



**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.

## Second Notice: OUR TURN!

Over the past few months we've featured the results of another region's (Region 6) writing assignments. Our Twelve Step Within Committee is asking us to take our turn and...

### *Remember That Time...?*

#### *Write About It!*

- Do you remember that time that you were having a really crappy day and out of the blue, someone from OA called you, and regardless of what you talked about, you felt better when you hung up the phone?
- Do you remember that time that someone's share from your last meeting popped into your mind and you decided to call them to see how they were doing? Remember that feeling of satisfaction after having reached out?
- Do you remember the last time that you were in the compulsion and obsessing about a binge food, and you picked up the phone and called another OA member? *...and you didn't binge!?*
- What about that time someone texted you and wrote that they wanted to overeat and were looking for support....and you gave it to them!
- Or how about when you FINALLY got the courage to ask that person to sponsor you...



The Twelve Step Within Committee is requesting that members write short articles describing a time that you reached out – or a time when someone from OA reached out to you – and it made a difference. We want to celebrate the joy of giving and receiving support in the fellowship. Send your submissions to [innervoicenfi@gmail.com](mailto:innervoicenfi@gmail.com) by **December 20**, and we will start the new year fresh with a feature in the January issue!



# Thanksgiving Morning Zoom Meeting



The holidays are meant to be a time of peace, warmth, togetherness, and love. For many people, it is typically one of the only times when families come together and relish in a long-awaited reunion. But not every holiday celebration is as picture-perfect as a greeting card or movie.

Start a new holiday tradition by kicking off Thanksgiving morning in an OA meeting. Strengthen your program and focus on the joy of the day, along with the blessings we

have been given. Join the Gainesville, FL Thursday OA "Acceptance" Group at 9:30 am.  
**Everyone is welcome to join us!**

## Thanksgiving Day OA Meeting

**Thursday, November 23, 2023**

**9:30 – 10:30 AM**

**ZOOM: 843 857 645**

**Passcode: 964285**

## Step 11: Listening

**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.

A newsletter is primarily visual, hopefully provoking thought or perhaps even discussion. While browsing the OA website, I discovered a podcast on Step 11, an opportunity to learn in a different way, at <https://lifeline.oa.org/step-eleven-the-importance-of-working-all-twelve-steps-podcast-series/>. The page includes questions for discussion and/or journaling.

### Step Eleven: "The Importance of Working All Twelve Steps" Podcast Series

Linda, grateful compulsive overeater, and Beverly, compulsive overeater, host this workshop on Step Eleven. Examples of prayer and meditation are discussed.

— Mark W.



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## More on Step 10 from the Region:

Once I have completed Steps Four through Nine, I must continue to be aware of selfishness, dishonesty, resentment, fear, and other emotions that bring me pain and block my growth.

My Step Ten work has evolved with time and experience. In my early recovery, my inventory was very informal. I completed frequent spot checks when situations arose, then turned them over to my Higher Power. Through daily writing and further conversations with my sponsor, I was able to express what was challenging in my day, how I responded, and any amends I needed to make.

During the Pandemic, my isolation led to increased food thoughts, fear, and less tolerance of others. Suggestions by fellow OAs encouraged me to complete a written daily Tenth Step and gratitude list. These actions reminded me of my Higher Power's role in my recovery and my reliance upon Him. My negative, self-centered thinking was switched to one of gratitude and peace.

My current Tenth Step practice expanded after completing a Step Study using the Overeaters Anonymous *Twelve Step Workshop and Study Guide*, Second Edition. The suggested format encourages me to take a closer look at those actions and feelings that undermine my recovery and cut me off from my Higher Power. Recording my actions and feelings on paper helps me see my part in situations, patterns in my behavior, and when I owe an amends. Today, I ask myself what my Higher Power would have me be.

My goal is to be in fit spiritual condition. My Tenth Step is one of my daily recovery actions that helps me connect to my Higher Power and restores me to sanity.

– Anonymous, Florida

## 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.

Most public relations policies are meant to attract people to a product. Overeater's Anonymous public relations policy is intended to protect the reputation of OA while attracting people to the program. We publicize without promoting. We publicize what OA is and how to find a meeting in ways that can attract people to the program. We do not promote the program by publishing "weight loss success stories" or "before and after" photos. We don't hire celebrities or use celebrities who may be in the program to promote OA.

