

Inner Voice

Newsletter of New Freedom Intergroup of OA



June 2024

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.

Did you know?

Did you know World Service Office has a News Bulletin Email newsletter?

Stay up to date with what Over Eaters Anonymous is doing as a whole. To sign up for the Bulletin, enter your email address in the Let's Keep in Touch space on the OA.org homepage and click yes to confirm.

<https://oa.org/>

Now that you know, email or take a screen shot and text this to all your meeting members to get everyone connected!

OVEREATERS ANONYMOUS.

Find a meeting MENU

Take another step toward recovery with service.

Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our recovery.

Find out more

Let's keep in touch.

Stay up to date on what's happening at OA. And don't worry —your details are private and we promise not to spam you!

Email address

Sign up!

Document Library

For easy access to current OA guidelines, service support documents, policies, workshops, and more...

Go to the Library



NEW FREEDOM INTERGROUP

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W O R L D S E R V I C E O F F I C E

May 15, 2024

RE: Overeaters Anonymous Supports The Rainbow (LGBTQ+) Specific Focus Service Board

To Overeaters Anonymous members and groups:

The Board of Trustees, the Unity with Diversity Conference Committee, and the Region Chairs Committee stand hand-in-hand with all of our specific-focus service boards. We regret to report that OA's Rainbow (LGBTQ+) Specific Focus Service Board has received some vicious, attacking emails from individual OA members. We are taken aback by the hostility directed at The Rainbow (LGBTQ+) Specific Focus Service Board.

While OA welcomes a free exchange of ideas and criticisms, we also want to say clearly: There is absolutely no place for hate speech in the loving Fellowship of Overeaters Anonymous. We are here to support each other in love, tolerance, acceptance, and recovery.

As noted in the OA *Twelve and Twelve*: "When we apply OA's Tradition Three, we find the treasure of friendship often where we least expect it, with people we once would have excluded from our lives. Such treasure is all around us, and all we have to do is open our hearts to receive it. OA is where we learn to open our hearts, because it is here that most of us first experience unconditional acceptance" (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, pp. 111-112).

For further reading and discussion, our [policy statements related to Unity with Diversity](#) can be found in the Document Library at [oa.org](#).

This statement was unanimously endorsed by the 2024 World Service Business Conference.

Please contact your Region Chair or Trustee if you have any questions.

Thank you for your attention and support,

OA Board of Trustees
Region Chairs Committee
Unity with Diversity Conference Committee

6075 Zenith Court NE • Rio Rancho, New Mexico 87144-6424 USA

Mail address: P.O. Box 44727 • Rio Rancho, NM 87174-4727 USA

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Step 6: Just One Paragraph

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

The *Big Book* devotes just one paragraph to Step Six. It asks us to check our willingness. If we are willing to let go of all the defects, we identified in Step Four, then we move on to Step Seven. What does this willingness look like?and how can I be entirely ready?

If I am abstaining from the foods that cause me problems, I have already had the experience of being willing to have God remove my food problem. Of course, I was desperate and in nearly constant mental anguish over the symptoms of this disease. Being entirely ready to have God remove that particular problem might have been simpler than other problems/defects.

Take for example my defect of self-pity. I identified it as a character defect in my fourth step inventory. In that inventory I saw how damaging this defect is to me, and yet, I saw how much I seemed to really invest in, even revel in self-pity. In my mind I had many movies that I played over and over justifying feeling sorry for myself. Why life was not fair to me in many ways. I could find friends to agree that I got a raw deal. I was justified! And yet – the pain of those feelings... blocked me off from my God. I could not experience an open channel to my HP and self-pity movies in my mind at the same time. It was one or the other. Black and white.

So, I might consider that my job in the sixth step, is to do everything in my power to create an environment where I demonstrate willingness to have my defects removed. Some ways I can demonstrate willingness are by:

1. Staying abstinent. Self-pity and bingeing are best friends in my disease world.
2. Becoming aware of when my defects are likely to be triggered.
3. Remaining open-minded, regardless of what is going on.
4. Cooperating with HP in the building of my character, by doing my best to respond to difficult circumstances with humility.

