



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.

Fully Covered

I was thinking about why we buy car insurance aside from the fact that it is required by law. Car insurance is basically protecting my asset in the event of an accident. The car I drive is valuable; therefore, I opt for full coverage. This means that no matter what happens, it can be restored (or replaced) if damaged.

I look at the disease of compulsive overeating as a potential car crash. This disease hopes I carry minimal insurance so that, if I relapse, the price to be restored will be too much and it will prevail. I have been in two major collisions with this disease in my decade of recovery. Both times, the relapse was catastrophic, and thinking in terms of insurance, I am curious about what policy I carried when the crashes occurred. I am really grateful that I was not an “uninsured motorist” because neither time did I leave the rooms of Overeaters Anonymous.

My last relapse basically totaled my body. A relationship ended, and I was convinced that I could not survive. I buried myself in huge amounts of food, and the food convinced me my life was beyond repair. Within six weeks I had gained 40 pounds (18 kg). I was eight years into recovery and let my insurance lapse. Thankfully, the people in this program were there, picking me up, encouraging me, and reminding me that food is a liar.

The people in the rooms who carried full insurance against this disease added me to their policy until I could once again see the value in my asset—my life. Full coverage looked like:

- people who prayed and meditated
- people who worked the Steps
- people who examined their behaviors and made repairs
- people who participated in meetings
- people who studied literature
- people who got outside help if needed
- people who trusted God

After a year in relapse, I decided to drive my way out of this wreck. Slowly I started making changes in my insurance policy. I dove into the Steps, worked with my sponsor, and prayed a lot. Interestingly enough, I stopped eating compulsively. Each day, I assessed if I needed to supplement my insurance policy in order to be protected from this disease.

No one is immune from a car crash, but if we maintain full coverage and keep our eyes on God, we will surely continue to “trudge the Road of Happy Destiny” (*Alcoholics Anonymous*, 4th ed., p. 164).

— Jill S., Pflugerville, Texas USA (Reprinted from *Lifeline*)



Step 3: Power Surge

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

At my home meeting, a member shared a story about wanting a specific food and not being able to stop herself from going to buy it. While she was putting on her coat, she said a prayer. “God, if you want me to not eat this, you’re going to have to help me.” When she arrived at the shop, there was a sign on the door: “Closed—no electricity.”

Hearing this story had an immediate and profound effect on me. I realized I’d never completely surrendered my food. I write it down, call it in to my sponsor, weigh and measure it, but I’ve never given it to God.

Maybe that’s why I still struggle when I enter the grocery store? Or why the newest fad diet always grabs my attention? Could it be the reason why I want something to eat when my spouse is snacking in the evening?

After leaving the meeting, while riding home with another member, I realized I didn’t want to struggle anymore. I was ready to surrender my food to God. So I visualized holding my food in my hands, lifting both hands up above my head, and saying, “Here, God, I give you my food.”

What happened next was amazing. I felt as if a huge weight was physically lifted from my shoulders. I felt 10 pounds (5 kg) lighter. More important, I stopped struggling. The food stopped calling out to me. From the beginning, I had the willingness to do what was necessary. It was surrender that made the difference.

— Norinne M., Fort Myers, Florida USA. (Reprinted from *Lifeline*)

More on Step 2 From Our Region

I always thought I was sane. I was smart, logical, and honest, right? But was I? Was it sane to steal my children’s Halloween candy? To lie to my husband and tell him the kids had eaten it? To look forward to those evenings when my husband was at work and I could drive to the grocery store, buy a half gallon, and eat it before he got home? To starve myself, lose a few pounds, and then gain them right back? I could go on and on. No, when it came to food, I was definitely insane.

But what could I do about it? I tried to cure myself so many times and failed so many times. If there was a Power greater than myself, what was it? How could I reach it? My idea of a Higher Power went through so many stages – the Star Wars force, nature, an angel – and finally I found a HP I could accept. By turning to that HP, I finally found the help and courage I needed to let go of my insanity.

Hope? Before turning to a Higher Power, I had no hope. No hope of sanity, no hope of abstinence. With the help of my Higher Power, I learned hope of a better life, sane and abstinent. Thanks to my HP, I have lived that sane and abstinent life for 25 years.

— Anonymous

Tradition 3: “Good” vs. Better

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

Not wanting to lose weight, not wanting to gain weight, not wanting to “control” one’s eating, simply the desire to stop eating compulsively.

