

Inner Voice



May 2022

Newsletter of New Freedom Intergroup of OA

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.

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

- Spiritual Principle: Willingness

Abstinence Workshop (Virtual)

Hosted by the Wednesday Jacksonville Beach and Monday Palm Coast Meetings

Saturday, May 21, 2022

1:00 – 2:30 PM (Eastern) (Noon – 1:30 Central)

ZOOM Session: 852 0621 4316

Passcode: ABSTINENCE

This is a crafty workshop designed to help you make a reminder of your *abstinence* to carry with you.



Have the following handy: paper; colored pencils, crayons, and/or pens; decorative tapes (optional), 3" x 5" notecard (optional).

Briefly: The Simplicity Project was developed by the Twelfth Step Within Committee of OA as a simple idea to help YOU stay abstinent! Got program? Got an index card and a pen? Write the essentials of your program on the front and back of an index card, and then carry that card with you wherever you go. Take the card out and read it anytime you need to reaffirm your program. Questions? Contact by email:

- Sandi JC: learningdisciple624@gmail.com
- Georgette P: ghabanero56@yahoo.com



Everyone is welcome. Suggested donation is \$5. Make donations to New Freedom Intergroup (<https://oanfig.org>). (Paypal or credit card accepted. Checks may be sent.)

Download and read in advance: <https://oa.org/app/uploads/2021/08/difference-between-abstinence-and-a-plan-of-eating-workshop-handout.pdf>



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



NEW FREEDOM INTERGROUP

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

SALE!
SPECIAL OFFER

AS SOME OF US COME TO THE
END OF OUR JOURNAL... AND WE
NEED TO CONTINUE OUR DAILY
WRITING ...DON'T WAIT TO THE
LATEST MOMENT.

**BUY THE DAILY JOURNAL + PEN,
DON'T STOP YOUR ROUTINE**



\$ 22
FOR BOTH



go to
www.oaregion8.org

BUY IT NOW!
while supplies last!



 **OVEREATERS
ANONYMOUS®**

NEW FREEDOM INTERGROUP

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

Lifeline: Stories of Recovery

A Series of Miracles

In 2011, I weighed 534 pounds (242 kg) and was unable to walk due to sepsis from an E. coli infection. When I was admitted to the hospital, my feet and legs were black from the blood pooling, my organs had shut down, and I smelled disgusting because my skin was weeping from the infection. I also had diabetes, high blood pressure, off-the-charts triglycerides, and a rapid and irregular heartbeat. In fact, I was so close to death that the doctor sent me to die at a skilled nursing home in a nearby city.

But the nurse who took care of me looked at me one day and said, “This woman is not going to die.” She worked hard to help me clean my food and my body. It took six people to roll me over to change my sheets or my diaper. I was on oxygen and so many medications. I had pain medications available that would have let me die, and I would have gladly died because I couldn’t imagine my life without my legs. But the nurse saved my life and my legs, and I went home weighing 300 pounds (136 kg).

Once I was at home, though, I quickly gained back some of the weight. Five years later, at 400 pounds (181 kg), I fell and crushed my femur just above the knee. I was too fat for surgery, so they put a brace on my leg and sent me to the same skilled nursing home. Again, I was able to control my food in this medical setting. I went from 400 to 300 pounds in just seven months, even though I was not allowed to walk because my leg bone had to grow together without surgery.

It was December 2016 when I fell. A series of miracles started the following September:

A woman in the recovery room next to me and her brother and I started a God table so we could pray for others. They prayed about a small growth on my face. It fell off the next day. No scar, no healing—it just fell off. I knew God was trying to reach me. I knew it was a miracle.

After they left, I started having lunch with the man in the room on the other side of me. I started crying one day because I was so terrified of going home and gaining my weight back. He said he belonged to AA and asked if I had ever heard of Overeaters Anonymous.

