

# Inner Voice

Newsletter of New Freedom Intergroup of OA



May 2021

**Step 5:** Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

- Spiritual Principle: Integrity

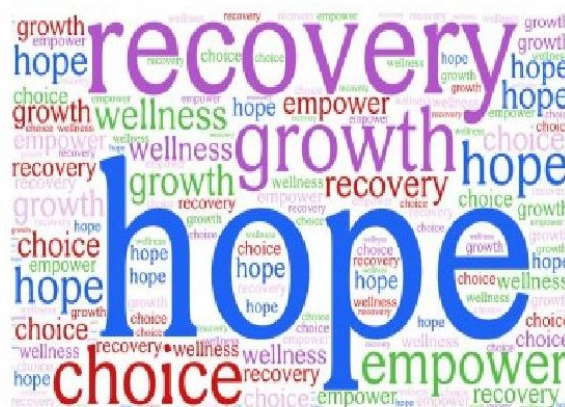
**Tradition 5:** Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.

- Spiritual Principle: Purpose

**Concept 5:** Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

- Spiritual Principle: Consideration

**Promise 5:** That feeling of uselessness and self-pity will disappear.



## 2021 Virtual Day of OA “It Works it Really Does”

**Saturday May 15, 2021**

**9:00 am CST to 3:30 pm CST**

**\$ 5.00 suggested donation**

**Speaker   Workshops   Ask it Basket**

**Bring your lunch for a topic discussion on “Sponsorship” while we are eating  
11:30 am to 12:45 pm CST**

**Please print your name, address, phone number,  
email address and \$5.00 suggested donation to-**

**Jan Huber- Hills and Plains of SD IG Treasurer**

**23838 Hwy 385**

**Hills City, SD 57745**

**605-430-5899**

**(Last day of registration is May 10, 2021)**

**Zoom Link and Call-In info will be sent out 1 day before event**



**NEW FREEDOM INTERGROUP**

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## Step 5: Seeing My Part

**Step 5:** Admitted to God, to ourselves and to another human being the exact nature of our wrongs.  
— *Alcoholics Anonymous*, 4th Edition

When I arrived in OA, I was full of anger, resentment, blame, guilt, and a lot of other negative emotions. When someone did a “wrong” to me, it was his or her fault and never mine. Everything that happened to me was not my fault.

Life wasn’t good to me; I was always the innocent person being hurt. When I found out that in Step Five I had to look at my part in the pattern, I was confused. I wasn’t responsible for people treating me badly and doing the wrong thing; I had no part in what they did to me.

My sponsor helped me work that Fifth Step. I looked carefully and saw selfishness, self-centeredness, dishonesty, and other character defects. At the end of my work, I felt so much lighter and freer. As the promises state: “We will not regret the past nor wish to shut the door on it” (*Alcoholics Anonymous*, 4th ed., p. 83).

Afterward at meetings, I kept sharing about how much that step meant to me. It taught me so much about myself. I had been blind to my defects. Through this process I learned to accept and love myself for who I am, not a bad person but a very sick person recovering in this program.

Step Five has helped me find natural happiness—I used to rely on others to make me happy and felt resentful if they did not fulfill my expectations. Now I have a great big smile on my face and just want to bounce all the time like a bubbly cartoon character.

Now when I feel angry or resentful at a person or situation, I sit down and ask myself what my part is. I have a very honest HP who never fails to let me know. Then I can make amends if I need to. If I have trouble letting go, I turn to page 417 of the *Big Book* and read about acceptance. Until I accept everything as it is and not how I want it to be, I have to keep praying to my HP for acceptance. I can’t change anyone except myself.

I have worked all Twelve Steps now, and I still maintain that Step Five was the best Step I ever worked. It was a real eye-opener to the true me. It also gave me freedom, peace, and serenity. I can let go of the past and live in each minute of the day, enjoying life to the fullest.

— Julie B., Adelaide, South Australia

*Editor’s Note: This article is a reprint from Lifeline. A one-year subscription may be obtained at [oalifeline.org](http://oalifeline.org) for \$30 a year including access to the archives.*

## 4th Annual Big Book Weekend— *Chair needed or we will cancel!*

The 4th annual Big Book Weekend Convention is scheduled for December 3-5, 2021 at the Jekyll Island Club Hotel. The hotel deposit has been made, the format can be the same as two years ago, all the meeting planning notes are available, and people have expressed desire to SERVE on the committee. All we need is a person(s) willing to step up as Chair(s).

