



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.

OA in a Variety of Languages

Cyndy L. of OA's Website Review Committee announced the imminent release of the new oa.org pages that are auto-translated through new software. Every existing page will be translated into the list of selected languages below.

This change will replace the Google Translate feature that has been in use until now and allows designated members the ability to edit pages where the translation software isn't quite accurate.

Languages: [Check All](#) | [Uncheck All](#)

HINT: To reorder the languages simply drag and drop them in the list below.

<input checked="" type="checkbox"/> Afrikaans	<input checked="" type="checkbox"/> French	<input type="checkbox"/> Kyrgyz	<input checked="" type="checkbox"/> Serbian
<input type="checkbox"/> Albanian	<input type="checkbox"/> Frisian	<input type="checkbox"/> Lao	<input type="checkbox"/> Sesotho
<input type="checkbox"/> Amharic	<input type="checkbox"/> Galician	<input type="checkbox"/> Latin	<input type="checkbox"/> Shona
<input checked="" type="checkbox"/> Arabic	<input type="checkbox"/> Georgian	<input checked="" type="checkbox"/> Latvian	<input type="checkbox"/> Sindhi
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<input type="checkbox"/> Azerbaijani	<input checked="" type="checkbox"/> Greek	<input checked="" type="checkbox"/> Luxembourgish	<input checked="" type="checkbox"/> Slovak
<input type="checkbox"/> Basque	<input type="checkbox"/> Gujarati	<input type="checkbox"/> Macedonian	<input checked="" type="checkbox"/> Slovenian
<input type="checkbox"/> Belarusian	<input type="checkbox"/> Haitian Creole	<input type="checkbox"/> Malagasy	<input type="checkbox"/> Somali
<input type="checkbox"/> Bengali	<input type="checkbox"/> Hausa	<input type="checkbox"/> Malay	<input checked="" type="checkbox"/> Spanish
<input type="checkbox"/> Bosnian	<input type="checkbox"/> Hawaiian	<input type="checkbox"/> Malayalam	<input type="checkbox"/> Sudanese
<input type="checkbox"/> Bulgarian	<input checked="" type="checkbox"/> Hebrew	<input checked="" type="checkbox"/> Maltese	<input type="checkbox"/> Swahili
<input checked="" type="checkbox"/> Catalan	<input checked="" type="checkbox"/> Hindi	<input type="checkbox"/> Maori	<input checked="" type="checkbox"/> Swedish
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<input type="checkbox"/> Chichewa	<input checked="" type="checkbox"/> Hungarian	<input checked="" type="checkbox"/> Mongolian	<input type="checkbox"/> Tamil
<input checked="" type="checkbox"/> Chinese (Simplified)	<input checked="" type="checkbox"/> Icelandic	<input type="checkbox"/> Myanmar (Burmese)	<input type="checkbox"/> Telugu
<input type="checkbox"/> Chinese (Traditional)	<input type="checkbox"/> Igbo	<input type="checkbox"/> Nepali	<input type="checkbox"/> Thai
<input type="checkbox"/> Corsican	<input checked="" type="checkbox"/> Indonesian	<input checked="" type="checkbox"/> Norwegian	<input checked="" type="checkbox"/> Turkish
<input checked="" type="checkbox"/> Croatian	<input type="checkbox"/> Irish	<input type="checkbox"/> Pashto	<input checked="" type="checkbox"/> Ukrainian
<input checked="" type="checkbox"/> Czech	<input type="checkbox"/> Italian	<input checked="" type="checkbox"/> Persian	<input type="checkbox"/> Urdu
<input checked="" type="checkbox"/> Danish	<input checked="" type="checkbox"/> Japanese	<input checked="" type="checkbox"/> Polish	<input type="checkbox"/> Uzbek
<input checked="" type="checkbox"/> Dutch	<input type="checkbox"/> Javanese	<input checked="" type="checkbox"/> Portuguese	<input checked="" type="checkbox"/> Vietnamese
<input checked="" type="checkbox"/> English	<input type="checkbox"/> Kannada	<input checked="" type="checkbox"/> Punjabi	<input checked="" type="checkbox"/> Welsh
<input type="checkbox"/> Esperanto	<input type="checkbox"/> Kazakh	<input checked="" type="checkbox"/> Romanian	<input type="checkbox"/> Xhosa
<input type="checkbox"/> Estonian	<input type="checkbox"/> Khmer	<input checked="" type="checkbox"/> Russian	<input type="checkbox"/> Yiddish
<input type="checkbox"/> Filipino	<input checked="" type="checkbox"/> Korean	<input type="checkbox"/> Samoan	<input type="checkbox"/> Yoruba
<input checked="" type="checkbox"/> Finnish	<input type="checkbox"/> Kurdish (Kurmanji)	<input type="checkbox"/> Scottish Gaelic	<input checked="" type="checkbox"/> Zulu

As you might expect **Translation Collaborators are needed to help with this important work.** We at NFI are asking your help in distributing this message to members who are willing to correct translation errors. The site for applicants is at <https://forms.office.com/r/xAM2Z9Qesj> If they meet the qualification, an account will be created for the translator and training will be provided. The work is no more difficult that editing a Word document.



