

# Inner Voice

Newsletter of New Freedom Intergroup of OA



*October 2022*

**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.

**STEPPING IN  
GRATITUDE**

**OA FOOT STEPS VIG  
Workshop**

**Sunday, October 2, 2022**  
**3:00 - 4:30 pm ET**  
**Zoom: 853 3288 0508**  
**Passcode: 1212**

**TWO SPEAKERS**  
**Breakout rooms for  
sharing and writing**



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# FACE-TO-FACE RETURNS! (see additional information, next page)



## "Big Book-it" Through The Holidays

**Saturday, October 15, 2022  
9:00 AM - 12:00 PM (Eastern)**

**Doors open for registration at 8:30 am**

**Location:** Lakeview Health Center  
North Star Conference Room, Building 300  
1900 Corporate Square Blvd.  
Jacksonville, FL 32216



**Come join us face-to-face to meet other members of OA.  
We will have speakers to help us study the steps and principles  
through the Big Book. We will also have speakers to share on OA's  
tools that will help you through the fall/winter "HOLIDAYS."**

**\$5.00 donation, or whatever you feel you can afford.  
(No one will be turned away)**

Hosted by Saturday Morning Meeting at Lakeview Health Center  
Any questions call or text  
Susan A. 904-762-3884; Wendy I. 904-710-5555



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# Extra Note for the “Big Book-it” Workshop Oct. 15, 2022

Hello my OA friends. Craving extra fellowship? How about carpooling and come and have an abstinent meal with your fellow OA'ers!!

I was asked to add a note to the flyer for our face-to-face workshop. **Our goal is to help encourage returning back to face-to-face meetings and workshops.**

During these trying times, using zoom to continue attending meetings has been a great gift to us. As I was talking with another member, she asked why we wanted to do a F2F workshop. She is new to OA and extremely grateful for the ability to attend meetings through the internet. I mentioned that I have been in OA since 2005. I shared with her how it was when I first started my OA journey. It was an awesome experience!!! Our meetings were full, after some meetings we would go out to lunch. There many workshops we attended that were one- to two-hour drive away but, We loved it, carpooling was a meeting their and back.

I need F2F meetings/workshops. For me, it is so important to have that human touch. Wendy and I wanted to encourage all our fellow OA'ers to come and meet other people, people that you may otherwise never get to meet. Or come and meet some of the people that you have met through zoom!!

**Please call, text or email if you will be attending.**

— Susan A. (904-762-3884, [maxhomey@hotmail.com](mailto:maxhomey@hotmail.com))  
Wendy (904-710-5555, [Wrirwin32246@yahoo.com](mailto:Wrirwin32246@yahoo.com))

## 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!

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)



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# Service as an Intergroup Representative

Have you ever wondered what it is exactly that an Intergroup Representative does and what the benefits are in having one to represent your meeting?

An **Intergroup Representative (IR)** is a member of an OA meeting who is chosen in a group conscience or business meeting to represent the group at the Intergroup meetings. There are no requirements whatsoever for an IR. This is an exciting service, as the representative is able to hear about all the opportunities offered by the various committees within our Intergroup and relay that information to their meeting. Any time there is a motion on the floor that requires discussion and voting, the IR is able to act on behalf of their meeting, which allows the group a voice in decisions such as amending the bylaws or how donations are to be allocated.

**Intergroup meets the second Saturday of each month from 10:00 a.m. to 11:30 a.m. The zoom session ID is 872 7218 1719 and the passcode is 883350.** Everyone is welcome to attend, and two members from each meeting are able to vote. Here's an idea: a group could choose two IRs and they could alternate the months they attend so that they rotate the responsibility. The secretary sends out all the necessary information to the IRs by email before the meeting and it is useful to have this information available to reference during the Intergroup meeting. The IR is encouraged to take notes during the meeting so that the correct information is shared with their meeting. The Intergroup is always open for questions and, at the end of the meeting as time permits, there is open discussion.

For any questions about providing service as an IR, please contact any board member or committee chair. (See the Trusted Servants list in the newsletter.) The comments below share each OA member's experience with providing service at the Intergroup level and how this has enhanced their recovery program.

