

Inner Voice

Newsletter of New Freedom Intergroup of OA



May 2023

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.

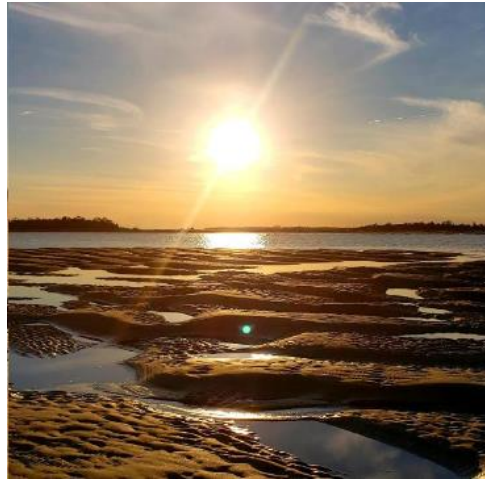
- Spiritual Principle: Purpose

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.

Local, Regional, National, Communal



One of the pleasures of attending virtual meetings has been meeting people from all over. A meeting I've been attending has had people from Alaska, Bali, and the U.K., sometimes all at the same time.

That said, virtual meetings give a very limited picture. And you can't get a hug on your laptop, and having coffee with a friend, sponsor or sponsee after the meeting just isn't the same in a chatroom.

I had the opportunity in April to go to a professional conference across the country (I won't address the "bonus" time in airports here!), and got to see colleagues I hadn't seen in several years (pre-pandemic), and meet new ones. It was wonderful.

Each month we send out a new list of meetings, both those virtual and in-person. And I've fielded a few requests now for new in-person meetings. This is fine at a local level, but what about regional and national opportunities? I have a sponsee who attended the WSO conference (World Service) as a representative, but we don't need to go that far.

At the regional level we have the opportunity to meet on Tybee Island for a recovery weekend and business assembly **that our intergroup is hosting.**

This issue has the two-page registration inside, and we are pushing everyone to register and reserve rooms. We've already fulfilled our room requirement, but don't want to see anyone shut out.

Please come, help, and gather some hugs as a member of the OA community. And yes, the beautiful photo is from the Hotel Tybee site.

– Mark



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Step 5: Double Feature

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

PART ONE

One of the things I learned from a sponsor was to do a mini fourth through ninth step when I was continuously annoyed by some situation. I was going to our Saturday morning meeting, and since I had lived out of town for years, I was always early, opened up, got out the literature and put up the signs correctly (Haha, bet you can see where this is going...)

Then I moved into town and COVID started. We started zooming. We were asked to mute ourselves unless we were speaking, but I almost always forgot, so everyone could hear the bongs of my email coming in. Eventually I got smart and turned off the mail program before I got on zoom. By then we had added it to the format, please mute if you are not sharing, but I could never remember. Finally someone who was hosting muted me. I was furious!

Another thing that infuriated me was that I was always at this meeting and no one else came quite as often, but some of them said they were always there! People just had no respect after all I had done for the meeting.

I did some massive sulking. Then I started realizing I had a huge resentment: so do a mini 4-9! So I started writing: on paper my resentments turned into self-righteous self-centered silliness before my eyes.

I read them to my sponsor, had a good laugh at my emotional slippage. It was easy to share with her and feel understood. I also shared it with my HP, the harmony of the universe, otherwise known as reality, when I said the 7th step prayer with my optional atheistic wording: "may I be in harmony always."

I wrote amends emails to the people I had been resenting. They accepted.

The best part was turning from resentment to appreciation and love for them and having it come back to me. This program works if you work it.

PART TWO

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 and how my part, over and over, 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 (I don't mind, when I did!) All the rising above other people 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 older than me by 15 years. We'd been working together for 4 years, me never abstinent for more than a week or so. Whenever I called her to say I had screwed up



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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 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

More on Step 4 from the Region: Honesty

I recently chose to retire and am finding that the slower pace and quieter life I wished for has definite benefits! However, it has also helped me see that the busyness of my work life was in some ways a distraction from myself. Having more time for peace shows me where peace is absent. How do I find direction in my new phase of life?