This task is not as daunting as it seems and gives your recovery a boost! As Chair, you are the coordinator for the other committees that actually do the work. You hold monthly, and then weekly, planning meetings for all members helping to organize this event. The Twelfth Step Within Committee put together an Event Hosting Manual that you can follow. It contains extensive plans and sample reports; and experienced people are standing by to assist. The reason we do not



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yet have a chair reflects the 20/80 rule: 20% of the people in the Intergroup perform 80% of the work. Rather than rotate the positions among the 20%, we would like some new energy added to the mix. The largest task remaining is contacting and selecting the potential speakers (two) for the weekend.

If we do not get a volunteer by the May 8th NFI meeting, we will make the decision to cancel this event. Should we do that, we will forfeit our \$500 deposit. If we cancel after June 3rd, the penalty for cancellation increases (to \$3,000) as we forfeit the deposit and are responsible for part of the room block we have reserved. Please do not let this happen.

If you are willing to serve as Chair (or two co-chairs), please email [chairnfi@gmail.com](mailto:chairnfi@gmail.com) or call me (Barbara C. 352-472-9924 this is landline and I cannot receive texts) to discuss the situation. I will personally assist you in this endeavor. The Chair requirements are 12 months continuous abstinence upon volunteering for the position. There is no abstinence requirement to serve on any of the committees planning this event.

## 12 Steps to a Slip

I found a PDF on *oa.org* from a Region 5 Canadian workshop and wanted to share it. (*ed.*)

### TWELVE STEPS TO A SLIP

Every slip has a beginning. Know your danger signals.

1. Start missing meetings for any reason, real or imaginary.
2. Become critical of the methods used by other members who may not agree with you in everything.
3. Nurse the idea that someday, somehow, you can eat like 'normal people' again.
4. Let the other members do the 12th step work in your group. You are too busy.
5. Become conscious of your OA "seniority" and view every member with a skeptical eye.
6. Become so pleased with your own views of the program that you consider yourself an authority.
7. Start a small clique within your own group, composed of only a few members who see eye to eye with you.
8. Tell the new member in confidence that you yourself do not take ALL of the 12 steps seriously.
9. Let your mind dwell more and more on how much you are helping others, rather than on how much the OA program is helping you.
10. If an unfortunate member has a slip, drop them at once.
11. Graduate to the point of no longer needing a sponsor yourself.
12. Look upon a food plan as a vital thing for new members, but not for yourself. You outgrew the need for that long ago.

## Highlights of the April NFI Business Meeting:

New Freedom Intergroup business meeting was held 17 April. Each meeting is welcome to send two voting members, and as many observers as desire to attend. Next business meeting is Saturday, May 8th at 10:00 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350). Highlights of what was discussed/accomplished:

- Cora W., Delegate, gave us an update on the SOAR 8 Business Assembly.
- The "Service Workshop," held March 17th and hosted by the Twelfth Step Within Committee, raised over \$200 for the Intergroup. With zero expenses, this was all profit so that we may continue to carry the message! Congratulations to the co-chairs, Georgette P. and Sandi JC, and all committee members for their hard work.
- We need a Chair and Co-chair, plus other committee members, to run the 4th Annual Big Book Weekend Dec. 3-5, 2021 at Jekyll Island. Contact [chairnfi@gmail.com](mailto:chairnfi@gmail.com) to volunteer. Requirements for Chair and Co-chair are 12 months of abstinence at the time they volunteer for the service position. Please see more information in the article in this newsletter.



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- We are considering moving the “We Care List” Committee responsibilities to either the secretary or the Twelfth Step Within Committee. The reason for this change is to make a single spreadsheet distribution list for NFI that would include sponsors, speakers, those who want the newsletter, and those who want general information about workshops, etc. This would eliminate the need for separate lists, and we will remove birthdays. Think about changes you might like to see.
- We are updating the Policies and Procedures Manual. Changes should be submitted to [vicechairnfi@gmail.com](mailto:vicechairnfi@gmail.com) by May 1.

## Looking for a sponsor? Want to be a sponsor?

Hi, my name is Georgette and I am the Sponsor Coordinator for NFI. My job is to link together sponsors and sponsees. If you would like to be an online sponsor, let me know what type: step, relapse, food, newcomer, or even a temporary sponsor. I will then add you to my list. When someone needs a sponsor, please send an email to me at [sponsorsnfi@gmail.com](mailto:sponsorsnfi@gmail.com) and remember to tell me what you are looking for in a sponsor. If you forget, I will send you some questions to confirm the type of sponsor you desire. My job is to match up the sponsor with the person looking for a sponsor (sponsee). I do not send out a list of sponsors because of confidentiality. When I find a match, I ask the sponsor if I can share their email address with the person requesting one... and the rest is up to you! If you are willing to be a sponsor or someone looking for one. Please email [sponsorsnfi@gmail.com](mailto:sponsorsnfi@gmail.com).