— Sandi JC (GA), NFI Interim Secretary

Giving service keeps me in the middle of the program. It exposes me to all different people with different recovery. Giving service is vital to keeping my ego and my "know-it-all gene" in check. I've learned by giving service at the Intergroup level that: it's not all up to me, I'm not in charge and other people have great ideas. Being at an Intergroup meeting and hearing a motion with pros and cons has been eye opening for me to understand that I can always learn from someone else whether I agree with them or not. Service has taught me to respect other people's opinions and views and in turn I've learned to respect myself through respecting others. Most importantly, service keeps me humble enough to know that I'm not in charge and my Higher Power is, and that is what keeps me abstinent – one day at a time! (Carly B- FL)

I started my service to our intergroup when our Savannah meeting was asked by the chair of NFI to join the NFI intergroup.

That was the beginning of the miracles. I was struggling in OA for over a year by just attending one Big Book meeting a week and thinking I could work the program without a sponsor. When we joined NFI, we did our first road trip to Jacksonville for the monthly intergroup meeting. Several things occurred by regularly attending the monthly meeting. First, I learned more about OA, and I met wonderful members where I learned various ways the different committees could help me work my program. I found sponsors that worked the steps with me and helped me create a food plan. Thankfully, my sponsor required me to continue service work. I participated in registration for the Big Book weekend at Jekyll Island, where my recovery was enhanced and strengthened by the speakers and attendees. I later became secretary of NFI. When the trials of life happen, my service commitments help me stay working on my program with the support of the many NFI members. During Covid we continued meeting virtually. The officers and the meeting representatives continued to keep the meetings informed by providing many resources such as paying for zoom meetings. I cannot imagine what my life would be like today if we had not kept our OA groups going. Doing service builds my inner strength. Attending Intergroup allows me to discover new information about OA and all the resources available that will help me and my fellows as well as learning to develop friendships that help me fight my disease one day at a time.

— Ellen-Augusta Livingston (GA)



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# Lifeline: Stories of Recovery

## Shining Miracles

Before I'd ever heard of OA or its Principles and practices, my only desire was to lose weight. I was tired and bloated and felt ten years older than I was. God intervened and put the words "Maybe you could try Overeaters Anonymous?" upon the lips of a good friend. I went to a meeting and immediately felt at home. Everyone was sharing my story. Everyone cared. I began getting the feeling of belonging with people who were just like me.

I attended a few more meetings to make sure this was really happening, and then I found someone who said she would sponsor me on a temporary basis. (It lasted two years!) She started me off with daily phone calls, committing my food, and working Step One. My first miracle was that I began to lose weight. My second miracle: I became honestly accountable to another person, someone I trusted. And my third miracle was finding a Higher Power and believing with my whole heart that this Power knew all about me and still wanted to help me.

As I moved through Steps One to Six, the weight was dropping off. Program was showing me alternatives to running to the food and away from life during times when I felt anger or fear. As I learned new habits, I seemed to feel my feelings with more passion and stronger emotions than before. I believe this was because I was no longer stuffing them down with food. I had opened my heart and my mind to a new way of thinking and acting, and it was unlike anything I'd known before. Everything was raw. (They told me it would be raw.) I was terrified, but I continued to work because I believed my miracles were being formed as I was moving through the turmoil. I learned patience with myself and others. I learned compassion for all who were hurting. I learned to love others even if I did not like them.

My personality changed. My attitude changed. I could see more positive directions than I'd ever seen before. This is what I thought was my fourth miracle: I no longer whined at every turn about how life had wronged me. The wrongs had become opportunities for me to try something new and better. Life was teaching me. My Higher Power was teaching me.

Even with my new attitude and healthy lifestyle, suppressed feelings continued to push their way up and out. Some days it felt almost like a vomiting. I would run and hide so that no one could see the ugliness I held inside.

Writing was my saving grace. The more that my feelings surfaced, the more I wrote. The more I wrote, the lighter I felt. My miracles were coming together as one. I was finally letting go of the heaviness caused by years of guilt and shame. I was being cleansed. I learned to love myself enough to take out my garbage so that I could make room for love and kindness.

I am not perfect, nor will I ever be, but that does not stop me from working to keep my miracles alive. I am guided by the light of the miracles that this program shines on me every day.

— Liz B., Chicago, Illinois USA (Reprinted from *Lifeline*)

## Step 10: Keeping Track

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

I had no problem with this. I wanted to keep track of how I was doing in my first program (pre-OA), and I was never wrong!

I get a good laugh out of that last idea now, when I am often wrong and it is ok because I am meant to be human, not perfect, so I laugh at myself and look at my faults and keep working on them.