In fact, the spiritual principle of the eleventh tradition is anonymity. This means that once we identify ourselves publicly (in press, radio, films, tv), as members of Overeater's Anonymous, we do not use our last names, faces or photos of our faces. We remain humble and keep the focus on the program, rather than on the individuals in the program. This prevents any one person from becoming a representation of OA. Individuals can make public mistakes that could hurt the reputation of OA. For this reason, we keep the emphasis on the program rather than on the individual. This is a spiritual program, and we practice humility in this process. We must also respect the anonymity of our fellows as well, assuring that their names or faces are not publicly connected to the OA name in anything that we do.

Step Twelve tells us to "carry the message." How can we do this without contradicting the eleventh tradition? When we have a private conversation with someone outside of OA, we are free to discuss the details of our recovery and our membership in Overeaters Anonymous, because this is not a public discussion. In non-public conversations about OA, we can choose when to say we are a member of OA. We do not have to protect our anonymity in private conversations unless we choose to. It is in public situations that we must remain anonymous.



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If we identify ourselves publicly as compulsive overeaters, instead of members of OA, and **do not use the Overeaters Anonymous name**, we can discuss personal details of our recovery because we are not linking our experiences with OA publicly.

Tradition Eleven allows us to carry the message to the compulsive eater who still suffers without causing negative consequences to Overeaters Anonymous.

— Lucy

## Concept 11 – Humility

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

The intent behind this concept suggests that, like our recovery progress, support and assistance may sometimes have to come from outside OA. Our fellowship needs and deserves the finest and most qualified service workers it can find. It is vital that these service workers possess the talents and professional skills required to get the job done, even if they are not in OA.

As outlined in our Bylaws, Subpart B, standing committees are created to implement tasks in small, focused groups. The full Board of Trustees, at their discretion, may form ad hoc committees for the implementation of specific tasks. The managing director leads the effort to hire executive leadership positions of the World Service Office. These positions are filled with candidates who possess the necessary skills for the job, for example, the treasurer must have strong credentials in areas of finance and accounting.

Sometimes our society requires short-term, specific task and projects to be completed. Often these projects are best served by the retention of an expert consultant. Hiring consultants can save on the considerable expense of a full-time employee. For example, many organizations retain trained professionals to audit their financial records and help file tax returns. Retaining competent consultants is a best practice and is critical in the efficient management of Overeaters Anonymous.<sup>1</sup>

OA's 12 Concepts align directly with our parent society of Alcoholics Anonymous. In drafting the 12 Concepts of Service, Bill Wilson translates unexpected managerial acumen – particularly for a failed stock broker and recovered alcoholic. His humble writings on Concept 11 are doubtless the result of prayer and meditation.

This concept discusses the service entities to which the Trustees delegate their authority. Bill names five major committees and describes their functions and areas of operation: the Nominating Committee, Finance and Budgetary Committee, Public Information Committee, Literature Committee and General Policy Committee. The one entirely new principle here is that of rotation, a practice that is also widely implemented in A.A. groups.

On Concept 11, Bill says, “Such are the realizations which we can all use every day of our working lives. Add to these the further thought that no organization structure can fully guarantee our Headquarters against the depredations of clashing personalities, that only the sustained willingness to practice spiritual principles in all our affairs can accomplish this, and we shall never need to have any fear for our future harmony.”<sup>2</sup>

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 New Freedom Intergroup, please visit <https://oanfig.org/> and throw your hat in the ring!

— John K.

<sup>1</sup> See *The Twelve Concepts of OA Service; Spiritual principles for all we serve*. Overeaters Anonymous brochure; ©2001, 2009 Overeaters Anonymous, Inc. Rev. 9/2022.