This is not a one-time thing. It's a lifetime job. As with all the remaining steps, I will get better with practice.

— Lucy B.

More on Step 5 From Our Region

I just finished receiving a 5th Step from a beloved sponsee and it reminded me of why this step in our process is so transformative. It has the capability to turn shame and guilt into compassion and love for myself and others. I watched my friend become open to the idea that our needs, wants, and desires drove us to behaviors that did not result in the outcomes we expected. But we do not have to let those needs, wants, and desires continue to drive.

Why does the 5th Step seem so daunting? I used to think, "I've already admitted to myself and my Higher Power the things that are haunting me and taking up so much of my energy (Step 4). Why tell another person?"

The truth for me was that I needed someone else's perspective – mine was distorted. I found it terrifying to let someone really see me, especially what I considered the worst of me. I had spent my life wearing a mask. The mask changed, based on what I thought I needed to do to be accepted. I protected my "real" identity behind the mask because I was terrified you would know me and reject me. My very survival felt like it depended on whether or not the world accepted me. In my own eyes, I always fell short and I assumed, if you saw me, you would see the same thing I was seeing.

I took the mask off and timidly tiptoed from behind it, in a safe space with a trusted sponsor, and read her my 4th Step inventory. At that moment, my real life began. As the fear slipped away, a feeling of connection replaced it. At the end of the 5th Step, the *Big Book* promises (p.75), "We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe." What a comforting thought, hand in hand.

For me, the 5th Step opened the door for connection with myself, my Higher Power, and you. I learned to have compassion for my needs, wants, and desires, and love for the person I used to be. I continue to bring the real me to my Higher Power, knowing that I will be heard, helped, and cherished. Please do not miss the experience!

— Barbara P.



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Tradition 6: Singleness of Purpose

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 traditions resulted from experiences of the early AA groups getting involved in outside enterprises. Singleness of purpose is one of the main reasons that 12-step programs work. They don't take up popular causes or recommend outside books or treatments. We use what we know works. That is the steps – not a plan of eating, not an exercise program, not a particular religion, philosophy, or opinion.

When I was first in OA we wanted a name for our group and I suggested calling it after the institution we met in. Someone explained to me that that would be a violation of Tradition Six, so I think we called it the acceptance meeting.

Before the internet, when we had a phone in Gainesville, someone called up who was selling food bars from a famous diet book. He wanted to bring them to a meeting. He was told he couldn't and became quite indignant because he had THE ANSWER!

We have the answer that works for us and it is not dieting or food bars or diet books. There have been minor violations in our meetings, someone trying to get people to walk for diabetes years ago; two different people offering to convert other members to Christianity. So far no one has been political, which is great.

We need singleness of purpose: "The desire to stop eating compulsively." Everything else is an outside issue.

— Patience M., Gainesville FL

Promises: A Paradox

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

When I first read this promise, I was slightly dubious. By this time (we are half-way through the steps), I was aware of my many shortcomings – especially selfishness and self-centeredness. I thought, wow, "We will lose interest in selfish things and We will gain interest in our fellows." Part of me was hedging – we meant *you*, not *me*. I thought, "We" meant you would gain interest in your fellows and that it didn't apply to me.

How could it? On a daily basis I mostly think of me. It takes a lot of effort for me to set aside my needs and think of you. I seem to always fall back on selfish thinking. Why is that?

In the chapter **How It Works**, (*Alcoholics Anonymous*, 4th Edition, p.62) our literature reminds me that, "Selfishness, self-centeredness! That, we think, is the root of our troubles." Further along the page, we are instructed, "Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us! God makes that possible." And earlier it says, "Our very lives, as ex-problem drinkers, depend upon our constant thought of others and how we may help meet their needs." (p.20)

A wise person I know always reminded me that the more I think of you, the less I think of me. I still do not know why some people find selflessness natural, and why for me I default to selfishness. I do know that -- food addict or not -- selfishness is a character defect. However, for a food addict/compulsive overeater, selfishness can result in a relapse. Hence selfishness can be deadly to me – and (perhaps) not to a "normie."

