

Inner Voice

Newsletter of New Freedom Intergroup of OA



June 2022

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.

Where, Oh Where Should the Big Book Convention Be?

Wonderful feedback and enthusiasm. Four years of deep diving into the depths of *Alcoholics Anonymous*, studying the steps with powerful speakers from all over.

A dedicated committee met for months, getting all the details just right.

And then came the fallout. Comments that Jekyll Island has gotten quite expensive; that having the convention during December isn't quite right.

We value that feedback, and would love to honor it with a new plan. But we need people to do that. To sort through available venues, checking that they meet the



needs of travelers both local and distant; that attendees can be housed and fed properly, and meet comfortably.

And with a new date not yet proposed, when should the planning start?

Oh, yesterday or the day before.

To all those who have valued the gathering, or who haven't been and are curious, we ask you to search your hearts and see if you value it enough to take the helm.

Without a chairperson, our intergroup will have to say 2022 will not work.

Many of us have gotten accustomed to meeting over Zoom or other online sites, and this has been a wonderful opportunity for people who have moved to see those they miss, and for people to "shop around" for new experiences. This doesn't negate the value of meeting and working face to face.

It's not the only potential answer. As you can see later in this issue, World Service met virtually a second time. And perhaps a new chair might propose this.

Is someone motivated to step forward and begin the discussion?



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Lifeline: Stories of Recovery

Thirty Days

I've reached my twenty-ninth day of abstinence. Tomorrow will be my weighing day and my highly anticipated thirtieth day. I've never gone thirty days without weighing myself, but the experience has been interesting! It really takes the focus off numeric results and has made me realize other subtleties of physical, emotional, and spiritual recovery.

Thirty days ago, I wrote a letter to myself about how bad I was feeling and how I never wanted to feel that way again. In fact, changes are happening.

Shortness of breath was one of the first things that went away, and I haven't been out of breath for days, not even when reading to my daughter. What a relief!

I couldn't sit on the floor for a long time or find a comfortable position, but the other day, I spent a lot of time sitting on the floor organizing some drawers with my daughter without suffering. Wow!

My migraines have decreased considerably, and consequently, so has my use of painkillers! The migraines are torturous, so this is a great victory.

What has been very evident in the last few days is how my irritability has decreased, both with family and people at work. Before, I was ready to explode at any time, but now it seems that without excess food and junk food, space has opened for me to think calmly and either solve things with more serenity or realize that it is not my problem to solve and really deliver it to a Higher Power.

One of the biggest changes has been to really feel that when I give my powerlessness to a Higher Power, my Higher Power works for me and does for me what I can't do for myself. This is getting me closer to God than ever before.

I've noticed that I can feel life in between meals. I was born anxious, so I know anxiety is part of my nature, but it is much more controlled since it is not being fed! It's not always easy. Sometimes, I need to stop everything and identify the emotion that is disturbing me at the moment and decide what to do with it without anesthetizing with food. This process has become more controlled every day.

I feel my clothes fitting me better. Before, I refused to buy even bigger sizes, but everything was super tight and at the limit!

Attending one meeting a day, working with a great sponsor, and using the Tools of Recovery has kept me working the program. Each day I've learned something new. The Big Book has been the great light at the end of the tunnel. Nothing has been perfect or easy, but the changes that have happened are indescribable! I feel like a phoenix rising from the ashes!

— Athena C., São Paulo, Brazil (Reprinted from *Lifeline*)

A MEETING CHANGE

Face-to-face Meeting to Resume – Fernandina Beach

OA meetings will resume Thursday, June 2, 2022, at 1pm, in the parlor of St Peter's Episcopal Church, 801 Atlantic Avenue, Fernandina Beach, Florida 32034. Hope to see you there.

MEETING CHANGES

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

— Echo G.



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Do You Like to Write?

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

Order Your 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 plus shipping. 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 would like to arrange to pick it up in Newberry, or have one shipped to you. If you select the shipping option, I will contact you to make arrangements for the shipping costs (currently an additional \$8-\$10 for one jar). Hint: It will be cheaper to ship multiples, such as a case of 12 for your group. (NOTE: We are offering free shipping on a case of 12!)

Payment can be made in cash at pick up or by check/money order ahead of time. (Please make check out to New Freedom Intergroup and mail to: NFI Ways and Means, 28303 SW 101st Avenue, Newberry, FL 32669.) If you have additional questions, please contact: wandmnfi@gmail.com

—Barbara C.



Step 6: Wishy Washy

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 (Reprinted from *Lifeline*)



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Intergroup Inventory: We need your help!