As I understand them, the Steps (especially Steps 10, 11, and 12) call for a lifetime of growth and change. So, when I read in the 4th step of Overeaters Anonymous that “Change begins with honesty,” I began to ponder how honesty has helped me to change in the past and how it can help me now.

To become abstinent, I had to get honest with myself as to the physical effects of certain foods and eating behaviors. I was able to identify the foods and eating behaviors that kept me in the addiction, and my HP relieved me of the need for them. Over the years, however, my plan of eating has had to change. Due to aging and other factors, I can no longer eat certain foods I used to be able to eat. Protecting my abstinence requires continued honesty to make the necessary changes in my food plan. Because I feel “entitled” to certain foods and behaviors, I struggle to let them go!

I also had to get honest about my character defects, especially perfectionism. When I came into OA, I thought that sharing myself with others would only let them know that I was not perfect and they would not like me. That thinking kept me isolated from others and in my addiction. Getting to the truth about myself took honesty. Opening to others took trust. As I move into a new phase of life, I need honesty to combat the fear, self-pity, and pride in letting go of my old life and simply trust that others will still love me without the job title.

I have also had to become honest about my difficulties with HP. Because I came to OA with a religious affiliation, I thought that the HP part would be pretty easy. I was wrong! It took some time to get honest about my struggles with HP because I was taught that God was who God was and I couldn’t question it. My original God was not interested in restoring me to sanity and I certainly could not trust him with my life. Also, I had some negative ideas about HP that were a reflection of my earthly relationships. Admitting my struggles and asking for help, both in and outside of OA, has freed me to connect with the HP that was willing to restore me to sanity around food and eating. Turning the rest of my life over to my HP is a work in progress. I need continual honesty to admit when I take back control of my life.

May all of us continue to change and grow in OA!

— Anonymous



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Tradition Five: Our Primary Purpose

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

Tradition Five allows us to “keep it simple,” with regard to our OA activities. If we stay focused on our PRIMARY PURPOSE, then we can rest assured we are helping fellow sufferers and attracting newcomers to the OA program. This tradition is closely related to the twelfth step — “Having had a spiritual awakening as a result of these steps, we tried to carry this message to compulsive eaters and to practice these principles in all our affairs.”

We need to stay focused on our primary purpose because, as individuals recovering from compulsive overeating/compulsive food behaviors, we are the best people to share this lifesaving message. We know that the message of recovery comes much stronger to the newcomer, or to the “OA doubter” from those of us who have suffered from the disease and recovered, than from concerned friends and relatives without the disease. Only we can share the powerful personal experiences we have experienced with the disease and recovery from it.

Complying with this tradition means that we stay centered on the steps, traditions, and tools of the program. We don’t get caught up in outside issues or our own personal agendas. We consider the needs of the newcomer and those still struggling with the disease in our meetings and in our group conscious, always returning to the solution through the steps, traditions, and tools.

Our primary purpose includes working with our intergroup, service board, region and world service to reach out to the compulsive eater who still suffers. These important entities can reach newcomers in ways we are not personally able to – by maintaining hot lines, web sites, and holding special events that focus on getting the message of OA out to medical practices and professionals. These activities extend the “heart and hand” of OA throughout the world to individuals who may not otherwise hear of OA.

— Lucy

Concept 5 – Minority Opinions

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

In Concept Five, Bill Wilson and the framers of the 12 Concepts of World Service in Alcoholics Anonymous (OA’s 12 Concepts are based directly on AA’s 12 concepts of world service), it is emphasized that minority opinions must be allowed to be voiced and valued.

An example is that in any OA business meeting, if a member has a minority opinion, they have the right to appeal and voice their opinion. This is a very valuable concept, since, at times, just because an opinion is in the minority or unpopular, doesn’t mean it’s wrong. And even if a minority opinion is in error, the process still provides a valuable service when it compels a thorough debate on important issues.