So how do I reduce my selfishness and increase interest in my fellows? Service and God. Horrors!! Another paradox of 12-step recovery. Doing what I don't want to do makes me feel better. Doing the opposite of what I'm normally wired to do, like God's will, reduces my need to fill the God-shaped hole in my soul. The simple act of doing for others increases my ability to defend against the next compulsive bite. Simple but not easy.

As an imperfect bozo on this bus, I now know what I'm supposed to do, act, and say. And, if I'm being honest, I fall short...a lot! But my Higher Power provides me with grace. If I am striving to follow the program to the best of my ability, my HP keeps me in a state of grace, safe and protected from relapse.



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If you are struggling with selfishness, try the Seventh Step Prayer:

“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 which 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.” (p.76)

— 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

“Nearly all have recovered. They have solved the drink problem.”

“...there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful.”

“We are like the passengers of a great liner the moment after rescue from shipwreck when camaraderie, joyousness and democracy pervade the vessel from steerage to Captain’s table.”

“...our joy in escape from disaster does not subside as we go our individual ways.”

“The feeling of having shared in a common peril is one element in the powerful cement which binds us.”

“...we have discovered a common solution.”

“We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action.”

— Mark W.

Trusted Servants and Committee Chairs (New emails)

GENERAL INFORMATION	Secretary will forward as needed	oanfig@gmail.com
Chair	Echo G. 561.704.2917	chairnfi@gmail.com
Vice Chair/Bylaws	Barbara C. 352.474.1366	vicechairnfi@gmail.com
Treasurer	Augusta L. 912.508.4777	nfitreasury@gmail.com
Secretary	Sandi JC 912.464.4231	oanfig@gmail.com
Delegate	VACANT—Consider doing service	delegatenfi@gmail.com
Newsletter/Meeting List	Mark W. 904.527.3433	innervocenfifi@gmail.com
Public Info/Prof. Outreach	Nancy K. 516.286.1888	piponfig@gmail.com
Young Persons	VACANT—Consider doing service	youngpeoplenfi@gmail.com
12th Step Within	VACANT—Consider doing service	TSWnfi@gmail.com
Sponsor Coordinator	Hailey 404.797.5586	sponsor.nfig@gmail.com
Website	Brian B. 904.616.0608	websitenfi@gmail.com
Ways and Means	VACANT—Consider doing service	wandmnfi@gmail.com

Help Us Keep Our Lists Up to Date

We work to keep our NFI meeting lists up to date, and as you’ve probably noticed, we have a column for contact people for specific meetings on the lists. However, no one is perfect, and change is always with us. Someone can move away, or a focus of a meeting can change. And meetings have changed from in-person to virtual or hybrid and sometimes back. So if you ever have trouble getting meeting info, or don’t find a meeting where or when you expect one, please let us know. OA is asking all the service bodies to audit their meetings and report back. So when newcomers, travelers, or just members in search of different voices look at oa.org they get good information.



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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.

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



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

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.

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 11. 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, June 8 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, Twelfth Step Within chair, and Ways and Means chair. Other committees also need volunteers to provide service.



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- 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. Expect more details soon! And please continue to be on the lookout for more announcements and information about this!
- 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 update this month! They should be reflected on the website and meeting list.
- Discussed the definition of membership with regards to renewing our liability insurance. We have ~250 individuals on our contact list, but for insurance purposes, we are mostly interested in members who attend face-to-face meetings and events.
 - After discussing it with our insurer, we are going to use 75 for the number of members as this is a good average between regular attendance across all of our affiliated meetings and special event attendance.
- Discussed the increase in our costs for the liability insurance. We saw an increase of 43% this year, and will begin looking around for other options. It could be that our rate is the best possible rate, but we won't know for sure until we look around. Reached out to the World Service Office for guidance on this topic as well per instructions on the OA website, but haven't seen a response yet.