The New Freedom Intergroup is taking an inventory, using the guidelines outlined here:

<https://oa.org/app/uploads/2022/04/oa-intergroup-or-service-board-inventory.pdf>

Knowing that we get better together, we'd like to get feedback from as many of our members as possible! Please take some time to review the questions from the inventory and send in any feedback, comments, concerns, or any questions of your own to:

Echo G. at linsey.guertin@gmail.com

Any feedback provided will be kept anonymous unless you specifically request that I include your name when sharing the input with the Intergroup.

Tradition Six: Simple Solidarity

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.

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



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Trusted Servants and Committee Chairs (New emails)

GENERAL INFORMATION

Chair	Echo G.	561.704.2917	oanfig@gmail.com
Vice Chair/Bylaws	Barbara C.	352.472.9924	chairnfi@gmail.com
Treasurer	Carly B.	303.710.0589	vicechairnfi@gmail.com
Secretary (interim appointment)	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	innervoicefi@gmail.com
Young Persons	VACANT—Consider doing service		piponfig@gmail.com
12th Step Within	Georgette P.	352.870.4454	youngpeoplenfi@gmail.com
Sponsor Coordinator	Augusta L.	912.508.4777	TSWnfi@gmail.com
Website	Brian B.	904.616.0608	sponsorsnfi@gmail.com
Ways and Means	VACANT—Consider doing service		websitenfi@gmail.com
2022 5th Annual "Big Book Convention"	VACANT—Consider doing service		wandmnfi@gmail.com

Highlights of the May 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 May 9. 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, June 11th from 10:00 am to 11:30 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350).

Highlights of what was covered at the May business meeting:

Service Opportunities:

- We need to fill the following service positions: Delegate, Parliamentarian, Young Persons Subcommittee Chair, and Ways and Means Chair. Other committees also need volunteers to provide service.
- Sandi J C is serving as Interim Secretary and learning the duties and responsibilities.

Need Planning Committees:

We need to establish two special event planning committees in the very near future:

- The 5th Annual Big Book Convention.** Normally held at Jekyll Island, last year's committee received feedback that this venue may be cost-prohibitive for many, and the December time-frame is problematic. That being said, the new committee can change the time and place – which is why we need to get started! If you would like to chair this committee, please step up and inform Echo G. **Note: LAST CALL FOR A COMMITTEE CHAIR!** As of this writing we have not had anyone step up to volunteer for this service and it is looking like we will cancel for 2022.
- SOAR 8 Recovery Convention and Business Assembly.** This committee will be planning all the events to be held for the recovery convention and business assembly for fall 2023 in Savannah, GA. If we are selected to host this event (submission will be made to Region 8 in fall 2022), NFI will be responsible for all aspects of the recovery convention. We last organized one of these in March 2017 in Jacksonville, and it was a huge success from the recovery and financial aspects! We will need people to plan the sessions, theme, boutique, decorations, entertainment, get speakers and timers, arrange volunteers, set up hospitality, baskets and drawings, ...you name it, we need it! We need you – and there is no time like the present to start planning. Let Barb C. know if you are interested.



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Other Items of Note:

- All meetings are to let Chair know about changes in format.
- It is time to review the NFI Bylaws. We discussed and voted to approve the following changes:
 - Increase all terms for the Board and the Committee Chairs to two years (instead of one) with a chance to renew one time (4 years consecutively).
 - Elections for the Board positions will be on an alternating schedule, with Chair and Treasurer being voted on in December of odd years and Vice-Chair, Secretary, and Delegate being voted on in December of even years.
- The Region 8 Business Assembly and Recovery Convention was held virtually on April 1-3 and hosted by the Greater Memphis Intergroup - Echo G., Barb C., and Nancy K. attended as NFI voting representatives. Barb C. gave her report.
- WSBC 2022 was held virtually at the end of April. Echo G. attended as voting representative for NFI. Echo G. gave her report. The wrap up report can be found here: <https://oa.org/app/uploads/2022/05/Wrap-Up-Report-22.pdf>
- In discussion of our Intergroup Inventory it was decided that we need to try and gather input and feedback from as much of our membership as possible, so Echo G. is going to write up an article for the newsletter requesting feedback.

Abstinence Workshop A Success!

The abstinence workshop Saturday, May 21, 2022, was a complete SUCCESS!! This virtual workshop, hosted by the Jacksonville Beach and Palm Coast meetings with the support of the Twelfth Step Within committee, had 75 attendees representing different OA meetings who were in various stages of their recovery process. The workshop also generated over \$160 from 7th Tradition donations to help New Freedom Intergroup continue to carry the message of OA.

