

Inner Voice

Newsletter of New Freedom Intergroup of OA



March 2023

Step 3: Made a decision to turn our will and our lives over to the care of God *as we understood Him*.

- Spiritual Principle: Faith

Tradition 3: The only requirement for OA membership is a desire to stop eating compulsively.

- Spiritual Principle: Identity

Concept 3: The right of decision, based on trust, makes effective leadership possible.

- Spiritual Principle: Trust

Promise 3: We will comprehend the word serenity and we will know peace.

Just Ask — Amends and More

The job of a newspaper editor (remember newspapers?) often includes tasks like adding headlines, captions, etc. as well as deciding what to include and exclude from a certain issue. One of the protections we've had with *Inner Voice* is that each issue is reviewed and proofread by an NFI Board Member.

With the last issue, it was brought to my attention that a headline I added in reworking some information led to some unnecessary concerns. What happened is that in asking for volunteers for our **Tybee Island** Convention (see more later in this issue!), my headline led a few people to worry that if we *didn't* get sufficient volunteers the event wouldn't happen. (As we know, this has been an unfortunately frequent scenario in the age of Covid.) This, I am assured is not the case.

It was suggested that if I, as editor, make substantive changes in material, I inform the original submitter rather than just relying on the proofreader. I have already begun to use this policy, and offer my sincere amends to Augusta and Sandi for any extra work and worry I caused them. (The new headline *has* been approved!)

That said, I do need to say it's dispiriting to see/hear all the begging for volunteers repeated on a monthly basis in the newsletter, often asking us to "consider doing service." Given that our distribution is not huge, it begins to feel like beating a dead horse. (Perhaps that's a euphemism to retire?)

My personal experience with this is that I have sometimes gotten in trouble volunteering to do service—it can raise the question of whether ego is involved. I have found it better, again just speaking for myself, to wait to be asked to give service. Then I can review my availability, and whether I have or can learn the necessary skills to be of use.

I suspect that there are others waiting to be asked. So may I suggest the strategy of **actually asking** people we think could be of service whether they're willing to do so? I know that I have asked people to speak who have turned out to be thought-provoking, original, and/or entertaining, and that others have found it is not too hard to chair a meeting.

Occasionally, when getting a "no" for a specific request, the person I've asked will make a counter-proposal of something they'd be willing to do. That is a wonderful win. And there are certainly many different ways we can contribute to furnishing and burnishing the home OA has been for us.

— Mark W., innervoicenfi@gmail.com



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Sponsorship – One of Our Tools of Recovery

Why be a sponsor or Why you need to have a sponsor – through the lens of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, Second Edition.

Step 11 – Spiritual Principle: Spiritual Awakening

“Step Eleven implies that through our practice of prayer and meditation we will come to know God’s will for us.” How, exactly are we to know which thoughts are God’s directions and which are our own rationalizations? “We can recognize a communication from our Higher Power by the effect it has on us.” For me, this has taken time, but as the *Twelve and Twelve* suggests, the more time we take with our HP, the easier it becomes to realize when God has spoken/directed us. “Our **sponsors and other OA members** [my emphasis] with experience in prayer and meditation can also help us recognize God’s direction.” A “Higher spiritual Power that gives us everything we need to live to our fullest potential.” For me, the greatest gift I have received from working my OA program is my Spiritual Awakening.

Step 12 – Spiritual Principle: Service

“The Twelfth Step invites us to continue the journey one day at a time for the rest of our lives.” When I first started to attend meetings in Savannah and when we joined NFI, the first thing a long-time OA member did was tell me we were taking a road trip to Jacksonville for an NFI meeting. Her next step was to get me volunteering to help with a workshop we were doing in Savannah. The first year for me was difficult because I did not have a sponsor; however, if I had not started going attending NFIG meetings and doing service I know I would have stopped attending meetings. At NFIG meetings I met my first sponsor and current sponsor. **My sponsors** encouraged me to continue with providing service which included leading meetings, volunteering to help with workshops, volunteering to be NFIG’s secretary, sponsoring, and other service opportunities. When I was so discouraged, it was my service that kept me coming back. I would have missed having my spiritual awakening. My journey would have ended without being involved in providing service. I am so grateful to them. “The joy we receive as we try to carry the message is a positive force in our lives today, sustaining us through good times and hard times, transforming us and our companions in recovery.” Sponsors can help direct you to the type and amount of service that would work for you based on where you are in your program.

