



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.

Sponsorship – One of Our Tools of Recovery

Why be a sponsor or Why you need to have a sponsor – through the lens of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, Second Edition.

Step 1 – Honesty is the spiritual principle for this step. “Once we become teachable, we can give up old thought and behavior patterns that have failed us in the past... Honest appraisal of our experience has convinced us that we can’t handle life through self-will alone.” **Use your sponsor to commit your food or plan of actions.**

Step 2 – Spiritual Principle: Hope. “As we developed personal relationships with our sponsors, the love of the OA group came to us in a deeper way. Sponsors answered our questions, listened to our problems, shared our tears and laughter, and guided us in recovery as they helped us apply OA Principles in our lives.” **We are not alone. We have someone that understands us and has walked in our shoes.**

Step 3 – Spiritual Principle: Faith. We make “...a decision to turn our will and lives over to the care of God as we understood Him.” How do we get through times when obsession to overeat occurs? We have faith: “...we quietly reaffirm our personal guidelines and ask our Higher Power to help us continue living within them. Then we turn away from food and eating to focus our attention on our OA Fellowship and the Twelve Steps. As we work the Steps, using the Tools of program—a plan of eating, sponsorship, meetings, telephone, literature, action plan, anonymity, and service—we find the help we need.” **The tools help give us faith in our program. Faith that there is a solution.**

If you need help finding a sponsor or want to sponsor, please contact our NFI Sponsor coordinator:

Augusta L 912-508-4777, sponsor.nfig@gmail.com,
augustalivingston1985@gmail.com



Responsibility Pledge

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



My Experience Doing Service

I have been in program for 2.5 years now and had been looking for different meetings to attend simply to expand my knowledge for my personal journey. I have also been searching for more opportunities to provide service as I only attend meetings via Zoom. I currently provide service by reaching out to newcomers after our meetings. The NFI meeting is always mentioned during the weekly meeting I attend but I never thought it would be something I'd be remotely interested in and to be quite honest, I fear commitment. I finally decided to attend the NFI Meeting as an Intergroup Rep for the Thursday night 7pm Gainesville meeting group. It was quite interesting as a matter of fact! I enjoyed listening to each chairperson speak. I felt involved. I really felt like I was doing service and it felt good! Doing service helps me in my recovery. I am beyond grateful for OA, for my sponsor, for the fellowship and friendship I have gained from other OA members. I realize I am not alone anymore. I am home!

— Brie G.

Lifeline: Stories of Recovery If I Returned to Overeating...

I would feel under tension, possessed by the compulsion to stuff myself, always in a hurry to eat it all up before someone finds out.

Headaches and sugar hangovers in the morning. Awake all night with itching feet. Worried about having a heart attack in the middle of the night or dying in a diabetic coma. Looking dowdy. Cut off from everyone because I'm embarrassed to have my friends and acquaintances see I've gained weight.

Racing nonstop from one food to another. Not enjoying. Not tasting. Cramming it down my throat. Not able to stop. Feeling as if I'm on a bobsled run, sliding downhill on ice without any brakes. Panic. Worry. Terror.

Knowing I'm eating myself into my grave, digging it with shovelful of food. Trying to stop. Praying to God. Keeping on eating. Promising God I'll stop but not being able to stop. Discouraged and depressed.

Feeling worse. Flatulence. Diarrhea. Constipation. Bloating. Hating to leave the house. Wearing a coat even on warm days. Seeing other fat women and asking my husband whether I am that big. Afraid to hear the truth.

Feeling like a madwoman in hell. Every morning feeling as if I have a mountain to climb and I can't do it.

Horrible as it is, I'm grateful for this vivid reminder of the old days. I am on my way up. I don't want to slide back into the muck and slime of compulsive overeating ever again. With the help of my Higher Power, this program and my beloved sponsor, I won't.

— Reprinted from *Lifeline*

Step 11: God?

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.

So how does an atheist like me do this? First of all, I am not the kind of atheist who says there is no god for anyone. I say that concept does not work for me. If it works for you, that is wonderful. We each need to work this program in a way that works for us:

Two *Big Book* quotes: "Our book is meant to be suggestive only." And, "More will be revealed to us."

