

Inner Voice

Newsletter of New Freedom Intergroup of OA



July 2023

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.

Registration is open...

... for the fall SOAR 8 Recovery Convention and Business Assembly to be held at Tybee Island, GA, October 27-29, 2023

This is the FIRST Region 8 face-to-face gathering since 2019!

Sign up now through eventbrite:

<https://SOAR8-Welcome-Home.eventbrite.com>

or with the registration flyer in this newsletter.

The Business Assembly will be conducted as a hybrid. Virtual attendance is only for registered reps who cannot attend in-person. Representatives who are properly credentialed and registered but attending on zoom (virtually) will have limited participation in the proceedings. OA members (visitors) who want to observe the business assembly but NOT VOTE, may register for free.

The Recovery Convention is face-to-face only. This event promises to be great fun, full of recovery and hugs. The Saturday dance supports Halloween costumes. Guests are invited to sign up and attend our meals.

Rooms are going fast but are still available. Please call the Hotel Tybee directly 912-786-7777 (do not book online) and give them the code "SOAR2023."

Register now!

We hope to see you there.

P.S. Those attending may want to donate a gift basket from their group for the silent auction.

Barbara J. Carter

Newberry, FL

Tybee Island Committee Member

Step 7: Advice and Orders?

One definition of humility is "a modest or low view of one's own importance." Before the 12 steps, I really believed I was the one thing standing between my family and friends and disaster. I was full of advice and orders. No one ever followed them, but if they had life would have been perfect. I just have to laugh at this, because it is very funny today and I need to laugh instead of criticize. It was my best and it was so silly and so sad.

The June 20 reading in *For Today* says, "I show respect for myself and others by accepting our mistakes as proof of our humanness." That is definitely a sign of humility. So is laughter at our mistakes.

Step 7: Humbly asked Him to remove our shortcomings.



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I remember a very funny moment when a newcomer at her first meeting, who had said she didn't think she had shortcomings, raised her hand at the end and said, "people pleasing and perfectionism." We all shared a good laugh and hugged her. That is humility.

You may be wondering how or what an atheist like me asks for help. I just say 'help,' and I look outside my own head for that help, because, especially when I was starting the program, my thinking was very twisted and perfectionistic. I read this step as "made myself perfect" not "humbly asked." Someone had to point out the actual words to me. Help comes in words at meetings, in books, information on TV or by random chance, if I am open. Being open is very important to this formerly self-righteous know-it-all.

I also recycle my defects of character, so I am not surprised when they come back. I notice them sooner and make amends faster. That is also part of humility for me. Persistence and compassion and "one day at a time" become tools for working this step.

Defects of character often start out as survivor skills in childhood. But are they effective today? I had to protect myself from pretty constant criticism, meant to help me become perfect, which had a devastating impact on my view of myself as worthless. It also, quite naturally, made me afraid, mad, defensive, and determined never to be wrong. When I was doing my fourth step, I could see that these characteristics were not "salable." No one was going to want them. Letting them go has been a process. Humility, which I also define as being teachable, has been really helpful in looking for new solutions.

I also don't find it helpful to try to banish characteristics. For me that just made them stronger. Instead I try to reach a healthy balance with them. For instance, I believe today that trust has to be earned. When I came into program I was constantly trusting people because it was "nice" and getting betrayed. That is called gullibility. A common characteristic of addictive people. I had to learn that somewhere in between never trusting anyone (another common characteristic) and gullibility is actual healthy trust based on experience. I can't banish anger which can be healthy, but I can evaluate it in the fourth step and release if that's what's called for. I was always money honest and constantly lied to be nice, saying "I don't mind," when I did. That is not honest. So now I work at saying things in a kind, caring, and considerate way, like "No thanks," or "I prefer."

The 12 steps have given me the belief that I deserve to be treated well, that I have rights, and I am a valuable vulnerable imperfect human being with needs that can be met through the practice of these steps.

— PM, Gainesville FL

Tradition Seven: Being Responsible

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

"...nothing can so surely destroy our spiritual heritage as futile disputes over property, money and authority."
(AA 12&12)

As recovering addicts, taking responsibility for ourselves, our recovery, may have been a new experience in early recovery. Addicts like to have others shoulder their responsibilities – which causes all kinds of problems; we may feel debt towards those meeting our responsibilities, we may feel we deserve to be codependently "taken care of" by others or have inappropriate relationships with people who are "rescuers," or "enablers" in our pre-recovery lives. Part of our recovery has been learning to be responsible for our spiritual, emotional, and physical selves.

