

Inner Voice

Newsletter of New Freedom Intergroup of OA



October 2021

Step 10: Continued to take personal inventory and when we were wrong, promptly admitted it.

- Spiritual Principle: Perseverance

Tradition 10: Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never be drawn into public controversy.

- Spiritual Principle: Neutrality

Concept 10: Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

- Spiritual Principle: Clarity

Promise 10: We will intuitively know how to handle situations which used to baffle us.



**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

Early registration discount ends 10/25/21!



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**OVEREATERS
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Sponsored by The Greater Atlanta OA Intergroup

REGION 8 FALL CONVENTION AND ASSEMBLY

**OCT
15-17**
All Virtual!



**UNITY WITH
DIVERSITY
IN RECOVERY**

bit.ly/oa8con

\$25
Scholarships available!

Register and more information at bit.ly/oa8con
Questions? Contact Bonita D. at 404-923-0042
or email gaoaig.convention@gmail.com



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Video Interview of Rozanne, the Founder of OA!

Sunday, October 24

7 pm CDT (8 pm EST)

Zoom ID: 863 1665 1362

Passcode: 2020

In lieu of the regular Houston Old-Timers' Speaker Meeting, for this one night only, come watch a replay of a **video of our OA Founder, Rozanne put out by World Service in 2000** for members of OA. This is a **40-minute interview** by a professional *about the founding of OA, Rozanne's struggles, and her personal story which is rarely heard*. You will come into her home and listen to how this miracle of OA came about.

This was presented to the Region 2 Convention.

It was so well received that it is being shown again.

There will be time afterward for a few members who knew her, to share and answer questions, including Nanci B who was sponsored by Rozanne (nancigo@yahoo.com).

For more info, contact Joe Aker, Secretary of the Houston Old-Timer's Speaker Meeting

jaker@azphoto.com or 281-300-6343



***** Sorry, *Don't* Save the Date for Florida State! *****

We regret to inform you that the 2022 Florida State Convention has been cancelled. Please take advantage of all the other special meetings and opportunities elsewhere in *Inner Voice*.



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A Little More on the Region 8 Convention

(See Flier pg. 2!) This is just a friendly reminder that our Fall Convention is coming up October 15-17, hosted by the Greater Atlanta Intergroup. Please register at bit.ly/oa8con.

Our theme for this virtual gathering is **Unity with Diversity in Recovery**, and we will be bringing lots of different voices to our workshops this year. We are offering Spanish and Portuguese interpretation at this convention because we want to include every voice in Region 8! We are excited to hear from Young People, Secular OA, the Black, Asian, and Pacific Islanders Experience, a Diversity of Food Plans, and many more! We will also have a steps track, excellent main speakers, and a wonderful Keynote. We expect this to be a perspective-changing experience, and we look forward to seeing you there!

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!)

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.



Step 10: So Much Better

Step 10: Continued to take personal inventory and when we were wrong, promptly admitted it.

Nearly every day, I fill out a Tenth Step form. This was something my sponsor gave me a few weeks after I entered program even though it was some months before I formally reached the Tenth Step.

As I fill out the form, I reflect on how I've worked my program that day, what my gratitudes are, and whether I've been resentful, fearful, dishonest, or selfish. In addition, I report my food. I've also added a section where I report on self-care (whether I've brushed my teeth, taken my pills, etc.). I appreciate the fact that my sponsor faithfully reads these and occasionally comments on what I've written.

All the elements of my Tenth Step form are important for me, but I believe the core part is where I check in with God and myself about resentments, fears, selfishness, and dishonesty. Prior to program, I would lay in bed each night and obsess about my failures and wallow in guilt and shaming self-talk, but I would rarely, if ever, take responsibility for the things I felt badly about. This was not a serene life.

(continued next page)



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It took time till I was able to really be honest on my Tenth Step form, but gradually, I came to trust God. My sponsor and I now find it so freeing when I admit the mistakes I make, own my part in it, and take proper corrective measures. It is so much better to let go of the things that bother me by running them through the Tenth Step. Having this daily routine prevents little things from piling up till I'm overwhelmed.

