encourage OA members to give as much as they are able, to help our group be self-supporting. The suggested contribution is US\$5.00 or more.” There are myriad ways individual members can contribute. In addition to donating to your group, members can send contributions directly to an OA service body (intergroup, national service board, language service board, or region) of our choice, or contribute directly to the WSO.

One suggestion for how much to contribute is to consider giving the amount previously spent on a binge. For members with more means, these guidelines apply: A member may contribute up to US\$5,000 per year to the world service general fund, up to US\$5,000 per year to any world service special fund, and up to US\$5,000 per year to honor the memory of a deceased OA member.

What does each group do with my donation? Individual groups customarily utilize its funds to cover expenses, carry the message of OA, and keep a prudent reserve (prudent reserve is usually three-months operating expenses, but is ultimately decided by group conscience). Groups who possess extra funds beyond expenses and prudent reserve may decide to send 60 percent to their intergroup/service board, while forwarding 10 percent to the region and 30 percent to the WSO. Groups may also choose, instead, to contribute funds to their intergroup/service board, knowing that the funds may be forwarded to the region and WSO.

To experience real independence – the independence born from self-support combined with the independence of rejecting outside donations – is a joyful and spiritual experience. The discipline to contribute through the seventh tradition increases our connection to this life-saving program and illustrates our desire for OA to exist. Experience has shown that recovery in OA is far more important and lifesaving than the debilitating disease of compulsive overeating. If we keep the Seventh Tradition, paying our own way from our own pockets, we earn the respect of the public and self-respect as well.

— John K.

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. 352.472.9924	vicechairnfi@gmail.com
Treasurer	Carly B. 303.710.0589	nfitreasury@gmail.com
Secretary (interim appointment)	Sandi JC 912.464.4231	oanfig@gmail.com
Delegate	VACANT—Consider doing service	delegatenfi@gmail.com
Newsletter/Meeting List	Mark W. 904.527.3433	innervocenfifi@gmail.com
Public Info/Prof. Outreach	Nancy K. 516.286.1888	piponfig@gmail.com
Young Persons	VACANT—Consider doing service	youngpeoplenfi@gmail.com
12th Step Within	Georgette P. 352.870.4454	ghabanero56@yahoo.com
Sponsor Coordinator	Augusta L. 912.508.4777	sponsorsnfi@gmail.com
Website	Brian B. 904.616.0608	websitenfi@gmail.com
Ways and Means	VACANT—Consider doing service	wandmnfi@gmail.com



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Highlights of the June 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 June 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) and runs for one and a half hours. Thus, the next business meeting is Saturday, July 9 from 10:00 am to 11:30 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350).

Highlights of what was covered at the June business meeting:

Service Opportunities:

- Sandi C. stepped up to be interim secretary and will run for the position officially in December. Brian B. has taken over as webmaster. 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.
- **SOAR 8 Recovery Convention and Business Assembly.** This committee will be planning all the events to be held for the recovery convention and business assembly for fall 2023 in Savannah, GA. If we are selected to host this event (submission will be made to Region 8 in Fall 2022), NFI will be responsible for all aspects of the recovery convention. We last organized one of these in March 2017 in Jacksonville, and it was a huge success from the recovery and financial aspects! We will need people to plan the sessions, theme, boutique, decorations, entertainment, get speakers and timers, arrange volunteers, set up hospitality, baskets and drawings. You name it, we need it! We need you-and there is no time like the present to start planning. Let Barb C. know if you are interested.

Other Items of Note:

- The 5th Annual Big Book Convention has been cancelled for 2022. No one stepped up to act as Chair.
- The Chair has asked that everyone take time to review OA Intergroup Inventory – Part A, found here: <https://oa.org/app/uploads/2022/04/oa-intergroup-or-service-board-inventory.pdf>. Please read the inventory and look specifically for areas that may need improvement by the New Freedom Intergroup. If you have a concern in any area, please send an email prior to July 9th (before the next meeting) to chairnfi@gmail.com. Your submission will be anonymous to the rest of the intergroup. We will discuss all input further at the July meeting.
- Sandi C. presented a summary of the Simplicity Project Workshop (held May 21st). We had 75 attendees on zoom, and earned \$160 (minus PayPal fees) from 7th Tradition donations. (Late note: another \$60 came to the treasurer from checks.)
- As part of the workshop, we asked attendees to submit a Twelfth Step Within survey. Forty-two people responded. People are most interested in workshops pertaining to increasing their spirituality (prayer and meditation) and gaining self-acceptance.
- A motion was made, seconded and approved to keep the NFI Monthly meeting on zoom. This will continue until someone makes a motion to return to face-to-face.
- We discussed how to get more groups to send representatives to the NFI meeting. Every person is urged to pitch attendance to the monthly business meeting at each meeting they attend.



