

Inner Voice

Newsletter of New Freedom Intergroup of OA



June 2021

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

- Spiritual Principle: Willingness

Tradition 6: An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

- Spiritual Principle: Solidarity

Concept 6: The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

- Spiritual Principle: Responsibility

Promise 6: We will lose interest in selfish things and gain interest in our fellows.

Pre-Order a Recovery Jar (or more than one!)

What's a Recovery Jar?

A Recovery Jar is made up of 366 different questions or prompts to help you achieve or maintain your recovery and growth in the program. Each strip of paper

in the jar has a unique prompt that you can write or meditate on as part of your daily OA work, with the idea being to use one per day for a year. Examples include writing on the different steps, the principles, gratitude, etc. Jars are 1 recyclable PET plastic with a black screw-top lid. Perfect for carrying with you!



Each jar costs \$20. If you would like to pre-order a jar (or more than one), please fill out the form at this link: <https://forms.gle/6bPaYJgu57sW24Yq6> and select whether you will be picking it up at the World Service Convention in Orlando (August 26-28) or if you would like to arrange to pick it up in Gainesville. If you need to have one shipped to you, please select that option, and I will contact you to make

arrangements for the shipping costs.

Payment can be made by cash at time of pick up or by check (please make the check out to New Freedom Intergroup) and mailed to:

NFI Ways and Means, 703 NW 11th Ave. Gainesville, FL 32601

— Echo G.



NEW FREEDOM INTERGROUP

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

And Consider Volunteering to Help Sell Recovery Jars at WSC!

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

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

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



Step 6: Seeing My Part

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

I recently had to change out my dishwasher. That doesn't seem like a big thing, but I put it off as long as I could. I used duct tape for months to keep the front panel on. Even after I needed extra rinses to get the dishes clean, I still took a couple of weeks to order a new dishwasher.

Then I had anxiety about the new one coming. It would be different. Would it work as well? Would I have trouble loading it? Maybe it wouldn't be as good as the old one.

I really didn't have the anxiety long, because in our program, I have learned to identify my feelings and figure out what to do. I realized I was afraid of the change and wanted to hold on to what I was comfortable with.

Once I realized this, it was easy to move on. The old dishwasher wasn't working and didn't even look good because of the duct tape. Why would I want to keep it? Just because it was known to me? By doing Step Six, I learned that I sometimes want to keep my old way, even if it doesn't work for a new healthy life, simply because I am comfortable with the old and it is known to me.

Thank you so much for OA, where I am learning how to live in ways that help me move forward and be healthy.

— Marjorie K., Bloomfield Hills, Michigan USA

*Editor's Note: This article is a reprint from Lifeline. **Anyone who feels inclined to submit articles on the step or tradition of the month is more than welcome!***

4th Annual Big Book Weekend Update

As you may have heard by now, Mark W. has volunteered to chair the Big Book weekend. The planning committee for the convention convened on May 19, and we began to gather volunteers to fill needed slots on the committee and for the weekend itself. One of the goals of the committee is to **include as many people as possible** who are new to service work to either shadow "veterans" of weekends and conventions, or to assume duties they would be comfortable with given some coaching.

The ongoing theme for these conventions is "doing recovery the Big Book way." We plan to have two speakers with different perspectives to share.

We invite you to join us for the next meeting, at 5:00 p.m. on Wednesday, June 2. Here is the Zoom information:

<https://us02web.zoom.us/j/88608462612?pwd=enJSNkc3b2ZiZF1ET09hWjVrL0JpZz09>

Meeting ID: 886 0846 2612, Passcode: 018395



NEW FREEDOM INTERGROUP

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

Trusted Servants and Committee Chairs (New emails)



