

Inner Voice

Newsletter of New Freedom Intergroup of OA



November 2021

Step 11: Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

• Spiritual Principle:
Spiritual Awareness

Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

• Spiritual Principle:
Anonymity

Concept 11: Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.

• Spiritual Principle:
Humility

Promise 11: We will suddenly realize that God is doing for us what we could not do for ourselves.



**December 3-5, 2021
Jekyll Island, GA**

Convention Highlights

Registration in Club Ballroom Foyer

Friday: 5:00-7:30 PM

Saturday: 8:00 AM – Noon

BB Study starts 7:30 PM Friday

8:30 AM Saturday

9:00 AM Sunday

Convention ends: Noon Sunday

(starting times subject to change)

Registration form can be downloaded at www.oanfig.org

Register on-line:

<https://www.eventbrite.com/e/nfi-big-book-weekend-tickets-42821467161>

(A surcharge is added when using this site.)

Register by mail:

Make checks payable to: NFI, and send to: Carl Kutlin – Registration, 8775 Como Lake Drive, Jacksonville, FL 32256



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SAVE the DATE!!!!

The Twelfth Step Within Committee of OA Region 8 invites you to join us for our FINAL WORKSHOP of 2021 on **Steps 10, 11 and 12**. Study and discuss the maintenance steps over 2 ½ hours in an interactive, virtual setting.

When: Sunday November 7, 2021

Time: 2 pm to 4:30 pm (EST)

1 pm to 3:30 pm (CST)



Featuring:

Speakers on Steps 10, 11 and 12

Time for Writing and Sharing

(Please have paper and pen available.)

Time to connect with your OA friends



Join ZOOM Meeting:

<https://us02web.zoom.us/j/89630925571?pwd=VXIYeW9sY2dOMExPVmxPQzVBZkNzd09>

Meeting ID: 896 3092 5571

Passcode: 290536

One tap mobile
+16465588656,,89630925571#,,,,*290536# US
(New York)
+13017158592,,89630925571#,,,,*290536# US
(Washington DC)
Dial by your location
+1 646 558 8656 US (New York)
+1 301 715 8592 US (Washington DC)
+1 312 626 6799 US (Chicago)
+1 669 900 9128 US (San Jose)
+1 253 215 8782 US (Tacoma)
+1 346 248 7799 US (Houston)
Meeting ID: 896 3092 5571
Passcode: 290536
Find your local
number: <https://us02web.zoom.us/j/89630925571?pwd=VXIYeW9sY2dOMExPVmxPQzVBZkNzd09>

For questions, please contact:

Tina

sugarfreeplace@gmail.com

(941) 993-9717

*To assist in continuing to carry the
message, please consider giving a
7th Tradition donation.
(oaregion8.org – scroll down to donate).*



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The Thursday Gainesville OA "Acceptance" Group
will host a virtual zoom meeting at 9:30 am.
Everyone is welcome to join us! *Prepare for the
day! Talk with us before you get together with
your dysfunctional family group!*



**Thanksgiving Day
OA Meeting
NOV 25TH**

Thursday
9:30 – 10:30 AM

Zoom Session #:
881 4227 3732
Passcode: 047545

We will not hold a regular meeting at 7 PM.

**Maintaining abstinence.
One day at a time!
Holidays and celebrations.**



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DO YOU HAVE A PROBLEM WITH FOOD?



Join us in Overeaters Anonymous.

We are starting a new virtual open meeting that will be geared toward military personnel (but not exclusive for them).



First meeting: Sunday, 9 January 2022
Time: 7:00 PM (eastern)
Zoom Meeting ID: 889 1880 5990
Passcode: 903744

Note: With an emphasis on the military, this meeting may discuss situations that are not familiar to or comfortable for non-military people; and may have coarse language (which will not be encouraged) as well as military terms (acronyms and jargon).



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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 Gainesville, or have one shipped to you. If you select the shipping option, I will contact you to make arrangements for the shipping costs. (Shipping cost is 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!)

We will also be offering pickup at the Big Book Weekend at Jekyll Island (Dec 3-5).

Payment can be made by cash at time of pick up or by check/money order ahead of time (please make the check out to New Freedom Intergroup) and mailed to: NFI Ways and Means, 703 NW 11th Ave., Gainesville, FL 32601.