Step 7: In My Own Words

Step 7: Humbly asked Him to remove our shortcomings.

To complete the seventh step, the *Big Book* says we make a request of our Higher Power. We say something like what has become known as the Seventh Step Prayer. We can use the prayer in the *Big Book*, or we can use our own words. We state our willingness to let go of our defects, then ask for them to be removed. The word “humbly” indicates that we make this important request not just to be better people, but we ask for the defects to be removed so that we can do the work of our Higher Power, so that we can be more effective in helping others. We ask for the strength to “do your (HP’s) bidding.”

The seventh step prayer is part of my daily routine. I find solace in the words as written in the *Big Book*: “My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character that stands in the way of my usefulness to you and my fellows. Grant me strength as I go out from here to do your bidding. Amen.”

I also find it helpful to think of this prayer in my own words:

To my own personal God, my Source, the one who made me –

I am ready to give over to you everything that I learned in my fourth step inventory about myself: my weaknesses, my challenges, those aspects of my personality that do not fit in with your magnificent plan for me. I humbly ask you to take these negative behaviors, thoughts, actions away from me because they block me from being helpful to you, my God, my Source and they block me from being helpful to my friends, my family and the people I come into contact with every day. Give me power and courage as I live my daily life, to think and behave, as you would have me think and behave. Amen.

— Lucy B.

Steps 6 & 7 From Our Region

After completing a thorough 4th and 5th Step I had more awareness of how my defects of character had caused a lot of pain in my life. Of course, I said I wanted my defects of character removed but what was I willing to do? Often, I struggled with the willingness to be “entirely ready” to let go of my defects and needed to take more recovery actions. For example, I have struggled with the character defect of anger in my daily lifestyle. Here is how I used Steps 6 and 7 to inventory it:

Defect of character: **Anger**

1. How it shows up: I am short with people. I snap at people at work.
2. How it serves me: I get to discharge my uncomfortable feelings in the moment. I get to blame other people for irritating me and making me upset.
3. What it does to me: I feel bad about myself. It hurts my relationships. It threatens my job security.
4. My Higher Power would help me pause and pray before acting on my angry feelings. My Higher Power would give me the willingness to use the tools of phone calls and writing to deal with my angry feelings.
5. I would then visualize myself doing the recovery behaviors instead of acting out on my defect.
6. Prayer – Dear Higher Power, please remove my anger and replace it with acceptance of myself and others. Your will not mine be done. Amen.

By using this method to deal with character defects I have been able to take positive actions toward their removal. The result is that I have experienced a positive change in my relationship with myself, with others, and with my Higher Power. Thank God for OA!!!

— Region 8 12th Step Within committee member



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What the Steps Have Given Me

I originally wrote this in 1984, and recently shared it at a meeting. It remains true and I appreciate the chance to share it. Only minor edits have been made.

Step 1 has given me the willingness to give up the pain; the pain of overeating and the pain of being overweight.

Step 2 gives me the hope that someday I will be restored to sanity. That I can live my life without the constant obsession with food.

Step 3 taught me to trust in a Higher Power. I had never trusted anyone or anything before in my life. When I learned to trust HP, I realized I would never be alone again.

Step 4 made me see myself as I really was when I first came into the program. And that is okay. That person no longer exists. When I took **Step 5**, I got rid of all of the garbage that I carried around with me all of my life. I became empty and clean so that I could be the person I always wanted to be.

Steps 6 & 7 made me acknowledge the character defects that I had. I accepted them and that they, my character defects, did not make me a bad person. I didn't need to put myself down anymore. I could ask to have them taken away and I knew that if I worked my recovery program, they would be lifted.

Steps 8 & 9 showed me discipline. I needed to make a list of people that I had harmed and then make amends. I had to pay back all the hurt I had caused with good feelings. I have no room in my life for guilt and resentments.

Step 10 keeps me in the now. I need to take a personal inventory daily. Then when I am wrong, promptly admit it. This step teaches me to be honest with myself and others.

Step 11 I pray to become closer to my Higher Power. I pray for the self-esteem and the knowledge that I am following HP's will for me.

Then when I share with people who are suffering, I find the miracle of this program. **Step 12** is the greatest gift of all. The ability to share a part of me is not a burden. It is a relief. It keeps my program growing.

I am very grateful for the Twelve Steps!

— Georgette

Tradition 7: At Home as Well

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

The Traditions have been called homicide prevention (as opposed to the Steps being called suicide prevention). They teach us how to get along!