GENERAL INFORMATION

Chair	Secretary will forward as needed	oanfig@gmail.com
Vice Chair/Bylaws	Barbara C. 352.472.9924	chairnfi@gmail.com
Treasurer	Georgette P. 352.870.4454	vicechairnfi@gmail.com
Secretary	Nancy K. 516.286.1888	nfitreasury@gmail.com
Delegate	Augusta L. 912.508.4777	oanfig@gmail.com
Newsletter/Meeting List	Cora W. 912.424.5959	delegatenfi@gmail.com
Public Info/Prof Outreach	Mark W. 904.527.3433	innervoicenfi@gmail.com
Young Persons	VACANT - Consider doing service	piponfi@gmail.com
12th Step Within	Wendy I. 904.710.5555	youngpeoplenfi@gmail.com
Sponsor Coordinator	Carly B. 303.710.0589	TSWnfi@gmail.com
Website	Georgette P. 352.870.4454	sponsorsnfi@gmail.com
Ways and Means	Lori L. 904.964.9991	webmasternfi@gmail.com
Florida State Convention 2022	Echo G. 561.704.2917	wandmnfi@gmail.com
2021 4th Annual "Big Book Convention" (Jekyll Island)	Barbara C. 352.472.9924	bcarter337@att.net
	Mark W. 904.527.3433	m.wieder@juno.com

How to be "In the Know" in OA

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

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

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

Of course, you may also send emails directly to any of the trusted servants (see the table in the newsletter). You should ask for information or submit newsletter articles directly to the committee chairs.

Should you want information about Region 8 events, you may sign up for the ALLSOAR8 email list: <https://oaregion8.org/contact/join-email-group>.

Highlights of the May NFI Business Meeting:

New Freedom Intergroup business meeting was held May 8. Each meeting is welcome to send two voting members, and as many observers as desire to attend. Next business meeting is Saturday, June 12 at 10:00 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350). Highlights of what was discussed/accomplished:

- Mark W. volunteered to be Chair for the 4th Annual Big Book Weekend Dec. 3-5, 2021 at Jekyll Island. Planning meetings will be held on Wednesdays every other week with the first one on March 19 at 4 pm by Zoom. Email reminders will be sent before the next meeting.
- After much discussion, we voted to make a single spreadsheet database/distribution list for NFI that will include sponsors, speakers, those who want the newsletter, and those who want general information about



NEW FREEDOM INTERGROUP

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

workshops, etc. This will eliminate the need for separate lists (such as the We Care List), and we will remove birthdays. The “We Care List” Committee has been disbanded and the responsibility for maintaining the distribution database will be added to the duties of the Secretary. The Secretary will be encouraged to train an intern (no abstinence requirements) to assist.

- We are updating the Policies and Procedures Manual. A separate email will be sent with the contents for review. Changes should be submitted to vicechairnfi@gmail.com by June 11.
- Echo (Ways and Means Committee) will be asking for volunteers to help sell Recovery Jars at the World Service Convention in August (*see page 3*).
- We requested permission to renew the use of the OA logo for our intergroup. It was granted! This permission is in effect until May 2023 (must renew every 2 years).

Celebrating Milestones

Celebrating milestones in our recovery journey is a vital activity we can utilize to encourage one another to keep working the Steps and using the Tools in order to reach our goals. One of the first steps to celebrating, either as a group or as an individual, is to make a list of the achievements you wish to acknowledge. This list can vary from celebrating when someone has completed Step 3 to reaching their 30- or 60-day anniversary. Once the list of milestones has been drawn up, the group or person can make a separate list of ways to commemorate their achievements. Here are some suggestions that can be done collectively as a group or as an individual (please keep in mind that some of the group ideas may need to wait until meeting in person resumes):

Group Celebrations –

- Presenting a member with a cactus plant upon completing their Step 3 as they are no longer so “prickly”
- Mailing out anniversary coins (abstinence coins)
- Providing pouches when the “Welcome” or “Surrender” coins are given out so members have pouches to keep all their future coins in (pouches can be given out at other times as well)
- Present members with a journal for achieving a milestone to keep record of future milestones, gratitudes, etc.

Individual Celebrations –

- Members can put a dollar in a jar at home for every meeting they attend to save up for something special
- Members can buy new pair of shoes to signify, “These shoes are made for walking the road of recovery”
- Plan retreat or spa weekend with others or alone
- Buy clothing that commemorates an aspect of the milestone (example: t-shirt that says, “Easy does it”)
- Give a donation to local Intergroup or charity or give service
- Gather friends together just to celebrate the special achievement with laughter and good stories

Be mindful to plan celebrations of these achievements with others who are supportive of your recovery process. Another important factor to take into account is implementing a celebration in a safe manner that honors one’s recovery program.