I also believe it is healing for me to send my inventory to another person in program. My sponsor knows the kind of person I am and the ways I occasionally harm myself or others, yet she hasn't rejected me. If necessary, we talk about what I need to do in a given situation. This has helped me feel less alone and helped me accept my mistakes and failures as a normal part of life and as something I am able to deal with.

Today, I am grateful for the Tenth Step. It helps me live a more honest, serene life.

— P.R.H. (Reprinted from *Lifeline*)

NFI's Public Information/Professional Outreach Committee (PIPO)

Newly formed Committee in search of: Volunteers inside of OA to do exciting service work above the meeting level.

Intent: Reaching **Professionals** who can recommend OA to their patients and/or residents within an institution; and also, to inform the **General Public** about OA.

In other words: **Carry the Message of Recovery 'Outside the Walls of OA'**

Target (3) areas:

- Institutions (e.g., Eating Disorder Units)
- Professional Community (e.g., Physicians, Nutritionists, Health Fairs)
- Public Information (General Public via Newspapers, Radio, etc.)

Request for Volunteers: Working their abstinence, worked or are in the process of working the 12 Steps, familiar with the 12 Traditions, and working their recovery on all three levels to the best of their ability.

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

New TGIF Meeting

'It's the end of a long week and I made it, I can now relax.' So I *used* to think. 'If I can make it through the week, I can enjoy myself.' That's a lie my illness tells me. For my recovery from compulsive eating, a routine helps. A plan of action helps. Going to meetings helps me get out of my head. Anything to get out of my selfish thinking. How better to strengthen my recovery than to start the weekend off with a meeting—seeing friends who understand and want to help?

There are a few face-to-face meetings in the local area sprinkled throughout the week. However, it seems the later in the week, the fewer options there are. So, I am happy to announce a Friday evening option. Fridays at **6:00pm** in Orange Park at Asbury United Methodist Church, 16 College Avenue in the Fellowship Hall.

We meet to acknowledge our illness and in support for each other. That we are on the road to Freedom from the compulsion of impulsive food behaviors. We have a varied format, open discussion and OA literature. We acknowledge our powerlessness over our compulsion and the hope for Freedom that the OA solution provides. The meeting is currently face-to-face and may change to a hybrid format if there is an interest in doing so.

I so want all of the 9th step promises to come true for everyone and their families too. For the Freedom from all the despair this illness brings. If you want to join us for a meeting to kick off the weekend, we welcome you. I look forward to seeing you soon!

—Brian B.



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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 or chairnfi@gmail.com.

— Barb C.

Trusted Servants and Committee Chairs (New emails)

GENERAL INFORMATION	Secretary will forward as needed	oanfig@gmail.com
Chair	Barbara C. 352.472.9924	chairnfi@gmail.com
Vice Chair/Bylaws	Georgette P. 352.870.4454	vicechairnfi@gmail.com
Treasurer	Carly B. 303.710.0589	nfitreasury@gmail.com
Secretary	VACANT - Consider doing service	oanfig@gmail.com
Delegate	Cora W. 912.424.5959	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	Wendy I. 904.710.5555	youngpeoplenfi@gmail.com
12th Step Within	Georgette P. 352.870.4454	TSWnfi@gmail.com
Sponsor Coordinator	VACANT - Consider doing service	sponsorsnfi@gmail.com
Website	Lori L. 904.964.9991	websitenfi@gmail.com
Ways and Means	Echo G. 561.704.2917	wandmnfi@gmail.com
2021 4th Annual "Big Book Convention" (Jekyll Island)	Mark W. 904.527.3433	m.wieder@juno.com

Highlights of the September 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 September 11. Each meeting is welcome to send two voting members, and as many observers as desire to attend. Next business meeting is **Saturday, October 9th** at 10:00 am by Zoom (Meeting ID: 872 7218 1719, Password: 883350). Highlights of what was discussed/accomplished in September:

- The budget planning committee met Sept. 11 at 9:00 am virtually to determine the operating budget for 2022.
- 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 in Dec.
- We are updating the Policies and Procedures Manual. A separate email will be sent with the contents for review.

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:



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“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>.