<sup>2</sup> *Twelve Concepts for Dummies Smart People*®, [https://aobookclub.org/aa\\_bookclub/12concepts.html](https://aobookclub.org/aa_bookclub/12concepts.html)



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## Trusted Servants and Committee Chairs (New emails)

|                            |                                      |                          |
|----------------------------|--------------------------------------|--------------------------|
| GENERAL INFORMATION        | Secretary will forward as needed     | oanfig@gmail.com         |
| Chair                      | Echo G. 561.704.2917                 | chairnfi@gmail.com       |
| Vice Chair/Bylaws          | Barbara C. 352.474.1366              | vicechairnfi@gmail.com   |
| Treasurer                  | Carly B. 303.710.0589                | nfitreasury@gmail.com    |
| Secretary                  | Sandi JC 912.464.4231                | oanfig@gmail.com         |
| Delegate                   | <b>VACANT—Consider doing service</b> | delegatenfi@gmail.com    |
| Newsletter/Meeting List    | Mark W. 904.527.3433                 | innervoicenfi@gmail.com  |
| Public Info/Prof. Outreach | Nancy K. 516.286.1888                | piponfig@gmail.com       |
| Young Persons              | <b>VACANT—Consider doing service</b> | youngpeoplenfi@gmail.com |
| 12th Step Within           | Georgette P. 352.870.4454            | ghabanero56@yahoo.com    |
| Sponsor Coordinator        | Hailey 404.797.5586                  | sponsor.nfig@gmail.com   |
| Website                    | Brian B. 904.616.0608                | websitenfi@gmail.com     |
| Ways and Means             | <b>VACANT—Consider doing service</b> | wandmnfi@gmail.com       |

## 12 Abstinence Strategies for the Holiday Season

Thanksgiving and Christmas are bad enough for compulsive eaters. But in between them are five weeks of office parties, boxes of holiday candy, cocktail parties, and more. OA's Steps, Tools, and Traditions are our keys to success. Here are 12 specific ideas for using them to get through the holiday season.

- 12. Use Step One:** Remind yourself that you are powerless over food, of the pain, suffering, and unmanageability of your life when you eat compulsively. Abstinence is sweeter than any holiday confection.
- 11. Live One Day at a Time!:** Don't think about getting through the entire holiday season, instead focus on staying abstinent until you go to sleep tonight.
- 10. Sponsor and Be Sponsored:** Turn to your sponsor for support and then check in with any sponsees to see how they are doing.
- 9. Make a 12th Step Within Call:** December 12th is OA's 12th Step Within Day. Get out of your head by calling someone you haven't seen at a meeting lately or drop in on the 12th Step Within Day phone marathon.
- 8. Assess Your Abstinence:** If you're worried about whether you can make it through the season, take a look at OA's Strong Abstinence Checklist for suggestions that are proven
- 7. Inventory Any Slips:** If you do stray from your plan, use OA's Been Slipping and Sliding to learn how you can avoid a future slip.
- 6. Ask Other Members for Help:** If you don't have a sponsor, get one. Even if you do, ask other OA members how they cope with the holidays.
- 5. Don't Forget Service:** At your meetings, raise your hand for any service opportunities available and do them cheerfully. Read the Promises, put away chairs, order the literature: It's a holiday gift that you'll want to keep on giving.
- 4. Take Some Quiet Time:** Whether as part of your daily spiritual activities or right before a holiday get-together, take some quiet time, relax, read some program literature, and get into a frame of mind where your Higher Power can help you.
- 3. Make Meetings:** Don't let them slip away. If the holiday season is messing up your meeting schedule, supplement with phone meetings or online meetings. Or attend one of OA's holiday phone marathons.



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2. **Talk to the Newcomer:** Nothing so ensures immunity from compulsive eating as working with newcomers. Greet them warmly, make them feel welcome, and give them a buzz during the week.

And the most important support for abstinence during the holidays or anytime:

1. **Trust and Rely on God:** As powerless people, we must seek the power to abstain from a source greater than ourselves. Ask your Higher Power, however you define It, for ease and comfort, the willingness to avoid compulsive eating, and to focus your attention on how you can bring others good cheer during this season.