God had absolutely made a path to my bed. I’d been flat on my back for seven months, yet here I’d found a woman who had brought me to God and a man who had brought me to OA. Then, when I called the local phone number for OA to find a meeting, the man who answered eventually became my sponsor, and he is to this day—another miracle from God.

The day I told my AA friend that I was willing to work the OA program, the nursing staff told me I was ready to put weight on my leg again, and I took my first steps.

The stronger my program gets, the more miracles I get—too many to even begin to name. I am currently at 250 pounds (113 kg), and I have lost 284 pounds (129 kg). I’ve had to stop weighing myself, however, because my doctor does not want me to be misled by water retention in my legs. My heartbeat has been improving, and everything else is working perfectly—no more diabetes (my A1C is lower than normal), no more oxygen, no more high blood pressure, and no more high triglycerides. I am taking a diuretic to help my heart, but I take no other medication.

Today, I live most of my life in program (I’m retired, so I have the whole day to fill). I moderate a meeting once a week. I sponsor five people. I make a lot of outreach calls and texts and receive just as many. I start my day with *For Today* and *Voices of Recovery*. I say the Serenity Prayer and Third Step Prayer before each meal to center myself before I start eating. Here’s how I know when my abstinence is spot-on: When I have my meal in front of me on one dish, I imagine someone I don’t like coming through the door. If I’m embarrassed, then I have too much food.

OA has saved my life, my sanity, and my legs. I cannot begin to describe how grateful I am for OA’s founder, Rozanne, and her wisdom in starting this unique program for those of us with the disease of compulsive overeating. I will cherish and love her through all of eternity.

— Carrie C., San Diego, California USA (Reprinted from *Lifeline*)



NEW FREEDOM INTERGROUP

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

Step 5: Life Changes

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

The first time I did this step, in another program, I didn't do the first two parts of it, I just read my fourth step to my friend Marci, and it changed my life! So I knew from experience that I didn't have to do the steps perfectly, and they would change my life.

I was really afraid of what might show up in my OA fourth step, *Big Book* style, but by the time I'd written it all out I was happy to share it with my sponsor who was 15 years older than me and had years in program and always had time for me. As it suggests in "Working with Others" in the *Big Book*, she was a friend: she never trashed food or bossed me around.

Four years into sponsoring me, she listened patiently to six pages in tiny handwriting on both sides of the page of resentments on my mother and six more on my husband. She listened to page after page of people I resented, then institutions, particularly the Veterans Administration which was not helping veterans at the time and my husband was a combat vet. Patriarchy, Christianity, the library, the grocery store, there was not a thing in this world that I couldn't improve and didn't resent. I would start laughing as I read some of the stuff I resented. She smiled and listened. Then I went into fear after fear after fear and finally sex. I was afraid I would shock her with my collection of sexcapades, but she just laughed and said we did that too. I cracked up.

The reading out loud to another recovering person had a profound effect on me. Reading my varied resentments; how each affected me; identifying my part, over and over; and showing where I had been selfish, self-seeking, dishonest and frightened. Over and over, every line. For me this broke through a lot of denial and thinking I was nicer than others because I lied about how I felt. Believing I was above other people as I had done had been basically fake as I tossed another resentment into the bag I was dragging. My sponsor understood.

I had asked her to be my sponsor because she was gentle and kind, and years older and more experienced than me. We'd been working together for four years, me never abstinent for more than a week or so. Whenever I called her to say I had screwed up again, she would patiently say, "Did it ever occur to you that you might be a compulsive overeater?" and we would laugh. She gave me kindness instead of shame and blame, which I had grown up with.

About this time we went to a workshop in Jacksonville in which the speaker said, "this is a gentle program, filled with heart words." For instance, "The only requirement for membership is the desire to stop eating compulsively." I remember thinking that if I could desire abstinence the way I desired my husband it would be easy. Then she said, "This is a program in which we learn to make healthy choices for ourselves." And boom, I thought, 'I could do that.' I'd been trying to be good, but I'm rebellious. I'd always be bad after a good spell. If I looked at food as healthy or not so healthy, it changed the paradigm. I could do that. And I became abstinent.