The modesty of the men who wrote the *Big Book* is quite amazing. They're open-minded enough to leave room for everyone, even us atheists. Because, being in recovery themselves, they don't tell other people what to do or exactly how to recover. I was really encouraged when first reading the *Big Book* where it says on page 63 about the Third Step Prayer, "the wording of course was quite optional." Since I consider the harmony of the universe my higher power, I start the third step prayer with that phrase and end with: "May I walk in harmony always."



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That means I don't get to do whatever I feel like whenever I feel like it. For instance, eating whatever I want whenever I want is out of harmony. It causes weight gain, crazy defensive thinking and rebellious 'you can't make me' attitudes which keep me sick.

So that is how I figure what is in harmony. By looking at the evidence and looking outside my own head for ideas and answers. There are all sorts of guidance out there within the harmony of the universe, in the meetings, in the library. All sorts of places. Meditation helps me still my mind, writing helps me clarify my thinking, literature gives me daily readings that usually inspire me to keep on keeping on. Even the ones about God, because I translate them into words that help me. "Not my will" is one of my favorite ways of looking for guidance. Identify my will and look for some other way.

The harmony of the universe is always giving me ideas if I am honest, open, and willing. So it even works for an atheist. I think this is far harder for some people who have a very rigid conception of God as a narrow-minded, cruel entity; who expect God to be mean and harsh, but I have seen most of these people start to believe in a loving higher power, whom they choose to call God, and that makes me happy.

My two favorite prayers are "Help," and "Bless him/her/them, Change me," which I think is the essence of the 12-step program. They help me connect with what is and take me out of my self-sufficient self-seeking ways which got me here in the first place. I am thankful for the 12 Steps, however they are worded.

At one of my first meetings, I was bitching about the word 'god' because then I was one of those contemptuous, know-it-all atheists. Someone said to me, "The only thing you need to know about God, Patience, is you're not it." And I thought, "Oh, that's right." It was one of many moments in the program that have brought me new ways of thinking and acting. Before I got into the program I knew everything and was glad to advise you on your life. Now I know only a little, one part of which is that we have to work this program in a way that works for us. So this atheist says go for God if God helps you. It is none of my business who or what your higher power is.

— PM, Gainesville FL

More on Step 11

The journey of recovery from compulsive eating is one that requires a spiritual experience through which a Higher Power of my own understanding offers to transform me from the bedevilements that plague me both night and day (*Alcoholics Anonymous*, p.52), to a complete renewal of my mind (p. 57). This may sound as if it should be a fairly easy task to conquer. It is often said in our meetings that this is a simple, but not easy program. The steps are explained thoroughly for me in the *Big Book*, yet applying these steps to my daily life takes persistent and devoted practice. The help of a recovered sponsor is vital to guide me through working the Steps, beginning with the **Doctor's Opinion** for a good, foundational understanding of my disease.

One crucial lesson I have learned with Step 11 is that developing my relationship with my Higher Power takes time and dedication. I had to be willing to make my program and time with God fit around my life, not my life fit around my recovery. Once I make that colossal mistake of putting outside issues before my relationship with God and my recovery, my diseased mind begins to tell me I don't *have* a disease. It doesn't take long after this for my familiar compulsive food behaviors to begin reappearing and this signals me to put my program into high gear. I spend more time working the tools, which includes plenty of quiet time with God so that I can gain the strength, courage, and guidance I need to maintain my recovery journey. My abstinence and walk with God go hand in hand. I cannot possibly communicate with God if I'm in a food fog; therefore how could He help me maintain my abstinence if the communication is blocked? Abstinence and a solid relationship with God must be in sync for there to be freedom, sanity, and joy in my life.

In grateful service,
Sandi JC (GA)



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Tradition Eleven: The Spiritual Benefits of Personal Anonymity

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.