— Seacoast OA (New Hampshire and Maine), Posted on December 7, 2014

## 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 14. Each meeting is welcome and encouraged 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 11 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.** We've reached the end of October! We look forward to seeing many of your bright and smiling faces in Tybee, GA on the 27-29! If you are attending, please consider offering to do service at the event.
- **Eventbrite Registration** for the event: <https://www.eventbrite.com/e/soar-8-recovery-convention-business-assembly-fall-2023-tickets-532666328327>

### 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.
- If your meeting is planning to do something special for the upcoming holidays and needs any help from NFI, please let us know!
- Discussed the need to update how we handle passing off the PO Box to the Treasurer. We have a large Intergroup, in terms of geographic size, and need to be able to transfer the PO Box to an area that is easily accessed by the Treasurer. Carly B. documented what is required to make the transition and will work with Judy (former Treasurer who the PO Box is currently registered to) to get it transferred to our new Treasurer once elections are held.
- Opened nominations for elections for Chair and Treasurer. Echo G. was nominated for a second term as Chair and accepted. Augusta L. was nominated for Treasurer, and accepted. Nominees will have a chance to present their experience and share a pitch to NFI in November, and we will vote in December.
- Our 2024 Budget Committee is getting underway! If you are interested in seeing how NFI plans our budget, please attend the November meeting, as we will be discussing and voting on it.

**EXCITING NEWS!!!** We have agreed to host a Big Book Retreat in 2024 at Marywood! Dates are TBD, but we're aiming for the Fall, most likely. If you are interested in being a part of the planning committee, please reach out to Nancy K. Expect more details soon!



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# Upcoming Elections for Intergroup Board Members:

Per our bylaws, which we revised in May of 2022, we elect our board members in alternating years (Chair and Treasurer in odd years, Vice Chair, Secretary, and Delegate in even years) to serve two-year terms. So that means in December of this year (2023), we'll be electing our Chair and our Treasurer to serve from January 2024 to December 2025. And then in December 2024, we'll be electing our Vice Chair, Secretary, and Delegate, so if you're interested in those roles, keep reading too! Because there is a requirement to perform service above the group level, it may be time for you to start getting your feet wet at the intergroup.

## ***What are the requirements to be an intergroup board member?***

Per our bylaws as of September 2023:

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.
1. 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.
2. Have attended at least six (6) Intergroup meetings.
3. Have given service above the group level for a minimum of one (1) year.
4. Be a regular member of an affiliated OANFI member group.

Note that there are additional requirements for the delegate, and these can be found in the bylaws.

## ***What are the responsibilities of the Chair?***

For the full and official list of the Chair's responsibilities, please refer to the bylaws. In summary, though, the Chair creates a written agenda for our regular OANFI business meetings and any special meetings that are needed (board meetings, etc.). The Chair presides over the monthly meeting, navigating through the agenda and making sure that Parliamentary procedure is followed throughout (note: the Chair may appoint a Parliamentarian to assist with that). The Chair cannot make, second, or amend any motion from the floor, but can participate in the discussion and may cast the deciding vote to break ties as needed. They are also allowed to attend any OANFI committee meetings that they would like to and are able to. Essentially, the Chair is considered a de facto member of the committee. The Chair is also responsible for being a signatory for the bank account and is responsible for forming audit committees as needed (for example: after an OANFI sponsored event or retreat), so there will likely be a need to arrange a time to physically go to the bank to handle paperwork as part of the transfer of the role to a new Chair.

## ***What are the responsibilities of the Treasurer?***

For the full and official list of the Treasurer's responsibilities, please review the bylaws. Generally, though, the Treasurer's biggest responsibility is maintaining the bank accounts as necessary for the dispersal of intergroup funds. We have several accounts, so it is recommended that the Treasurer maintain some sort of spreadsheet or official record that shows the source of all income and expenses for each account and provides a balance. They are also a signer for the bank account and must collect incoming checks sent to the post office box maintained by the intergroup, thus they may be required to travel to both the post office and a physical bank location to deposit checks, fill out paperwork, etc. on a regular basis (about once a month is usually sufficient). The Treasurer assists with all audits and must also chair the Annual Budget Planning Committee meeting and present the budget for approval to the intergroup. While it helps to be pretty good with numbers, please note that we do not require any special certification or accounting experience to be the Treasurer.

***I'm interested, but... who should I contact to learn more?***



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Echo, the current chair, can be reached at [chairnfi@gmail.com](mailto:chairnfi@gmail.com) and would be happy to answer any questions you might have!