According to Bill W., “Trusted Servants do for the groups what the groups cannot or should not do for themselves.” And in exercising their “Right of Decision” (see Concept 3), “trusted servants are almost always a small but truly qualified minority.”

Concept Five also warns us of the “tyranny of the majority” and illustrates that in OA a simple majority is seldom sufficient basis for a decision. That is why most OA votes require a two-thirds majority. The “Right of Appeal” also permits any person (volunteer or paid) to petition for redress of a personal grievance.

To learn more about our OA service structure, please check out Service Bodies on the OA website and read the pamphlet *The Twelve Concepts of OA Service*. If you wish to get involved or volunteer in Northern Florida New Freedom Intergroup, please visit <https://oanfig.org/> and throw your hat in the ring!

— John K.



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Name the Region 8 Newsletter Contest!

Submissions due by 1 June 2023.

The Region 8 newsletter, published spring and fall, does not have a name, so we are hosting a contest to name it. We need your input.

Here's how it will work:

- All submissions must be sent by email to bylawschair@oaregion8.org before the deadline of **1 June 2023**. Include your name and phone number in the email.
- Each person may submit up to **THREE** names for the newsletter (in one email or in three different emails).
- The Bylaws Committee and the Region 8 Board will review all the submissions and sort out the top ten names.
- The top ten names will be entered into a google forms survey and sent to ALLSOAR8@oaregion8.org by **1 July 2023**.
- Every person gets to vote. Everyone has two weeks to vote for their top **THREE** names from the list (no-write-ins at this point). Complete and submit the google form no later than **15 July 2023**.
- The winner will be announced **1 September 2023** and receive the prizes listed below.

Winner* will receive:

- Recognition and FAME in the fall 2023 newsletter (newly named by them)
- A brand-new edition of The Twelve Traditions Workbook of Overeaters Anonymous (2023)
- A Recovery Jar (donated by New Freedom Intergroup)
- A free life-long subscription to the Region 8 newsletter

Good Luck!! We look forward to seeing your creativity. Our wide world of recovery is waiting! Thanks for your service!

** In the unlikely event two or more people submitted the identical name, we will award each of them duplicate prizes.*

**OVEREATERS
ANONYMOUS®**
Region 8



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REGISTRATION FORM:

Registration Status:

_____ Recovery Convention Attendee

OR: Business Assembly Attendee (Need COE):

_____ Board Member _____ Trustee

_____ Funded Comm. Chair _____ Parliamentarian

_____ Representative (First timer) IGA _____

_____ Representative (Returning) IGA _____

_____ I WILL be a Mentor

_____ I cannot mentor this time

_____ I am also my INTERGROUP'S CHAIR

_____ I will be attending virtually and NOT voting.

_____ My registration as a VIRTUAL VISITOR is FREE.

I need translation services: _____ Portuguese

_____ Spanish

I WILL GIVE SERVICE:

_____ Speaker - I have 90 days of continuous abstinence _____ Initial here

_____ I speak Spanish/Portuguese

(Please circle language)

_____ Anywhere -- as needed

_____ Hospitality Room

_____ Hugger/Greeter

_____ Meeting Room Timer

_____ Pager/Runner (in Business Assembly)

_____ Registration Table

_____ Sell Tickets for Drawings

If you need a roommate, check below. NOTE: Please make a reservation for a room with two beds - it can always be cancelled if not required.

_____ I need a roommate

MEAL INFORMATION

Last date to order meals: 10/13/23

Lunch and Dinner on Saturday will be catered for your convenience, or you can find just the right food spot to savor the best seafood or classic southern cuisine. **Guests are invited to partake, as well.**

Lunch (\$20) will be catered by "Latin Chicks" and you may select from several delicious spinach wraps (with side salad) or a green dinner salad with seasoned chicken. Dinner (\$50) is a buffet with salmon and burgers, plus salad and side dishes, at the North Beach Bar and Grill restaurant (2.5 miles north of the hotel). Tybee Island has a golf cart taxi service for \$5 a ride.

Complete information about meals is available on <https://SOAR8-WelcomeHome.eventbrite.com> and www.oanfig.org web pages.