– Echo G.



Donations Needed for Auction at 4th Annual Big Book Weekend:

The Intergroup will be hosting both a silent and a live auction during the weekend of NFI's 4th Annual Jekyll Island Big Book Convention – Dec 3-5, 2021. The proceeds from the auction are a way for our Intergroup to raise money for the purpose of furthering our 12-Step work, and help fund expenses at the Intergroup level. We are in need of items we can auction for a good price (look around your house: knick-knacks and handmade items are always profitable) and of GIFT BASKETS contributed by the various groups or by individuals.

If you are making a basket, consider a theme and make sure to include items that men, as well as women, would use. Wrap the basket in cellophane to keep the contents inside, and include a notecard on the outside that lists the contents (and cost) of the basket.

Give your donations to a member of the Big Book Planning Committee or anyone attending the event weekend so that they can transport them to Jekyll island. For questions, the point of contact for the auctions/drawings is: Barbara C, (352) 472-9924 (landline = no texts); or email me at: bcarter337@att.net.

Trusted Servants and Committee Chairs (New emails)

GENERAL INFORMATION

Chair
Vice Chair/Bylaws
Treasurer
Secretary
Delegate
Newsletter/Meeting List
Public Info/Prof Outreach
Young Persons
12th Step Within
Sponsor Coordinator
Website
Ways and Means
2021 4th Annual "Big Book Convention"
(Jekyll Island)

Secretary will forward as needed

Barbara C. 352.472.9924
Georgette P. 352.870.4454
Carly B. 303.710.0589
VACANT - Consider doing service
Cora W. 912.424.5959
Mark W. 904.527.3433
Nancy K. 516.286.1888
Wendy I. 904.710.5555
Georgette P. 352.870.4454
Christen C. 904-844-1454
Lori L. 904.964.9991
Echo G. 561.704.2917
Mark W. 904.527.3433

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delegatenfi@gmail.com
innervoiceinfi@gmail.com
piponfig@gmail.com
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TSWnfi@gmail.com
sponsorsnfi@gmail.com
websitenfi@gmail.com
wandmnfi@gmail.com
m.wieder@juno.com



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New Group Start-ups

Are you thinking about starting a new group for Overeaters Anonymous? We can help!

At a business meeting in 2016, the North Florida Intergroup (NFI) adopted a policy to assist new groups in acquiring literature and other items that they may need at the beginning (until they are self-supporting). There are, however, several qualifications that the group must meet in order to qualify for this support. First, the Group must register online with the World Service Organization and receive a group number. Second, the registered Group must be affiliated with the North Florida Intergroup. Finally, at least one, and hopefully more than one, group member (Intergroup representative) must attend NFI on a monthly basis. The IG Rep will be able to ask for the initial package at the first meeting they attend.

Upon approval of the NFI business meeting, NFI will provide these new OA groups with an initial gift (a value of \$58 plus shipping) consisting of the following, all from the World Service Office Bookstore:

- A **“New Group Starter Kit”** (SKU #730, \$20). The New Group Starter kit contains everything you need to begin an OA meeting: Newcomer pamphlet “Where Do I Start?” and Newcomer Welcome Coins, Suggested Meeting Format, group registration form, sheets from Group Meeting Record Book, double copies of more than two-dozen pamphlets, one copy of *Lifeline* magazine, and suggestions for getting started.
- One copy of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, 2nd edition (original size, 5.5” x 8.5”, SKU 990-2, \$15). This comprehensive work provides a detailed, moving exploration of how OA’s Steps and Traditions help members recover and how the fellowship functions as a whole. Created specifically as a study of the OA Twelve-Step recovery program, the Second Edition has been revised for clarity and inclusivity—with a restructured Step Four chapter to increase usefulness. Read how, through working the Twelve Steps and studying the Twelve Traditions, members have found “physical, emotional, and spiritual healing that we don’t hesitate to call miraculous.” Questions after each Tradition are designed to help strengthen your meeting. Copyright 2018. Softcover; 180 pages; indexed.
- One copy of *Alcoholics Anonymous* (aka, “The Big Book”; SKU 1000, \$11). The fourth edition of AA’s Big Book outlines the principles of Twelve Step recovery and tells the stories of those who found recovery by practicing them. Copyright 2001. Softcover; 608 pages.
- One copy of one daily reader. The group’s choice of one of the following:
 - *For Today* (SKU #984, \$12). Offers inspiring and thought-provoking affirmations and readings for each day of the year, written especially for OA members. Copyright 1982. Pocket-sized, softcover, indexed; 374 pages.
 - *Voices of Recovery* (SKU #986, \$12). This daily reader contains inspirational quotations from OA literature and the experience, strength and hope of OA members. Pocket sized, softcover, indexed. Copyright 2002. 382 pages.