Carly, the current treasurer, can be contacted at [eastcoastgirl1020@yahoo.com](mailto:eastcoastgirl1020@yahoo.com) and welcomes any questions! ALSO! Special note!! We have the Recovery Convention coming up in October (27-29) and Carly would welcome anyone who might be interested in shadowing her as she serves as the Treasurer for the event!

#### ***What comes next?***

If you're qualified and want to run, nominations will occur at the October 14th business meeting. You can ask someone in advance to nominate you or you are welcome to self-nominate if you'd like. Once nominations are accepted and confirmed, candidates will have a chance to speak about their experience and share a pitch at the November 11th business meeting. Then on December 9th we'll have our elections and any new board members will begin their terms in January 2024.

## **Spring 2020 Writing Assignment (Region 6)**

### ***Topic: How Can I be Connected in a Social Distancing World?***

I can connect in many ways, carefully, in this Social Distancing world. I had to learn quickly how to stay connected once I started working from home and remaining at home as of March 20th, 2020. Thankfully, the meetings in New York were able to transition pretty quickly to online video conferencing so I could not just see and hear my fellows, but I was more easily able to attend meetings that were typically far away or on weekdays I wasn't available before life changed as I knew it.

For today, I stay connected to my fellows by checking in via text or calls. I stay connected to my Higher Power by getting on my knees and praying every morning, writing step work and talking with my sponsees, daily. I stay connected to Mother Nature daily by running carefully in the middle of the road away from others, breathing in the fresh-er air with fewer cars on the road. I stay connected to my body by stretching regularly.

I stay connected to my program by attending meetings more often than usual and attending loving fellowships with some of my favorite fellows. I stay connected to my Humility by remaining in service. I take my service commitments seriously and find speakers, re-write meeting formats for this online environment, organizing Special Events, attending board meetings, holding committee meetings, agreeing to talk with struggling fellows and newcomers (with healthy boundaries), I cook dinner for my partner who is literally saving lives, I call my mother with a loving voice, I share in meetings and I take pauses throughout my day so I can be present at work.

These are ways I stay connected today. Hugs are helpful, but I can remain connected to my Higher Power, my program and myself without hugs from others. Sometimes I hug myself in the mirror when I remind myself that I love the woman I am (with God's help) today!

– Erin B.

I can stay connected by doing all the things that I have learned to do in OA. Now I attend more ZOOM meetings, make phone calls. Luckily I live in a neighbor where we all walk around waving at a safe distance. As a webmaster, I helped install a contribution "donate" button on [oambi.org](http://oambi.org). If it weren't for OA, I wouldn't have so many friends to connect with and I wouldn't be connected with my family like I am today.

– Jeanne K.



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## JOURNEY FROM RELAPSE TO RECOVERY

**DATE: Sunday, November 12, 2023**

**TIMES: 3:00 p.m. to 5:00 p.m. (EST)**

**2:00 p.m. to 4:00 p.m. (CST)**



### Workshop Highlights:

- ❖ 2 speakers sharing their journey from relapse to recovery
  - ❖ Guest speaker : “Creating an Action Plan”
  - ❖ Time to create your own Action Plan
  - ❖ Sharing and questions for the speakers

**ZOOM ID :** 897 4851 2192

**PASSCODE :** 680348

**Join Zoom Meeting**

<https://us02web.zoom.us/j/89748512192?pwd=VkJYTksxcWlnZG5STUREYjZ4cmpWQT09>

To help carry the message of recovery, please consider giving a 7th Tradition donation to Region 8 (<https://oaregion8.org/region-8/contributions/>)

For more information, please contact: **Tina** : [sugarfreeplace@gmail.com](mailto:sugarfreeplace@gmail.com)

941-993-9717



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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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THE LOS ANGELES INTERGROUP PROUDLY PRESENTS

# THE 64<sup>TH</sup> ANNUAL OA BIRTHDAY PARTY

## Together We Get Better

JANUARY 12<sup>TH</sup> – 14<sup>TH</sup>, 2024

AT THE LAX HILTON  
5711 W. CENTURY BLVD.  
LOS ANGELES, CA

COME MEET YOUR FELLOWS FROM ALL OVER THE WORLD.  
WORKSHOPS, PANELS, SPECIAL FOCUS MEETINGS, MARATHONS, OPENING  
CEREMONY ON FRIDAY NIGHT, DANCE PARTY ON SATURDAY NIGHT, YOGA,  
MEDITATION, AND MORE.