There is no restaurant at the hotel (only a lounge and poolside bar). Tybee Island restaurants are just steps from the hotel and offer a wide variety of dining options. **Breakfast is on your own.** Each room should have a refrigerator.

For more information about this event contact:

Committee Chair – Augusta L.

Email: augustalivingston1985@gmail.com

Phone: 912-508-4777

TRANSPORTATION:

SAV- Savannah/Hilton Head Airport

The hotel is approximately 60 minutes from the airport. (No shuttle is available.) Estimated costs:

- Taxi = \$53 one way (+\$5/extra person)
- Uber/Lyft = \$35 one way

(Transportation fees to downtown Savannah over this Halloween weekend may be significantly higher than normal.)



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If you are reading a paper copy, additional copies of this flyer can be downloaded at www.oanfig.org OR www.oanfig.org. Please distribute to your groups.



**“Welcome Home,
Y’all”**

(Willingness is the key)

New Freedom Intergroup of OA is hosting the SOAR 8 Fall Recovery Convention and Business Assembly.

**October 27-29, 2023
Tybee Island, GA**

Hotel Tybee

1401 Strand Ave., Tybee Island, GA, 31328, USA
Hotel Tybee is located next to the Beach Parking and Pavilion (14th Street). It is approximately a 2.5-mile walk to the restaurant, past the Tybee Lighthouse, and the Marine Center which are located at the North Beach of Tybee.



New Freedom Intergroup



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HOTEL INFORMATION



Hotel Tybee
 1401 Strand Ave, Tybee Island, GA, 31328, USA
 Phone number: 912-786-7777
 (Call hotel directly – do not book online)

You must make your own reservations before 9/26/2023. Hotel requires a credit card to hold your reservation. Use code "SOAR2023" for special rates. Any reservations made after that date will be charged at the current room rate.

THERE WILL BE NO EXCEPTIONS.

RATES: \$155 /Night Two Queen (Inland view) + \$15 /day parking + \$5 /night GA hotel fee + 14% taxes per night. (Total = \$199.50 /night). Rates are available for three days before and after the event. Rooms have refrigerators, microwaves, and coffee makers. Rate is for up to four people in the room. (Must place \$50 deposit per room for incidentals during the stay.) Each room will receive four drink tickets, three beach chairs and beach towels.

All guests will be charged one night's stay upon booking. Deposits are refunded or credited only if notice is received 7 (seven) days prior to arrival date and cancellation number must be obtained by guest.

Hotel check-in is at 4:00 PM, Friday; check-out is 11:00 AM Sunday. **There is NO free parking on the island. Day trippers will need to pay a rate of \$20/day.**

Driving directions from Florida:

- Follow I95 N to Montgomery St in Savannah. Take exit 167B from I-16 E
- Follow E President St, Islands Expy and US-90 E to your destination in Tybee Island.

More information:

- There is no shuttle to or from the hotel. Please use taxi or Uber/Lyft. Coordinate with others.
- We are not having a boutique due to lack of space.
- There will be no literature sales.
- All intergroups are asked to bring a basket to donate to the silent auction. Thank you in advance.
- There will be virtual attendance and voting for the **Business Assembly only. Non-voting visitors may attend for free.** There is no virtual attendance at the Recovery Convention. We'll see you face-to-face!
- There will be a silent auction, drawings, and recovery merchandise available.

Convention Highlights

Opening Ceremony: 7:00 PM FRI
Workshops start: 9:00 AM SAT
9:00 AM SUN
Convention ends: Noon SUN
Meditation/yoga at 7:00 am Sat & Sun

Registration in Business Center 1st Floor Lobby
 Friday: 3:00 – 7:30 PM
 Saturday: 7:00 AM – Noon

REGISTRATION FEES

- **Early registration:** \$40.00
 (Postmarked by 9/26/2023)
- **VIRTUAL registration (BA Only): \$40.00**
- **SAT Only Pre-Registration: \$30.00**
- **Late registration: \$50.00**
 (Postmarked **AFTER** 9/26/2023)

WALK-INS ARE WELCOME!!!