Thank you for reading this article and I pray it was helpful. 😊

In Recovery,

Sandi J C



NEW FREEDOM INTERGROUP

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

Are You Reading *Inner Voice*?

Not so secret contest:

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



Our Sixth Tradition

An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

The Principle of Tradition Six is solidarity. OA has one primary purpose, and that is to carry the message of the Twelve Steps and Twelve Traditions to help compulsive eaters who suffer from our disease. Singleness of purpose prevents us from diluting the message we have to share.

I once received a phone call from another member inviting me to attend an outside function for the purpose of recruiting me for a sales position. I was taken by surprise; I did not know this person very well and felt uncomfortable about being put in the position of having to say I was not interested. When I shared what happened with my sponsor, she told me about Tradition Six and how this person, however well-intentioned, should not have asked me.

Another person I knew sent an email to a list of members inviting them to a study group for a particular philosophy. Because we were also friends, I didn't think about that message being a break of OA Traditions. However, another member contacted my friend and explained this was not a proper use of our group's sign in sheet. My friend had been unaware of Tradition Six, but made amends, and has honored our Traditions ever since.

When I first joined OA, there was outside literature offered for sale at one of my meetings. It took time, and many quiet reminders, but now, not only are there no outside books on the tables but also members are aware they are not to read from or mention books and authors of non-OA-approved literature during OA meetings.

None of these instances of Tradition breaks are earth-shattering—they all can seem quite innocent. So why do we suggest that members not use our meeting or phone lists to promote outside enterprises and causes? Because that would distract us from our primary message: recovery through the Twelve Steps. I need to spend my time in meetings focused on that message. I need to feel safe that my decision to put my name on the sign-in sheet won't lead to unwanted solicitations or put me in awkward situations. It is my responsibility to ensure others are not placed in such positions either.

I've observed that many of us are lax about Tradition Six when we mention other Twelve Step groups when we share. Not only does that break our own anonymity, but it also might confuse newcomers about the main focus of our meeting. Many members who have found recovery from other addictions are also compulsive eaters. When we are in OA meetings, we need to share our experience, strength, and hope about our food addiction only; otherwise, we end up sharing off-topic, and that can be confusing.

All our Traditions are there to guide us within meetings, groups, and business meetings. We can certainly share information about outside interests and experiences with a friend—even a friend we've met in OA—once we've established a relationship with that person. However, during a meeting or a phone call, with a newcomer or someone we know only from OA meetings, we must keep our discussions OA-related. Keep it simple and we can't go wrong.

— Edited and reprinted from OA Today newsletter, St. Louis Intergroup, June 2013



NEW FREEDOM INTERGROUP

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

NFI Executive Board Service Positions

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

All five members serving on the NFI Executive Board **must** rotate out of service this year. We need other members to step up to fill these roles and strengthen your own recovery. Per the NFI Bylaws Article IV, Section 2—

Qualifications of Candidates:

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

1. Be working the OA Twelve Steps, the OA Twelve Traditions, and the Twelve Concepts of OA Service to the best of their ability.
2. Have the minimum amount of current continuous abstinence as defined by OA World Service as follows:

- Chair, Vice-Chair, Treasurer and Delegate shall have one (1) year of current abstinence.

- Secretary will have six (6) months of current abstinence.

3. Have attended at least six (6) Intergroup meetings.

4. Have given service above the group level for a minimum of one (1) year.

5. Be a regular member of an affiliated OANFI member group.”

The delegate has additional qualifications, the most stringent being 2 years of service above the

group level. Volunteers must have attended six Intergroup meetings; service need not be concurrent, nor does it need to have been served in this intergroup (previous experience does count!).

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



NEW FREEDOM INTERGROUP

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

The Twelfth Step Within Committee Wants to Hear from YOU

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

Some things to consider:

- Does your meeting have a group rep?
- If so, are they attending NFI and bringing information back to your group? (New Freedom Intergroup – meets the 2nd Saturday of every month, right now via Zoom, from 10:00-11:30 AM. Meeting ID: 872 7218 1719. Password: 883350).
- Do you or your group members need outreach?
- Do you need tools and resources to support your recovery?
- Is there something our committee can do to aid in your recovery? We want to know!
- Do you have a workshop topic or suggestion for a future NFI event? Please share your ideas with us!