As a group of recovering food addicts, it is important we take responsibility for the financial aspect of the organization helping to save our lives. It takes money to keep Overeaters Anonymous operating. Regionally, we have phone lines, or answering services, websites, newsletters, and organized events that help us spread the message. World Service provides worldwide OA meeting directories, informational websites, public information activities, conferences, and conventions and over 150 literature and recovery items. All these activities require financial support.

Why not do some fundraising, or apply for grants and allow outside entities to help fund these activities instead of "passing the basket" at meetings or asking online meeting attendees to send dollars to their intergroup or World



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Service? Because outside funds come with outside commitments, such as providing certain activities or meeting funders' various requirements. In addition, too much money can cause as many problems as not enough money. That's why groups are asked to keep only a "prudent reserve" in their accounts. Saving money with no specific OA purpose can cause conflict within groups and tempt groups to work outside of our primary purpose. Nothing should affect the autonomy of OA groups, including accepting money from outside sources. Donations from non-members are not accepted in OA and there is even a limit to what an individual OA member can contribute.

This tradition is not only about supporting OA financially. The Seventh Tradition tells us that members are expected to support the services necessary to keep OA going. Members are expected to assist in their meetings, act as secretaries, treasurers, service board chairs, region representatives and more. Our individual participation in helping OA support our recovery and spread the message is as important as our financial support.

Let's remember to make our 7th Tradition contributions to OA so we can continue to be self-supporting – particularly if you attend online meetings where the basket is not literally passed; and if you're not already doing service, consider helping run your meetings or taking on a service position to assure you are supporting the seventh tradition.

— Lucy

Concept 7 – Balance

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.

In Concept 7 the WSBC gives the BOT the responsibility and authority necessary to ensure that the Fellowship's business is carried out in full accordance with the law. Simply stated, the charter and bylaws of the BOT are legal documents. The charter of the WSBC is not.

Consequently, there may be situations where the WSBC has, for example, exceeded its authority or mandate, and the BOT (legally or otherwise) must intercede to put them back on track through the vetoing of a WSBC action. The BOT have "legal authority," where the WSBC only has "moral authority."

Concept 6 provides some context for Concept 7. The WSBC is where delegates from individual groups meet to discuss issues and vote on key decisions. But once those decisions are made, either unanimously, by majority vote, or are appealed, the Board of Trustees is responsible for ensuring that decisions are carried out. Concept 7 provides the BOT veto power here over a WSBC proposed action.

The Conference "recommends" – though its recommendations have the force of directives to the board. The board executes these recommendations. The board does have the legal authority to veto a Conference recommendation – but in actual practice, it never has done so. As Bill W. tactfully put it, the trustees, "simply refrain from using their legal right to say 'no' when it would be much wiser, all things considered, so say 'yes.' Although it appears to be contradictory, Concept VII provides for a "Balance of Power" between the General Service Board and the General Service Conference.¹

Up to now, experience has shown this balance of powers between the BOT and WSBC is thoroughly workable. We have taken great pains to reserve final authority to the WSBC by practical and traditional means. By legal means we have delegated functional and discretionary authority to the BOT. We believe this balance can be maintained indefinitely, because one is protected by tradition and the other by law.

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

— John K.

¹Concept VII: Washington Area Intergroup Association. Accessed June 23, 2023; <https://aa-dc.org/wp-content/uploads/2019/06/dNewReporterJul2019.pdf>



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NFI MEETING IN THE SPOTLIGHT

We are a small but mighty group with recovered fellows and great info for newcomers or those returning from relapse. We would love to have you join us. ♥