Sharing with someone who is non-judgmental, patient, kind and generous is important. Taking my time was also important to me. My sponsor never rushed me to zip through the steps. She, like me, felt that the problem was not the food. The food was my solution to the problem of how I thought and felt about myself and the world. My food was a symptom of my wrong thinking and acting. Slow growth was good growth for me.

After my 5th step and that workshop, my obsession with food was lifted right out of me. It occasionally comes back, but I follow the directions in the last paragraph on page 21 in our *12 & 12*, second edition, and it goes away. For me not being obsessed is pure heaven. I have been in program for more than 30 years, and that, I believe, is why I don't weigh 800 pounds. I was on the way.

— PM, Gainesville FL



NEW FREEDOM INTERGROUP

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

Order Your Recovery Jar

A Recovery Jar is made up of 366 different questions or prompts to help you achieve or maintain your recovery and growth in the program. Each strip of paper in the jar has a unique prompt that you can write or meditate on as part of your daily OA work, with the idea being to use one per day for a year. Examples include writing on the different steps, the principles, gratitude, etc. Jars are 1 recyclable PET plastic with a black screw-top lid. Perfect for carrying with you!

Each jar costs \$20 plus shipping. If you would like to pre-order a jar (or more than one), please fill out the form at this link: <https://forms.gle/6bPaYJgu57sW24Yq6> and select whether you would like to arrange to pick it up in Newberry, or have one shipped to you. If you select the shipping option, I will contact you to make arrangements for the shipping costs (currently an additional \$8-\$10 for one jar). Hint: It will be cheaper to ship multiples, such as a case of 12 for your group. (NOTE: We are offering free shipping on a case of 12!)

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

—Barbara C.



Do You Like to Write?

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

New Sponsorship Coordinator

Hi, I am Augusta L, your new NFI sponsorship coordinator.

The past three years I served NFI as Secretary. I am so excited about providing service as your Sponsorship Coordinator. My role will be to connect available sponsors with members looking for sponsors. I remember my first year being in OA, I did not have a sponsor. I could not find anyone in Savannah that was an available sponsor; we were not part of NFI yet. I thought I could do it by myself. How wrong was I. I struggled the whole year with not following a food plan or dealing with life.

It wasn't till I went to a NFI meeting in Jacksonville that I did find a sponsor. My goal is not to let our members who want a sponsor not to have one because they cannot find anyone available or are afraid to ask. I will start visiting as many virtual meetings as possible to introduce myself. As secretary, I helped create the sponsor list. I will be updating this list. Feel free to share my contact information with members who are looking for a sponsor or members available to sponsor. You can contact me at my personal email or phone (below).

Thank you for your service and helping me get members connected in this vital relationship to be successful in working the 12 steps of OA.

Augusta L.

Cell: 912-508-4777

Email: augustalivingston1985@gmail.com



NEW FREEDOM INTERGROUP

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

Tradition Five: Suggestions

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

Tradition Five is clearly stated. It's the follow-up question that's important: how are we supposed to do that?

Here are some suggestions:

- Attend meetings regularly and participate by sharing and helping out when you can.
- Read OA literature and the AA *Big Book* regularly.
- Obtain a sponsor or sharing partner as soon as possible.
- Identify your trigger foods and develop a plan of eating that includes foods you're supposed to eat in the right portions.
- Abstain from those trigger foods. This means keep away from your trigger foods, one day at a time.
- Pray often during the day and on a regular basis while developing a personal relationship with your Higher Power.
- Work the Twelve Steps in order and with the help of your sponsor as quickly as you can.
- Reinforce awareness of Steps One, Two, and Three regularly.
- Be aware of your gifts from your HP and express gratitude regularly.
- Make several outreach calls weekly, sharing your progress and showing concern for other members.
- When you and your sponsor agree, share your progress with a newcomer seeking help by offering to sponsor someone.
- Continue to apply the Steps, Traditions, and Principles of the program to your life and relationships, discussing your progress with your sponsor regularly.
- Realize and accept the fact that your body's allergy to your trigger foods will be with you for your lifetime, but the obsession of the mind will be quieted if you "keep in fit spiritual condition" (*Alcoholics Anonymous*, 4th ed., p. 85).