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Announcement from NFI's Professional Outreach/ Public Information (PIPO) Committee

If you've been following the last couple of newsletters, you may recall that NFI's Professional Outreach Committee's current goal is to reach out to bariatric physicians and their post-surgical patients in an effort to carry the message of hope and recovery through the OA program to those outside of OA who are still suffering.

We thought, what greater way to introduce the OA program to post-surgical bariatric patients than to include letters of testimony from a few OA members. Specifically, members who have had personal experience with bariatric surgery and are currently working the OA 12-step program to deal with the emotional and spiritual reasons they turned to the food. Note: OA and the PIPO committee are not in competition with medical professionals.

We are delighted to announce that we received three incredible and inspiring letters of testimony from OA members who have achieved recovery from working and living the OA 12-step program in ways their personal bariatric surgery was not addressing.

We are now ready to move ahead and forward the letters of testimony, along with a copy of WSO Professional Folder, to one of our member's bariatric physician whose letter of testimony will be included. This will give us (and the physician) a personal edge, and we believe a great way to start this particular type of Professional Outreach. It is also within our goal to proceed with other mailings like this to additional bariatric physicians. BTW, the Professional Folder contains three pamphlets geared to the Professional with information about OA and the 12-Step program.

Our next step will be to wait a reasonable amount of time to allow the physician to review the testimonials and the other material. Then at that time, we plan to reach out to the Physician for feedback; answer any questions; and to get a sense of willingness on the physician's part to allow a couple of our committee members to meet with his/her post-op bariatric patients and talk to them about how OA has helped and continues one day at a time.

Lastly, if I may make another pitch...Our Professional Outreach Committee currently consists of three members. It would be of great benefit to have additional members to help on our committee. We have some other ideas and goals we're looking forward to. Although this service is a labor of love, none of us do service work full time....

We would also appreciate hearing any new idea(s), suggestions and/or comments from anyone.

For more information about the PIPO committee, and/or to volunteer time to help on the committee, please contact: Nancy K at: npklei@gmail.com.

In loving service,

Nancy K
NFI PIPO Chair

From The TSW Committee

The purpose of the Twelfth Step Within Committee is to support our existing members. YOUR ideas can help!

- Does your meeting have a group rep?
- Does your rep attend NFI and bring information back to your group? (NFI 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 need tools and resources to support your recovery?
- Is there something our committee can do to aid in your recovery? We want to know!
- Do you have a workshop topic or suggestion for a future NFI event? Please share your ideas with us!

Georgette P.

Twelfth Step Within Chair, tswnfi@gmail.com



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Our Diverse Region

As you may or may not know, our OA region does not confine itself to the U.S., and our regional reps are having meetings with member countries. The one below (note the bilingual versions of the flier), an outreach to Brazilian members, will have taken place by the time this *Inner Voice* goes out, but we thought the information would be interesting.

<p>PRECISAMOS ESTAR JUNTOS, REGIÃO, INTERGRUPOS E JUNTAS NACIONAIS</p> <p>Reunião com: Membros do CCA do Brasil Coordenadora da Região 8 - Susan Custódia da Região 8 - Dora</p> <p>Dia: 23/6/2022 Horário: 19:30 h</p> <p>Zoom id: 840 0288 2709 Senha: 121212</p>	<p>REGIÃO 8 DE COMEDORES COMPULSIVOS ANÔNIMOS</p> <p>PRECISAMOS ESTAR JUNTOS, REGIÃO, INTERGRUPOS E JUNTAS NACIONAIS</p> <p>Todos estão convidados!</p> <p>Idiomas: Inglês e Português</p>
<p>WE NEED TO BE TOGETHER, REGION, INTERGROUPS AND NATIONAL SERVICE BOARDS</p> <p>Meeting with: OA members from Brazil Region 8 Chair - Susan Region 8 Trustee - Dora</p> <p>Day: 06/23/2022 Time: 06:30 h EST</p> <p>Zoom id: 840 0288 2709 Password: 121212</p>	<p>OA REGION 8 OVEREATERS ANONYMOUS</p> <p>WE NEED TO BE TOGETHER, REGION, INTERGROUPS AND NATIONAL SERVICE BOARDS</p> <p>All are welcome! Language: English and Portuguese</p>