Carly B, Twelfth Step Within Chair

tswnfi@gmail.com

Registration is Open for the 2021 World Service Convention!



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

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

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

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



NEW FREEDOM INTERGROUP

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

June Events from All Over

Dallas Metroplex Intergroup
Overeaters Anonymous
presents



*Same Steps, Same Tools, and
NEW BEGINNINGS...*

DMI OA Virtual Convention
June 12, 2021

Program 8:00 am – 5:00 pm CDT (with 7:00 am meditation hour)

We would love your participation and your service!

Contact Maxine at

254-760-4321 or conventionvolunteers2021@gmail.com

to explore ways you can help.

We need you!! This is the only fundraiser for the Dallas Metroplex Intergroup
in 2021!

June 4, 7-8:30 pm EST: Back Together

Step by Step

Meeting ID 774-646-690

Password: 535356

Dial in # 1-646-876-9923

<https://us04web.zoom.us/j/774646690>

Sponsored by Nassau County Intergroup
of Overeaters Anonymous

June 6, 2:00-4:00 pm EST: Riding the
Waves of Recovery in Good Times and
Bad Times

Workshop will include speakers
and time for attendees to share. (Zoom
information will be communicated two
weeks prior to workshop.)

www.connecticutoa.org

Link to flyer:

<https://oaregion6.org/en/riding-the-waves-flyer-no-zoom/>

June 12, 1:00-3:00 pm EST: Avoiding
PRE-lapse: How to Nurture Continued
Abstinence

Relapse generally begins well
before the compulsive food behavior or
the first compulsive bite. Isn't it time
you learned to recognize the signs of
impending relapse?

Join us at this enlightening
workshop to learn how to avoid a PRE-
lapse and develop skills that are needed
to nurture continued abstinence and
real recovery from compulsive eating
and compulsive eating behaviors.

(continued next page)



NEW FREEDOM INTERGROUP

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

Newcomers are encouraged to attend to learn how working the Twelve Steps of Overeaters Anonymous and practicing certain key behaviors can free you from the bondage of food!

Suggested donation: \$5 (no one ever turned away for lack of funds)

<https://oasv.org/upcoming-oasv-workshops/>

Email: info@oasv.org

June 19, 4:00 am - 6:00 pm EST: Carrying the Message Workshop

Presented by Region One Public Information Professional Outreach Committee on Zoom

Topics include:

- Why share the message?
- Learn "The Elevator Talk" (Everybody's Doing It)
- Share the message concisely to anyone including your doctor or in random encounters
- Interesting Scenarios
- Breakout Rooms to practice
- Fears addressed

Questions? Contact

CarryingTheMessageWorkshop@gmail.com



SPONSORSHIP: THE ULTIMATE EXPERIENCE

OA SPEAKERS FROM AROUND THE USA SHARE THEIR PRACTICAL EXPERIENCE, STRENGTH AND HOPE ON:

- 12-Day Sponsorship & Other Tools (Plenary)
- How to Sponsor Habitual Relapsers (Breakout)
- Finding the Right Sponsor (Breakout)
- Types of Sponsorship (Breakout)
- When and How to Change Sponsors (Breakout)
- Using the Tools in Sponsorship (Breakout)
- How your Meeting Can Support Sponsorship (Breakout)

Whether you are a sponsor, want a sponsor, or want to sponsor, this workshop is for you!

June 19, 2021

10 AM-2PM PST (including break)

ZOOM Meeting ID: 859 3391 4872

Passcode: sponsor21

OA PENINSULA INTERGROUP

(Please come a few minutes early, so we can start on time!)



Another Look at Step 5

(This article was received during May after the *Inner Voice* had gone out.)

"Admitted to God, to ourselves and to another human being the exact nature of our wrongs."

— Step 5, OA 12 and 12

The first time I told my inventory to my sponsor in a 5th step, I was really nervous. What if I left something out and failed to tell the truth? What if I said too much and my sponsor told me I was a terrible person? What if my Higher Power punished me for the wrongdoings of the past?