Region 8's New International Committee Page

Check our Region's new **International Committee** page at <https://oaregion8.org/committees/icr8/>

Many parts of the webpage may be viewed in English, Spanish, or Portuguese! You may choose the language on the upper left tab.

– JC, Secretary Region 8

INTERNATIONAL COMMITTEE

Purpose: Provide a place for non – English speakers to give service, organize recovery and business events, workshops, speaker and sponsor lists in their native languages

Vision: The international committee is a tool for regional integration that facilitates and achieves unity of intergroups from different countries in the region 8

Mission: to foster the connection of trusted servants from different countries; ■ provide growth and learning activities in service and recovery; ■ help overcome language barriers; ■ facilitate access to the contents and resources of the website and the work of the regional subcommittees; ■ and encourage the participation of as many intergroups as possible in regional assemblies and conventions



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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!

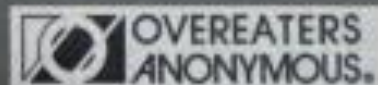
Questions to get you started:

- 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

Building a Firm Foundation- Steps 1-3

Sunday, June 9, 2024

3:00- 5:00p.m. (EST)/ 2:00- 4:00 p.m. (CST)



Join us for a virtual interactive workshop:

A Guest speaker for each Step 1-3

Followed by open Sharing

Interactive activity: Mind Mapping!

ZOOM ID: 833 3622 1986 PASSCODE: 434673

Join Zoom Meeting:

<https://us02web.zoom.us/j/83336221986?pwd=eDhqdGNkQjNaUVdtU1pvc1dPOVZRZz09>

Please consider giving a 7th Tradition donation to Region 8 at
(<https://oaregion8.org/region-8/contributions/>)

For more information, please contact:

Susan F. smfitzmaur@gmail.com or Sandi JC at (912) 464-4231.



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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 _____