If you need help finding a sponsor or want to sponsor, please contact our NFI Sponsor coordinator:

Augusta L 912-508-4777, sponsor.nfig@gmail.com, augustalivingston1985@gmail.com

Step 3: Not My Will

Step 3: Made a decision to turn our will and our lives over to the care of God *as we understood Him*.

You might think that this would be impossible for someone who does not believe in God, but actually for me it is quite easy. I was brought up in a dysfunctional family, so my thinking is warped by stuff like having to be right, having to do it all myself, focusing on what others think of me, quitting if I can’t be perfect...

So if I think something is a good idea, it’s my will and I am not going to do it because it will just be the same old, same old. So in a sense, this step for me is “Not my will.”

I have to look outside my own head for ideas, like the 12 steps, things I read in books, things people say at meetings, new ideas, old ideas I’ve never heard of before. There is a lot of guidance out there if I am willing to look.

Before OA, when I ‘knew it all’ I could not get out of my own head. Someone at a meeting said she went outside with her morning coffee to get out of her own head, so I started doing it; it really helped.

I also found myself turning things over and taking them right back. I could turn world peace over, but Bob and Jack were harder and the food hardest of all. Food was my best friend. I also knew that for me food was a symptom, and the problem was in my brain so I started working the steps in OA because they had transformed my life in my previous program. At the time the Tools pamphlet said some people got abstinent from working the steps, and that is what happened for me. After my fifth step with my OA sponsor, I could hear that the only requirement for membership was



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the DESIRE to stop eating compulsively. I had never focused on that word, desire. I just thought I was good (abstinent) or bad (not abstinent), and because I am rebellious, a after a period of good, I was always bad.

At that time a lot of people were adamant about no sugar, no flour, but my binge foods were crunchy, fatty, salty. Then a workshop leader up in Jacksonville said “In OA we learn to make healthy choices for ourselves.” My brain lit up. It was a new paradigm for me: healthy choice, not so healthy choice. No more having to be bad!!! So it was an idea from outside my own head that got me abstinent, and I am extremely grateful for that.

“Not my will” has changed my life.

— PM, Gainesville FL

Tradition Three: Other Requirements?

Tradition 3: The only requirement for OA membership is a desire to stop eating compulsively.

Is there a rule about having a sponsor or working the first three steps or doing a certain amount of service or to be an ongoing member of Overeater’s Anonymous? How tolerant must we all be of the atheist, the agnostic, the drug addict, the person with a mental illness, that person who we’ve never seen put anything in the 7th tradition basket? What about those that don’t know when to stop talking at a meeting or who continuously disrupt the group in other ways? What do we do about someone who doesn’t seem like they have a problem with food? Shouldn’t there be some way to determine who really qualifies for OA – who *deserves* to be in OA?

Our AA friends who preceded us in many of these challenging fellowship issues help us answer this question through their early experiences. Initially, all kinds of requirements were put on AA groups. But they were all dropped eventually. It was determined that no one should be denied the ongoing opportunity to recover from the illness. Requirements seemed to be more about protecting the reputation of AA rather than in strengthening the groups.

Tradition Three is where learning tolerance for differences becomes important in our groups and in our recovery. The outside world has never been more divided, but our groups continue to “extend the heart and hand of OA” to all, because no one should be denied the opportunity to recover. We learn unconditional love and acceptance in OA. After all, many of our meetings begin with a message of “Welcome Home.” The homes we grew up in may not have been places of love and acceptance, but the home we recover in – Overeater’s Anonymous – is.

What are the requirements for OA membership? A desire to stop compulsive eating and compulsive food behaviors.

Who decides if you are a member of OA? YOU are the person who decides whether you are a member of OA. If you say you are a member of OA – then you are a member of OA.

“The purpose of tradition three is to ensure that the road will always be accessible to all who wish to travel it.”

— Lucy

Concept 3 – Trust Your Leaders

Concept 3: The right of decision, based on trust, makes effective leadership possible.

The spiritual principal of Concept Three is **Trust**. Concept Three asks us as group members to trust that our trusted servants will work toward OA unity, and we give them the “Right of Decision.” This concept provides that OA’s trusted servants in groups, Intergroups, national service boards, regional committees and the WSBC be empowered with Right of Decision (ROD). ROD ensures that OA business can be conducted in an orderly efficient manner.

ROD implies that every OA trusted servant, at all levels, has the right to interpret and apply their own authority and responsibility to each particular problem or situation as it arises. This enables trusted servants to decide which issues they will dispatch on their own and which issues they will report, consult, or ask specific directions.