For information
 Contact: Tonya W
 Email: tonyamichael@comcast.net

NFI New OA Meeting

Tuesday: 7:00 pm ET
ST Mark's Episcopal Church
900 Gloucester Road
Brunswick, GA

<p>OVEREATERS ANONYMOUS® CENTRAL FLORIDA INTERGROUP</p> <p>OA Fall Retreat 2023 October: 13th-15th, 2023 Lake Yale Retreat Center County Road 452 Leesburg, Florida 34788</p>	<p>RETREAT INCLUDES:</p> <ul style="list-style-type: none"> • Speakers • Fellowship • Entertainment • Workshops • <u>Yoga-Bring mat</u> • Boutique (Start saving your boutique items for the retreat) • Gift Baskets • Meals • Fun/Fellowship • Rest/Sharing • Lodging 	<p>Please check all that apply:</p> <p><input type="checkbox"/> Single occupancy @ \$241.00</p> <p><input type="checkbox"/> Double occupancy @ \$191.00. (each)</p> <p><input type="checkbox"/> I am willing to be a workshop leader. (Requirement: 6 mos. Abstinence).</p> <p><input type="checkbox"/> I will help in the boutique</p> <p><input type="checkbox"/> I will help in registration.</p> <p><input type="checkbox"/> I am willing to help in entertainment.</p> <p><input type="checkbox"/> I am willing to volunteer for any need.</p> <p><input type="checkbox"/> I would like to donate for a scholarship. Donate amount of \$ _____.</p> <p><input type="checkbox"/> I am bringing a gift basket for the retreat.</p>
	<p>Room Registration ends September 30th No refunds after September 30th. "Register NOW!!! To Help us and assure your preferred accommodations."</p>	<p>Registration Information</p>
<p>I think I can</p> <p>We know WE can.</p>	<p>To register, Mail registration & checks payable to.....OACFI Fall Retreat 2023. C/O P.O. Box 180293, Casselberry, FL 32718</p>	<p>Name: _____</p> <p>Room Mate name: _____</p> <p>Address: _____</p> <p>_____</p> <p>_____</p> <p>Phone: _____</p> <p>E-Mail: _____</p> <p>Special Needs: _____</p> <p>_____</p>
	<p>Payments can also be made through Zelle or Pay Pal: (treasurer@oacfi.org) Just remember to mail in your registration form.</p>	
	<p>Questions or service: Call Kathy M. @ 407-252-7575 or Robin G. @ 407-310-5373 or email retreat@oacfi.org</p>	



REGISTRATION FORM:

Registration Status:

_____ Recovery Convention Attendee

OR: Business Assembly Attendee (Need COE):

_____ Board Member _____ Trustee

_____ Funded Comm. Chair _____ Parliamentarian

_____ Representative (First timer) IG# _____

_____ Representative (Returning) IG# _____

_____ I WILL be a Mentor

_____ I cannot mentor this time

_____ I am also my INTERGROUP'S CHAIR

_____ I will be attending virtually and NOT voting.

My registration as a VIRTUAL VISITOR is FREE

I need translation services: _____ Portuguese
_____ Spanish

I WILL GIVE SERVICE:

_____ Speaker - I have 90 days of continuous abstinence

Initial here

_____ I speak Spanish/Portuguese

(Please circle language)

_____ Anywhere -- as needed

_____ Hospitality Room

_____ Hunger/Greeter

_____ Meeting Room Timer

_____ Pager/Runner (in Business Assembly)

_____ Registration Table

_____ Sell Tickets for Drawings

If you need a roommate, check below. NOTE: Please make a reservation for a room with two beds - it can always be cancelled if not required.

_____ I need a roommate

MEAL INFORMATION

Last date to order meals: 10/13/23

Lunch and Dinner on Saturday will be catered for your convenience, or you can find just the right food spot to savor the best seafood or classic southern cuisine. **Guests are invited to partake, as well.**

Lunch (\$20) will be catered by "Lainn Chicks" and you may select from several delicious spinach wraps (with side salad) or a green dinner sealed with seasoned chicken. Dinner (\$50) is a buffet with salmon and burgers, plus salad and side dishes, at the North Beach Bar and Grill restaurant (2.5 miles north of the hotel). Tybee Island has a golf cart taxi service for \$5 a ride.

Complete information about meals is available on <https://SOAR8-WelcomeHome.eventbrite.com> and www.oanfig.org web pages.

There is no restaurant at the hotel (only a lounge and poolside bar). Tybee Island restaurants are just steps from the hotel and offer a wide variety of dining options. **Breakfast is on your own.** Each room should have a refrigerator.

For more information about this event contact:

Committee Chair – Augusta L.

Email: augustalivingston1985@gmail.com

Phone: 912-508-4777

TRANSPORTATION:

SAV- Savannah/Hilton Head Airport

The hotel is approximately 60 minutes from the airport. (No shuttle is available.) Estimated costs:

- Taxi = \$53 one way (+\$5 (extra person))
- Uber/Lyft = \$35 one way

(Transportation fees to downtown Savannah over this Halloween weekend may be significantly higher than normal.)