The Treasurer will be instructed to contact the new intergroup representative to arrange for the shipment of the materials directly to them.

MEETING CHANGES

Please let me know if your meeting is changing formats. Some of the meetings are finally going back face-to-face at their original locations; some are staying as Zoom; and some will be hybrids. A hybrid meeting means that people will be face-to-face AND also have a Zoom connection. Perhaps your group wants to start a new additional meeting that is face-to-face. Everyone **please** share the status of your meeting—we will add a column to the main meeting list that shows the format. To update your listing, send an email to [oanfig@gmail.com](mailto: oanfig@gmail.com) or [chairnfi@gmail.com](mailto: chairnfi@gmail.com).

— Barb C.



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Step 11: Meditation and Awakening

Step 11: Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

Like many in OA, I found that my compulsion to overeat originated in childhood. I came from a broken home with absent parents, and my happiest memories were of family visits to buffets and gatherings with large meals. I was praised for my “healthy appetite,” which invoked feelings of love and acceptance around overeating. I had a fast metabolism, so there were no obvious repercussions.

In my teens, I adopted a plant-based diet that, while healthy, masked the emotional nature of my eating. I’d often say, “I love to eat, and being plant-based allows me to eat to my heart’s content without becoming unhealthy.” I further became involved with food professionally, importing vegan products from Europe. I thought about food incessantly.

Everything seemed great until my late 20s, when I began developing digestive, skin, and depression problems. Eliminating sugar and gluten provided relief but not recovery. From a series of tragedies in my 30s, I turned to food for comfort, spending hours at buffets almost daily. This induced a depressive episode that led me to therapy and, after much initial hesitation, to consider the Twelve Steps.

I’d thought it a joke that I might have a disorder and was convinced I had control of my eating habits. So I decided to create restrictions concerning the frequency, amount, and types of food I would allow myself, and I committed that if I failed, then I would explore OA. Two months later, I attended my first meeting. It was an Eleventh Step meditation meeting.

Meditation was not new to me, but what I discovered through OA was a new application. Previously, I’d regarded meditation as chore-like, scheduling time to get it done. Instead, I began using it as an alternative to compulsive eating. Through self-awareness of my urges, I opted to meditate rather than eat and discovered that I’d been compulsively eating both to avoid experiencing the repressed trauma caused by my childhood abandonment and to relive the love and acceptance I’d felt through family bonding over food.

Once I was no longer eating as a remedy, much pain arose within me, triggering extended episodes of emotional release. But by adhering to meditation, I’ve been able to overcome these episodes, thereby bringing me to the Twelfth Step: the experience of a spiritual awakening. It is from this state, with a message of hope, that I wish to share my account with those who are still suffering, as I once did.

— Steven K.

(Reprinted from Lifeline)

Highlights of the October 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 October 9. Each meeting is welcome to send two voting members, and as many observers as desire to attend. Next business meeting is Saturday, November 13th at 10:00 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350). Highlights of what was discussed/accomplished in October:

- Treasurer presented the balanced operating budget for 2022 (\$9,350.00). We will vote on it at the November meeting.
- **No one ran for secretary.** Consider doing this service. If you do not yet meet the abstinence or attendance requirements and would like to practice doing it for one month, let us know at the start of the business meeting.
- We also need a Chair, Vice-Chair and Delegate to be elected in December; assume duties in January 2022.
- We are updating the *Policies and Procedures Manual*. A separate email will be sent with the contents for review.



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NFI Executive Board Service Positions

All five members serving on the NFI Executive Board **must** rotate out of service this year (2021). We elected a new Treasurer in July; but the Secretary position is still open. In December, the Chair, Vice Chair, and Delegate must be replaced. 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.
 - 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>.