At the regional or IG level, trusted servants may make decisions without group conscience. For example, if regional trusted servants may develop agendas for meetings without the need for a group conscience or vote. Also, OA



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delegates can use ROD to form and consult with committees and ask for specific directions from committees regarding WSBC agenda items and certain business.

Another example of Concept Three can be found at the group level. Group members exercise ROD in a myriad of ways, including meeting format, literature, or preambles, as well as how the group will distribute 7th Tradition funds. These examples demonstrate Concept Three's spiritual principle of trust. The freedom to decide and to act relies on the concept and practice of Trust.

Trusted servants must be wary of using Concept Three as an excuse for failure to make the proper reports for actions taken; or for exceeding clearly defined authority; or for failing to consult the proper people before making a major decision. There are also times when a group conscience is appropriate.

Anyone interested in seeing Concept Three in action, we encourage you to attend your Home Group business meeting, Region 8 meeting or a regional assembly. Further, Delegates from Intergroups, service boards worldwide, regional chairpersons and the WSBC board of trustees set policy and guide OA world service. We voted for these trusted servants and Concept Three endows them with ROD.

— John K.

Highlights of the February 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 February 11. 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, March 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 January business meeting:

Service Opportunities:

- We need to fill the following service positions: Delegate, Parliamentarian, and Ways and Means Chair. Other committees also need volunteers to provide service.

Volunteers are still needed to help:

- **SOAR 8 Recovery Convention and Business Assembly.** Our bid was accepted, so we will be hosting! This committee will be planning all the events to be held for the recovery convention and business assembly for fall 2023 in Tybee Island (near Savannah), GA. We will need people to plan and help with 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 get started giving service. Let Sandi JC or Augusta L know if you are interested.

Other Items of Note:

- All meetings are to let Chair know about changes in format. Thank you to those who sent us updates this month! They should be reflected on the website and meeting list.
- Voted on amendments to the 2023 budget to reflect moving funds from checking to savings as part of establishing our prudent reserve and correcting the calculation of our 30% and 10% donations. We also voted to add wording to the by-laws for the prudent reserve.
- Continuing discussion of the results of the Intergroup survey: A lot of respondents listed that they would prefer an earlier start to the meeting, but keep it on Saturday. We discussed this further, and Echo will be polling the IG reps for preferred times.
- Asked that everyone take a look at the proposed agenda for WSBC and let Echo know if you feel strongly on any of the issues. While we do not have a Delegate attending this year, we still have the opportunity to reply to the proposed agenda.



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Trusted Servants and Committee Chairs (New emails)

GENERAL INFORMATION

Chair
 Vice Chair/Bylaws
 Treasurer
 Secretary
 Delegate
 Newsletter/Meeting List
 Public Info/Prof. Outreach
 Young Persons
 12th Step Within
 Sponsor Coordinator
 Website
 Ways and Means

Secretary will forward as needed
 Echo G. 561.704.2917
 Barbara C. 352.474.1366
 Carly B. 303.710.0589
 Sandi JC 912.464.4231
VACANT—Consider doing service
 Mark W. 904.527.3433
 Nancy K. 516.286.1888
 Kat S.
 Georgette P. 352.870.4454
 Augusta L. 912.508.4777
 Brian B. 904.616.0608
VACANT—Consider doing service

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 chairnfi@gmail.com
 vicechairnfi@gmail.com
 nfitreasury@gmail.com
 oanfig@gmail.com
 delegatenfi@gmail.com
 innervocenfifi@gmail.com
 piponfig@gmail.com
 youngpeoplenfi@gmail.com
 ghabanero56@yahoo.com
 sponsor.nfig@gmail.com
 websitenfi@gmail.com
 wandmnfi@gmail.com

Meeting Highlight

New and established members welcome!

NFI MEETING IN THE SPOTLIGHT

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

We alternate meeting type by week: recovered speaker sharing his/her story one week then recovered person sharing on a topic directly related to program followed by the opportunity for newcomers to ask questions related to program. It is a great meeting for those brand-new to OA, returning from relapse, or recovered fellows who are looking for sponsees/to do service. We are always looking for recovered fellows to lead/speak/present on topics. The minimum abstinence requirement for any of these is 3 months back-to-back entire abstinence.

NFI Newcomers OA Meeting
Thursday : 730 pm ET
 Meeting ID: 878 9771 2752
 Passcode: 978439

Dial in: 929 205 6099

Join Zoom Meeting
<https://us02web.zoom.us/j/87897712752?pwd=azVSZGxaYk91VTFLVkr4eUVtOCsrQT09>

If there are any questions, I can be reached by email at haileysisk@gmail.com or call/text (404) 797-5586. Thank you!!!