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



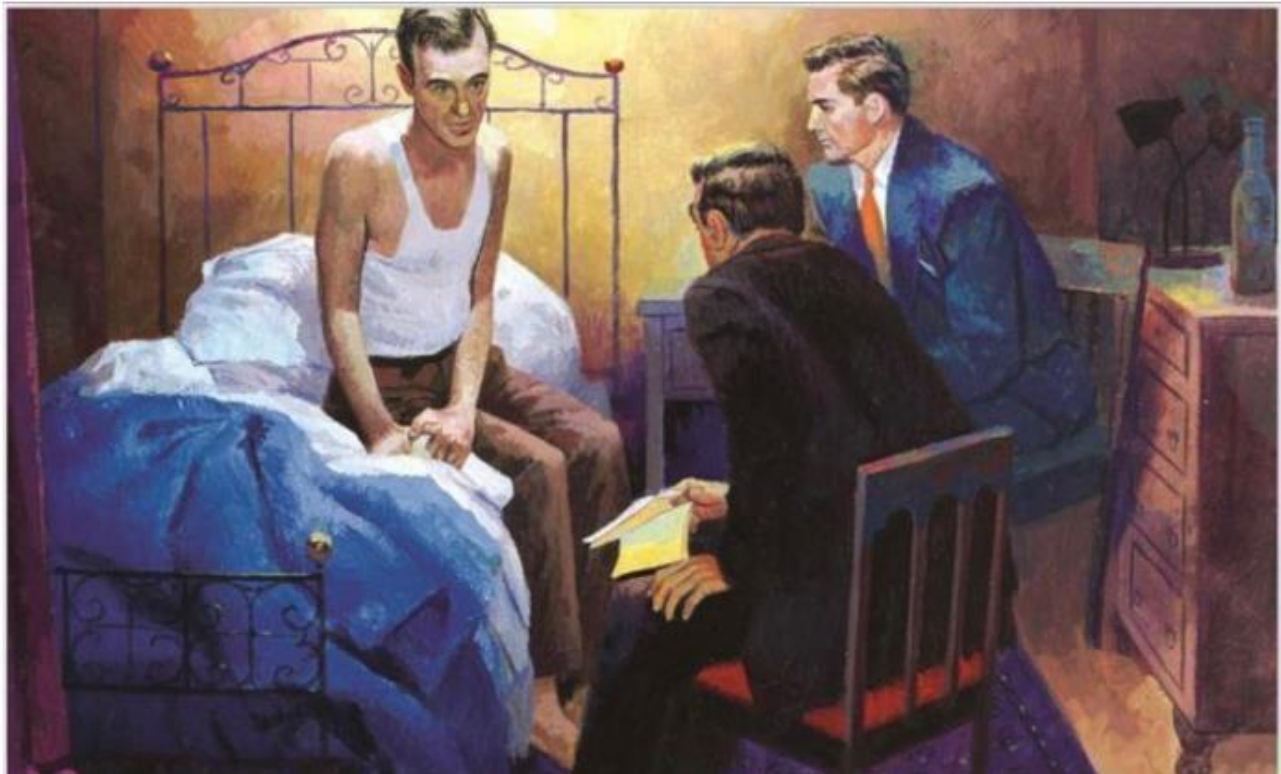
Responsibility Pledge

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

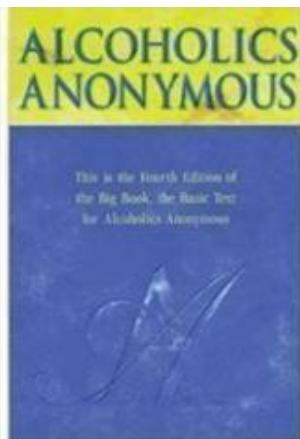


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*Using scripts based on the beginners meetings
in the 1940s: a focused introduction to the 12
step program in 4 weekly sessions.*



**OVEREATERS ANONYMOUS
BACK TO BASICS
EVERY SUNDAY
7:30-9pm UK
2:30-4pm EST
11:30am - 1PM PST**

**ZOOM ID: 853 4685 2850
PASSWORD:121212**



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

Sunday Morning Coffee and Recovery Meeting

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

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



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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		Jan	Feb	Mar	Apr	YTD TOTAL
General Fund / no meeting # specified		\$162.64	\$152.57	\$329.93	\$37.38	\$682.52
Jacksonville Groups						
Mon: Shepherd of the Woods Church	00774					\$0.00
Tue: Lakewood United Meth Church	36763					\$0.00
Tue: 7pm Jacksonville (virtual)	800028					\$0.00
Wed: Step Study Mandarin	51223	\$64.09	\$59.08	\$48.55	\$34.08	\$205.80
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	\$78.64	\$28.64	\$28.64	\$28.64	\$164.56
Gainesville Groups						\$0.00
Mon: Big Book Study (Alachua)	51137	\$25.00		\$35.00	\$108.00	\$168.00
Thu: Unity Church(Acceptance)	50421	\$9.22	\$9.22	\$18.44	\$117.22	\$154.10
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	\$62.00	\$35.00			\$97.00
Tues: Lifesaver - Palatka	38464					\$0.00
Wed: Palm Coast - 10am	56604	\$62.00				\$62.00
Thu: Fernandina Beach	49101					\$0.00
Thu: Flagler Beach	15171	\$11.00	\$47.58	\$70.00		\$128.58
Sat: St. Augustine Serenity	00235			\$73.79	\$48.79	\$122.58
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	\$28.64	\$28.64		\$85.92
Totals		\$503.23	\$360.73	\$632.99	\$1,332.11	\$2,829.06
Don to WSO		\$150.97	\$108.22	\$189.90	\$399.63	
Don to SOAR8		\$50.32	\$36.07	\$63.30	\$133.21	

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.



NEW FREEDOM INTERGROUP

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