Tradition 7 had an immediate impact on me when another member mentioned how this tradition worked in her family. It helped her get along with her husband. At the time my husband was earning all our money working at home and I was not working at all, yet trying to nag him into doing half the housework. Her share pointed out that being fully self-supporting meant not depending on someone else to carry the whole load. Oops! so my attitude changed. I did the housework and he wrote all day, and we got along better.

How do we do our part with the seventh tradition? We donate our own money to pay for books, meeting space, workshops, and to keep meetings open. We also donate our time, doing service to support meetings, intergroup, regions and world service. There is always something that needs to be done.

It takes a bit of thinking to remain fully self-supporting. We can't make copies on the printer at our job without paying for them. We can't accept free rent. Accepting big donations can skew the emphasis of the meeting which is what AA found out. The traditions are the results of the mistakes AA made in the early days.

Our format used to say, "Give what you can, and if you can't give anything, keep coming back." I am able to give more these days, and I do so, so the impoverished compulsive overeater will feel as welcome at the meetings as I did when we were broke.

— Patience M., Gainesville FL



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Promises: 100%? 50%?

Promise 7: Self-Seeking will slip away.

Wait. But isn't it all about me? It's been said that I'm not much, but I'm all I think about.

My sponsor once asked, "Why do you think about yourself 100 percent of the time?" I corrected him by saying, "No. I only think of myself 50 percent of the time." He replied, "What do you think about with the rest of your time?" I replied, "The other 50 percent is thinking about what others think of me."

The *Big Book* teaches us that, "Selfishness—self-centeredness! That, we think, is the root of our troubles." It reminds us that people who are self-centered are driven by fear, self-delusion, self-seeking, and self-pity, and that they can end up hurting others who then retaliate. The book goes on to say that alcoholics must get rid of their selfishness, or it will kill them.

So, when I read this promise—as a real compulsive overeater/food addict—I was both skeptical and hopeful. I'm hopeful that eventually my destructive pattern of self-seeking will slip away, and skeptical because I seem to be powerless over this defect of character. Exactly how will self-seeking slip away? Will I have to join a monastery? Will I have to hand out flowers at the airport? Will I become glum and boring? No, no, and no.

As we know, these are called the **Ninth Step Promises** for a reason. They are located on pages 83-84 of chapter six "Into Action" of the book *Alcoholics Anonymous*. The 12 promises are prefaced with this statement, "If we are painstaking about this phase of our development we will be amazed before we are halfway through." So, if I'm not half-way through my ninth step amends, and I haven't been painstaking about the execution of steps 1-9, these promises may not come, or may be delayed. Ah, there's always a catch.

Of our sober way of life (or design for living if you wish) it says on page 14 of the *Big Book*, "Simple, but not easy; a price had to be paid. It meant destruction of self-centeredness. I must turn in all things to the Father of Light who presides over us all."

A key to reducing my self-seeking resides in the power of the steps. For me, the most important are steps three and step seven. If I have turned my will and my life over to God, and I've asked God to remove my shortcomings, God will direct me away from my Ego and towards my fellows.

The more I think of you, the less I think of me.

— John K.

And More Promises

Here are some *other* promises in *Big Book* order with a few comments (see last month for the first installment). Note that the promises are generally conditional. **One needs to work the program for the promises to come true in our lives.**

There Is a Solution

"...there are no fees to pay, no axes to grind, no people to please, no lectures to be endured..." The barriers to entry are deliberately kept low.

"Many could recover if they had the opportunity we have enjoyed." And this is a wonderful reason to practice Step 12.

"*There is a solution.*" Despair is options—all we need is willingness to reach out to the proven solution.

"We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed." Out addictions blind us to the realm of possibilities.

"The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe."

"The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves." One meeting I attended discussed the reading between gathering "hearts and lives" and separating "our Creator...lives in a way." The idea being that we have let our Creator live within us. See why we need specialist translators for other languages (see page 1)?

— Mark W.



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Trusted Servants and Committee Chairs (New emails)

GENERAL INFORMATION	Secretary will forward as needed	
Chair	Echo G. 561.704.2917	oanfig@gmail.com
Vice Chair/Bylaws	Barbara C. 352.474.1366	chairnfi@gmail.com
Treasurer	Augusta L. 912.508.4777	vicechairnfi@gmail.com
Secretary	Sandi JC 912.464.4231	nfitreasury@gmail.com
Delegate	VACANT—Consider doing service	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	VACANT—Consider doing service	piponfig@gmail.com
12th Step Within	VACANT—Consider doing service	youngpeoplenfi@gmail.com
Sponsor Coordinator	Hailey 404.797.5586	TSWnfi@gmail.com
Website	Brian B. 904.616.0608	sponsor.nfig@gmail.com
Ways and Means	VACANT—Consider doing service	websitenfi@gmail.com
		wandmnfi@gmail.com

I Am Your Disease: Identifying as One of Many

One of the first service positions I took above the group level was as newsletter editor for my intergroup. I loved searching other OA newsletters for stories and writing to share. I was going through my treasure trove of OA handouts and various paperwork when I stumbled across this writing. It tells me the truth about my constant companion. The one I relied on to keep me alive during the hardest part of my life. The problem was, when I finally saw the truth: that it was, and always has been, trying to kill me - it had such a grip on me that I could not imagine how I could live without it. I could not separate myself from my disease. Who was I without it? Would I even like that person?