Newly formed NFI Committee: Public Information/Professional Outreach (PIPO)

In search of: Volunteers inside of OA to do exciting service work above the meeting level.

Note: Being a member of the PIPO Committee does **NOT** require attending the monthly NFI meeting. Also, since members of this committee are likely to be the first line of contact for the uninformed world outside of the OA fellowship, please understand that it is vital for the committee members to have certain requirements, as noted below.

Intent: Reaching **Medical Professionals** who can recommend OA to their patients; and/or residents within an institution; and inform the **General Public** (including Young People) about OA.

In other words: **Carry the Message of Recovery ‘Outside the Walls of OA.’**

Target four (4) areas:

- Institutions (e.g., Eating Disorder Units)
- Professional Community (e.g., Physicians, Nutritionists, Health Fairs)
- Public Information (e.g., General Public via PSA’s, Social Media, Newspapers)
- Young People (e.g., School Fairs, School Support Staff)

Requirements for Volunteers:

- 6 months of continuous back-to-back abstinence
- Has worked all 12 Steps
- Familiar with the 12 Traditions
- Has a sponsor and currently sponsoring
- Working their recovery on all three (3) levels to the best of their ability.

Please Contact: Nancy K at: 516.286.1888 or email: piponfig@gmail.com



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The Spirit of Tradition Eleven

Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

My earliest memories are of me playing in front of the mirror. The game I played consisted of me pretending to be famous and answering questions from an invisible interviewer. I remember what a blast it was, mimicking TV commercials, award ceremonies, and entertainment shows. Twenty years later, I found myself in a public relations and marketing career, getting paid to promote, persuade, and motivate.

Discovering Tradition Eleven (and frankly, all the Steps and Traditions) was like encountering a foreign language. No promotion? No celebrity endorsements? No film at eleven? I initially rationalized Tradition Eleven's anonymity principle this way: We in OA have a disease that we should be ashamed of. Keep it secret.

As I continued to bring my sick body and mind to meetings, however, I also heard such concepts as "we are as sick as our secrets." I figured it was important to share honestly at meetings, but nowhere else. OA meetings were islands of safety and respite, like the island of Molokai was for those with leprosy.

Higher Power has given me many opportunities to understand Tradition Eleven in the spirit that it was written. In recovery, we in OA are not ashamed of our illness. We want to carry the message to those who still suffer. The vehicles we have chosen to carry this message, however, are not promotion based. They are attraction based. But what does this mean? In both my career and my childhood fantasies, to attract always meant to promote aggressively and competitively.

Today, I understand that promotion of OA with spokespersons or advertising rollouts would harm individual members and the recovery community. Our "advertising" has a different look and feel: It is in the quiet of a newcomer's abstinence that I feel hope. It is in the humility of a relapsing long-timer that I experience gratitude. It is in the perseverance of members who are in pain that I know recovery. It is in giving anonymous service that I feel rewarded. I am deeply moved and attracted by these authentic experiences.

Though I still love makeover shows that transform individuals in thirty minutes, I don't trust them as real. I do trust Overeaters Anonymous because I have learned over the years that humility is the best public relations policy, and carrying the message can be done over time, with love rather than ego leading the way.

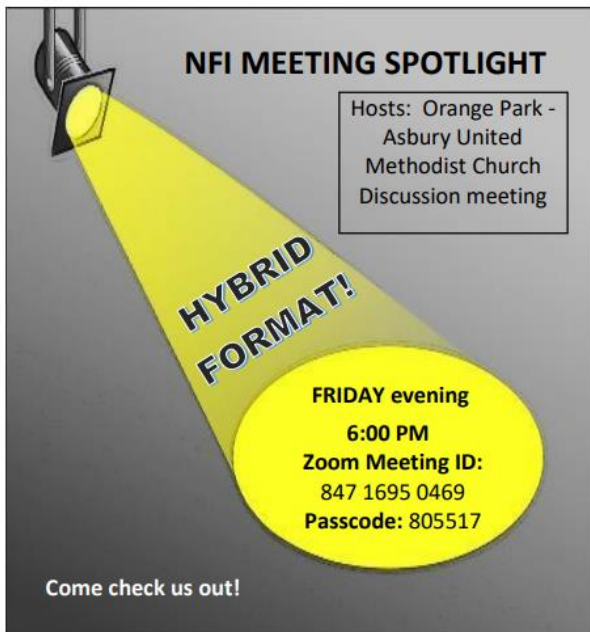
— Edited and reprinted from *Today* newsletter, St. Louis Bi-State Area Intergruop, November 2005
(Reprinted from *Lifeline*)



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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!