— Hailey R



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Can You Volunteer for Fun at the Beach?

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

COME OUT AND HELP US PLAN!

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

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

Saturday, March 4 & 18, 2023 at 8:00 a.m. (eastern)

Zoom Information: 886 0846 2612 Passcode: 018395

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

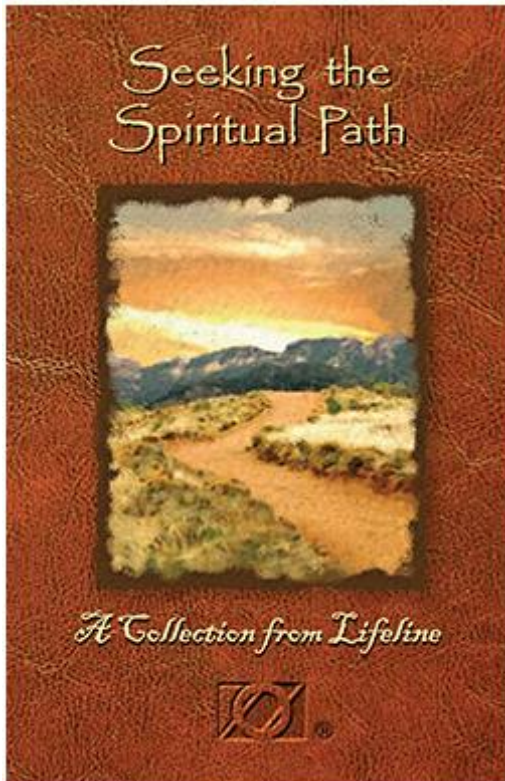
The Tybee planning committee:

Augusta L (Co-chair) 912-508-4777; email: augustalivingston1985@gmail.com

Sandi JC (Co-chair) 912-464-4231; email: learningdisciple624@gmail.com

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.

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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SAVE THE DATE OCT 27-29, 2023

“Welcome Home, Y’all”



New Freedom Intergroup of OA (out of Jacksonville, FL) is hosting the SOAR 8 Fall Recovery Convention and Business Assembly. It will be face-to-face on Tybee Island, GA the weekend of October 27-29, 2023. More details about the meals and the registration flyer will be released soon.



We will be staying on the beach, within a 10-minute walk of Tybee Island Beach and Tybee Island Marine Science Center. This beach hotel is 0.4 mi (0.7 km) from Tybee Island Fishing Pier and Pavilion and 0.6 mi (0.9 km) from Back River Beach. Tybee Island is 20 minutes from downtown Savannah.

Hotel Tybee
1401 Strand Ave
Tybee Island, GA, 31328, USA
Call for reservations: 1-912-786-7777

If you even THINK you will be attending, make your hotel reservations now! (You **must** make your own reservations before 9/26//2023.) The Hotel requires a credit card to hold your reservation. Use code **“SOAR2023”** for special rates. Any reservations made after that date will be charged at their current room rate.

RATES: \$155 /Night Two Queen (Inland view) + \$15 /day parking + \$5 /night GA hotel fee + 14% taxes per night, (Total = \$199.50 /night.) This rate is valid for up to **four** people in the room. (If you get three roommates, each person would pay only ~\$50 per night, or \$100 for the weekend.) Rates are available for three days before and after the event. Rooms have refrigerators (but no microwaves). (Must place \$50 deposit per room for incidentals during the stay.) Each room will receive four drink tickets, three beach chairs and beach towels.

Cancellations: All guests will be charged one night’s stay upon booking. Deposits are refunded or credited only if notice is received **7 (seven) days prior to arrival date (before October 19th)** and a cancellation number must be obtained by guest.

Hotel check-in is at 4:00 PM, Friday; check-out is 11:00 AM Sunday.

There is NO free parking on the island. Day trippers will need to pay a rate of \$20/day to use the hotel parking area.



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Events from All Over



Southeastern Overeaters Anonymous Region 8

Service = Recovery

March 17-19, 2023

Registration fee : \$25.00

Registration Deadline: March 11, 2023

Contact: Vicechair@oaregion8.org

Visitors Welcome!

Participate and learn how your region operates.