I found those answers in OA. My journey to find another way to live began on the day I asked a woman to be my first sponsor, trusting her enough to speak my truth and work the steps. Building a relationship with a Higher Power gave me the courage to slowly let go of my disease. I realized I had a choice. I chose freedom from the obsession. I chose recovery. I chose to live the life my Higher Power wants for me and guides me through. And over the last 30 years, I continue to make that choice every day.

I AM YOUR DISEASE

I hate meetings. I hate a Higher Power. I hate anyone who has a program. To all who come into contact with me, I wish you suffering and I wish you death.

Allow me to introduce myself. I am the disease of addiction. CUNNING, BAFFLING and POWERFUL, that's me.

I have KILLED MILLIONS and I am pleased.

I love to catch you with the element of surprise. I love pretending that I am your friend and your lover. I have given you comfort, have I not? Wasn't I there when you were lonely? When you wanted to die, didn't you call me? I was there.

I love to make you hurt. I love to make you cry. Better yet, I love to make you so numb that you can neither hurt nor cry. When you can't feel anything at all, this is true glory.

I will give you instant gratification and all I ask of you is long term suffering. I've been there for you always. When things were going right in your life, you invited me. You said you didn't deserve these good things, and I was the ONLY ONE who agreed with you. Together, we were able to DESTROY ALL THINGS GOOD in your life.

People don't take me seriously. They take strokes seriously, heart attacks seriously, even diabetes. Fools that they are, they don't know that without my help, many of these things would not be possible.



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I am such a hated disease, and yet I do not come uninvited. YOU CHOOSE TO HAVE ME. So many have chosen me over REALITY and PEACE.

More than you hate me, I hate all of you who have a Twelve-Step Program. Your Program, your Meetings, Your Higher Power, ALL WEAKEN ME and I can't function in the manner I am accustomed to.

Now I must lie here quietly. You don't see me, BUT I AM GROWING, BIGGER THAN EVER. When you only exist, I may live. When you live, I only exist. BUT I AM HERE... and until we meet again, I WISH YOU SUFFERING AND DEATH.

I don't know where this writing came from or who wrote it. I only know that we share a common bond. I hope you can identify as I do. You ALWAYS have a choice. Which path will you choose today?

I wish you strength and courage to choose recovery. We are here for you. We WILL love you until you can love yourself. You are not alone anymore. Welcome to OA. Welcome Home.

– Alice W.

See the Registration Form Attached!

Big Book Weekend **NOVEMBER 1-3, 2024**

Join us in person as we witness examples of 'how to recover' from the disease of compulsive eating, as outlined in the "Big Book" of Alcoholics Anonymous. Our speaker will share how he practices his program, maintains his recovery, lives in spiritual abundance, letting go of the food and working with others. There will be group sharing activities and plenty of time for fellowship, reflection and relaxation. Abstinent meals, on the premises, will be available.



**Stepping
Our Way to
Recovery**
(A Big Book Buffet)

Program begins at **7:00 pm Friday** evening and ends at **12:00 pm Sunday**.

LOCATION: MARYWOOD RETREAT AND CONFERENCE CENTER

235 Marywood Drive, St. Johns, FL 32259

www.marywoodcenter.org

904.287-2525

If you cannot attend the full weekend in person, virtual access will be available for the speakers. Virtual registration will give you access to these workshops, but not any of the after-hours activities.

The two-page registration flyer is attached to this newsletter.



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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 8. Each meeting is welcome and encouraged 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 13 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, Young Persons subcommittee chair, Twelfth Step Within chair, and Ways and Means chair. Other committees also need volunteers to provide service.
- SERVICE ROTATION REMINDER: At the end of this year, we will need to elect a new Vice Chair and a new Newsletter Chair per the term limits of these positions. If you are interested in either of these roles, please considering reaching out to learn more and possibly even to begin shadowing on the job.
- We'll be hosting a Big Book Retreat at Marywood on November 1-3, 2024. There will be many opportunities to give service as we plan for this event and at the event itself. If you are interested in volunteering in any way, please reach out to Nancy K. Registration is open!
- In August of 2025, the World Service Convention will be held in Orlando, FL. While NFI is not officially sponsoring or hosting this event, ANYONE is welcome to give service for it! If you are interested in helping with planning or otherwise volunteering, please contact Susan B. by email at chair@oaregion8.org