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Special Focus Meetings

Attending meetings to learn, reflect, and practice our 12 Steps is an important part of our recovery. Everyone should feel comfortable and communicate. Below are some types of special focus meetings you may wish to attend. To find special focus meetings, you can go to [OA.org](http://oa.org) then go to Find a Meeting. Select a type of meeting (face-to-face, online, telephone, or non-real-time), then click on “additional search options” and select the desired special focus. Examples:

- American Sign Language & Closed Caption
- Anorexics and Bulimics in OA
- Ebony OA — geared towards African Americans dealing with compulsive overeating and other eating disorders: <http://www.ebonyoa.org/>
- BIPOC (Black, Indigenous & People of Color)
- LGBTQ+
- OAMen.org — dedicated to distributing information about meetings, resources, and support for men in OA
- Secular OA meetings (for atheists, agnostics) can be found at both secularOA.org and Agnostics, Atheists in OA
- Young People in OA — resources for those under 30 who suffer from compulsive eating <https://oa.org/young-people/>
- Asian-Pacific Islander OA — https://oa.org/find-a-meeting/?meeting_id=57371

OA MATERIALS (bookstore.oa.org)



Fifteen Questions for the Young Person

SKU 756

\$0.50

Reach out to young people in your area! This durable cardstock flyer offers fifteen questions to help the young person identify whether they have a problem with compulsive eating or compulsive food behaviors.

On the back, the flyer explains who OA is for, including those suffering from anorexia, bulimia, and compulsive overeating, and the solution OA offers. It also includes room to add local contact information.

Fifteen Questions for the Young Person replaces the *To the Teen* questionnaire. Copyright 2022.



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Events from All Over



PINELLAS TRADITIONS INTERGROUP INVITES YOU TO THE 12th ANNUAL OA RETREAT JULY 29–31, 2022 “There is a Solution”

Fragrance Free Zone Please

WHAT: 3 days of fabulous speakers/workshops focused on the 12 steps, crafts, serenity and peace on the river

WHERE: The beautiful Franciscan Center Campus, 3010 N. Perry Ave, Tampa, FL 33606

WHEN: Friday, July 29 (check-in 4PM), to Sunday, July 31, 2022 11:30 AM

COST: Room and board \$266 single/\$246 double* PLUS registration fee \$24 early bird or \$34 regular**

HOW: Step 1: *Register online for room and board at www.franciscancentertampa.org or by phone at 813-229-2695, and tell them it's for the OA Retreat. Room/board packages include five meals.

Step 2: **PAY PTI registration online at: www.oapinellas.org/donations and make notation "Retreat registration" or by mail per instructions below. **Deadlines:** June 15 early bird; July 15 regular

Direct any questions to Lisa F., retreat chair to oolisaf.fl@yahoo.com or call/text 774-279-0120

Checklist

- Space is limited so register early. No Day trippers; you must come for the whole weekend.
- Call or register online with the Franciscan Center. Your measuring cups/scales are welcome.
- Call all your friends and make plans to carpool with them.
- Please announce this retreat and print copies of this flyer for your meetings.
- Save this flyer for your information. See you at the pagoda on the peaceful Hillsborough River

Cut on the dotted line and mail Retreat Registration Form & check or money order made out to PTI to:
Jeannie Bertoli, 6177 Sun Blvd #301, St. Petersburg, FL 33715

If registering online, copy and paste this completed form into an email and send to bertoli@gmail.com