The word "regularly" recurs throughout this list of suggestions. It appears that new habits are necessary to foster recovery and grow in it! The bottom line is that we "don't simply carry the message, we are the message" (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, Second Edition, pp. 86—87). Enjoy the promises of each Step and smile as you get better.

— Edited and reprinted from *The Butterflyer* newsletter, Chicago Western Intergroup, July 2017

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. 352.472.9924	vicechairnfi@gmail.com
Secretary	Carly B. 303.710.0589	nfitreasury@gmail.com
Delegate	VACANT—Consider doing service	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	Georgette P. 352.870.4454	TSWnfi@gmail.com
Website	Augusta 912.508.4777	sponsorsnfi@gmail.com
Ways and Means	Lori L. 904.964.9991	websitenfi@gmail.com
2022 5th Annual "Big Book Convention"	VACANT—Consider doing service	wandmnfi@gmail.com
	VACANT—Consider doing service	



NEW FREEDOM INTERGROUP

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

Highlights of the April 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 April 9. Each meeting is welcome to send two voting members, and as many observers as desire to attend. The meeting is always the second Saturday of the month (unless otherwise decided) and runs for one and a half hours. Thus, the next business meeting is Saturday, May 14th from 10:00 am to 11:30 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350).

Highlights of what was covered at the April business meeting:

Service Opportunities:

- We need to fill the following service positions: Secretary, Delegate, Parliamentarian, Young Persons Subcommittee Chair, and Ways and Means Chair. Other committees also need volunteers to provide service.
- As per a motion passed in February, we are asking for volunteers (no abstinence requirements need to be met) to serve as note taker for the meeting and to assemble the draft minutes until such a time as we have an elected Secretary. Sandi J C has volunteered to continue to fill this internship role until a Secretary has been elected.

Need Planning Committees:

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

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

Other Items of Note:

- All meetings are to let Chair know about changes in format.
- It is time to review the NFI Bylaws.
 - So far, the recommended changes presented are as follows:
 - Increase all terms for the Board and the Committee Chairs to two years (instead of one) with a chance to renew one time (4 years consecutively).
 - Update the Standing Committees list to remove "We Care List" and match the Standing Committee list to what is found in the P&P Manual.
 - We opened discussions about the proposed changes at the April meeting and passed the updates to the Standing Committee list. It now matches the list in our P&P manual.
 - Discussion is ongoing for the proposed changes to length of terms.
- The Region 8 Business Assembly and Recovery Convention was held virtually on April 1-3 and hosted by the Greater Memphis Intergroup. Echo G., Barb C., and Nancy K. attended as NFI voting representatives. Echo G. and Nancy K. gave reports on their attendance.



NEW FREEDOM INTERGROUP

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

- WSBC 2022 will be held virtually at the end of April. Echo G. attending as voting representative for NFI.
- Echo G. asked that everyone take time between April and May to review Part A of the OA Group Inventory (<https://oa.org/app/uploads/2022/03/oa-group-inventory.pdf>) so that we can take an Intergroup inventory and check for areas that may need improvement.



Abstinence Workshop, Anyone?

Hey, newcomers, are you in need of an abstinence plan or more information about one? Current members, do you need to strengthen or recommit to your abstinence plan? If so, come to the **Abstinence Workshop** and create a valuable tool for your Abstinence plan to carry with you. Plenty of sharing time plus a guest speaker. Any questions please contact Sandi J C at: learningdisciple624@gmail.com or 912-464-4231 (calls or texts).