Many people come into OA with the desire to lose weight, preferably as fast as possible, which I suggest is their will, not God’s will or being in harmony with the universe. Many of them want to force their body into the latest unhealthy contortion of style or beauty.

“OA is where we learn to make healthy choices for ourselves” the leader of a workshop in Jacksonville said 30 years ago. At the time, I had been eating compulsively every Saturday night, being “good” the other six days of the week for four years. Her words hit home with me.



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What was a healthy choice for me? Could I look at my food that way? It turns out that I could. The paradigm of healthy vs. not so healthy was much more doable than being “good” forever, because I am rebellious. Practicing self-care had been illegal in my family, selfish, but I could see that it would make my life easier and better.

The other marvelous thing she said was that this is a gentle program full of heart words, like desire. I remember thinking that if I could desire abstinence the way I desired my husband, it would be easy. So I became abstinent.

One of my favorite readings in *For Today* is January 8:

“In OA preoccupation with diet and weight loss is replaced by the vastly more interesting, satisfying and rewarding process of changing ourselves from the inside.” This means looking at yourself with love and understanding and learning what you need, which is very rarely food. Is it a hug, a friend to listen to you, a new idea of how to eat healthily? You can find all those in OA.

Many people have no interest in this; they just want a diet; get one disguised as a plan of eating. They lose weight and then fall off their diet and leave because OA didn’t work—when they didn’t work the program, which is the steps.

I believe this is because of the second reading I love, which is January 8: “Overeaters Anonymous has its share of compulsive complicators. They lard the program with mandatory procedures and other distractions.”

If you want to stop eating compulsively, work the steps and see what you are avoiding by eating, what feeling, what thought, what you must say but can’t. While you do this pick a plan of eating you can succeed at, whether it is 3-0-1 (three meals, nothing in between, one day at a time) or “no fried foods and leave something on the plate for God.”

As you develop “a manner of living that requires rigorous honesty” (*Big Book*) you will realize what foods are problems for you and become willing not to eat them out of love, not out of fear or people pleasing a sponsor who has switched addictions to telling other people how to live.

If you just want to lose weight, please do these steps and see what happens to you. The desire to abstain from compulsive eating will come. It works.

— Patience M., Gainesville FL

Promises: Experiencing Serenity

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

When I was in the food it was nearly impossible to find serenity. I was in a constant state of guilt for my addictive food behaviors. This led me to nihilism about the fatal nature of my situation resulting in relapse after relapse.

My food addiction drove me to varying depths of darkness, and in the truest sense of the word, insanity. Before being introduced to the 12-step program of recovery in OA my food addiction led me to feelings of inadequacy, weakness and bewilderment. After I was aware of the solution offered in OA, my relapses made me feel worse. A head full of OA and a belly (or bowl) full of food is a perfect recipe (no pun intended) for pure insanity. I knew better, yet remained a prisoner of the food.

Some may be lucky to be first-time winners, others may identify with the phenomenon of relapse in OA. This process of relapse, while common, is unnecessary and futile and fatal for the real food addict. By the grace of God, I began my journey again. Putting down the food, working the program, and sticking to my food plan was arduous. Simple but not easy since compulsive eating is an illness that cannot be controlled by willpower. This illness is three-fold: physical, emotional, and spiritual.

As I progressed through the steps, I began to heal physically and emotionally. And, somewhere along the way – perhaps before I was halfway through Step 9 -- I began to experience serenity.

My ability to concede to my innermost self that I am powerless over food and my life was unmanageable, and my efforts to identify and remove my defects of character, helped me experience longer periods of serenity. And, as I began to clear away the wreckage of my past through the amends process, I began to experience even more serenity.

Does OA deliver extravagant promises? We think not!



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I continue to experience moments and extended periods of serenity. But I also comprehend the word serenity. To comprehend is to grasp and fully understand something. This reality for me can be described as nothing short of a miracle.

For me this does not suggest that I remain serene all the time. No. I fall back into old patterns, but today I do not remain there. And, most important, I have not relapsed back into the food.

— 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.**

Bill's Story

"My incredible behavior in the face of a desperate desire to stop was explained." My compulsive eating behavior was incomprehensible to me—I needed the explanation program provided.

"I was soon to be catapulted into what I like to call the fourth dimension of existence. I was to know happiness, peace, and usefulness, in a way of life that is incredibly more wonderful as time passes." I'm not sure about being catapulted—perhaps a review of my fear inventory is in order, but the promise of an added dimension to my experience is wonderful. And who among us would refuse happiness and peace. More importantly, being useful to others is the lifeblood of OA.