Under the theme of anonymity, Tradition 11 provides members of Overeaters Anonymous the security that their privacy will be respected inside the OA rooms and Zooms. While we ensure personal anonymity, the organization of OA uses public media channels such as: radio, television, newspapers, Internet, billboards, and displays at health fairs, to provide factual information about the program. We publicize OA without promoting it. In respecting the 11th tradition we, we respect the right of others to choose OA for themselves.

In this world of selfies and the endless din of ego-boosting noise from social media, a public relations policy of attraction rather than promotion is extremely refreshing. No before and after pictures. No celebrity endorsements. And no weight loss guarantees. When anyone in OA publicly promotes their image and success in OA, they ignore the spirituality of the program. If we ignore the 11th tradition we place ourselves apart from other OA members and assume the dubious role of OA spokesperson. And, while pleasing to the ego, being a “star” for OA can result in isolation.

The eleventh tradition is based on faith and in that Power greater than ourselves which guides compulsive overeaters to the program. All we do is outline the facts about OA and its principles. We rely on our Higher Power and the program to attract those who can benefit from OA. When we maintain our anonymity, we ensure that Overeaters Anonymous will remain a spiritual Fellowship, supporting all of us in our recovery.

Tradition Eleven exists to protect the program from ego. To practice it in our personal lives, we must learn to assess our own intentions. Do we wish to tell our stories to help others? Or are we doing so out of little more than selfish ambition? In the latter case, we might not help as many people as we hurt. And feeding our ego would not do much to benefit our own recovery, either. Abstinence is life-saving and should be regarded as a serious matter. Do not risk throwing it away just because you might get five minutes of fame in the process. Your life is not worth such a petty gamble.

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

— John K.

Trusted Servants and Committee Chairs (New emails)

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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 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, November 12th from 10:00 am to 11:30 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350).

Highlights of what was covered at the October business meeting:

Service Opportunities:

- We need to fill the following service positions: Delegate, Parliamentarian, Young Persons Subcommittee Chair, and Ways and Means Chair. Other committees also need volunteers to provide service.

Volunteers are still needed to help:

- **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. Thank you to those who sent us updates this month! They should be reflected on the website and meeting list.
- New meeting support kits:
 - If you are a new meeting and would like to receive literature to support your meeting, you may send a representative to the Intergroup meeting and ask for a vote to receive said materials. The intergroup will vote on the matter and if approved, the Treasurer will purchase and ship the literature to your group.
 - Note: This is not limited to brand new meetings only! If your group has never received a support kit of literature for meetings, you are eligible to come and apply for it!
- Budget Committee for 2023: It's that time of year! Carly, our Treasurer, will be putting together a rough draft for the budget using input from various committees and historical information, then committee volunteers will help to review it before presenting it to the entire Intergroup for a vote and approval. If you have any interest in having a say in how our intergroup spends our money, consider volunteering or coming to the intergroup meeting! Final approval of the budget for next year is due in December.
- Open discussion topic: We've been focused on trying to get attendees in the NFI meeting, but we're also struggling with retaining new members at the individual meeting levels. How do we get new people to keep coming back? Not visitors, but genuine newcomers. How do we make them feel wanted?
 - Make sure you have someone who is following up with them after the meeting. If your meeting has a Newcomer Greeter or Welcome Wagon position, make sure they have the contact information.
 - If you're on Zoom, reiterate the meeting information in the chat so that they can easily find the meeting again in the future.
 - If you're a Face-to-Face meeting or Hybrid, consider small acts of service that you could engage newcomers in. Examples include helping put out signage or literature. Make them feel involved from the start.
 - If you have any additional ideas, please let us know!



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Professional Outreach/Public Information (PIPO)



As planned, our PIPO Committee successfully participated in a 'Recovery Fair' on Sept 24th, 2022, 10:30am-1:30pm. The fair was sponsored by Epic Behavioral Health and was held on the grounds of St Johns Health Department, in St. Augustine. This was their **2nd Annual Recovery Fair** with 12 step recovery groups and behavioral health institutions/organizations. However, it was the very first time Overeaters Anonymous was represented. Therefore, unlike our past OA participation which has been at Health Fairs and Craft Fairs that attracts the general public, this event was designed for 'Recovery'. Therefore, the assumption being that attendees would come seeking outside avenues of help... Naturally we were very eager

to be available at this platform, to carry the message of OA's 12 step program of hope and recovery.