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.
- Reviewed the wrap up report from the World Service Business Conference (which can be found on the OA.org website here: <https://media.oa.org/app/uploads/2024/05/05162328/wrap-up-report-wsbc-2024-1.pdf>)
- Discussed concerns surrounding retaining membership at our meetings and fears that we're seeing less and less repeat attendance at meetings. Highlights of the discussion and suggestions that were shared:
 - For Zoom or Hybrid meetings, provide the meeting ID and meeting password at the end of the meeting so that it is easy for newcomers or visitors to come back.
 - Consider also sharing the meeting information for other meetings in the area
 - Welcome newcomers specifically, and make sure to invite them back.
 - One meeting tells their newcomers "We've been waiting for you!" to personalize the welcome a little more.
 - Another meeting has a rotating service position for someone to do the outreach calls for that week and they agree to call every member of the meeting that week, thus engaging newcomers and current members and encouraging everyone to come back again.
 - There is frequently a spike in attendance at the beginning of the year, as people make their resolution and then during the summer a lot of people drop off in favor of other activities, travel, vacation, etc. Some meetings take a summer break because of this.
 - As a reminder, ANYONE can ask for a group conscious at a meeting for any subject.
 - Consider doing a version of the strong meeting checklist/inventory.
 - We'll discuss this at NFI in July, see if we can help with a simplified version to help groups do a spot check and see where they may want to make changes.



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World Service Appeal 2024

World Service has published an appeal for annual contributions, spelling out many ways that OA has made a difference in the last year. The link for the appeal letter is below, and they have asked that the letter be read at the group level for three consecutive weeks.

Here are some of the wonderful new ways OA has been able to put donations to work:

- In 2023, we created a public service video to extend a hand to others with compulsive food challenges.
- Your funding also enabled us to post OA bylaws and policies as web pages and create a video that explains bylaws and service in a simplified way.
- OA continues to update and maintain the **Find-a-Meeting tool** on the website.
- Within the publications sphere, your contributions allowed us to translate *Where Do I Start?* into Icelandic, thereby increasing access to 21 languages, including Arabic, Chinese, Finnish, Italian, Mongolian, Norwegian, Persian, Romanian, Slovenian, and Zulu.
- New publications enabled through your funding included combined *Public Information and Professional Outreach Service Manual*, *Twelve Traditions Workbook of Overeaters Anonymous*, and e-pamphlet *To the Man Who Wants to Stop Compulsive Overeating, Welcome*.
- Finally, your funding enables us to fulfill your publication orders and answer your questions by phone and email.

As technology and costs accelerate, we will need your support in 2024 to continue our outreach to diverse populations and to offer innovative ways for you to connect with others who suffer from compulsive food behaviors.

The link to the letter is: <https://media.oa.org/app/uploads/2024/04/10135858/annual-appeal-letter-2024.pdf>



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Call for Stories about Mental Health and Recovery

Overeaters Anonymous is developing a new piece of literature featuring personal stories from OA members in recovery who live with chronic mental health conditions. We are looking for stories that focus on your mental health challenges in relation to your physical, emotional, and spiritual recovery from unhealthy relationships with food and body image.

If any of this is part of your lived experience, please consider sharing your story as a vital service to our OA community!

Questions to get you started:

- What is your experience with balancing your mental health issues and your OA recovery?
- How have the Steps, Traditions, and Tools helped you maintain your recovery while living with a mental health diagnosis?
- What accommodations have you needed to make in order to manage medication side effects, such as weight gain, extreme fatigue, loss of appetite, or memory loss?
- How has the program helped you respond to OA members who don't understand mental illnesses or the need for medication?
- How have you dealt with mental health issues in your role as a sponsor or sponsee?
- How have other OA members supported your recovery in the face of mental health challenges?

Send submissions to info@oa.org by July 30, 2024 with the subject line: "Mental Health & Recovery."

Please note:

- Submissions are assumed intended for publication, are subject to editing, become the property of OA, Inc., and will not be returned.
- All submissions must contain the author's full name and address, but you may request anonymity with publication. Your state, province, or country may also remain anonymous upon request.
- Submissions should be typed and submitted with a signed release form.
- Please keep stories to 800 words or less.
- All languages welcome!



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Mental Health Story RELEASE FORM

(must be included with all submissions)
Stories must be received by the World Service Office by **July 30, 2024**

AUTHORIZATION AND RELEASE FOR SUBMITTED STORY

I warrant that I am the sole owner and original author of the accompanying submitted story ("Story"), and that I have the full right and authorization to submit the Story to Overeaters Anonymous ("OA"). I understand and authorize OA to edit, copy, distribute, publish, reproduce, or copyright the Story for any lawful purpose. By submitting my Story to OA, I agree that it becomes the property of OA, will not be returned, and may be used in any type of distribution media.