- **SAT only Walk-ins: \$35.00**
 (Parking fee of \$20 will be charged by the hotel.)

No refunds after **10/13/2023**. Your registration fee will be kept as a 7th Tradition donation.

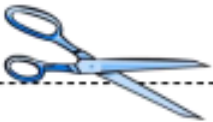
No one will be turned away for lack of funds. If you cannot afford registration, consider giving service or a donation at the event. Scholarships are available; contact the Committee Chair.

Register on-line:

<https://SOAR8-Welcome-Home.eventbrite.com>
 (A surcharge is added when using this site.)

Register by mail:

Make checks payable to: "NFI"
 Mail check and registration form to:
 Barbara Carter
 28303 SW 101st Avenue
 Newberry, FL 32869
 (352) 474-1366
 bcarter337@aatt.net



REGISTRATION FORM

"Welcome Home, Y'all"
 Name and City for Badge:

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Fees Enclosed:

Registration Fee \$ _____

Sat. Lunch only (\$20)* \$ _____

Sat. Banquet only (\$50) \$ _____

DONATION \$ _____

TOTAL \$ _____

*If ordering lunch, please circle your choice:

*SPINACH WRAP: CHICKEN PORK
 (Choose one filling) BEEF VEGGIE

OR: Garden dinner salad with seasoned chicken

- All wraps include side garden salad
- All sauces and dressing will be on the side

Please fill out both sides of registration form.



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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 8. 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 13th 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:

- Strengthen your recovery through service! We need to fill the following service positions: Delegate, Parliamentarian, Young Persons Subcommittee, Sponsor Coordinator, and Ways and Means Chair. All of our committees need volunteers to serve and provide service.

Volunteers are still needed to help:

- **SOAR 8 Recovery Convention and Business Assembly.** NFI will be hosting the Recovery Convention and Business Assembly for fall 2023 at Tybee Island (near Savannah), GA. We still need people to plan before OCT and help at the event. Opportunities for service include running a workshop (need 90 days abstinence), acting as meeting timer, being a page for the business assembly, helping with registration (checking people in, mostly) planning and installing decorations, entertainment (we will be singing and dancing!), arrange volunteers, setting up hospitality, selling tickets for baskets and drawings...you name it, we need it! We need you – and there is no time like the present to get started giving service. Let Augusta L know if you are interested, or you may check your preferences as you register.

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.
- We voted NOT to change the time of the monthly NFI business meeting. We will continue to meet on the second Saturday of the month at 10:00 am.
- We had a brief overview of what was accomplished at the SOAR 8 Business Assembly held in March on Zoom. Full reports are attached to last month's minutes (contact Secretary).
- The TSW Committee will be designing a web page to add onto our current site.

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	Carly B. 303.710.0589	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	Georgette P. 352.870.4454	ghabanero56@yahoo.com
Website	Augusta L. 912.508.4777	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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Can You Volunteer for Fun at the Beach?

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

COME OUT AND HELP US PLAN!

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

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

Saturday, May 13 & 27, 2023 at 8:00 a.m. (eastern)

Zoom Information: 886 0846 2612 Passcode: 018395

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

The Tybee planning committee:

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

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

OA MATERIALS (bookstore.oa.org)

Can't Get Enough Lifeline?



At bookstore.oa.org you can find back issues of *Lifeline* – just pick the year you want and then among the available issues. Each copy is \$4. Consider having some available for in-person groups or new sponsees, or for your own inspiration.

Lifeline magazine contains real stories of recovery written by OA members, and is often referred to as “A Meeting on the Go,” a credit to its portability and versatility. OA members have cited many creative ways to use *Lifeline*, including placing an issue in the refrigerator, pantry, or other location that threatens abstinence; gifting an issue to a sponsees; offering an issue to an OA member in relapse during a Twelfth Step within call; packing an issue when traveling; and leaving an issue in a clinic waiting room to provide public information to the still-suffering compulsive eater.