If I may take a moment to say, OA members who hold chair positions like myself, on any of the NFI Committees, do not profess to be a professional for the committee they serve. We are simply OA members willing to do service at NFI Intergroup. I am taking the liberty to add a pitch about doing service above the meeting level. On a personal level, I receive so much satisfaction plus added encouragement to keep my program strong, all the while I'm helping others. For example, becoming involved in a new territory for our PIPO Committee!! It actually began many months ago, when I first heard about the upcoming Recovery Fair from a member in another 12 Step program. I instantly got excited and thought to myself, OMGosh, OA needs to be there!!! What an opportunity for OA and our committee to provide service in a new forum; to reach folk in the community coming specifically for some form of healing and recovery; possibly struggling a lifetime with food addiction and weight issues...

Service in OA is not rocket science. It basically takes the desire to want to contribute, to give back a bit of what the program has given. It definitely takes up time—sometimes a whole bunch of time, but the payoff is helping me to stay abstinent!! To get the ball rolling for this event, I made phone calls, sent emails, completed an application, waited for approval, filled out registration and then most importantly, myself and (2) other members from our PIPO committee showed up as the best representation we could be of a person living in recovery from our progressive and fatal disease. Needless to say, we were over the moon delighted to be approved and to be present in body, mind and spirit.

The table was arranged much like we do for the Health Fairs. Most importantly, we were available to hand out brochures and meeting lists, answer questions and share our experience, strength and hope. My other objective was to visit booths present that centered around addiction; nutrition; behavioral health; health improvement; intervention and referral. I was able to introduce myself to them as a member of OA's 12 Step Program of Recovery; explain we are a self-help group of **non-professional** members, we are not in competition with professionals in any way; and perhaps members of our program may be able to offer additional assistance to anyone they come into contact with in their treatment center who may be suffering physically, emotionally and/or spiritually with any form of eating disorder. To my delight, I had some very positive responses.

I was also able to hand out NFI's business cards; I offered OA pamphlets, brochures and meeting lists for them to review and to put in their waiting room; or to have on hand for anyone interested. I also indicated they could contact me if they wanted additional supply of material, at no charge to them. I was able to get their business cards along with a point of contact, which was a prime objective for my future follow-up. My goal is to continue a relationship, deliver pamphlets and meeting lists for their waiting room/or their clients; and my hope is that perhaps this could lead to holding an on-site OA meeting in their building.



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We would appreciate hearing any new idea(s), suggestions and/or comments from anyone.

For more information about the PIPO committee, and/or to volunteer time to help on the committee, please contact: Nancy K at: npklei@gmail.com.

In loving service,

— Nancy K, NFI PIPO Chair

You're Not Zooming? Fear and Frustration

The growing ubiquity of video conferencing has been an all-around positive development. It enables real-time communication around the world with the ability see each other and share screens to enable collaboration. But there are still those people out there – you know who you are! – who don't feel comfortable on video.

People have speculated about why so many of us hate video calls. There are the typical explanations about how too much screen time strains our eyes, makes it harder for us to fall asleep, and keeps us sedentary. There's also the "scientific fact" that everyone hates how they look on video calls. For me, there's the bonus self-imposed shame of having literally no nice background. Plus, some people just don't want too many people 'inside' their homes, and they resent the blurring of that boundary.

There are many reasons this "video anxiety" can pop up, but we're going to touch on two common ones below and then tell you how to manage these anxieties.