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If you are reading a paper copy, additional copies of this flyer can be downloaded at www.oanfig.org OR www.oanfig.org. Please distribute to your groups.



66 Welcome Home,

Y'all!

(Willingness is the key)

New Freedom Intergroup of OA is hosting the SOAR 8 Fall Recovery Convention and Business Assembly.

October 27-29, 2023 Tybee Island, GA

Hotel Tybee

1401 Strand Ave, Tybee Island, GA, 31328, USA
Hotel Tybee is located next to the Beach Parking and Pavilion (14th Street). It is approximately a 2.5-mile walk to the restaurant, past the Tybee Lighthouse, and the Marine Center which are located at the North Beach of Tybee.



New Freedom Intergroup



HOTEL INFORMATION



Hotel Tybee
 1401 Strand Ave, Tybee Island, GA, 31328, USA
 Phone number: 912-786-7777
 (Call hotel directly – do not book online)

You must make your own reservations before 9/26/2023. Hotel requires a credit card to hold your reservation. Use code "SOAR2023" for special rates. Any reservations made after that date will be charged at the current room rate.

THERE WILL BE NO EXCEPTIONS.

RATES: \$155 /night Two Queen (Inland view) + \$15 /day parking + \$5 /night GA hotel fee + 14% taxes per night. (Total = \$199.50 /night). Rates are available for three days before and after the event. Rooms have refrigerators, microwaves, and coffee makers. Rate is for up to four people in the room. (Must place \$50 deposit per room for incidentals during the stay.) Each room will receive four drink tickets, three beach chairs and beach towels.

All guests will be charged one night's stay upon booking. Deposits are refunded or credited only if notice is received 7 (seven) days prior to arrival date and cancellation number must be obtained by guest.

Hotel check-in is at 4:00 PM, Friday; check-out is 11:00 AM Sunday. **There is NO free parking on the island. Day trippers will need to pay a rate of \$20/day.**

Driving directions from Florida:

- Follow I95 N to Montgomery St in Savannah. Take exit 167B from I-16 E
- Follow E President St, Islands Expy and US-90 E to your destination in Tybee Island.

More information:

- There is no shuttle to or from the hotel. Please use taxi or Uber/Lyft. Coordinate with others.
- We are not having a boutique due to lack of space.
- There will be no literature sales.
- All intergroups are asked to bring a basket to donate to the silent auction. Thank you in advance.
- There will be virtual attendance and voting for the **Business Assembly only. Non-voting visitors may attend for free.** There is no virtual attendance at the Recovery Convention. We'll see you face-to-face!
- There will be a silent auction, drawings, and recovery merchandise available.

Convention Highlights

Opening Ceremony: 7:00 PM FRI
Workshops start: 9:00 AM SAT
9:00 AM SUN
Convention ends: Noon SUN
Meditation/yoga at 7:00 am Sat & Sun

Registration in Business Center 1st Floor Lobby
 Friday: 3:00 – 7:30 PM
 Saturday: 7:00 AM – Noon

REGISTRATION FEES

- **Early registration:** \$40.00
 (Postmarked by 9/26/2023)
- **VIRTUAL registration (BA Only): \$40.00**
- **SAT Only Pre-Registration: \$30.00**
- **Late registration: \$50.00**
 (Postmarked **AFTER** 9/26/2023)

WALK-INS ARE WELCOME!!!

- **SAT only Walk-ins: \$35.00**
 (Parking fee of \$20 will be charged by the hotel.)

No refunds after **10/13/2023**. Your registration fee will be kept as a 7th Tradition donation.

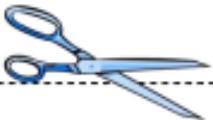
No one will be turned away for lack of funds. If you cannot afford registration, consider giving service or a donation at the event. Scholarships are available; contact the Committee Chair.

Register on-line:

<https://SOAR8-Welcome-Home.eventbrite.com>
 (A surcharge is added when using this site.)