"There was something about his eyes. He was inexplicably different." Others often notice the changes in us before we become aware of it.

"But my friend sat before me, and he made the pointblank declaration that God had done for him what he could not do for himself. His human will had failed." If we do the work, our HP will create what self will couldn't.

"Then he had, in effect, been raised from the dead, suddenly taken from the scrap heap to a level of life better than the best he had ever known!" Scrap heap, indeed!

"Here was something at work in a human heart which had done the impossible."

"I saw that my friend was much more than inwardly reorganized. He was on a different footing. His roots grasped a new soil." See—Bill didn't always use the architectural model! But seriously, I love the idea of being rooted in recovery.

— Mark W.

Trusted Servants and Committee Chairs (New emails)

GENERAL INFORMATION

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



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Upcoming Service Rotations for 2024:

Per our bylaws, this year will see official elections for the following positions, with nominations opening in October for a December election:

- Vice Chair
- Secretary
- Delegate.



The Chair will also be looking to appoint committee chairs for the following committees:

- Bylaws & Electronic Documents
- Newsletter
- Website

Currently, we have incumbents in all those roles except for Delegate. Per our bylaws, no one may serve more than two consecutive terms (total of 4 years consecutively), which means that we have two positions up for election/appointment that cannot continue to be fulfilled by our current volunteers as they will have hit the 4-year mark by the end of 2024. These positions are:

- Vice Chair – Incumbent: Barb C. This is an elected position that supports the intergroup through a variety of services, conducts business meetings and otherwise fills the position of Chair if the Chair is absent, maintains the meeting lists and event calendar, and performs other duties as assigned by the Policy and Procedures manual. She has also been serving as the interim Bylaws & Electronic Documents committee chair.
- Newsletter Committee Chair – Incumbent: Mark W. This is an appointed position that prepares our monthly *Inner Voice* newsletter. This can consist of collecting articles from NFI members and OA approved literature, editing documents, overall organization of the newsletter, and working with the secretary for distribution.

If you are interested in giving service in any of these positions, I highly recommend reaching out and requesting to shadow the incumbent member and otherwise working with them to understand what the role entails and requires. Also be sure to review our bylaws and policy and procedures manuals, as they are the official guides to what each position requires and what the duties therein are.

Good News for Zoom Security

A few months ago, Zoom added the ability for participants to **Sort Gallery View**. This is a wonderful feature for security purposes -- you can keep an eye on screens much more easily. Just set your gallery view to show participants as they enter the room in the order in which they join, last to first. Boxes won't jump around as folks turn their cameras on and off! Boxes will rearrange as folks raise and lower their hands, but the boxes will still be in the same custom sort you have chosen!

It's a feature available to everybody in the room, not just hosts. However, it is not turned on by default in your account. To do that, go to your account settings toggle on "Sort Gallery View." Then in all the meetings hosted on that account, participants will see the option under the "View" menu. Note that it only works for more recent PC and Mac Zoom versions. To view the full documentation from Zoom, enter the following link:

https://support.zoom.com/hc/en/article?id=zm_kb&sysparm_article=KB0058024



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NFI MEETING IN THE SPOTLIGHT

Jacksonville, FL has a zoom meeting on Tuesday nights that is struggling. Attendance is down, but it is a great meeting. We would love to have you join us. ♥

For information
Contact: Carl K.
Phone: 323-304-9287

VIRTUAL OA MEETING
Tuesday – 7 PM
Zoom: 874 0450 5955
Passcode: 522068



Tuesday 7 PM
Face-to-face Meeting

Lakewood United Methodist Church
6133 Lakewood Avenue
Jacksonville, FL
Meeting #36763

This meeting needs support. It is down to 2 or 3 people routinely. Think about coming to an in-person meeting. You get hugs!

For information
Contact: Emma C.
Phone: 989-395-2968



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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 10. 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, March 9 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, Young Persons subcommittee chair, Twelfth Step Within chair, and Ways and Means chair. Other committees also need volunteers to provide service.
- 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 updates this month! They should be reflected on the website and meeting list.
- The intergroup discussed a motion to add a Deputy Treasurer position to our service committees. After discussion, we took a vote, and the motion failed.
- We are seeking ideas for how to use funds from 7th Tradition donations to further carry the message. Look for an article requesting ideas from the fellowship in *Inner Voice*.