1. You're exposed. Perhaps you don't like being looked at. When talking over the phone, no one's looking at you. You're safe in a cocoon and you don't need to explain yourself to anyone. Through video, that little protective wall is demolished. You're on display for everyone to see, even if you're appearing in a tiny icon.
The other thing is, even if no one is actually watching my every move, the possibility that they could be watching me: 1) makes me feel obligated to make sure my face looks "pleasant and attentive" (exhausting!), and 2) makes me feel violated, sort of like that feeling you get when, in a public place, you realize some strange person is staring at you inappropriately. [NOTE: I have never felt like this on Zoom.]
Overeating is a disease of isolation, which is why face-to-face meetings are so important. I can appreciate that seeing each other is an important societal function. But, in an in-person meeting, people don't stare at each other. They tend to look at the speaker, look at their notes, stare off into the distance. In real life, it would be bizarre and hostile to stare at another meeting member. But this can totally happen on Zoom.
Add to this the fact that since you're transmitting more than just your voice, other participants in the conversation will be able to read your tell-tale body language. You can't really hide it when you're slightly distracted or bored. You may be afraid of offending others by typing something quickly in the middle of them speaking. What if you inadvertently do something anything else that might embarrass you because you forget you're on camera? As a result of this anxiety, you might just simply ignore the tremendous opportunity that Zoom presents.
2. The technology intimidates you. Everyone who's been on many video meetings has been through an embarrassing moment where the system backfired and you lost your internet or froze. The worst part about this is that it's often not the software's fault. Rather, it may be a mishap in the handling of the technology. For instance, someone could press the mute button for their microphone on the interface while trying to reach for something else. He'll speak,



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but no one will hear him. This could go on for minutes before anyone has an inkling of what's really going on. Many people are scared of doing clumsy things like this and, as a result, just try to avoid video meetings whenever they can.

Perhaps you are afraid people will bother you on this technology. One of the leading hacks targeting Zoom users is called "**zoom-bombing**." This attack occurs when uninvited persons come into the meeting to disrupt it, often posting racial slurs in the chat room, showing explicit video images, or making inappropriate remarks. These attacks may be a funny nuisance at best, and a form of harassment at worst. These attacks do not involve data theft or the spread of viruses and other malware. However, zoom-bombing is disruptive and can be highly unsettling for certain people.

This begs the question: but won't people steal my information? No one is going to hack your computer and steal your information if all you are doing is joining a meeting. It's important to have all the basic security measures, specifically antivirus and malware protection tools on your computer, especially if you have created a zoom account (paid or free). Most of the leading antiviruses at present come with advanced features that don't only detect and block malicious software from infecting devices. They also include tools that help address social engineering threats by scanning links for potential risks, so users are forewarned before they click on anything.

What Can You Do About This Anxiety?

Anxiety is not a good reason to avoid video. The problem is just going to keep getting worse as more and more people and companies adopt this great technology. So, what can you do to lower the level of anxiety you'd experience before a meeting? Some suggestions follow.

Have a small meeting with some friends or relatives.

Start-up Zoom, click "Video Meeting," and once the meeting opens, click "Invite" to bring in a couple folks you trust. Get comfortable with the software, use some of the buttons (try mute, share screen, annotate, etc.), and start touching base. This will help your confidence and comfort level grow. If you slip up, no one will judge you. It's your moment to shine! Once you realize there's really nothing to worry about, you can have a meeting with some more purpose... like attending an OA meeting. Join a meeting by entering the session ID and passcode.

Not sure where to focus? Look at your camera!

- Depending on the size of your screen and how far both you and your camera are from it, people will be able to tell the difference between you looking at your screen and at the camera. You naturally want to look at the person you're talking to on the screen, but only by looking at the camera will you appear to be making eye contact from the other person's point-of-view.
- You can also take notes to reduce the awkwardness of prolonged eye contact. Plus, jotting down any pressing thoughts or questions helps you remember them without disrupting your concentration.

You can, of course, rearrange things to make it possible for you to look at both the camera and the person you're talking to by changing your camera angle:

- Snap your camera to the top of your screen -- the same screen you're using for your conference. If you have dual monitors, your first instinct may be to move the video meeting window to the closest screen. However, you'll be looking in a completely different direction when you're talking to someone if you don't have the camera on that screen. Most camera models now have little legs that "hug" your display. If you have a camera with a flat stand, then this is going to be nearly impossible. You can try improvising, but you will eventually have to use a camera that snaps to your screen. There are even models of cameras that have the ability both stand on a flat surface and hug your monitor.
- Move your screen farther away from you. The farther it is, the less you'll have to move your iris away from the camera to see who you're talking to. As a general rule, if the screen you're looking at is more than one meter (or



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roughly 3 feet) away from you, participants you talk to won't even notice you're not looking directly at the camera. This applies to all displays up to 27 inches diagonally. Larger displays might need a little more distance.