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



Twelfth Step Within

December 12th (12/12) each year is designated as OA's International Twelfth Step Within Day. The purpose is to encourage OA service bodies, meetings, and individual members to reach *** to those within the Fellowship who are still suffering from compulsive eating behaviors.

This year, the TSW Committee is **challenging every OA member** to reach out by phone call, email, or text message to 12 other OA members – especially those you may not have seen in a while. Carry the message of recovery and hope; encourage them to "keep coming back."

When you complete the Challenge:

- Cut out this challenge badge and display it prominently on your computer or attach it to your shirt!
- Send your name to the newsletter innvoicenfi@gmail.com so that you can be added to the list of **Outreach Challengers** in the January edition!



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More on Step 10

For years I resisted doing a daily 10th Step. I had decided that I would do an inventory if I felt resentful, selfish, or afraid. I would just “know” when I needed to do a 10th Step. I thought that this strategy was “good enough.”

Notice those phrases that I used. “I decided” and “I would know” and “I thought” it would work. “My” decisions and thoughts got me into OA in the first place. “My” plans and ideas led me into three relapses and much suffering. I needed to surrender my will again.

After I came back from my third relapse, I knew that I needed to do what others had done who enjoyed long-term abstinence. One of the commonalities that I had observed in those people was that they all did a daily 10th Step. However, it still took me a few years to surrender to this practice.

I had kept a daily journal for years. Instead of writing on a recovery topic from my reading, I could do a 10th Step. Each day I began to list people, places, and situations that disturbed me and, using the Big Book 4th Step model, wrote about my feelings and my part in the feelings. I could then share this with my sponsor or an OA buddy. If I had a day that nothing came up for me, I wrote a gratitude letter to my Higher Power.

Along the way, I realized that not letting anger, fear, and shame build up in my life allowed me to be more happy and serene. Doing a daily 10th Step is a loving gift to myself. It really is true that “pain persists until I give up trying to do things my way.” (*For Today*, April 30)

I am grateful for the serenity that I receive when I again “let go and let God.”

— Neill M., 12th Step Within Committee

Reprinted from “12th on the 12th” newsletter

Outside and In

I have found differences between “trying to be abstinent”
Versus “willing to be abstinent.”

If I am trying to be abstinent, I am in a state of great confusion.

If I am willing to be abstinent, I am in a state of great humility.

Trying to be abstinent implies I should be able to do it, but I am struggling.

Being willing to be abstinent implies I do not know how to do it, but I am willing to learn.

If I am trying to be abstinent, I am closed to guidance.

If I am willing to be abstinent, I am open to receiving help.

If I have been trying to give up old ways and have condemned myself for failing to do so,

I can simply become willing to learn how to replace those old ways with new ways of peace.

If I am trying to be abstinent, I tend to judge myself a failure.

If I am willing to be abstinent, no setback becomes a problem, for I know I will be shown the way.

Trying to be abstinent places the responsibility on me.

Being willing to be abstinent places the responsibility on God.

Trying to be abstinent is an act of separation from God.

Willingness to be abstinent is, in a sense, a prayer.

When I try, there is resistance.

When I am willing, there is acceptance.

If I am trying to be abstinent, everything is interference.

If I am willing to be abstinent, everything is of assistance.

Outside the will of God there is no such thing as success.

Inside the will of God, there cannot be any failure.

— Edited and reprinted from *The Northern Light* newsletter, Anchorage Alaska Intergroup, July-September 2014 (Printed in *Lifeline* Magazine, October 2017)



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Being Self-supporting and Tradition 7

Seventh Tradition contributions are necessary, but we also need your SERVICE. At the very least, please, all meetings (especially where NFI is paying for your ZOOM account) should try to send someone as an intergroup representative to the NFI business meeting on the second Saturday of the month. As it says in the *Twelve Steps and Twelve Traditions of Overeaters Anonymous* (2nd ed., pp. 134-135):