I agree that I will make no monetary or other claim against OA for the use of the Story. I waive any right to inspect or approve the finished product wherein my Story appears. I hereby hold harmless and release OA from all claims, demands, and causes of action that I, my heirs, representatives, executors, administrators, or any other persons acting on my behalf (or on behalf of my estate) have or may have by reason of this authorization.

I have read the authorization and release information and give my consent for the use as indicated above.

Printed Name: _____

Signature: _____

Date: _____

Author's Contact Information (required):
Include your full name, address, email, and phone.

Author's Attribution:

For authors desiring anonymity in publication, please indicate specifically whether this applies to your name, city, state, and/or country.

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Events from All Over



The 12th Step Within Committee invites you to join us for some serenity, experience, strength and hope!

"Every time I give service without counting the hours I give or looking for a reward, I am filled with freedom, friendship, joy, and abstinent recovery."

- Voices of Recovery, Oct. 10th

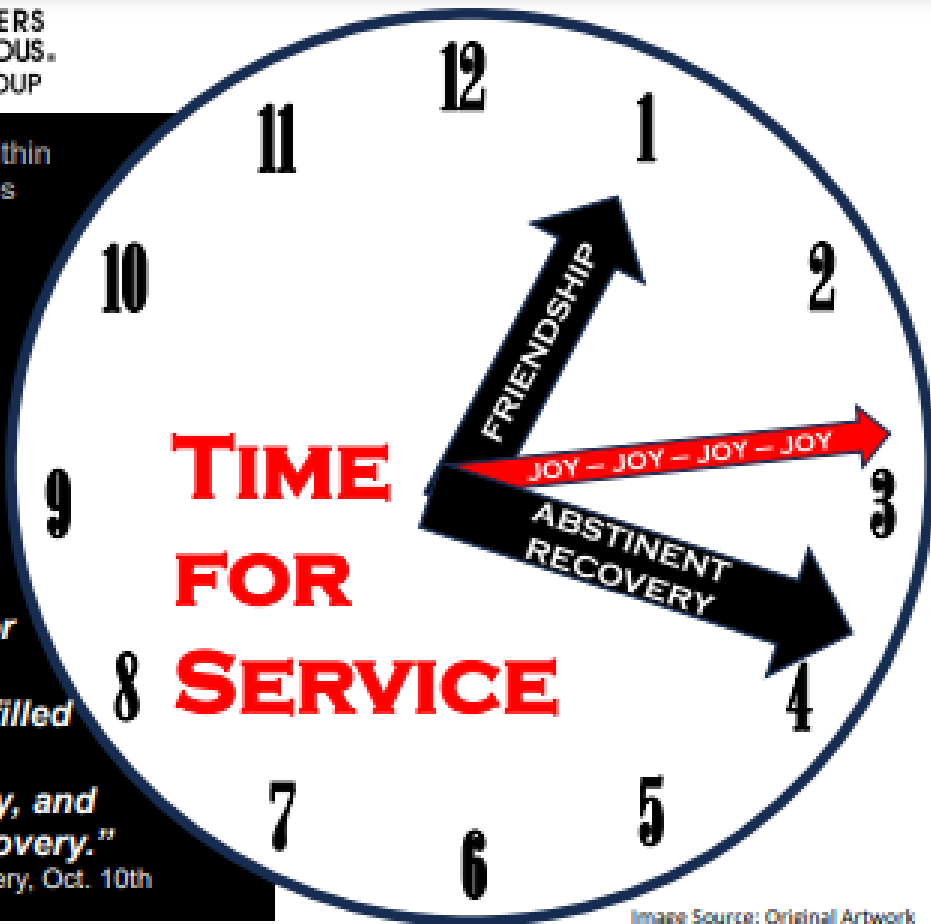


Image Source: Original Artwork

Workshop details...

Saturday, July 13, 2024

1:00 PM – 3:00 PM EST

Other time zones: 12-2 CST; 11-1 MST; 10-12 PST

Zoom details:

Meeting ID: 813 4970 0196

Enter meeting ID: Meeting hosts will admit fellows!

Suggested 7th Tradition donation of \$5.

Activities include:

- Three speakers sharing experience, strength, and hope
- Movement
- Fun activity
- Question/answer and sharing time
- We invite you to bring a journal.

For questions, please email: 12stepwithin@triangleoa.org

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



NEW FREEDOM INTERGROUP

PO Box 31072 • Savannah, GA 31410 • Email: oanfig@gmail.com • Website: www.oanfig.org



PINELLAS TRADITIONS INTERGROUP
invites you to
The 14th ANNUAL OA FRANCISCAN CENTER RETREAT
G.O.D.
"Good Orderly Direction"
JULY 26-28, 2024

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 for Retreat Center: Three Options:
Weekend Room & (5) meals \$236 for single occupancy or \$216 for double occupancy.
Saturday only with three meals is \$65.