MEETING INFORMATION

1. **NEW MEETING:** Group # 49119. New face to face meeting started on Friday at 6:00 PM. Location: Asbury United Methodist Church, 16 College Drive (meet in the Fellowship Hall), Orange Park, FL.
2. Tuesday 7:00 PM Jacksonville (Lakewood) is now TWO SEPARATE meetings. (This is because the technology for the hybrid meeting was lacking – hard to hear people who were face to face.)
 - a. **NEW MEETING:** Group # 800028 is a ZOOM ONLY meeting. Zoom session ID: 838 1786 2448, passcode: 536953.
 - b. Group # 36763. The original Lakewood meeting is returning face to face (Lakewood United Methodist Church), but if you are okay with a hybrid, you may zoom in with the church. Zoom session ID: 874 0450 5955, passcode: 522068.
3. **NEW MEETING:** Group # Not assigned yet. New face to face meeting will start Oct. 28, 2021 on Thursday at 9:00 AM. Location: Our Redeemer Lutheran Church, 5401 Dunn Avenue, Jacksonville, FL.
4. **NEW MEETING:** We will be starting a new virtual open meeting on Sunday at 7:00 PM, first meeting to be January 9, 2022, that will be geared toward military personnel (but not exclusive for them). With an emphasis on military, this meeting may have coarse language (which will not be encouraged) and situations that are not familiar to non-military people. Please start talking this up to get interest. Zoom Meeting ID: 889 1880 5990; Passcode: 903744. Group number to be given later.
5. **INFO NEEDED:** I need a new point of contact for the meetings and a liaison with the Orange Park Presbyterian Church at 1905 Church Avenue. Meetings involved: #03654 — Tuesday 10:00 am, the NFI Business Meeting and subsequent meeting at the church on the second Saturday. Please send an email to chairnfi@gmail.com.

Attention Fellow OAers

Thinking about the next Garage Sale in your neighborhood?? Do you have items sitting around your home collecting dust from nonuse; or items you just don't need anymore??

Please look no further...NFI has a solution for you. The Intergroup will be hosting a silent auction during the weekend of NFI's 4th Annual Jekyll BB Convention – Dec 3-5, 2021 (*see flier page 1*). The proceeds from the auction is a 'Ways and Means' for our Intergroup to raise money for the purpose of furthering our 12 Step work, and helping to fund expenses at the Intergroup level.

As you are probably aware, no one, absolutely no one, will personally benefit in any financial way from the convention or from the silent auction. Those you may see providing service are OA volunteers/trusted servants giving freely of their time in service work.



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You may be saying to yourself, why a silent auction? In OA we give donations on a personal/group level to help support meetings and our Intergroup (NFI). Yes, and on behalf of NFI... thank you for your support!! However, please bear in mind that NFI sends a monthly donation of 30% of group donations to World Service Office; and 10% to Region 8. The 60% balance that remains from personal/group donations goes to support NFI's expenses, which includes 12 Step work. However, the expenses continue, even through hard times as now, where the monthly donations are sometimes low.

Allow me to describe some of NFI's expenses:

- Sending NFI's designated rep(s) to attend the annual World Service Business Conference – cost of travel, hotel and meals;
- Sending NFI's designated rep(s) to Region 8 Business Assemblies (2x year) – same type of expenses as above;
- Support start-up meetings with literature;
- Cost of three Zoom lines dedicated for group meetings and NFI (or the cost of rent for the meeting room when we return face to face);
- Committee expenses, such as: 12 Step Within Committee (e.g., cost of fliers and supplies at workshops, etc.); PIPO Committee (Public Information/Professional Outreach) to help spread the message 'outside' of OA (e.g., cost of materials, literature, mileage, postage, etc.);
- Cost to maintain NFI's Website;
- NFI's Post Office Box – 2021 annual fee was \$188;
- Annual Liability Insurance – 2021 annual fee was \$528.

For questions, the point of contact for the auctions/drawings is: Barbara C, (352) 472-9924 (landline = no texts); or email Barb at: bcarter337@att.net

— In loving service, Nancy K



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 out 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 innervoicenfi@gmail.com so that you can be added to the list of **Outreach Challengers** in the January edition!