This interactive workshop offered the attendees an opportunity to create a tool (an abstinence action plan) to help them strengthen their recovery ("The Simplicity Project") and then share their project with other participants. Our first speaker shared her personal story and explained how she chose to create her tool so that it assisted in keeping her recovery. The workshop then reviewed a PDF that discussed the difference between abstinence and a plan of eating, which was followed by a second speaker, a member who is new to OA, who shared what this difference means in her recovery.

If you could not attend the workshop but would like to review what was covered, the links to the main materials are given below. You may also visit oa.org and search the topic "abstinence" for additional resources that can help you strengthen your abstinence and recovery.

- The Simplicity Project (a PowerPoint presentation): <https://oa.org/app/uploads/2021/08/the-simplicity-project.pdf>
- Difference -between-abstinence-and-a-plan-of-eating-workshop-handout: <https://oa.org/app/uploads/2021/08/difference-between-abstinence-and-a-plan-of-eating-workshop-handout.pdf>

The attendees were asked to participate in a survey just before closing. We had 42 responses total where the participants were asked what they need to strengthen their program, what methods they would need from OA to achieve this, and any additional comments. The general responses from this survey were positive, encouraging, and many attendees asked to be put on a mailing list for our next workshop!

The Twelfth Step Within committee is available to assist any meeting that would like to host a workshop. I found that this was not a very difficult task when a great committee of people join together. Please consider giving this valuable service. If you are interested or would like more information, please contact Georgette at: ghabanero56@yahoo.com

In grateful service,
— Sandi J



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

NFI's Professional Outreach Committee is planning on reaching out to Bariatric Physicians and their Post-Surgical Patients in an effort to carry the message of hope and recovery through the OA program to those outside of OA who are still suffering.

In order for our PIPO Committee to request an appointment with the Physician, we plan to forward a letter of introduction about the Fellowship and briefly describe its objectives and principles of anonymity. In addition, we will explain that the only requirement for OA membership is a desire to stop eating compulsively.

Our committee would also like to include **letters of testimony** from a few OA members who have had personal experience with bariatric surgery and are currently working the OA 12 step program to deal with the emotional reasons they turned to the food.

If you fall into this category, and are willing to draft a brief testimonial (up to about half a page) describing how OA has been giving you the continued edge that the surgery only started. For example, your letter could allude to the surgery as a helpful starting point, a tool for the body, and the OA fellowship helps you to address the 'thinking about food' part; or how OA is enhancing your ability to have successful aftercare; how OA is improving your quality of life; how a sponsor and the support of the fellowship has helped you to continue to lose weight (and maintain, if that is the case), etc. By no means do we want to tell you what to say—your truth will be perfect!!

Disclaimer: OA and the PIPO committee are not in competition with professionals and we do not claim medical or nutritional expertise or offer food plans.

For questions and or to send your letter of testimony, please contact: Nancy K at: npklei@gmail.com.

Thank you in advance for your service!

Nancy K
NFI's PIPO Chair

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!

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

Georgette P.
Twelfth Step Within Chair, tswnfi@gmail.com



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World Service Reports Success with the Second All-Virtual WSBC

With a count of 218 delegates from twenty-one countries, OA's second all-virtual World Service Business Conference exemplified this year's theme: "We Can Do Together What We Could Never Do Alone." Not only did Conference delegates consider and vote on every motion, amendment, proposal, and election, but also the spirit of togetherness was shared through live interpretation, a first for Conference. Available in Portuguese and Spanish, interpretation highlighted OA's vitality as a worldwide Fellowship and aligned with our Fourth Concept of OA Service: "The right of participation ensures equality of opportunity for all in the decision-making process."



Among the many business decisions made at WSBC 2022, delegates granted the Conference Seal of Approval to a new OA publication: *The Twelve Traditions Workbook of Overeaters Anonymous*. This new workbook will complement members' study of our keystone book, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, just as our *Twelve Step Workbook* does.