— Sandi J

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

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

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

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

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

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

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

Thank you in advance for your service!

Nancy K
NFI’s PIPO Chair



NEW FREEDOM INTERGROUP

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

The Twelfth Step Within Committee Wants to Hear from YOU!

NFI MEETING IN THE SPOTLIGHT

This is mostly a literature meeting. We study the Tradition of the month the first week, and the Step of the month on subsequent weeks. The last week of the month is a speaker meeting.

Saturdays 9:30 AM

HYBRID!

Parkview Baptist Church
3403 NW 13th St
Gainesville, FL
Zoom: 521 748 064
Passcode: 073637
Meeting #48324

Come check us out!
(Someone is usually, but not always at the church.)

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

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

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

12th on the 12th: Another Look at Step 4

The spiritual principle of Step 4 is courage. The “fact-finding and fact-facing process” described on p. 64 of the AA *Big Book* takes courage. I may hesitate after taking Step 3, but healing comes with action and action begins with a “fearless moral inventory.”

In writing this inventory, I am illuminating the hidden areas of my consciousness that I conceal from myself and others. These dark places are where my shame and fear are stored and fester as wounds on my soul. I need to be free of these shortcomings that keep me in bondage to self-loathing and self-pity.

The 4th Step is another action where “half-measures” indeed avail me nothing. Yes, I am afraid. However, I do not have to do any of this alone. In fact, it is in this Step that I begin to lose my sense of “terminal uniqueness.” When I worried about sharing something egregious with my first sponsor, he said, “If there is a word for your shortcoming in the dictionary, then someone else probably did it before you.”

Obsession, depression, and toxic shame helped keep me in bondage to the food until one day my addict's amnesia could not be triggered by the food. I had no choice other than to trust the process and write down my 4th Step inventory. I had to practice courage and “act as if” it would work. And it did, and it does, one day at a time, as I leave isolation, fear, and shame behind and join the fellowship of OAs who are living happy, joyous, and free one day at a time!

—Neill M.

MEETING CHANGES

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

— Echo G.



NEW FREEDOM INTERGROUP

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



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 innervoiceni@gmail.com.



NEW FREEDOM INTERGROUP

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

Now Downloadable!



Service, Traditions, and Concepts Workshop

SKU 773

- [PDF Workshop Manual](#)
- [PPTX slides \(with presenter notes\)](#)
- [PDF slides](#)
- [PDF presenter notes](#)

Purchasing this item provides a digital file that will be delivered upon placing the order.

FREE

Events from All Over

SAVE THE NEW DATE
Pass It On Marathon
ROADMAP TO RECOVERY

May 20 - 22, 2022

Virtual event via Zoom
More details to follow

Sponsored by
CLEVELAND
CENTRAL
INTERGROUP

Overeaters Anonymous

Meeting ID: 273 862 8468
Passcode: steps
One tap mobile
+13017158592_2738628468#*566010# US (Washington DC)
+13126266799_2738628468#*566010# US (Chicago)

Meeting ID: 273 862 8468
Passcode: steps



NEW FREEDOM INTERGROUP

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



**Great for
Newcomers or
LongTimers!**



OA Central Ontario Intergroup

Presents a:

Quick Step Study

- SUNDAYS (Four sessions)
May 15, (skip May 22), May 29, Jun 5,
and Jun 12
10:30am – 12pm Noon ET.
- By Zoom or phone
- Free - 7th Tradition
- Session Format: Write on the step, share on the step. (Read the step ahead of time.)
- Registration is limited:
 - Please do so early to receive the handouts and zoom details.
 - Registration required 24 hours ahead of the start time.
 - Register by emailing:
coiquicksteps@oaontario.org and include in your email the start date of the study you would like to attend. You don't have to attend all the sessions.