Still uncomfortable? Turn your camera (video) off entirely, to avoid getting distracted by your on-screen image.

Since this realization, I've given myself permission to turn off the video function. This has helped immensely! Using voice only has caused zero problems. The anxiety and insecurity are relieved; and when it comes to the remaining feelings of annoyance, I can roll my eyes in peace and privacy...which is something I couldn't have done before in person. Maybe Zoom isn't so bad after all.

Treat the meeting like any day-to-day in-person meeting.

Throw away the notion that you're having a meeting that can make or break you. This is usually not the case. You'll do fine if you just treat this like you're going out to meet with your sponsor for a coffee. In other words, don't try to overemphasize what you're saying or make gestures you wouldn't make in any other situation. As long as you're acting like yourself, you don't need an excessive amount of charisma to make a meeting work correctly. Just sit back and talk. If it helps, have an outline on what you'll be discussing if you're expected to make a presentation.

Stay present.

Most OA meetings typically last one hour, but being at home can create many opportunities for distraction. When your mind drifts, being surrounded by your stuff can make it even tougher to recapture a wandering train of thought. Maybe you hear a suspicious crash and start to worry whether your dog finally figured out how to pull the groceries off the counter. Or you belatedly remember the overflowing hamper of dirty clothes in the corner and start to worry that others noticed it, too. You might even catch yourself distracted by your video-self, wondering, "Is that really how everyone sees me?"

Mindfulness can help ease this anxiety in two key ways:

- Focusing on your Zoom call keeps your mind occupied and prevents your worries from taking over.
- Staying fully engaged in the meeting or lesson means you'll know exactly what's going on, so you won't feel lost or have to scramble for an answer when someone asks what you think.

When your attention starts to drift away from the video call, gently return your awareness to what's happening on-screen.

Have a plan to recover.

No method of communication is perfect. You can probably recall a few mix-ups and miscommunications during in-person work meetings, right? Slip-ups happen, face-to-face and online, and you can't always prevent (or plan for) awkward interactions.

So, you are a zoom meeting and your toddler chooses to stroll into the room, mysteriously diaper-free, the moment you start to share. Or your cat, sleeping quietly behind you for most of the meeting, starts hacking up a hairball just as the meeting leader begins the closing reading. Your friends on zoom understand these things happen. It's OK to mute yourself with a quick, "Be right back," and go handle the situation. When you get back, try laughing it off — humor can often transform tense moments into opportunities for bonding and camaraderie, or apologize, or just ignore the disruption. (Sometimes, apologizing just brings more attention to something that could not be helped.) Those moments are just another outcome of these long, unusual years, and who can't use a good dose of laughter as life slowly trickles back toward normalcy?

But most importantly, use Zoom!

Want to heal your video anxiety? Use Zoom! Brush up on your skills by reviewing common problems with Zoom. Solving a tech issue with an audience looking on can feel incredibly stressful, but knowing you're prepared to troubleshoot can go a long way toward easing your stress. When all else fails, contact a friend in the program who can help you learn to use this valuable tool. The Chair and Vice-Chair of NFI are always willing to assist.