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OA Promises

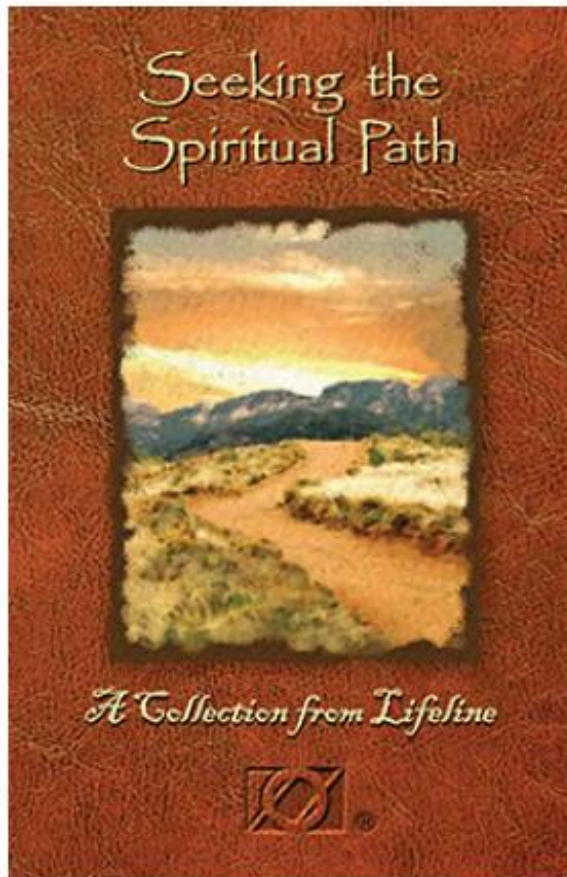
I am a huge fan of the Big Book, *Alcoholics Anonymous*, and credit my fourteen-plus years and more than 80 pounds (36 kg) of recovery to repeatedly working the Steps with my sponsor using the Big Book directions. I love all the promises the book holds and have experienced many of them in my life. However, I am amazed we've not seen a single article about the promises we have in our own book, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*!

I'd like to share my favorite promise of OA, that of permanent recovery. Step Ten on page 69 begins: "Many of us come to Overeaters Anonymous after years of pursuing short-term solutions to our long-term problem of compulsive eating. One aspect of this program that keeps us here is the **promise of permanent recovery from this baffling disease**. But what in the world is truly permanent? We read on page 204 of our *For Today* book, 'Repetition is the only form of permanence that nature can achieve.' If we are to experience permanent recovery from compulsive eating, we will have to repeat, day after day, the actions that have already brought us so much healing" (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*).

Our Twelve and Twelve contains promises in every Step, and it is fun to study the text and ferret them out and see how they are coming true as we work the OA Twelve Step program of recovery.

— Gail V.B., Herndon, Virginia USA (Edited and reprinted from *Lifeline*)

OA MATERIALS (bookstore.oa.org)



Seeking the Spiritual Path: A Collection from Lifeline

More than seventy stories of spiritual discovery compiled from *Lifeline* magazine. Explores such topics as the search for a Higher Power, spiritual experiences before and during the program, tools for spiritual growth, and the perspective of agnostics and atheists. Copyright 2007. Softcover; 144 pages.

SKU 978

\$9.50

E-book formats are available. OA receives a royalty share for e-book purchases made through these third-party vendors (links open to external websites):

- [Amazon Kindle](#)
- [Apple Books](#)
- [Barnes and Noble Nook](#)

En busca del Camino Espiritual, our Spanish-language version of *Seeking the Spiritual Path*, is also available in an e-book format:

- [Amazon Kindle](#)



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Events from All Over



2022

2nd Sunday of the Month Workshop Topics

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

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

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

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

Come Join Us!

For Virtual Region Workshop Room Join Zoom Meeting

Meeting ID: 891 6554 0024

Password: 120912

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

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

Suggested workshop contribution \$5

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

FOR MORE INFORMATION:

<https://oavirtualregion.org>

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



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**Great for
Newcomers or
LongTimers!**



OA Central Ontario Intergroup

Presents a:

Quick Step Study

- **SUNDAYS (Four sessions)**

May 15, (skip May 22), May 29, Jun 5,
and Jun 12

10:30am – 12pm Noon ET.

- **By Zoom or phone**

- **Free - 7th Tradition**

- **Session Format: Write on the step, share on the step. (Read the step ahead of time.)**

- **Registration is limited:**

- Please do so early to receive the handouts and zoom details.

- Registration required 24 hours ahead of the start time.

- Register by emailing:

coiquicksteps@oaontario.org and include in your email the start date of the study you would like to attend. You don't have to attend all the sessions.

**"This workshop has been
all and more than I could
have hoped for."**

-former workshop participant



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HOW-Overeaters Anonymous

Northern California Intergroup

HOW RETREAT

Saturday, June 11, 2022

Via Zoom, meeting id to be provided once you register

10:00 a.m. – 4:00 p.m.

THEME: GIFTS OF RECOVERY

SUGGESTED DONATION: \$20.00 (includes 1 chance in drawing for quilt)

Additional chances can be purchased for \$5.00 each

Registration forms will be out shortly. Registration will CLOSE by June 8, 2022. If you are NOT registered by then, you will no longer be able to attend.