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Our Tenth Tradition: Healthy Program Boundaries

Tradition 10: Overeaters Anonymous has no opinion on outside issues;
hence, the OA name ought never be drawn into public controversy.

The Tenth Tradition, like so many other Traditions, keeps OA meetings focused on the OA message of recovery through the Steps, Traditions, and Tools. It sets a healthy boundary as to what is appropriate to say in a program setting and discourages digression into outside issues.

I've learned about setting healthy program boundaries by seeing the Traditions in action at meetings. I try to keep the program message clear when I speak, whether it is during meetings, in casual conversation before or after the meeting, or on the phone. If I mention a personal issue that I might eat over, I make sure my share includes how I use OA Principles to deal with the problem. What I might say casually off topic could give someone an excuse to stay away from the rooms or divert them to the latest diet, exercise plan, or spiritual quest—all of which failed to help me become and remain abstinent over time.

The boundaries that I've learned about in the rooms have helped me experiment with setting healthy boundaries in all parts of my life. I have seen that unnecessary controversy robs me of my peace of mind and separates me from the people with whom I am trying to build relationships. But I have to be careful not to use this Tradition as an excuse to avoid sharing my opinion, especially when my Higher Power lets me know that it's important for me to do so. Stuffing down my feelings is something that will eventually take me back to stuffing it all down with the food.

— Anonymous (Reprinted from *Lifeline*)

Today, I Live in Peace

The Big Book, *Alcoholics Anonymous*, (p. 76) says this about Step 9: "We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning *we would go to any lengths for victory over alcohol.*"

This reading makes it pretty clear that IF I want to live free from addiction, I am going to have to live differently. When I came to OA in 1988, I thought I just had to find a way to manage the food. I had no idea that the food was managing me. Years of abstinence taught me better ways to eat and I learned how to get thin. But staying thin continued to elude me – the food always snuck back in. It usually started in the form of something "healthy" and even abstinent.

In 2018, after a particularly bad relapse where I was almost 200 pounds again (224 was my highest known weight) and was losing all sense of purpose in my life, I surrendered. I admitted that my way of living didn't work, not just my way of eating. I recognized that I didn't have a part in my resentments – I had 100% of them. Resentment and fear were my reactions to life and the things people did. I had a lot of "unenforceable rules" that people broke and then I got mad or scared. Then I started to manipulate, lie, or do anything to try to control the situation, to make myself feel better. I wasn't people pleasing – I was trying to please myself. I wasn't doing it on purpose. I just didn't know any other way to survive. The steps revealed the truth about my thinking and then gave me a way to begin to practice some new behaviors. They also showed me that I am as powerless over my mind as I am over my trigger foods, my drug of choice.

Today, I live in peace, free of the desire to overeat, one day at a time. When I took the steps from the place of entire defeat, I took responsibility for my behavior, my reactions, my defense mechanisms, my coping skills. I realized that those things affected other people. I made amends, trying to repair any damage I had caused, regardless of what anyone had done to me.

I continue to review my behavior each day and I ask my HP to help me. I am still wired with many of the same thoughts but my behavior has begun to change. I more quickly recognize that I don't get to run the show. Not everything is about me and my plans. Other people get to have an agenda too. I get my job description every morning from my higher power. I have a new design for living and, as our Big Book says on p. 88, "It works – it really does."

Yours in love and service,
Barbara P.



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Fellowship in Recovery

Anyone who has been in recovery for some time can tell you firsthand how crucial fellowship is to sustaining recovery. Compulsive eating is a disease of isolation; and isolation can be deadly. But, no matter how long you have been isolated, fellowship can be found if you truly want it. The Big Book (*Alcoholics Anonymous*), page 152, makes it clear that fellowship in the program of recovery helps us to live without (alcohol) or compulsive eating:

"Yes, there is a substitute and it is vastly more than that. It is a fellowship in Alcoholics Anonymous. There you will find release from care, boredom, and worry. Your imagination will be fired. Life will mean something at last. The most satisfactory years of your existence lie ahead. Thus we find the fellowship, and so will you."