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

-former workshop participant



NEW FREEDOM INTERGROUP

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



2022

2nd Sunday of the Month Workshop Topics

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

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

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

- **May 8th - Dealing with Guilt & Shame**
- **June 12th - Gratitude as an Action Word**
- **July 10th - Steps 10 - 12: Continue, Improve & Practice**
- **August 14th - Practicing these Principles in all our Affairs**
- **September 11th - Being Entirely Ready for HP to Change Us**
- **October 9th - How to Twelve Step a Problem**
- **November 13th - Step 11: Prayer & Meditation**
- **December 11th - Sponsorship**

Come Join Us!

For Virtual Region Workshop Room Join Zoom Meeting

Meeting ID: 891 6554 0024

Password: 120912

<https://us02web.zoom.us/j/89165540024?pwd=eXZWSUNNdVhtZ3hHZHZJY2RRckZkdz09>

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

Suggested workshop contribution \$5

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

FOR MORE INFORMATION:

<https://oavirtualregion.org>

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



NEW FREEDOM INTERGROUP

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

HOW-Overeaters Anonymous

Northern California Intergroup

HOW RETREAT

Saturday, June 11, 2022

Via Zoom, meeting id to be provided once you register

10:00 a.m. – 4:00 p.m.

THEME: GIFTS OF RECOVERY

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

Additional chances can be purchased for \$5.00 each

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

TOPICS:

Action Plan & Time Management

Raising Small Children

Challenges of Aging & Medical Issues

Care Taking

Maintenance & Body Image

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



Breakout rooms will be offered on certain topics



NEW FREEDOM INTERGROUP

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

DONATIONS REPORT 2022		Apr	YTD TOTAL
PAYPAL - Individual Donations		\$14.08	\$357.61
Jacksonville Groups		Grp#	
Mon: Shepherd of the Woods Church	00774		\$0.00
Tue: Orange Park-10am Presb Church	03654		\$0.00
Tue: Lakewood United Meth Church	36763		\$0.00
Wed: Step Study Mandarin	51223	\$33.01	\$227.04
Wed: JAX Beach-Wisdom at the Beaches	54507		\$135.00
Thur: Newcomer, Lakeview Health	47756		\$0.00
Fri: Orange Park - 10am	49119		\$0.00
Fri: Orange Park - 6pm	57531		\$35.00
Sat: Saturday Steppers-Ponte Vedra Bch	51693		\$48.06
Sat: Super Saturday Lakeview	20025		\$0.00
Sat: Believe in Recovery First, Mandarin	32773	\$80.00	\$293.40
Sat: Serenity Saturday OP NFI			\$0.00
Sun: Military	800278	\$80.00	
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137	\$150.00	\$150.00
Thu: Unity Church(Acceptance)	50421	\$129.22	\$156.88
Sat: 9:30 AM Welcome Home	48324		\$48.06
Sun: United Church of Gainesville	52879		\$0.00
Other Florida Groups			
Mon: Lifesaver - Palatka	38464		\$0.00
Mon: Palm Coast-St Mark by the Sea	38320		\$10.00
Wed: Palm Coast - 5:45pm	56604		\$10.00
Thu: Fernandina Beach	49101		\$0.00
Thu: Flagler Beach	15171		\$10.00
Sat: St. Augustine Serenity	00235	\$23.79	\$160.16
Sun: Palm Coast/Flagler Beach	56072	\$120.00	\$120.00
Southern Georgia Groups			
Tue: Jesup	54175	\$50.00	\$100.00
Tue: 7pm St Simons by The Sea	38311		\$0.00
Wed: Savannah - 5:30 pm	50301		\$106.47
Thur: Brunswick	51988		\$0.00
Sun: Savannah - 5pm	54362		\$0.00
Totals		\$680.10	\$2,047.68
Don to WSO		\$204.03	
Don to SOAR8		\$68.01	

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

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