PINELLAS TRADITIONS INTERGROUP 12th ANNUAL OA RETREAT REGISTRATION FORM

Print Name _____ Volunteer opportunities: Greeter ___ Craft Room ___ Registration ___
Address _____
Phone _____ email _____
Please indicate your meal preference:
Friday Dinner: Vegetarian ___ Chicken ___ Fish ___
Saturday Dinner: Vegetarian ___ Chicken ___ Fish ___

Check one: ___ \$24 Early Bird Discount (postmarked by June 15) ___ \$34 Regular (June 16--July 15)



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MASS BAY INTERGROUP INVITES YOU TO

Coming Back to OA



**A New Beginning
Part 2
Saturday
July 16, 2022
10:30 am - Noon**

Zoom meeting ID: 84101180358 Passcode: 790766

<https://us02web.zoom.us/j/84101180358?pwd=aks4SXp5eWdMWm51QTNad1NUd0JQUT09>

Phone only call 929-205-6099 US, same ID and password.



**OVEREATERS
ANONYMOUS®**

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2022

2nd Sunday of the Month Workshop Topics

**Overeaters Anonymous Virtual Region is hosting
The WORKSHOP series: 2nd Sunday of the Month**

8:00 - 9:30 PM London (UTC)

3:00 - 4:30 PM New York (UTC -5)

- **July 10th - Steps 10 - 12: Continue, Improve & Practice**
- **August 14th - Practicing these Principles in all our Affairs**
- **September 11th - Being Entirely Ready for HP to Change Us**
- **October 9th - How to Twelve Step a Problem**
- **November 13th - Step 11: Prayer & Meditation**
- **December 11th - Sponsorship**

Come Join Us!

For Virtual Region Workshop Room Join Zoom Meeting

Meeting ID: 891 6554 0024

Password: 120912

<https://us02web.zoom.us/j/89165540024?pwd=eXZWSUNNdVhtZ3hHZHZJY2RRejZkdz09>

For United States or International numbers <https://zoom.us/zoomconference>

Suggested workshop contribution \$5

<http://oavirtualregion.org/region/seventh-tradition/>

FOR MORE INFORMATION:

<https://oavirtualregion.org>

info.workshop@oavirtualregion.org or chair.workshop@oavirtualregion.org



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Fall 2022 SOAR8 Assembly

SAVE THE DATES:

Region 8
Assembly &
Miami-Dade
and The Keys
Recovery
Convention:
October 21, 22, & 23, 2022



XOXO

CELEBRATING
THE SOLUTION:
A weekend of
Light & Love...

VIRTUAL EVENT



Mountain of Miracles OA Retreat
September 23-25, 2022
Christmount, Black Mountain, NC



<https://piedmontintergroup.org/retreat-registration/>



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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 2022		June	YTD TOTAL
PAYPAL - Individual Donations		\$100.01	\$471.70
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		\$0.00
Wed: Step Study Mandarin	51223	\$105.83	\$425.35
Wed: JAX Beach-Wisdom at the Beaches	54507	\$48.06	\$183.06
Thur: Newcomer, Lakeview Health	47756		\$0.00
Fri: Orange Park - 10am	49119		\$0.00
Fri: Orange Park - 6pm	57531		\$35.00
Sat: Saturday Steppers-Ponte Vedra Bch	51693		\$48.06
Sat: Super Saturday Lakeview	20025		\$0.00
Sat: Believe in Recovery First, Mandarin	32773	\$80.00	\$403.40
Sat: Serenity Saturday OP NFI			\$0.00
Sun: Military	800278	\$20.00	
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137	\$20.00	\$170.00
Thu: Unity Church(Acceptance)	50421	\$119.22	\$285.32
Sat: 9:30 AM Welcome Home	48324		\$48.06
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	\$10.00	\$20.00
Wed: Palm Coast - 5:45pm	56604	\$10.00	\$20.00
Thu: Fernandina Beach	49101		\$0.00
Thu: Flagler Beach	15171	\$60.00	\$70.00
Sat: St. Augustine Serenity	00235	\$123.79	\$307.74
Sun: Palm Coast/Flagler Beach	56072	\$20.00	\$140.00
Southern Georgia Groups			
Tue: Jesup	54175	\$25.00	\$150.00
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		\$0.00
Totals		\$741.91	\$2,984.16
Don to WSO		\$222.57	
Don to SOAR8		\$74.19	

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.



NEW FREEDOM INTERGROUP

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