Fellowship is defined by the Merriam-Webster Dictionary as "a friendly relationship amongst people with similar interests." For many of us who have a problem with compulsive eating, the only fellowship we have known is that with others who were also in our addiction. Do you remember your "eating buddies"? But, in many cases, these so-called 'friendships' quickly dissolve once one person stops eating compulsively, and we have to find a new fellowship in our meetings with other compulsive eaters. It says in *For Today*, Sept. 1 (p. 245):

Friendship needs a certain parallelism of life, a community of thought. Henry Adams

We OAs sometimes feel defensive that our best friends are in OA. But what is so strange about that? Where else can I find people with whom I have so much in common? Who else do I know whose purpose is the same as mine? Do any of my other friends and associates know the bottomless despair of compulsive eating?

Yes. I am grateful for my friends in Overeaters Anonymous. I have traded loneliness for closeness, standoffishness for warmth, and selfishness for giving. I am grateful to OA, not only for my abstinence and growth, but also for my friends. May I treat them with the consideration and care they deserve.

For today: I cherish my OA friends; because of them, all my relationships are improving.

Now that we are in recovery (or at least trying to grasp recovery), fellowship is vital. We are your people, and you are mine. Please take time after the meetings, either face-to-face or zoom, to offer the hand of understanding and acceptance to the people who understand you better than you may know yourself.

The Twelfth Step Within Committee Wants to Hear from YOU



NFI MEETING SPOTLIGHT

Hosts: Palm Coast
Literature Meeting
Great sharing!

SUNDAY Morning
10:00 am
Zoom Meeting ID:
858 0571 8534
Passcode: 474953


Small but MIGHTY!!
Come check us out!

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



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October Events from All Over

Getting out of relapse and into a relationship with God

October 3, 2021 @ 4:00 pm – 7:00 pm Eastern Time

Meeting ID: 947 2125 9974

Password: 810562

Join Zoom Meeting: <https://zoom.us/j/94721259974?pwd=TnRQakpUSFplOGZ0QTh3cmpGUjhTZz09>

2021 Marathons Sponsored by Virtual Intergroup of Overeaters Anonymous

712-432-5200 Conference ID 4285115#

Meetings every hour from 8:00A to 12 midnight EST with regular scheduled meetings

Monday, October 12	Indigenous Peoples' Day and Canadian Thanksgiving	Step 10 Spiritual Principle Perseverance~ Keep Coming Back
Sunday, October 31	Halloween	It's Not What You Are Eating, It's What's Eating You

Greater Detroit Intergroup 12 Step Within Committee

VIRTUAL Fall Retreat — TOOLS

Sunday, October 24, 10 a.m. to 3 p.m. (Lunch 12:05-12:50)

Line open at 9:30 a.m. for fellowship.

Recovered members share their experience, strength and hope.

- How do the TOOLS help our recovery?
- Why do we need them?
- What will they do for us?
- How do we live in them?

Phone number: 978-990-5000 / Access code: 213422#

<https://join.freeconferencecall.com/oamonwestbloomfieldmi>

Contacts: Sue S 248-408-2340 / Susie Y 248-320-3105




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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, Oct. 12, 19, 26 and Nov. 2 from 8:00pm - 9:30pm 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



NEW FREEDOM INTERGROUP

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

DONATIONS REPORT 2021		Sept	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		\$189.66
Wed: Step Study Mandarin	51223	\$69.42	\$874.44
Wed: JAX Beach-Wisdom at the Beaches	54507	\$15.00	\$377.00
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	\$60.00	\$139.00
Sat: Serenity Saturday OP NFI			\$0.00
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137		\$200.00
Thu: Unity Church(Acceptance)	50421	\$9.22	\$152.77
Sat: 9:30 AM Welcome Home	48324		\$185.00
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	\$12.00	\$154.00
Wed: Palm Coast - 5:45pm	56604	\$12.00	\$209.00
Thu: Fernandina Beach	49101		\$102.00
Thu: Flagler Beach	15171	\$16.00	\$103.00
Sat: St. Augustine Serenity	00235	\$23.79	\$766.58
Sun: Palm Coast/Flagler Beach	56072		\$0.00
Southern Georgia Groups			
Tue: Jesus	54175	\$50.00	\$360.00
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	\$19.51	\$129.51
Totals		\$286.94	\$4,530.57
Don to WSO		\$86.08	
Don to SOAR8		\$28.69	

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.