Echo G. here on behalf of New Freedom Intergroup, where I am currently gratefully serving as your chair. One of my goals for this year is to focus on really getting out there and carrying the message to compulsive eaters throughout our area, with a secondary goal of making use of our funds and spending our budget. At our last business meeting, I kicked off a discussion about how we might increase our outreach and one of the suggestions was to put out an article to our entire fellowship to get feedback and ideas from as many members as possible. I



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loved that idea, because I always want to make sure that our members are aware of and included in the discussion of how we are using the many generous donations that are received as part of our 7th Tradition.

Do you have an idea for how you'd like to see us carry the message?

Do you have something you'd like to see us funds for?

Do you want to give feedback on any of the ideas submitted so far?

If so, please reach out to me by emailing ChairNFI@gmail.com

Here are some ideas we're considering:

- Increasing the budget for the Marywood Big Book Retreat (planning committee would decide how best to use the funds)
- Advertisement opportunities:
 - OA has come out with new PSAs, we could use these to take out TV and/or radio ads on local stations
 - Newspaper/local magazine ads
 - Consider renting a billboard
 - Note: I'm currently working on getting price quotes for all of the above options to share at the March business meeting to help inform decision-making in this area

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NEW Mailing Address
P.O. Box 31072
Savannah GA 31410
Please update your meetings and other records

SOAR 8 Business Assembly Spring 2024

Calling all intergroups to send a Region 8 representative to the Spring SOAR 8 Assembly.

MARCH 15-17, 2024, held virtually

REGISTRATION IS NOW OPEN

<http://tinyurl.com/spring-assembly-2024-tickets>

New Freedom Intergroup will be represented by voting members. Everyone who is interested in seeing how the business assembly functions may attend as a visitor for free. (If you are having difficulty registering on a mobile device or tablet, please try the link on a computer.)

Motions to be voted on include:

- Motion 1 -- changing assembly months to be more flexible
- Motion 2 -- new appendix E on how to write motions and a timeline
- Motions 3-6 and A: all about funding the International Committee Chair. Many of these motions just bring the Bylaws and P&P into alignment if the funding of the International Committee is passed.)



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Events from All Over

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=TnhOQm1EN1R1WWQ0N2xVbEJQQtuQT09>

Meeting ID: 870 8040 0598. Passcode: 120912

933



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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OA REGION 8 VIRTUAL
SPRING ASSEMBLY 2024

MARCH 15-17, 2024

REGISTRATION IS NOW OPEN

<http://tinyurl.com/spring-assembly-2024-tickets>

Panel & Discussion: "THE CONCEPTS"

Your Right of:

- Participation**
- Representation**
- Decision**

Contact: Vicechair@oaregion8.org

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**Great for
Newcomers or
LongTimers!**



OA Central Ontario Intergroup
Presents a:

Quick Step Study

- TUESDAYS (Five sessions)
Feb 20, 27, Mar 5, 12 and 19, 2024
2:00pm – 3:30pm Eastern Time
(Toronto/New York time)
- By Zoom or phone
- Free - 7th Tradition
- Session Format: Write on the step, share on the step. (Read the step ahead of time.) Day 1 = Steps 1, 2, & 3, Day 2 is steps 3 – 4, etc.
- You don't have to attend all the sessions

● Registration:

- Registration required 24 hours ahead of the start date or individual session.
- Register by emailing:
coiquicksteps@oaontario.org

● CHECK YOUR JUNK MAIL if you don't hear from us. Email again if that doesn't work. And email again!



“This workshop has been all and more than I could have hoped for.”
-former workshop participant