Register by mail:

Make checks payable to: "NFI"
 Mail check and registration form to:
 Barbara Carter
 28303 SW 101st Avenue
 Newberry, FL 32869
 (352) 474-1366
 bcarter337@aatt.net



REGISTRATION FORM

"Welcome Home, Y'all"
 Name and City for Badge:

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Fees Enclosed:

Registration Fee \$ _____

Sat. Lunch only (\$20)* \$ _____

Sat. Banquet only (\$50) \$ _____

DONATION \$ _____

TOTAL \$ _____

*If ordering lunch, please circle your choice:

*SPINACH WRAP: CHICKEN PORK
 (Choose one filling) BEEF VEGGIE

OR: Garden dinner salad with seasoned chicken

- All wraps include side garden salad
- All sauces and dressing will be on the side

Please fill out both sides of registration form.



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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 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, July 8th 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:

- We need to fill the following service positions: Delegate, Parliamentarian, Sponsorship Coordinator, 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.** 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 need you – and there is no time like the present to get started giving service. Let Augusta L know if you are interested.
- Eventbrite Registration for the event is live!** <https://www.eventbrite.com/e/soar-8-recovery-convention-business-assembly-fall-2023-tickets-532666328327>

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.
- TSW is working on finalizing some ideas for expanding our online resources and will be working with our website chair to get everything set up.
- The wrap up report for WSBC 2023 can be found here: <https://media.oa.org/app/uploads/2023/05/18150038/wrap-up-report-wsbc-2023.pdf>
- Nancy K. accepted appointment to a second term as PI/PO Chair for July 2023 to June 2025. We are very grateful for Nancy's continued service in this role!
- Discussed how best to let new meetings know about the resources available to them for free from WSO and additional resources from NFI. Barb C is going to work on a welcome letter with links to said resources and information about how NFI can provide additional support.
- Reminder that Region 8 has an email distribution list as well, sign up via AllSoar8@oaregion8.org for event announcements and a biannual newsletter from the Region!

Trusted Servants and Committee Chairs (New emails)

GENERAL INFORMATION

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



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Can You Volunteer for Fun at the Beach?

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

COME OUT AND HELP US PLAN!

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

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

Saturday, July 8 & 22, 2023 at 8:00 a.m. (eastern)

Zoom Information: 886 0846 2612 Passcode: 018395

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

— Augusta L, 912-508-4777; email: augustalivingston1985@gmail.com

OA MATERIALS (bookstore.oa.org)

Marking a Special Occasion?



Recovery Medallion

Mark special occasions with this nickel-silver medallion with antiqued finish. "Overeaters Anonymous" on one side and the Serenity Prayer on the other. There is space available for you to engrave length of abstinence or commemorate an OA birthday. (Engraving not available at WSO.) 1-1/2" diameter.

SKU 480

\$5.00



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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=TnhOQm1EN1R1WWQ0N2xVbEJQQT09>