Attendees who physically reside in Pinellas/Pasco/Citrus/Hernando County area may apply for a PTI scholarship; applications are available online. See guidelines at <https://www.oapinellas.org/downloads/PTISchApp.pdf>

Complete Registration below and mail with check to:
Karen Ragsdale
795 County Road 1, Lot 206
Palm Harbor, FL 34683

Or pay online @oapinellas.org (Donations) and email your registration to Karen R. at platoscloseston19@gmail.com.
*If paying online, include your name and "FR 2024" in comments.

FINAL REGISTRATION DEADLINE July 1, 2024

- Limited to approximately 50 participants, so register early. Saturday- only space is limited.
- Parking is limited. Call your friends and make plans to carpool.
- Please announce this retreat and print copies of this registration form for your meetings.
- Save this registration form for your information. See you on the peaceful Hillsborough River!
- **This is a Fragrance Free Zone.**

Email to platoscloseston19@gmail.com or cut on the dotted line and mail this Retreat Registration Form



PINELLAS TRADITIONS INTERGROUP 14th ANNUAL RETREAT

Name _____

Address _____

Phone _____ Email _____

Option	Retreat Cost \$	Total
Full Weekend Single	\$236	
Full Weekend Double	\$216	
Saturday with 3 meals	\$65	

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 _____

CARRYING THE TORCH



Finding Better Balance with Work/Life/Service

Is your service overwhelming you?
This workshop is for YOU!

Please join us for 2 speakers and breakout rooms
where you can get personalized ideas.

SUNDAY, JULY 28, 2024

3:00 – 5:00 EASTERN TIME

Zoom ID: 816 3916 8833 Passcode: intergroup

Please consider giving a 7th Tradition donation to Region 8 at
(<https://na.region8.org/region-8/contributions/>)



For more information, please contact Annie M. at
IGORchair@oaregion8.org

Photo inspiration provided by @lilyandclay. Photo artwork by Elena Tipler. OI Logo used with permission.



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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=TnhOQm1EN1R1WWQ0N2xVbEJQm1tuQT09>