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 innervoicenf@gmail.com.



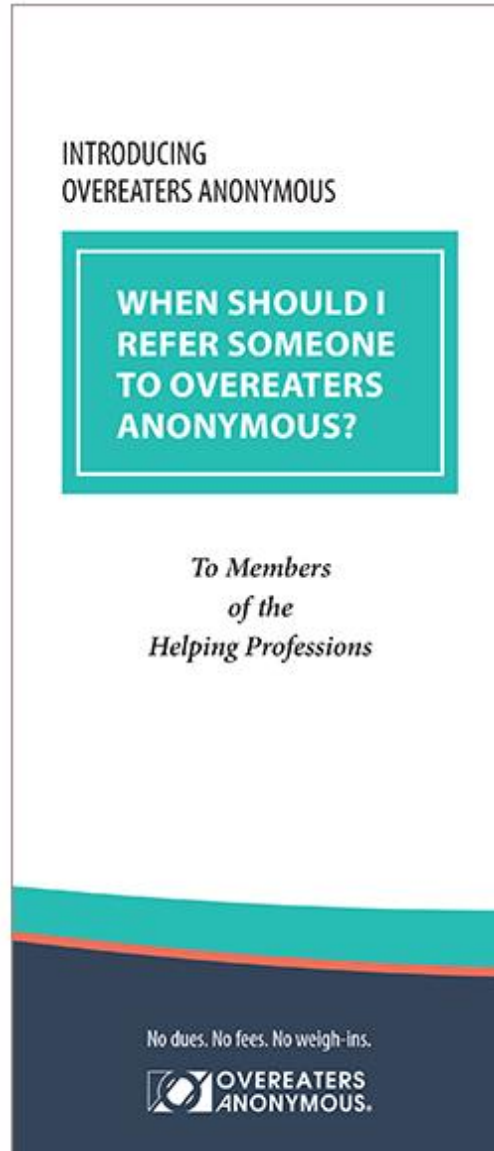
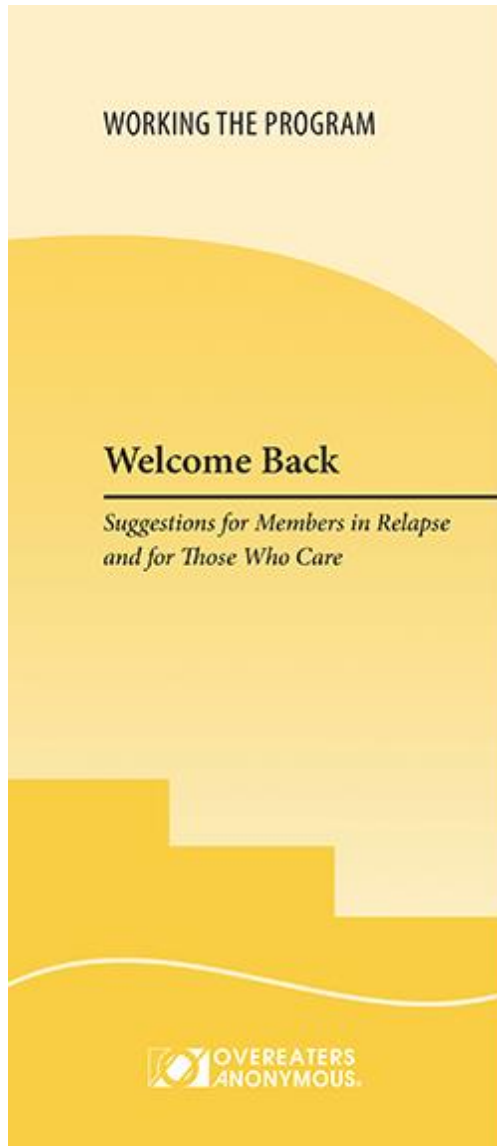
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Welcome Back

*Suggestions for Members in Relapse and
for Those Who Care*

\$1.00



When Should I Refer...

*When Should I Refer Someone to Overeaters Anonymous?
To Members of the Helping Professions*

\$0.60



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