Meeting ID: 870 8040 0598. Passcode: 120912



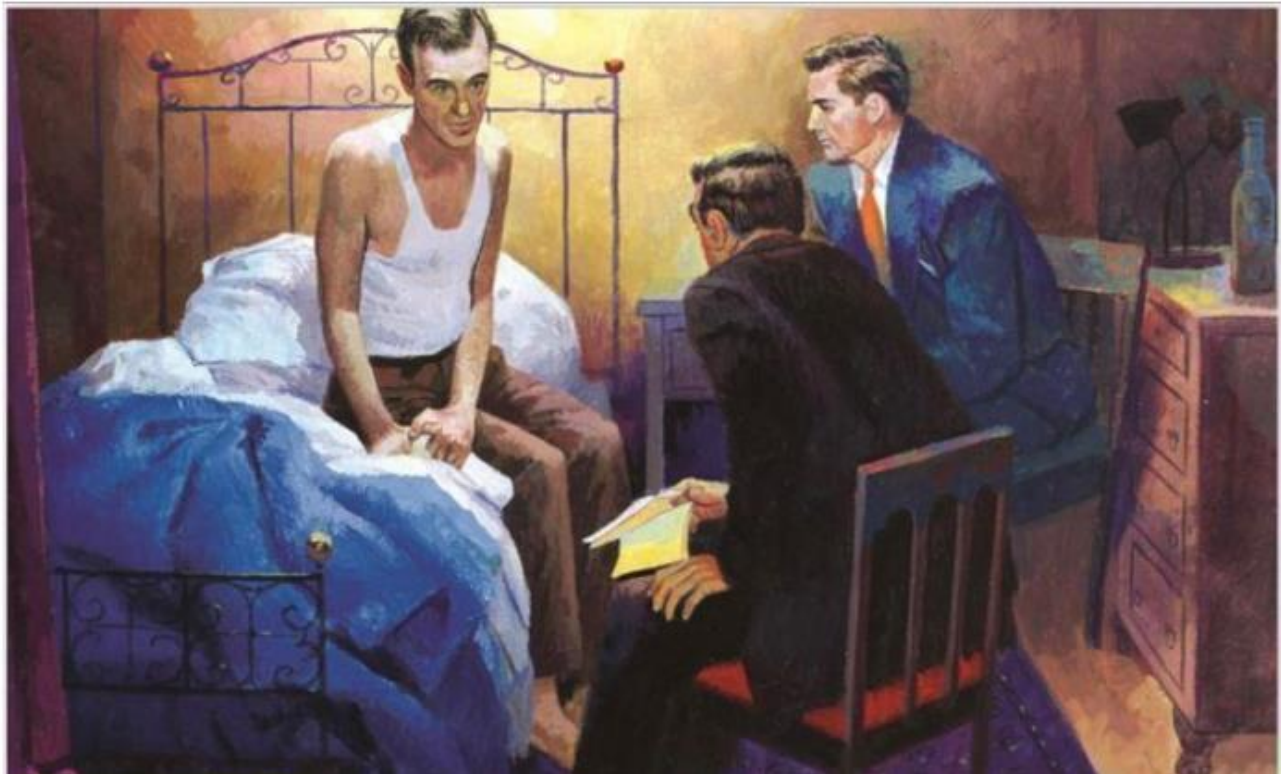
Responsibility Pledge

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

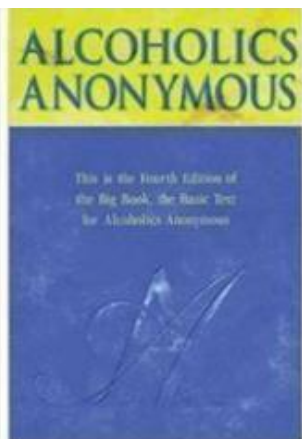


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*Using scripts based on the beginners meetings
in the 1940s: a focused introduction to the 12
step program in 4 weekly sessions.*



**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**



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Week 1: OA 12 and 12 Step of the month
Week 2: OA Principle of the month
Week 3: AA Big Book Step of the month
Week 4: Lead/Speaker Meeting
Week 5: Topic Meeting

Sunday Morning Coffee and Recovery Meeting

Online Zoom Meeting - Every Sunday
9:00 AM to 10:00 AM (Eastern)

Zoom Meeting ID: 842 2999 2560 883975 Link: <https://us06web.zoom.us/j/84229992560>
Dial In: +1 929 205 6099



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

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

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

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

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

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

FINAL REGISTRATION DEADLINE July 10, 2023

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

Cut on the dotted line and mail this Retreat Registration Form

PINELLAS TRADITIONS INTERGROUP 13th ANNUAL RETREAT

Name _____
Address _____
Phone _____ email _____

Select your meal preference

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

Single room_____ Double _____ Roommate name _____

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



Houston Metro Intergroup of Overeaters Anonymous

hosts the

First Annual 2023 Texas OA State Convention
and Region III Fall Assembly

October 13-15, 2023

Houston, Texas

Register Online

at: txoaconvention.org/registration

1. Early Bird (until 9/13/23 Full Access including Saturday Banquet - \$125
2. After 9/13/23, Full Access including Saturday Banquet - \$150
3. Virtual Pass for all 3 General Sessions - \$30
4. Banquet only - \$50

Hotel Information

The Royal Sonesta Houston Galleria
2222 West Loop South, Houston, TX 77027

Parking

Self parking is \$15 a day, includes overnight and in/out privileges
Valet parking is \$40 a day

Hotel Reservation Information

Reservation Phone Number: 855-463-3091
Reservations made by September 20, 2023: Cost is \$159/night up to occupancy of 4
Reservations after September 20, 2023: Convention rate of \$159 is subject to availability
Code to get Convention Rate: 101923TXOA

Service Opportunities

Workshop Session Leaders
Registration/Raffle Ticket Sales
Hospitality Room

Clothing Boutique
Hugger/Greeter
Literature Table
Anywhere there is a need



Convention Contact Information

- info@TXOAConvention.org
- www.TXOAConvention.org
- 832-271-5701



NEW FREEDOM INTERGROUP

PO Box 550842 • Jacksonville, FL 32255-0842 • Email: oanfig@gmail.com • Website: www.oanfig.org