## Are You Reading *Inner Voice*?

### Not so secret contest:

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



## What's OA's Strategic Plan? (And how are we doing?)

### I. STRONG MEETINGS

Filled with abstinent members; all service positions filled; active rotation of service; meeting is growing; newcomers stay and become abstinent; sufficient sponsors; operates in the spirit of all 12 Traditions.

### II. PUBLIC/PROFESSIONAL AWARENESS

All members, groups and service bodies working at carrying the message so that the possibility of recovery is offered to the still-suffering compulsive eater.

### III. COMMITTED SERVICE BODIES

All service positions filled; active rotation of service; operates within the spirit of the 12 Traditions and 12 Concepts; involved in carrying the message locally, regionally, internationally.

### IV. FINANCIAL HEALTH

Sufficient contributions to enable OA to grow: sufficient contributions to do outreach to the public and professionals; all levels of service structure are fully self-supported; and sufficient contributions to decrease the reliance on literature sales for income.



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# Our Fifth Tradition

Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.

Many, many organizations exist that are based on the pioneering work of Alcoholics Anonymous. In fact, we know that OA's roots tie back to an early exposure to Gambler's Anonymous (see our text *Overeater's Anonymous, Third Edition*). There is also no question that many people are multiply addicted. Our tradition reminds us that we need the identification with others who share our addiction; who can identify with what we have been through.

I have talked to members who have trouble “translating” when we are using AA materials, conference approved or not. I also know a couple of people who have scratched out the word ‘alcoholic’ and replaced it with ‘compulsive (over)eater.’

All of this goes to remind us that when we are at an OA meeting or event, our compulsive food behaviors need to be primary. Not that we don't need to be gentle with members who want to share things based on fights with alcohol, drugs, gambling, co-dependent relationships, debting and spending, smoking, or sexual compulsions (to name a few), but our primary purpose should remain primary.

This is not to say that the solution isn't the same—we also know that whatever symptoms we've demonstrated that have led us to reach out for help are symptoms of a spiritual malaise. And I wish everyone a speedy and complete recovery.

— Mark W.

## How to be “In the Know” in OA

There is so much information out there concerning OA! By sending an email, you can add yourself to (or remove your name from) the various distribution lists so that you receive all the latest information. Each distribution list serves a different purpose, and they do not share email addresses with the other lists. The NFI and ALLSOAR8 lists provide information about workshops and other events. The “We Care List” contains names, email and phone numbers of people willing to serve as sponsors and/or speakers at meetings other than their home group.

- For the New Freedom Intergroup email list: [oanfig@gmail.com](mailto: oanfig@gmail.com)
- For the “Inner Voice” newsletter: [innervoicenf@gmail.com](mailto: innervoicenf@gmail.com)
- To be a Sponsor or ask for one: [sponsorsnfi@gmail.com](mailto: sponsorsnfi@gmail.com)
- To be on the “We Care List”: [wecarenfi@gmail.com](mailto: wecarenfi@gmail.com)
- To get on the ALLSOAR8 email list: <https://oaregion8.org/contact/join-email-group>

## NFI Executive Board Service Positions

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

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

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

1. Be working the OA Twelve Steps, the OA Twelve Traditions, and the Twelve Concepts of OA Service to the best of their ability.
2. Have the minimum amount of current continuous abstinence as defined by OA World Service as follows:
  - Chair, Vice-Chair, Treasurer and Delegate shall have one (1) year of current abstinence.



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- Secretary will have six (6) months of current abstinence.
3. Have attended at least six (6) Intergroup meetings.
  4. Have given service above the group level for a minimum of one (1) year.
  5. Be a regular member of an affiliated OANFI member group."

The delegate has additional qualifications, the most stringent being 2 years of service above the group level. Volunteers must have attended six Intergroup meetings; service need not be concurrent, nor does it need to have been served in this intergroup (previous experience does count!).

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

## The Twelfth Step Within Committee Wants to Hear from YOU

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



Some things to consider:

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

Carly B, Twelfth Step Within Chair  
[tswnfi@gmail.com](mailto:tswnfi@gmail.com)



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# Registration is Open for the 2021 World Service Convention!



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

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

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

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

## May Events from All Over

### **May 2, 1-3pm EST How I Found God Workshop**

North Jersey and Los Angeles Intergroup Zoom event.