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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=TnhOQm1EN1R1WWQ0N2xVbEJQQT09>

Meeting ID: 870 8040 0598. Passcode: 120912



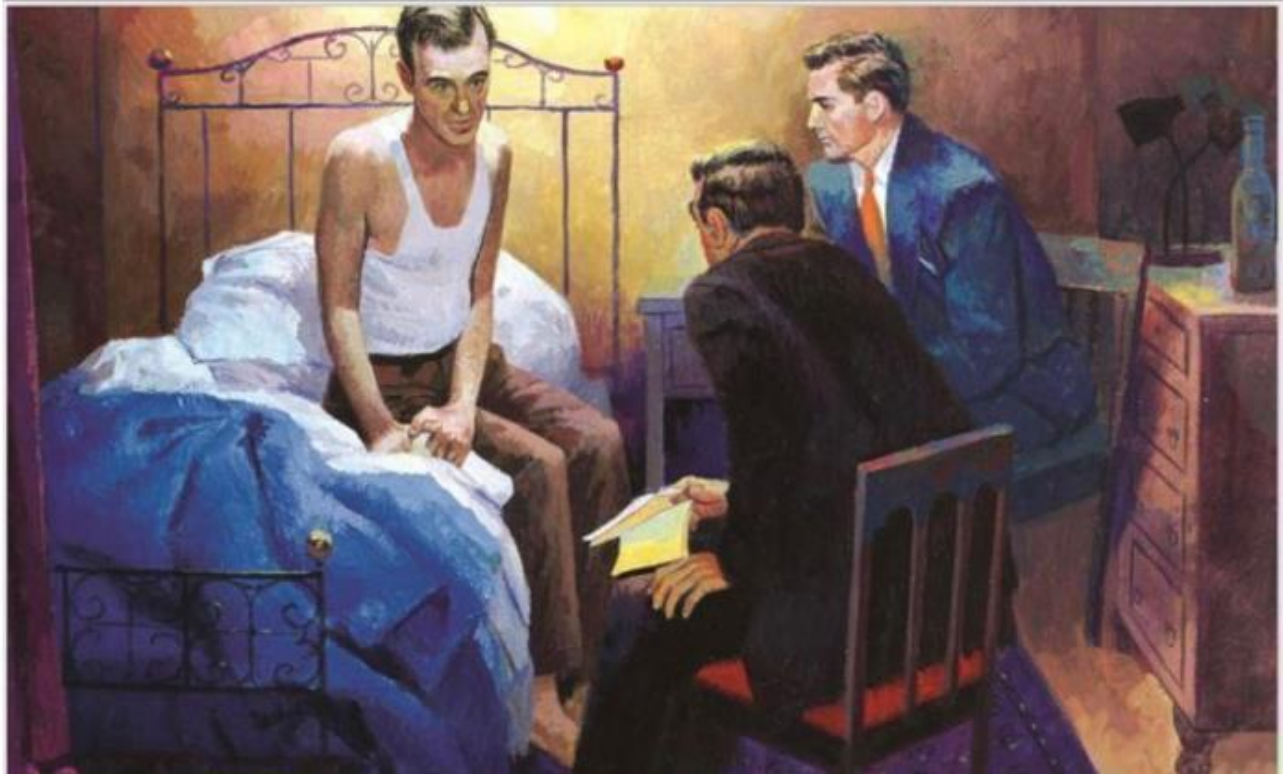
Responsibility Pledge

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

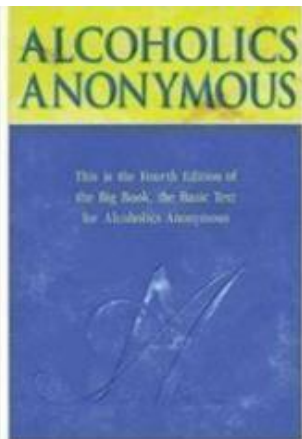


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*Using scripts based on the beginners meetings
in the 1940s: a focused introduction to the 12
step program in 4 weekly sessions.*



**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**



NEW FREEDOM INTERGROUP

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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