***Friday Night Forum "Host with the Most!"**



Scan here to register:



[Or click here for direct link](http://oaregion8.org/soar8-assembly-registration/)

<http://oaregion8.org/soar8-assembly-registration/>



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Meet the Virtual Region Chair



12 PM ET (4 PM UTC) & 8:30 PM ET (12:30 PM UTC)
The Fourth Friday of Every Month

Bring your **QUESTIONS** and **IDEAS**
Join the **DISCUSSION**
Learn about **UPCOMING EVENTS**



Zoom Link: <https://us02web.zoom.us/j/87080400598?pwd=TnhOQm1EN1R1WWQ0N2xVbEJQQT09>

Meeting ID: 870 8040 0598. Passcode: 120912

Responsibility Pledge

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



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**ALCOHOLICS
ANONYMOUS**

This is the fourth edition of
the Big Book, the Basic Text
for Alcoholics Anonymous



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

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



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**Great for
Newcomers or
LongTimers!**



OA Central Ontario Intergroup

Presents a:

Quick Step Study

- TUESDAYS (Five sessions)
Jan 31, Feb 7, 21, 28 and Mar 7, 2023.
(Skip Feb 14)
6:00pm – 7:30pm ET.
- By Zoom or phone
- Free - 7th Tradition
- Session Format: Write on the step, share on the step. (Read the step ahead of time.)
- You don't have to attend all the sessions
- Registration is limited:
 - Please register early to receive the handouts and zoom details.
 - Registration required 24 hours ahead of the start time.
 - Register by emailing:
coiquicksteps@oaontario.org

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CENTRAL ONTARIO INTERGROUP

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

-former workshop participant

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

Sunday Morning Coffee and Recovery Meeting

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

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



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

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

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

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

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

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

FINAL REGISTRATION DEADLINE July 10, 2023

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

.....
Cut on the dotted line and mail this Retreat Registration Form

PINELLAS TRADITIONS INTERGROUP 13th ANNUAL RETREAT

Name _____
Address _____
Phone _____ email _____

Select your meal preference

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

Single room _____ Double _____ Roommate name _____

Would you care to volunteer in some service capacity this weekend? Yes _____ No _____

Where are your donations going?

According to our Seventh Tradition, we are self-supporting through our own contributions. To donate directly to Intergroup, write a check made payable to 'NFI' and mail to: OA NFI, PO Box 550842, Jacksonville, FL 32255; or log onto oanfig.org and scroll down to the 'donate' button. You may pay by PayPal or credit card.

When you contribute your 7th Tradition donations, if you indicate your group number, the donation will be recorded for that specific group. When we do not have a group number to work with, we may include the donations as unspecified.

Each 9, NFI tallies the group donations and sends 10% of the total to Region 8, with an additional 30% to the World Service Office.

Donations sent directly to World Service Office do not reflect in our group donations total.

DONATIONS REPORT 2023		Feb	YTD TOTAL
General Fund / no meeting # specified		\$22.82	\$69.91
Jacksonville Groups		Grp#	
Mon: Shepherd of the Woods Church	00774		\$0.00
Tue: Lakewood United Meth Church	36763		\$0.00
Tue: 7pm Jacksonville (virtual)	800028		
Wed: Step Study Mandarin	51223	\$67.48	\$114.61
Wed: JAX Beach-Wisdom at the Beaches	54507		\$0.00
Thur: Jacksonville 9am - Our redeemer	57370		
Thur: Newcomer, Lakeview Health	47756		\$0.00
Fri: Orange Park - 10am	03654		\$0.00
Sat: Saturday Steppers-Ponte Vedra Bch	51693		\$0.00
Sat: Super Saturday Lakeview	20025		\$0.00
Sat: Believe in Recovery First, Mandarin	32773	\$249.95	\$279.95
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137		\$0.00
Thu: Unity Church(Acceptance)	50421	\$9.22	\$18.44
Wed: Gainesville Unity Church	57568		
Sat: 9:30 AM Welcome Home	48324		\$0.00
Other Florida Groups			
Mon: Palm Coast-St Mark by the Sea	38320		\$0.00
Tues: Lifesaver - Palatka	38464		\$0.00
Wed: Palm Coast - 10am	56604	\$100.00	\$100.00
Thu: Fernandina Beach	49101		\$0.00
Thu: Flagler Beach	15171	\$100.00	\$100.00
Sat: St. Augustine Serenity	00235	\$23.79	\$47.58
Sun: Palm Coast/Flagler Beach	56072		\$0.00
Southern Georgia Groups			
Tue: Jesup	54175		\$25.00
Wed: Douglas, GA	57445		
Wed: Savannah - 5:30 pm	50301		\$0.00
Thur: Brunswick	51988		\$0.00
Sun: Savannah - 5pm	54362	\$28.64	\$57.28
Totals		\$601.90	\$812.77
Don to WSO		\$180.57	
Don to SOAR8		\$60.19	

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



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