I went ahead and told the truth anyway, because by the time I was ready to tell my inventory I trusted my sponsor and the program more than I trusted my thoughts. I knew that the addicted part of me that wanted to keep me sick and in the food would keep me in fear forever if I didn't act. I knew that I wanted to be free.

The experience of doing my 5th step was entirely different than my fears. My sponsor was kind, compassionate, and loving. She understood so much of my story because she herself had lived it. She laughed about old memories that used to cause her pain, and I was able to consider what it might be like to accept my past rather than fear it.

The most important part of my 5th step was what happened afterwards. The next day, I called my sponsor to check in. Nothing had changed about the way we talked or the way she treated me. I went about my business and wasn't struck down by lightning by my Higher Power. In fact, I felt more loved than ever. The days and weeks after I told my 5th step, I



NEW FREEDOM INTERGROUP

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

began to realize that I felt lighter, more loving towards myself, more willing to tell the truth—even when it was uncomfortable. Choosing to do my 5th step rather than run from it made me a stronger person. I finally began to understand what it was like to choose my path gratefully, to accept my past instead of being haunted by it. I finally began to feel free.

– Anonymous

DONATIONS REPORT 2021		APRIL	YTD
PAYPAL—Individual Donations		\$9.41	\$339.20
Jacksonville Groups	Grp#		
Mon: Shepherd of the Woods Church	00774		
Tue: Orange Park-10am Presb Church	03654		\$40.00
Tue: Lakewood United Meth Church	36763	\$8.00	\$169.66
Wed: Step Study Mandarin	51223	\$87.63	\$479.15
Wed: JAX Beach-Wisdom at the Beaches	54507	\$240.00	\$315.00
Thur: Newcomer, Lakeview Health	47756		
Fri: Orange Park—10am	49119		
Sat: Saturday Steppers-Ponte Vedra Bch	51693		
Sat: Super Saturday Lakeview	20025		
Sat: Believe in Recovery First, Mandarin	32773	\$8.00	\$43.00
Sat: Serenity Saturday OP NFI			
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137		\$150.00
Thu: Unity Church (Acceptance)	50421		\$100.00
Sat: 9:30 AM Welcome Home	48324		\$185.00
Sun: United Church of Gainesville	52879		
Other Florida Groups			
Mon: Lifesaver – Palatka	38464	\$50.00	\$50.00
Mon: Palm Coast-St Mark by the Sea	38320		\$20.00
Wed: Palm Coast—5:45pm	56604	\$35.00	\$155.00
Thu: Fernandina Beach	49101		\$102.00
Thu: Flagler Beach	15171		\$45.00
Sat: St. Augustine Serenity	00235	\$48.97	\$542.81
Sun: Palm Coast/Flagler Beach	56072		
Southern Georgia Groups			
Tue: Jesup	54175	\$50.00	\$210.00
Tue: 7pm St Simons by The Sea	38311		
Wed: Savannah—5:30 pm	50301		
Thur: Brunswick	51988		
Sun: Savannah—5pm	54362	\$50.00	\$90.00
Totals		\$452.01	\$3,035.82



NEW FREEDOM INTERGROUP

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

Save the Date for Florida State!

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



“Together We Can...CELEBRATE RECOVERY—62 YEARS”

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

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.

Revised Meeting Formats

Following the delegates' decision at World Service Business Conference 2021 to revise OA's Abstinence and Recovery Policy, all suggested meeting formats on oa.org have been revised to include the new policy language:

“Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

“Spiritual, emotional, and physical recovery is the result of living and working the Overeaters Anonymous Twelve Step program on a daily basis.”

The revised meeting formats include: Suggested Meeting Format, Lifeline Meeting Format, Suggested Reading and Writing Meeting Format, Suggested Recovery-from Relapse Meeting Format, Suggested Step-Study Meeting Format, Suggested Telephone Meeting Format, and Suggested Young People's Meeting Format.

You can find all of our suggested meeting formats in the Document Library under category “Meeting Formats.”



NEW FREEDOM INTERGROUP

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

*



- Amazon Kindle
- Apple Books
- Barnes and Noble Nook



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