From Sea to Shining Sea

6 Speakers | Breakout Rooms | Q & A

Zoom Meeting Link

Meeting ID: 923 5126 6518

Passcode: 748174

### **May 7, 3:30-4:00pm EST Friday Fun & Fellowship Dance Party**

Silicon Valley Intergroup Zoom event. 1st & 3rd Friday of each month.

Zoom Meeting Link

Meeting ID: 8769 2029 372

Passcode: 865056

### **May 9, 3-4:30pm Relieve Me of the Bondage of Self - Losing Our Ego and Re-Aligning Our Will.**

Virtual Region “Second Sunday” Zoom workshop.

Meeting # 891 6554 0024

Password: 120912



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**May 13, 7-8pm Sponsorship Panel: Help! I'm a Sponsor, Now What?**

Central Indiana Intergroup Zoom event.

Meeting # 842 4750 4256

Password: sponsor

**May 15, 10am-4:30pm EST. It Works, It Really Does! Hills and Plains of South Dakota Intergroup Zoom event.**

<https://oaregion4.org/event/it-works-it-really-does-2021-virtual-day-of-oa/>

**May 16, 4-7:30pm EST. On Awakening: Daily Practice of Step 11**

South Sound Intergroup Zoom event.

Zoom Meeting Link

Meeting ID: 878 5611 4500

Passcode: 546413

**Sunday, May 16, 4-7pm EST Doing the DO, Being the BE.**

OA Rise Zoom event.

Meeting ID: 947 2125 9974

Password: 810562

**May 21-23, Sunlight of the Spirit Retreat**

Central Oregon Intergroup Zoom event.

Email [CentraloregonOA@gmail.com](mailto:CentraloregonOA@gmail.com) for more details

**May 29-30, 1-6pm EST Retreat - Defining Your Recovery: Spiritual, Emotional, Physical**

Northern Lights Intergroup Zoom event.

Registration: \$10. Register via Email to [oanliinformation@gmail.com](mailto: oanliinformation@gmail.com)

## 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

We Care List

Ways and Means

Florida State Convention 2022

2021 4th Annual "Big Book Convention"  
(Jekyll Island)

Secretary will forward as needed

Barbara C. 352.472.9924

Georgette P. 352.870.4454

Nancy K. 516.286.1888

Augusta L. 912.508.4777

Cora W. 912.424.5959

Mark W. 904.527.3433

**VACANT - Consider doing service**

Wendy I. 904.710.5555

Carly B. 303.710.0589

Georgette P. 352.870.4454

**VACANT - Consider doing service**

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Lori L. 904.964.9991

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[bcarter337@att.net](mailto: bcarter337@att.net)

**VACANT—need a Chair and Co-Chair for this event**



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## Another Look at Step 4

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

“Made a searching and fearless moral inventory of ourselves.” — Step 4, OA 12 and 12

When I turned my will and my life over to my Higher Power in Step 3, my sponsor informed me that what that really meant was that I was making a commitment to work the rest of the steps; so, it goes without saying that my next venture was to start my 4th step. I followed the method outlined in the Big Book of Alcoholics Anonymous, and with my sponsor's guidance, I thoroughly analyzed all my resentments (and I probably had over one thousand). In doing this I learned a great deal about myself. I had known for years that I was selfish and self-centered, but by examining and analyzing all my resentments I could see my powerlessness around it and my need for a Higher Power's help!!! First of all, I learned that whenever I had a resentment, it was because one of my basic instincts was threatened (i.e., my self-esteem, security, personal/sex relations, ambitions). Furthermore, to “protect” myself, I unconsciously told myself “lies” that perpetuated my resentments. For example, if someone ignored me, I would become hurt and angry; in analyzing my resentment, I learned that my basic instincts of self-esteem and emotional security were threatened. Some of the “lies” that I told myself were: “I know this person doesn't like me.”; “I'm not good enough to be liked by them.”; and “I can't be happy unless they pay attention to me.” My next step was to find and believe the truth: “I can't read minds.”; and “My worth, value and security come from my Higher Power, not from how other people respond to me.” After a while I got the hang of analyzing my resentments and identifying the errors in my thinking. What is harder, however, is to believe the various “truths” that I uncovered. Thus, my sponsor suggested I say the prayer, “Dear God, please help me to see the truth, and help me to believe it!” Today I am grateful to say that I have finished my 4th step and have made most of my 9th step amends. I continue to analyze my resentments using the Big Book method, and it is helping me to lead a life of “sane and happy usefulness” one abstinent moment at a time.