TOPICS:

Action Plan & Time Management

Raising Small Children

Challenges of Aging & Medical Issues

Care Taking

Maintenance & Body Image

Meditation, stretching and ocean breathing will be held throughout the day during breaks.



Breakout rooms will be offered on certain topics



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**2 SPECIAL EVENTS ON JUNE 12, 2022
ON THE HISTORY OF OA AND OUR FOUNDER—ROZANNE**

First, Central Jersey IG invites everyone to:

The History of Overeaters Anonymous By Those Who Watched it Unfold

11am PDT, 1:00pm CDT, 2pm EST

A long-timer will be speaking from the perspective of being Rozanne's (Founder of OA) sponsee. She said, "I was not there when OA opened...I've been in OA 45 years. It started 17 years before I got here and was still very new when I came in. This was 1976 and the first OA books were written in the early eighties. So we only had AA speakers and AA literature." Other long-timers will be sharing also.

There will other Old-Timers, including a past trustee, sharing little known facts about Rozanne, along with time for question, answers, and comments and pictures of Rozanne and her home and garden. Some poems Rozanne loved will be read. It will end with a beautiful meditation called "Building Gods House."

Meeting ID: 848 0744 9339

Passcode: 768393

Direct link to join this event:

<https://us02web.zoom.us/j/84807449339?pwd=MGFXR1phNTZla2FBT1VaUCtVSnFIZz09>

For more info, contact:

Danielle at: 504-914-8411

Second, all are invited, OA Video Interview of Rozanne—OA's founder, at the Houston Old-Timer Speaker Meeting at 5pm PDT, 7pm CDT, 8pm EDT (same day). This video was professionally done by a TV anchor regarding the history of OA and the struggles Rozanne had with her own recovery.

There will be several members who had interactions with Rozanne sharing their experiences with time for questions, answers and comments.

Meeting ID: 863 1665 1362

Pscd: 2020

For more info:

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or

Nanci B.

nancigo@yahoo.com



NEW FREEDOM INTERGROUP

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

DONATIONS REPORT 2022		May	YTD TOTAL
PAYPAL - Individual Donations		\$14.08	\$371.69
Jacksonville Groups			
Mon: Shepherd of the Woods Church	00774		\$0.00
Tue: Orange Park-10am Presb Church	03654		\$0.00
Tue: Lakewood United Meth Church	36763		\$0.00
Wed: Step Study Mandarin	51223	\$92.48	\$319.52
Wed: JAX Beach-Wisdom at the Beaches	54507		\$135.00
Thur: Newcomer, Lakeview Health	47756		\$0.00
Fri: Orange Park - 10am	49119		\$0.00
Fri: Orange Park - 6pm	57531		\$35.00
Sat: Saturday Steppers-Ponte Vedra Bch	51693		\$48.06
Sat: Super Saturday Lakeview	20025		\$0.00
Sat: Believe in Recovery First, Mandarin	32773	\$30.00	\$323.40
Sat: Serenity Saturday OP NFI			\$0.00
Sun: Military	800278		
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137		\$150.00
Thu: Unity Church(Acceptance)	50421	\$9.22	\$166.10
Sat: 9:30 AM Welcome Home	48324		\$48.06
Sun: United Church of Gainesville	52879		\$0.00
Other Florida Groups			
Mon: Lifesaver - Palatka	38464		\$0.00
Mon: Palm Coast-St Mark by the Sea	38320		\$10.00
Wed: Palm Coast - 5:45pm	56604		\$10.00
Thu: Fernandina Beach	49101		\$0.00
Thu: Flagler Beach	15171		\$10.00
Sat: St. Augustine Serenity	00235	\$23.79	\$183.95
Sun: Palm Coast/Flagler Beach	56072		\$120.00
Southern Georgia Groups			
Tue: Jesup	54175	\$25.00	\$125.00
Tue: 7pm St Simons by The Sea	38311		\$0.00
Wed: Savannah - 5:30 pm	50301		\$106.47
Thur: Brunswick	51988		\$0.00
Sun: Savannah - 5pm	54362		\$0.00
Totals		\$194.57	\$2,242.25
Don to WSO		\$58.37	
Don to SOAR8		\$19.46	

Where are your donations going?

According to our Seventh Tradition, we are self-supporting through our own contributions. To donate directly to Intergruop, 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.

Articles printed in this newsletter reflect the opinion of each individual OA member and do not represent OA as a whole. Intergruop meets on the 2nd Saturday of each month. The deadline to submit articles is the 20th of the month before the Intergruop 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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