“The Seventh Tradition doesn’t apply simply to financial support, however. Intergroups or service boards are made up of representatives from the groups that come together to undertake activities that will carry OA’s message of recovery to those who still suffer. To be fully self-supporting, groups and individuals must take on their share of this important service work. Financial contributions may pay for a phone line or website, but somebody in OA needs to return the calls and maintain the site. Money may be needed to provide newsletters, but first, OA members have to write, edit, and design them. *Groups need to send representatives to their intergroup or service board meetings to participate in the decision making, as well as to bring back information and materials to their meetings.* Individuals must volunteer to help if the service body is to host conventions or other events. *Our intergroups and service boards need chairs, secretaries, treasurers, region representatives and World Service Business Conference delegates.* Meetings are fully self-supporting only when they contribute their share of the work that goes into carrying OA’s message areawide, regionwide, and worldwide. We, as individuals, are fully self-supporting only when we do what we can, when we can, giving back some of the help we have been given in OA.” (*Emphasis is mine.*)

— Barbara C.



Talking With Your Doctor About OA

This literature has been locally produced by the **Region 3 Public Information/Professional Outreach (PIPO) Committee**. The content reflects the experience, strength, and hope of our local members. It is not OA Conference- or Board-approved and does not represent OA as a whole.

Setting: Doctor’s examining room in medical office.

Peering at her computer with a quizzical look, the doctor notices something she had not recognized on previous visits by this patient.

Doctor C.: Hmm . . . I see from your chart that you’ve lost a lot of weight during the past two years, Sally. Now don’t get me wrong — this much of a loss is a good thing in your case. But I do need to know if your weight loss was by choice?

Sally: Oh, my gosh, yes! I’ve tried losing weight my whole life, and nothing ever worked for me before, at least not long-term. If you have a couple of minutes I’d like to talk to you about how I’ve been able to maintain this weight loss and improve my health. Hopefully, you can share this information with other patients in your practice who are struggling with weight issues.

Dr. C.: Sure, what’s going on? How did you do this?

(continued next page)



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Sally: Have you heard of Overeaters Anonymous? I credit my weight loss and overall better health to OA. I had started a regular exercise program, and I saw that the regular exercise helped me feel stronger and breathe better; but while I couldn't stop eating, it didn't matter — I couldn't stick to an exercise routine and my weight kept going up.

Dr. C.: I think a lot of people know what they should do, but have a hard time doing it.

Sally: Yup, that was me. I knew all about nutrition and exercise. Fortunately, a friend mentioned OA to me and invited me to a meeting. When I started attending regularly, everything changed. I found out pretty quick that I'm a compulsive eater. Our fellowship encourages members to share their own experiences honestly and listen to others. As we talk about the principles of refraining from compulsive eating, we pass on our recovery from one person to the next.

Dr. C.: That's really interesting, Sally. OA sounds like an organization that a lot of people need to know more about.

Sally: We think so! I'd like to leave this information with you so you can understand better how our fellowship works. (Hands doctor the pamphlet called "Introducing OA to Health Care Professionals") Basically OA is very much like Alcoholics Anonymous; we believe eating compulsively is a disease — like alcoholism. OA is for people who have tried many different ways to manage their eating behaviors with little or no success.

We recover because we attend meetings, where we find people who accept us as we are right now and who support us as we continue in recovery. By reading our literature and listening to others who are recovering, we learn how to use OA tools. We find sponsors to walk us through the 12 Steps to increase our self-awareness, and we learn to focus on the spiritual and emotional aspects of the problem as well as the physical.

Dr. C.: Are the 12 Steps of OA similar to those in Alcoholics Anonymous?

Sally: Almost identical: we just substitute the words "food" and "compulsive eater" for the words "alcohol" and "alcoholic." As a physician you know obesity is a serious health problem in our country. I expect you have patients looking for help with compulsive overeating — or restricting, or bingeing and purging. I would love to leave these pamphlets with you to give to patients dealing with an eating disorder. (Hands doctor a group of pamphlets, including "Introducing OA.")

My name and number are on each of these, so they can call with questions about meeting times and locations. We also have a website with lots of OA information. (Sally points to web address on the pamphlets.) Our goal this year is to reach out through the medical community to encourage those struggling with weight issues to visit their first OA meeting. We don't think it will be their last. Of course, we suggest that everyone work closely with their doctor or a nutritionist as they begin this journey. (Long pause) Well . . . what do you say, Dr. C.?