– T.S., Florida Region 8

DONATIONS REPORT 2021		APRIL	YTD
PAYPAL—Individual Donations		\$164.47	\$329.79
Jacksonville Groups	Grp#		
Mon: Shepherd of the Woods Church	00774		
Tue: Orange Park-10am Presb Church	03654		\$40.00
Tue: Lakewood United Meth Church	36763	\$10.00	\$161.66
Wed: Step Study Mandarin	51223	\$132.63	\$391.52
Wed: JAX Beach-Wisdom at the Beaches	54507		\$75.00
Thur: Newcomer, Lakeview Health	47756		
Fri: Orange Park—10am	49119		
Sat: Saturday Steppers-Ponte Vedra Bch	51693		
Sat: Super Saturday Lakeview	20025		
Sat: Believe in Recovery First, Mandarin	32773	\$6.00	\$35.00
Sat: Serenity Saturday OP NFI			
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137		\$150.00
Thu: Unity Church (Acceptance)	50421		\$100.00
Sat: 9:30 AM Welcome Home	48324		\$185.00



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Sun: United Church of Gainesville	52879		
<b>Other Florida Groups</b>			
Mon: Lifesaver – Palatka	38464	\$50.00	\$50.00
Mon: Palm Coast-St Mark by the Sea	38320		\$20.00
Wed: Palm Coast—5:45pm	56604	\$35.00	\$155.00
Thu: Fernandina Beach	49101		\$102.00
Thu: Flagler Beach	15171		\$45.00
Sat: St. Augustine Serenity	00235	\$131.93	\$493.84
Sun: Palm Coast/Flagler Beach	56072		
<b>Southern Georgia Groups</b>			
Tue: Jesup	54175	\$25.00	\$160.00
Tue: 7pm St Simons by The Sea	38311		
Wed: Savannah—5:30 pm	50301		
Thur: Brunswick	51988		
Sun: Savannah—5pm	54362	\$50.00	\$90.00
<b>Totals</b>		<b>\$605.03</b>	<b>\$2,583.81W</b>

## Save the Date for Florida State!

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

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

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



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



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# World Service Business Conference 2021 Updates Abstinence/Recovery Definition

A revised Abstinence and Recovery Policy was adopted at World Service Business Conference 2021. OA's revised policy states [changes highlighted by Editor by comparison to **Suggested Meeting Format**]:

"WSBC 2021 accepts the following:

Abstinence [~~in Overeaters Anonymous~~] is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

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

(Business Conference Policy Manual, 1988b [amended 2019, 2021])

## **FUTURE EVENTS – Clip and save**

### **2021**

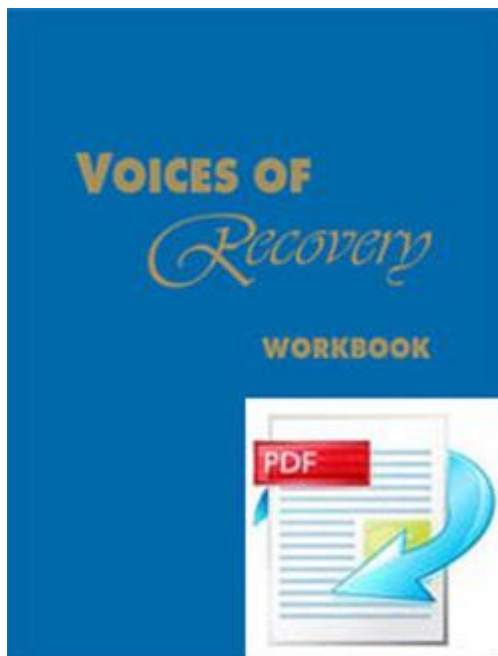
May 8                      NFI Meeting              10 am

June 12                   NFI Meeting              10 am

Aug. 26-28              **WSO Recovery Convention**



OA MATERIALS ([bookstore.oa.org](http://bookstore.oa.org))



## **Voices of Recovery e-Workbook**

This e-workbook provides thought-provoking questions for each of the daily readings in Voices of Recovery. When answering these questions, it will be helpful to refer to either a printed copy or an e-reader copy of Voices of Recovery. This e-publication is a PDF download that gives you unlimited space to type your answers to the questions. You can save your answers and reopen the file to make future additions or changes.

Although this file cannot be printed, if you wish to print a hard copy of your answers, you can copy-and-paste your text into a word-processing program. Works best on a PC or Mac computer with Adobe Reader (Version 7.0 and later). Not compatible with iPads, mobile devices or e-readers. This item is non-refundable. **\$7.50**

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