 EARLY BIRD REGISTRATION: \$45 (THROUGH NOV. 30)  
GENERAL REGISTRATION: \$55 (THROUGH JAN. 7)  
FINAL REGISTRATION: \$65 (THROUGH JAN. 14)

Registration  
opens Oct. 15th  
[oabirthday.com](http://oabirthday.com)

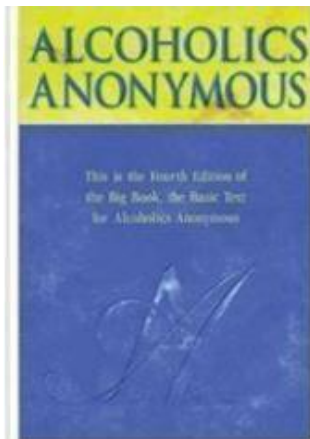


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*Using scripts based on the beginners meetings  
in the 1940s: a focused introduction to the 12  
step program in 4 weekly sessions.*



**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**



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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



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Central Office of Louisiana (COLA)

**FALL RETREAT NOVEMBER 3, 4 & 5, 2023 at Our Lady of Hope Retreat Center  
(formerly St. Mary of the Pines)**

## **"Living in the Sunlight of the Spirit"**

*Our Lady of Hope Retreat Center, 3167 Old Hwy 51 S, Chatwa, MS 37632, located in the midst of piney woods providing a peaceful, contemplative environment with ample walking space and convenient facilities*

Full Weekend Registration includes 2 nights' lodging and 5 meals (Friday Dinner, Saturday Breakfast, Lunch & Dinner & Breakfast Sunday). Linens and towels provided.

**Full Weekend with Meals if paying by check...\$300**

**Full Weekend with Meals if paying with PayPal...\$310**

**One-day registration (includes Saturday Lunch)...\$75**

**Full payment is due with registration form.**

**Registration Deadline October 20**

*Check-in begins Friday at 4:30pm    Dinner Friday at 6:30pm*

*Friday's welcome begins @ 8:00 pm with announcements & Speaker's Story. Retreat ends Sunday by 11:30 a.m.*

**Info: email [oa.cola@yahoo.com](mailto:oa.cola@yahoo.com) or through website contact tab at [oaneworleans.org](http://oaneworleans.org)**

**To register: Make checks payable to COLA; Mail check and registration form to:**

**COLA PO Box 881 Metairie, LA 70004-0881**

**Or register online at [oaneworleans.org](http://oaneworleans.org) and pay online with PayPal: OA COLA, note that payment is for retreat**

Full Name \_\_\_\_\_

Full Address \_\_\_\_\_

Phone \_\_\_\_\_ Email Address \_\_\_\_\_

Special Needs due to Disabilities \_\_\_\_\_

Suite Mate (if you have a preference with whom you share a bathroom) \_\_\_\_\_



**NEW FREEDOM INTERGROUP**

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## More from Region 8

### *A new way to carry the message!*

Region 8 announces an excellent resource page with links to valuable OA information to benefit newcomers, returning and current members. Maybe even the "old timers." 😊

Have you read the appendices to *Overeaters Anonymous, Third Edition*? They include writings on The Role of a Plan of Eating, A Disease of the Mind, A Disease of the Mind, A Disease of the Body, A Disease of the Spirit and more.

People may scan this QR code (point your smart phone's camera at the QR code and it will pop up a link) and connect to the Region 8 resources page. Please feel free to print this information and pass around in face-to-face meetings or insert into a visual format for virtual meetings.

Check it out — Pass it on!