You Are Not Alone

Quarterly Region 3 Relapse Prevention
Workshop

Saturday, March 16, 2024

Time: 1:00 pm - 2:30 pm CT

Hear speakers share their experiences with
relapse/relapse prevention

ZOOM ID: 963 218 9907

Password: Recovery

Questions? Email

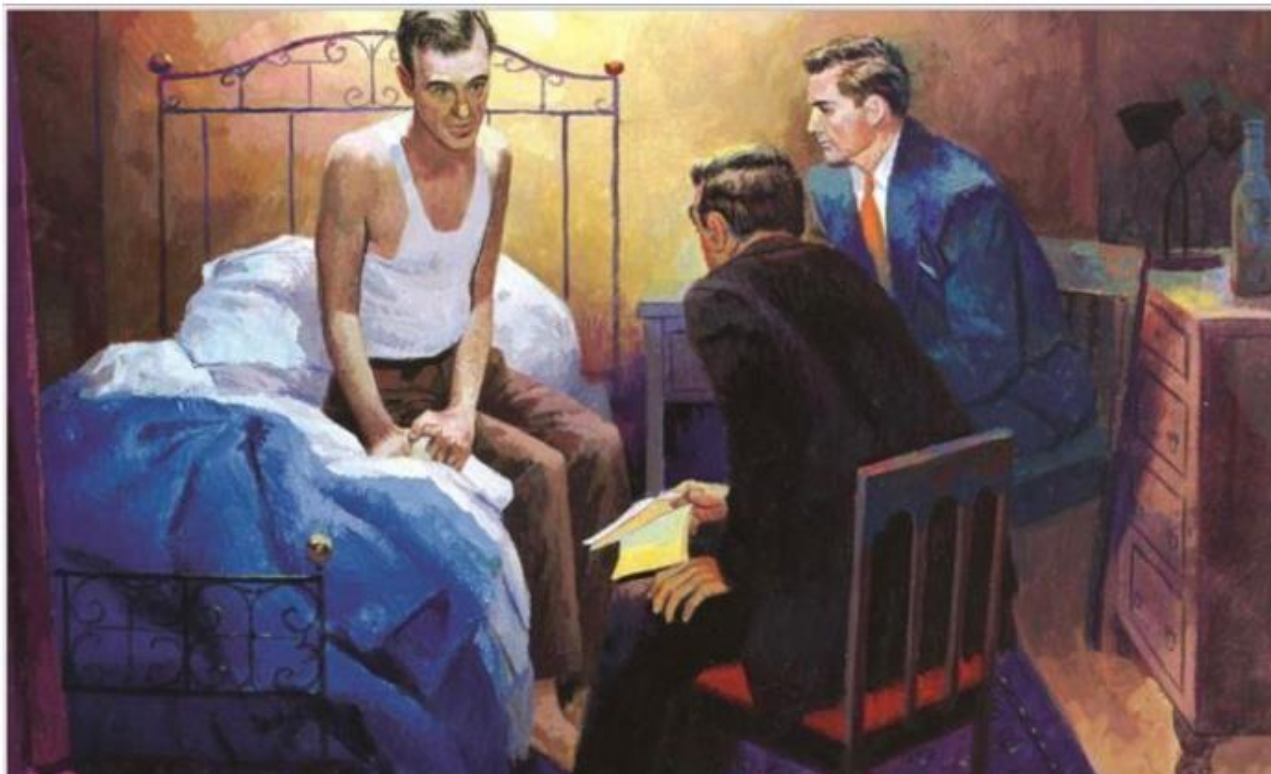
r3tswregister@oaregion3.org

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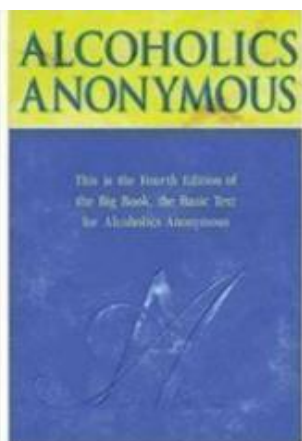


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*Using scripts based on the beginners meetings
in the 1940s: a focused introduction to the 12
step program in 4 weekly sessions.*



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

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



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

Sunday Morning Coffee and Recovery Meeting

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

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



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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!



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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 2024		Jan	Feb	YTD TOTAL
General Fund / no meeting # specified		\$162.64	\$152.57	\$315.21
Jacksonville Groups				
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	\$64.09	\$59.08	\$123.17
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	\$78.64	\$28.64	\$107.28
Gainesville Groups				
Mon: Big Book Study (Alachua)	51137	\$25.00		\$25.00
Thu: Unity Church(Acceptance)	50421	\$9.22	\$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	\$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	\$58.58
Sat: St. Augustine Serenity	00235			\$0.00
Sun: Palm Coast/Flagler Beach	56072			\$0.00
Southern Georgia Groups				
Tue: Jesup	54175			\$0.00
Wed: Douglas, GA	57445			
Wed: Savannah - 5:30 pm	50301			\$0.00
Thur: Brunswick	51988			\$0.00
Sun: Savannah - 5pm	54362	\$28.64	\$28.64	\$57.28
Totals		\$503.23	\$360.73	\$863.96
Don to WSO		\$150.97	\$108.22	
Don to SOAR8		\$50.32	\$36.07	

* Revised Donations for January 2024
Increase of \$50 from previously reported.

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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