Dr. C.: Great, Sally. I would love to have another tool right here at my desk — something to hand to patients who are struggling with weight problems. Thank you! Does OA charge a fee or have membership dues?

Sally: No, it's a free fellowship. We're self-supporting through voluntary contributions by our members. Some are able to make a donation, and others can't. Either way, everyone is welcome who wants to quit eating compulsively — that's the only criteria for membership. By the way, both men and women achieve success in this program. (pause) Well, I guess you can tell I'm a big OA fan, right? Here's a list of local meeting times and locations.

Dr. C.: Your enthusiasm speaks volumes to me, because I see your results right here on your chart. I'll be glad to help spread the word and watch for more success stories among my patients. And I want to talk with my colleagues about OA, too. I appreciate you bringing this information to my attention, Sally.

(Lightly edited and reprinted to help seed interest in our new PIPO committee — see article on page 8!)



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November Events from All Over

JOIN US 4 FUN AND GAMES

Region 4 presents...

I.D.E.A. DAY 'Fun Upbeat Night'
Saturday, November 20, 2021
7:00 – 8:30 PM Central Time

Meet us on Zoom
<https://us06web.zoom.us/j/87171086252?pwd=OEpJYjZPQ2NQOVdJamhGQmF4djUz09>
Meeting ID: 871 7108 6252
Passcode: 486799



Fellowship
Get your party on!
Freedom from humdrum

fnpt.com

I.D.E.A. Day

November 20 @ 1:00 pm - 2:00 pm CST

International Day of Experiencing Abstinence

The Power of Gratitude in Recovery

Zoom meeting number 373 383 5599

Zoom meeting password 1212




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Quick Step Workshops

Central Ontario Intergroup of Overeaters Anonymous is offering a series of Quick Step Workshops. As you will see from the flier—dates circled, below—there are four sessions coming up, Nov. 13, 20, 27 and Dec. 4 from 12:00pm - 1:30pm Eastern Time via Zoom or phone.



Great for
Newcomers or
LongTimers!



OA Central Ontario Intergroup presents a series of

Quick-Step Studies

- **Session format:** Write on the step, share on the step. (Read the step ahead of time).
- **Registration:** To ensure your spot, please register at least 24-hours ahead of the first session in the series. Limited number of spaces! Following registration you will receive the handouts and Zoom details via email. Click the black registration button on this web page; or, email coiquicksteps@oaontario.org with the start date of the series you wish to attend. Questions may be directed to this email as well.
- **Free** - 7th Tradition payable to Central Ontario Intergroup in two ways:
E-transfer: coitreasurertoronto@gmail.com
**Please indicate that your contribution is for the Quick-Step Study*

Cheque by mail:
Central Ontario Intergroup - OA
% A. Goodale
108 Waterloo Street
Waterloo, ON Canada N2J 1X9

Dates

Eastern Time North America

- Monday's - **May 31, 2021**
6pm-7:30pm
May 31, June 7, 14, and 21
- *Saturday's - **July 17, 2021**
12pm-1:30pm * 3 sessions only
July 17, 24, 31 Steps 1-7
- *Wednesday's - **August 11, 2021**
12pm-1:30pm * 3 sessions only
Aug 18, 25, and Sept 1 Steps 1-7
- Sunday's - **September 12, 2021**
12pm-1:30pm
Sept 12, 19, 26 and Oct 3
- Tuesday's - **October 12, 2021**
8pm-9:30pm
Oct 12, 19, 26 and Nov 2
- Saturday's - **November 13, 2021**
12pm-1:30pm
Nov 13, 20, 27, Dec 4
- Monday's - **December 6, 2021**
6pm-7:30pm
Dec 6, 13, 20, 27

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

- former workshop participant



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Where are your donations going?