OVEREATERS  
ANONYMOUS®  
Region 8



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# 2023 REGION 7 CONVENTION

November 3, 4, 5

Ocean City, MD

## Sail into Recovery

TOGETHER WE GET BETTER

### Princess Royale Oceanfront Resort

9100 Coastal Highway  
Ocean City MD 21842  
**(800) 476-9253**

Registration costs and  
other event details found on  
the events page on our website:

**[www.oaregion7.org](http://www.oaregion7.org)**

**Early Bird  
Registration** **\$55.00**  
until 9/30/23

**Regular  
Registration** **\$65.00**  
until 11/2/23

**On-site  
Registration** **\$75.00**

**Meals** **\$87.00**  
incl Lunch &  
Dinner Saturday

### General Inquiries

Email us here:  
[conventionchair@oaregion7.org](mailto:conventionchair@oaregion7.org)

Interested in Speaking?  
[speaker@oaregion7.org](mailto:speaker@oaregion7.org)

A written request for a refund of a registration fee (less a \$18 processing fee) will be honored if received at least 30 days prior to the convention.

**Registration is OPEN**  
**[www.oaregion7.org](http://www.oaregion7.org)**



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| DONATIONS REPORT 2023                    |        | Oct      | YTD TOTAL  |
|--|--------|----------|------------|
| General Fund / no meeting # specified    |        | \$9.22   | \$866.15   |
| 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  | \$49.08  | \$588.98   |
| Wed: JAX Beach-Wisdom at the Beaches     | 54507  |          | \$180.00   |
| Thur: Jacksonville 9am - Our redeemer    | 57370  |          |            |
| Thur: Newcomer, Lakeview Health          | 47756  |          | \$0.00     |
| Fri: Orange Park - 10am                  | 03654  |          | \$150.00   |
| Sat: Saturday Steppers-Ponte Vedra Bch   | 51693  |          | \$450.00   |
| Sat: Super Saturday Lakeview             | 20025  |          | \$0.00     |
| Sat: Believe in Recovery First, Mandarin | 32773  | \$98.35  | \$1,261.65 |
| Gainesville Groups                       |        |          |            |
| Mon: Big Book Study (Alachua)            | 51137  |          | \$233.00   |
| Thu: Unity Church(Acceptance)            | 50421  | \$9.22   | \$200.20   |
| Wed: Gainesville Unity Church            | 57568  |          |            |
| Sat: 9:30 AM Welcome Home                | 48324  |          | \$200.00   |
| Other Florida Groups                     |        |          |            |
| Mon: Palm Coast-St Mark by the Sea       | 38320  |          | \$53.00    |
| Tues: Lifesaver - Palatka                | 38464  |          | \$0.00     |
| Wed: Palm Coast - 10am                   | 56604  | \$25.00  | \$224.00   |
| Thu: Fernandina Beach                    | 49101  |          | \$0.00     |
| Thu: Flagler Beach                       | 15171  |          | \$133.00   |
| Sat: St. Augustine Serenity              | 00235  |          | \$454.11   |
| Sun: Palm Coast/Flagler Beach            | 56072  |          | \$108.00   |
| Southern Georgia Groups                  |        |          |            |
| Tue: Jesup                               | 54175  | \$25.00  | \$225.00   |
| Wed: Douglas, GA                         | 57445  |          |            |
| Wed: Savannah - 5:30 pm                  | 50301  |          | \$0.00     |
| Thur: Brunswick                          | 51988  |          | \$0.00     |
| Sun: Savannah - 5pm                      | 54362  | \$28.64  | \$286.40   |
| Totals                                   |        | \$244.51 | \$5,813.49 |
| Don to WSO                               |        | \$73.35  |            |
| Don to SOAR8                             |        | \$24.45  |            |

## Where are your donations going?

According to our Seventh Tradition, we are self-supporting through our own contributions. To donate directly to Intergruop, 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. Intergruop meets on the 2nd Saturday of each month. The deadline to submit articles is the 20th of the month before the Intergruop meeting. Articles may be edited. When submitting articles, please include your name and phone number and whether or not you would like your name printed. This newsletter may be reproduced and enjoyed by other 12-steppers without written permission. If you would like to submit articles and/or comments, or if you would like to receive the Inner Voice in color as a pdf, send your email address to the Newsletter Chair at [innervoicenf@gmail.com](mailto:innervoicenf@gmail.com).



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