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From The TSW Committee

How to Keep Them Coming Back (Retention)

How exciting. You had a newcomer attend your meeting! But how do you keep them coming back? Face-to-face meetings and Zoom meetings have this same problem, and there are some common solutions:

- **Welcome** the newcomer warmly before the meeting begins (but do not hug them at this time – ask if they want a hug at the end of the meeting). Ask if they are familiar with the 12-Step format, and assure them that we will explain how it works as we continue.
- Ask them to perform a **specific service** so that they are involved in the meeting. Ask them to read one of the passages (Preamble, 12 Steps, 12 Traditions, etc.) or ask them to help arrange the chairs or literature. They can take down the signs after the meeting (if displayed), and can help put things away, too. After a meeting or two, ask if they want to be the “chipmunk” to give out the newcomer and abstinence chips. When they express interest in doing more service, such as taking the key, allow them to do so.
- We have found that a **follow-up call** from the “newcomer greeter” almost guarantees that they will return. If your meeting does not have a specific newcomer greeter, perhaps the meeting leader for the week (because we know you rotate this service) can do this service. Contact all newcomers one or two days after the meeting, ask how they liked the program, and answer any questions they might have at this time.
- **Parking lot chats** are the informal meetings that take place AFTER the main OA meeting has ended, and they normally occur in the parking lot. This a great way to thank a newcomer for coming, ask them to come back and answer questions they have about OA and this meeting in particular.
- As a sponsor, **ask your sponsees** to do a little more service to feel as part of the group. When they are comfortable doing group-level service, encourage them to perform service at the intergroup level – starting as an intergroup representative.

Zoom meetings see a lot of new faces...but you may only see them once. One reason may be that they person needed a meeting NOW and went to OA.ORG to find your meeting, but they may not have written down the meeting information.

- Before the meeting ends, place the meeting information in the chat room. Include the day, time, zoom meeting number and passcode. Invite them back!
- If you send a welcome chip or information to newcomers, also include the meeting information again and encourage them to keep coming back.
- Stay in the zoom room after the meeting ends and answer any questions. (This takes the place of the parking lot chat for in person meetings.)

Remember: ***Keep coming back. It works if you work it. Work it – you’re worth it!***

Recovery Jars Make Great Gifts!!!!

As we enter into the beginning of the holiday season, here is a great gift idea for your sponsor, sponsees, or really good friends in OA: a 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!



NEW FREEDOM INTERGROUP

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

Each jar costs \$20 plus shipping. If you would like to pre-order jars, 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 \$10-15 for one jar, which seems excessive. Hint: It will be much cheaper to ship multiples, such as a case of 12 for your group!) I can also try to meet you halfway to transfer the jars.

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, 28303 SW 101st Avenue, Newberry, FL 32669.

— Barbara C. (352-474-1366 cell)

TAKE THE NFI SURVEY – Business Meeting

“Service to my meeting, my intergroup, my region, and OA as a whole is also part of the Seventh Tradition.” (*Voices of Recovery*, Sept. 8, p. 252.)

The New Freedom Intergroup (NFI) meets once a month by zoom to discuss the business of the intergroup. We are conducting this survey to find out how we can entice you to try attending the business meeting of the intergroup at least once.

We ask that every member of every group in the New Freedom Intergroup submit their answers to this survey. The deadline for completion is 31 DEC 2022; we will discuss the results in the January business meeting. You may take it online or print it.

- Click on the link below (if that doesn't work, copy and paste the link in your browser):
https://docs.google.com/forms/d/e/1FAIpQLSdd9tCjmh9NBWprzO_53eln2xM9aFJea7zW-cDkmfShXO8WsQ/viewform
- Complete the survey on-line and press the submit button.
- You may also print the form and complete it.
 - You may either scan the form and email it to: vicechairnfi@gmail.com or bcarter337@att.net
 - Use the USPS (“snail mail”) to send the completed form to: Barbara Carter, 28303 SW 101st Avenue, Newberry, FL 32669.

If you are an Intergroup Representative, we suggest you assist your group members with the completion of the form.

- Place the link to the google survey in the chat room after each meeting you attend. Perhaps the meeting can end five minutes early to give the attendees a chance to complete the survey.
- Download and make copies of the survey to distribute at face-to-face meetings.

If your group does not have an Intergroup Representative, you may want to give service by acting as an IG Rep and helping members of your meeting complete the survey. Thank you for taking the time to complete this and giving NFI your input.