WELCOME home

WHITE PLAINS NY

Region 6 of Overeaters Anonymous
invites you to attend the
2023 Region 6 Convention!
JOIN US IN PERSON

TENTATIVE HIGHLIGHTS

Friday, October 13

3:00 pm Registration opens
4:00 pm Workshops begin
6:00 pm Friday Night Buffet Dinner
8:00 pm Grand opening/keynote speaker

Saturday, October 14

8:30 am Workshops continue throughout day
6:30 pm Banquet
8:00 pm Keynote speaker

Sunday, October 15

9:00 am Workshops begin
10:30 am Closing session

General Service Opportunities

We need your help with service
Email will arrive in late-summer
with all the service options

Workshop Speakers

Information to follow in late summer

For additional information, please contact:

r6conventionchair@oaregion6.org

For registration information, please contact:

r6conventionregistrar@gmail.com

2023 REGION 6 CONVENTION WELCOME HOME

CONVENTION REGISTRATION

Registration is online only to Sept 28th:

Click here to register

Credit Card/PayPal accepted

****No refunds or transfers****

- \$55 USD to August 15
- \$65 USD - August 16 - Sept 28
- \$75 USD - Registration at the door
- \$45 USD - Friday Night Buffet Dinner
- \$60 USD - Saturday Night Banquet Dinner

HOTEL INFORMATION

Sonesta Hotel

66 Hale Ave., White Plains, NY, 10601

Hotel Occupancy Rates

- King/Double Room \$179 US + tax/night
- Triple Room \$189 US + tax/night
- Quad Room \$199 US + tax/night

Room Reservation Information

- Hotel reservations must be made by September 12 to guarantee the R6 Convention rate
- Cancellation Policy:** Cancel by 3pm 48 hours prior to arrival to avoid charges

Additional Hotel Information

- Self Parking is \$10 per car per day

2 Ways to Register for the Hotel

1. OA Region 6 website:

Click Here

2. Phone reservations 1-800-766-3782



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DONATIONS REPORT 2023		June	YTD TOTAL
General Fund / no meeting # specified		\$14.08	\$287.52
Jacksonville Groups			
Mon: Shepherd of the Woods Church	00774		\$0.00
Tue: Lakewood United Meth Church	36763		\$0.00
Tue: 7pm Jacksonville (virtual)	800028		
Wed: Step Study Mandarin	51223	\$52.43	\$386.68
Wed: JAX Beach-Wisdom at the Beaches	54507	\$60.00	\$180.00
Thur: Jacksonville 9am - Our redeemer	57370		
Thur: Newcomer, Lakeview Health	47756		\$0.00
Fri: Orange Park - 10am	03654	\$50.00	\$100.00
Sat: Saturday Steppers-Ponte Vedra Bch	51693	\$450.00	\$450.00
Sat: Super Saturday Lakeview	20025		\$0.00
Sat: Believe in Recovery First, Mandarin	32773		\$698.59
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137	\$50.00	\$136.00
Thu: Unity Church(Acceptance)	50421	\$9.22	\$91.32
Wed: Gainesville Unity Church	57568		
Sat: 9:30 AM Welcome Home	48324		\$200.00
Other Florida Groups			
Mon: Palm Coast-St Mark by the Sea	38320		\$30.00
Tues: Lifesaver - Palatka	38464		\$0.00
Wed: Palm Coast - 10am	56604		\$175.00
Thu: Fernandina Beach	49101		\$0.00
Thu: Flagler Beach	15171		\$110.00
Sat: St. Augustine Serenity	00235	\$73.79	\$292.74
Sun: Palm Coast/Flagler Beach	56072		\$36.00
Southern Georgia Groups			
Tue: Jesup	54175	\$25.00	\$150.00
Wed: Douglas, GA	57445		
Wed: Savannah - 5:30 pm	50301		\$0.00
Thur: Brunswick	51988		\$0.00
Sun: Savannah - 5pm	54362	\$28.64	\$171.84
Totals		\$813.16	\$3,695.69
Don to WSO		\$243.95	
Don to SOAR8		\$81.32	

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 innervoicenf@gmail.com.



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