Meeting ID: 870 8040 0598. Passcode: 120912



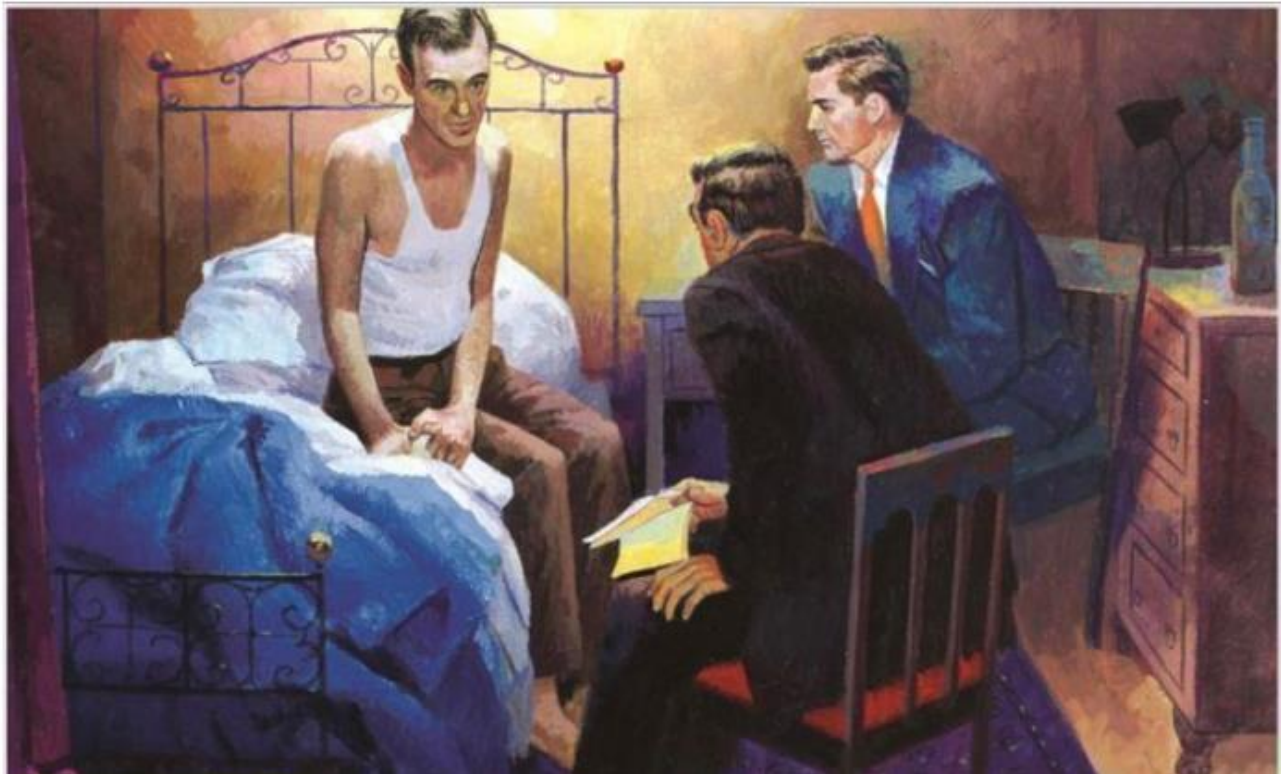
Responsibility Pledge

Always to extend the hand and heart of OA to all
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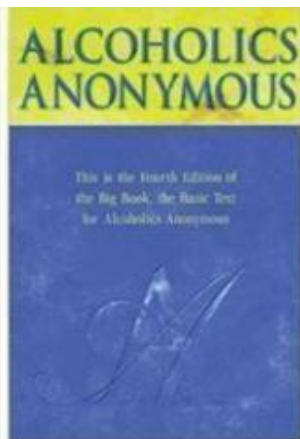


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*Using scripts based on the beginners meetings
in the 1940s: a focused introduction to the 12
step program in 4 weekly sessions.*



**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



**OVEREATERS
ANONYMOUS®**

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More from Region 8

A new way to carry the message!

Region 8 announces an excellent resource page with links to valuable OA information to benefit newcomers, returning and current members. Maybe even the "old timers." 😊

Have you read the appendices to *Overeaters Anonymous, Third Edition*? They include writings on The Role of a Plan of Eating, A Disease of the Mind, A Disease of the Mind, A Disease of the Body, A Disease of the Spirit and more.

People may scan this QR code (point your smart phone's camera at the QR code and it will pop up a link) and connect to the Region 8 resources page. Please feel free to print this information and pass around in face-to-face meetings or insert into a visual format for virtual meetings.

Check it out — Pass it on!



OVEREATERS
ANONYMOUS.
Region 8

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



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DONATIONS REPORT 2024		Mar	Apr	May	YTD TOTAL
General Fund / no meeting # specified		\$329.93	\$37.38	\$238.66	\$921.18
Jacksonville Groups					
Mon: Shepherd of the Woods Church	00774				\$0.00
Tue: Lakewood United Meth Church	36763				\$0.00
Tue: 7pm Jacksonville (virtual)	800028				\$0.00
Wed: Step Study Mandarin	51223	\$48.55	\$34.08	\$46.61	\$252.41
Wed: JAX Beach-Wisdom at the Beaches	54507				\$0.00
Thur: Jacksonville 9am - Our redeemer	57370				\$0.00
Thur: Newcomer, Lakeview Health	47756				\$0.00
Fri: Orange Park - 10am	03654				\$0.00
Sat: Saturday Steppers-Ponte Vedra Bch	51693		\$400.00		\$400.00
Sat: Super Saturday Lakeview	20025				\$0.00
Sat: Believe in Recovery First, Mandarin	32773	\$28.64	\$28.64	\$28.64	\$193.20
Gainesville Groups					\$0.00
Mon: Big Book Study (Alachua)	51137	\$35.00	\$108.00	\$25.00	\$193.00
Thu: Unity Church(Acceptance)	50421	\$18.44	\$117.22	\$9.22	\$163.32
Wed: Gainesville Unity Church	57568		\$450.00		\$450.00
Sat: 9:30 AM Welcome Home	48324				\$0.00
Other Florida Groups					\$0.00
Mon: Palm Coast-St Mark by the Sea	38320			\$12.00	\$109.00
Tues: Lifesaver - Palatka	38464				\$0.00
Wed: Palm Coast - 10am	56604			\$12.00	\$74.00
Thu: Fernandina Beach	49101			\$25.00	\$25.00
Thu: Flagler Beach	15171	\$70.00		\$31.00	\$159.58
Sat: St. Augustine Serenity	00235	\$73.79	\$48.79	\$23.79	\$146.37
Sun: Palm Coast/Flagler Beach	56072		\$108.00		\$108.00
Southern Georgia Groups					\$0.00
Tue: Jesup	54175				\$0.00
Wed: Douglas, GA	57445				\$0.00
Wed: Savannah - 5:30 pm	50301				\$0.00
Thur: Brunswick	51988				\$0.00
Sun: Savannah - 5pm	54362	\$28.64			\$85.92
Totals		\$632.99	\$1,332.11	\$451.92	\$3,280.98
Don to WSO		\$189.90	\$399.63	\$135.58	
Don to SOAR8		\$63.30	\$133.21	\$45.19	

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.



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