**OVEREATERS
ANONYMOUS®**

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

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

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

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

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

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

FINAL REGISTRATION DEADLINE July 10, 2023

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

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

PINELLAS TRADITIONS INTERGROUP 13th ANNUAL RETREAT

Name _____
Address _____
Phone _____ email _____

Select your meal preference

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

Single room _____ Double _____ Roommate name _____

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

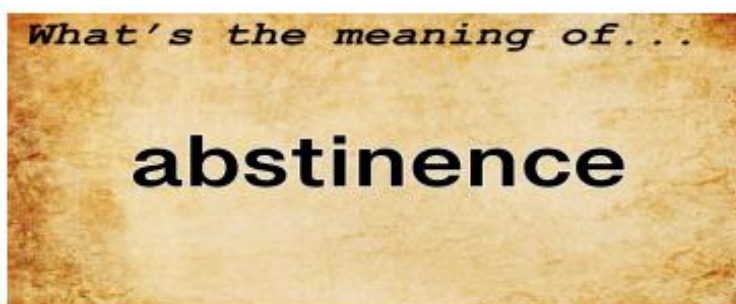
Save the Date!

Recovery:
Putting the Pieces Together



OA Region 2 Convention
Orange County, CA July 7-9, 2023

- * In Person or Hybrid (en español tambien)
- * Fun, Fellowship, Recovery
- * Invite your friends
- * Website & Registration Coming Soon



ABSTINENCE WORKSHOP (VIRTUAL)

DATE: Sunday, May 21, 2023
TIME: 3:00 p.m. to 5:00 p.m. (EDT)
2:00 p.m. to 4:00 p.m. (CDT)

Zoom Meeting ID: 871 0722 5137

Passcode: 866901

Join Zoom Meeting Direct Link:

<https://us02web.zoom.us/j/87107225137?pwd=VEZmZ0w3a2tEMWtxL3hlU0lYXlWZz09>

FEATURING: 3 speakers share their approach to abstinence
Ask-it-basket session for questions and answers
Time for individual sharing

To help carry the message of recovery, please consider giving a 7th tradition donation to Region 8 (<https://oaregion8.org/region-8/contributions/>) or more information, please contact Susan at: smfitzmaur@gmail.com



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DONATIONS REPORT 2023		Apr	YTD TOTAL
General Fund / no meeting # specified		\$171.00	\$254.99
Jacksonville Groups		Grp#	
Mon: Shepherd of the Woods Church	00774		\$0.00
Tue: Lakewood United Meth Church	36763		\$0.00
Tue: 7pm Jacksonville (virtual)	800028		
Wed: Step Study Mandarin	51223	\$38.08	\$243.47
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		\$50.00
Sat: Saturday Steppers-Ponte Vedra Bch	51693		\$0.00
Sat: Super Saturday Lakeview	20025		\$0.00
Sat: Believe in Recovery First, Mandarin	32773	\$28.64	\$638.59
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137	\$50.00	\$86.00
Thu: Unity Church(Acceptance)	50421	\$9.22	\$72.88
Wed: Gainesville Unity Church	57568	\$200.00	
Sat: 9:30 AM Welcome Home	48324		\$200.00
Other Florida Groups			
Mon: Palm Coast-St Mark by the Sea	38320		\$20.00
Tues: Lifesaver - Palatka	38464		\$0.00
Wed: Palm Coast - 10am	56604		\$165.00
Thu: Fernandina Beach	49101		\$0.00
Thu: Flagler Beach	15171		\$100.00
Sat: St. Augustine Serenity	00235	\$123.79	\$195.16
Sun: Palm Coast/Flagler Beach	56072		\$36.00
Southern Georgia Groups			
Tue: Jesup	54175	\$75.00	\$100.00
Wed: Douglas, GA	57445		
Wed: Savannah - 5:30 pm	50301		\$0.00
Thur: Brunswick	51988		\$0.00
Sun: Savannah - 5pm	54362	\$28.64	\$114.56
Totals		\$724.37	\$2,476.65
Don to WSO		\$217.31	
Don to SOAR8		\$72.44	

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.

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.



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