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

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

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

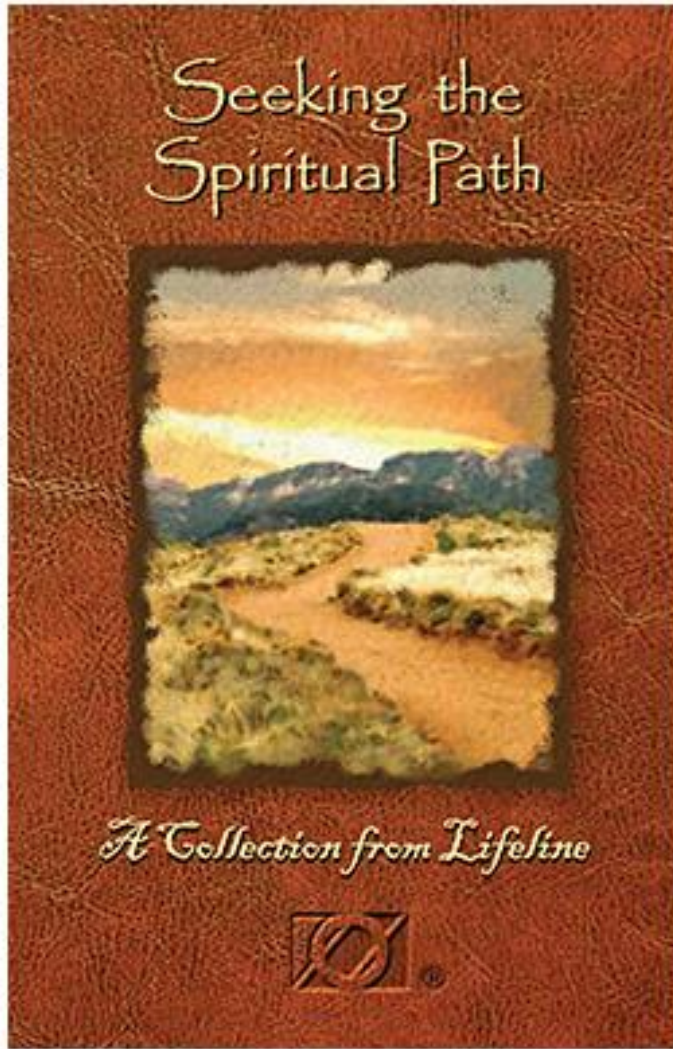
Donations sent directly to World Service Office do not reflect in our group donations total.

DONATIONS REPORT 2021		Oct	YTD TOTAL
PAYPAL - Individual Donations		\$0.00	\$348.61
Jacksonville Groups	Grp#		
Mon: Shepherd of the Woods Church	00774		\$0.00
Tue: Orange Park-10am Presb Church	03654		\$190.00
Tue: Lakewood United Meth Church	36763	\$96.62	\$286.28
Wed: Step Study Mandarin	51223	\$23.30	\$897.74
Wed: JAX Beach-Wisdom at the Beaches	54507	\$70.00	\$447.00
Thur: Newcomer, Lakeview Health	47756		\$0.00
Fri: Orange Park - 10am	49119		\$0.00
Sat: Saturday Steppers-Ponte Vedra Bch	51693		\$0.00
Sat: Super Saturday Lakeview	20025		\$0.00
Sat: Believe in Recovery First, Mandarin	32773	\$118.35	\$257.35
Sat: Serenity Saturday OP NFI			\$0.00
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137	\$120.00	\$320.00
Thu: Unity Church(Acceptance)	50421	\$252.28	\$405.05
Sat: 9:30 AM Welcome Home	48324	\$116.04	\$301.04
Sun: United Church of Gainesville	52879		\$0.00
Other Florida Groups			
Mon: Lifesaver - Palatka	38464		\$50.00
Mon: Palm Coast-St Mark by the Sea	38320		\$154.00
Wed: Palm Coast - 5:45pm	56604		\$209.00
Thu: Fernandina Beach	49101		\$102.00
Thu: Flagler Beach	15171		\$103.00
Sat: St. Augustine Serenity	00235	\$63.79	\$830.37
Sun: Palm Coast/Flagler Beach	56072	\$40.00	\$40.00
Southern Georgia Groups			
Tue: Jesup	54175	\$50.00	\$410.00
Tue: 7pm St Simons by The Sea	38311		\$0.00
Wed: Savannah - 5:30 pm	50301		\$0.00
Thur: Brunswick	51988		\$0.00
Sun: Savannah - 5pm	54362		\$129.51
Totals		\$950.38	\$5,480.95
Don to WSO		\$285.11	
Don to SOAR8		\$95.04	



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\$9.50

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