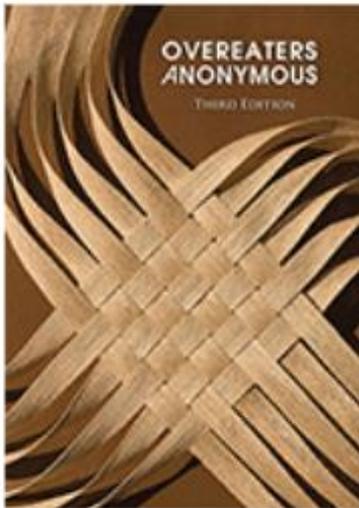


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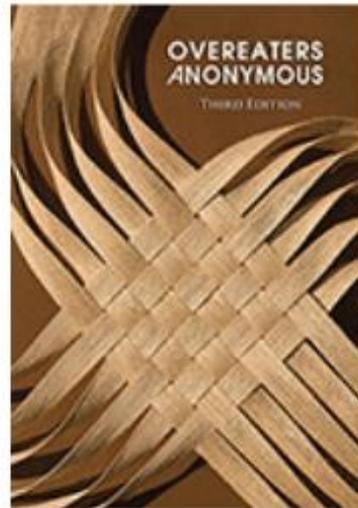


OA MATERIALS (bookstore.oa.org)



**Overeaters Anonymous,
Third Edition, set of 6 CDs**

\$20.00



**Overeaters Anonymous,
Third Edition, downloadable
MP3 file**

\$20.00



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Events from All Over



OA REGION ONE CONVENTION
THE JOY IS IN THE JOURNEY
November 11-13, 2022
Join us for a weekend of recovery!

Register at: oaregion1.org/2022-region-one-convention
First Year in OA? Please register and attend as our guest!

THE JOY IS IN THE JOURNEY
REGION ONE CONVENTION
NOVEMBER 11-13, 2022
OAREGION1.ORG
ON ZOOM

~ Presented by ~



Annual Thanksgiving Day Meeting



"Day of Gratitude"

Thursday, November 24, 2022
10:00 am - 11:30 a.m.

 **Got Questions?** 

Contact Susanna at (305) 807-4386



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**OVEREATERS
ANONYMOUS®**
Grand Strand Intergroup

STEPPING INTO THE SUNSHINE:

GETTING ABSTINENT AND STAYING ABSTINENT

A workshop for members of Overeaters Anonymous (OA)
and people interested in learning more about OA.

Saturday, November 5th 2022

Chapin Memorial Library

400 14th Ave N. Myrtle Beach, SC 29577

Registration at 10am

Workshop from 10:30am – 1:30pm

Bring your own lunch.

Suggested donation: \$5.00, but not required

Provided by the Grand Strand Intergroup of O.A.

For more information on Overeaters Anonymous: GrandStrandOA.org



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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)

- **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=eXZWSUNNdVhtZ3hHZHZJY2RRejkdz09>

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



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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 2022		Oct	YTD TOTAL
PAYPAL - Individual Donations		\$41.74	\$668.34
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		\$96.62
Wed: Step Study Mandarin	51223	\$52.43	\$785.07
Wed: JAX Beach-Wisdom at the Beaches	54507	\$10.00	\$193.06
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		\$290.34
Sat: Super Saturday Lakeview	20025		\$0.00
Sat: Believe in Recovery First, Mandarin	32773	\$80.00	\$621.46
Sat: Serenity Saturday OP NFI			\$0.00
Sun: Military	800278		
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137		\$250.00
Thu: Unity Church(Acceptance)	50421	\$9.22	\$602.20
Sat: 9:30 AM Welcome Home	48324		\$198.06
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		\$20.00
Wed: Palm Coast - 5:45pm	56604		\$20.00
Thu: Fernandina Beach	49101		\$0.00
Thu: Flagler Beach	15171		\$110.00
Sat: St. Augustine Serenity	00235	\$23.79	\$450.96
Sun: Palm Coast/Flagler Beach	56072		\$220.00
Southern Georgia Groups			
Tue: Jesup	54175	\$25.00	\$250.00
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		\$242.18	\$5,017.58
Don to WSO		\$72.65	
Don to SOAR8		\$24.22	

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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