I started doing a tenth step before I had done Step one because I like seeing where I'm at. It did help me see that I was progressing just a tiny bit each week. That is one of the reasons I believe that although the steps are best done in order, they can also be done when you need them. Keeping track of my progress encouraged me to keep on keeping on despite slips.

The second part of the step was a bit harder for me. My husband used to say I would die before I would admit I was wrong. I just figured he was a sore loser or he would admit I was right about everything...But then one day he said



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something that hurt my feelings and I immediately attacked him verbally. This was a family pattern: if you feel bad, figure out whose fault it is and make them feel worse.

He left the room. I suddenly thought, ‘that was wrong.’ So I hunted him down and he did not look glad to see me when I found him. I opened my mouth and croaked, “I was wrong.” The look of astonishment on his face was a reward in itself. At the same time I felt two great burdens roll off my shoulders. It is a lot of work having to be right all the time. You have to warp reality. The second great burden was the realization that he still loved me even though I had often been wrong; that I didn’t have to be perfect to be loved. That is the whole point of a 12-step program: self-initiated, self-guided, self-actualization. We come, we try stuff, and we find what works for us in our own recovery.

— PM, Gainesville FL

## Tradition Ten: Organized Chaos

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

What a refreshing concept! It seems in this hustling bustling world of social media, everyone has an opinion on everything. And if anyone disagrees, it become public controversy on any number of global, digital social media platforms. Yikes!

Thankfully our pioneers understood that in order for us to help one another, we must each approach each other as equals – each possessing a common peril and common solution.

In OA our literature suggests specific tools regarding our program to recover from our hopeless food addictions. Whether rooted in compulsive eating or other compulsive food behaviors, our program clearly outlines a program of action that has worked for us and countless others.

In the light of this great news, OA, in accordance with its tenth tradition, will never comment on other methods of recovery from food addiction and/or compulsive food behaviors. It will not comment on diet clubs, medications, “weigh and pay” programs, or exercise plans. OA aligns with what the pioneers of AA learned – any affiliation with any outside issue or enterprise can be fatal to unity.

Just look at the experience of the Washingtonians. Based in Baltimore, the Washingtonians were a very early group of alcoholics who tried to help each other through the power of fellowship. But given the climate of their time, they argued strongly on issues such as temperance and abolition. These arguments became their downfall.

As a concept, Tradition 10 aligns squarely with anonymity – a core element of our recovery program – and our name! Tradition 10 helps our membership foster unity in our primary purpose of helping the food addict that still suffers. Our membership includes individuals from all cultures, ethnicities, political beliefs and cultural backgrounds. As fellow members of OA, we discount all these and focus on our desire and need to help each recover from our common disease.

Strict adherence to the concepts of Tradition 10 also foster security in the newcomer who seeks a safe place, divorced from common societal divisions. OA does not want us to be devoid of opinions, values and attitudes, but they should be reserved for your life outside “the rooms.” The tradition is for the program overall, but it provides lessons for the individual. We should avoid getting too caught up in arguing for the sake of arguing. It’s not good for our recovery and might even damage our social life as a whole. Politics and religion are important—but there are always other things to discuss.

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

— John K.



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## Trusted Servants and Committee Chairs (New emails)

### GENERAL INFORMATION

Chair	Echo G.	561.704.2917	oanfig@gmail.com
Vice Chair/Bylaws	Barbara C.	352.474.1366	chairnfi@gmail.com
Treasurer	Carly B.	303.710.0589	vicechairnfi@gmail.com
Secretary (interim appointment)	Sandi JC	912.464.4231	nfitreasury@gmail.com
Delegate	<b>VACANT—Consider doing service</b>		oanfig@gmail.com
Newsletter/Meeting List	Mark W.	904.527.3433	delegatenfi@gmail.com
Public Info/Prof. Outreach	Nancy K.	516.286.1888	innervoicenfi@gmail.com
Young Persons	<b>VACANT—Consider doing service</b>		piponfig@gmail.com
12th Step Within	Georgette P.	352.870.4454	youngpeoplenfi@gmail.com
Sponsor Coordinator	Augusta L.	912.508.4777	ghabanero56@yahoo.com
Website	Brian B.	904.616.0608	sponsorsnfig@gmail.com
Ways and Means	<b>VACANT—Consider doing service</b>		websitenfi@gmail.com
			wandmnfi@gmail.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 10. 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, October 8th from 10:00 am to 11:30 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350).

Highlights of what was covered at the September 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 last month! They should be reflected on the website and meeting list.
- OA Intergroup Inventory:
  - How do we get more people to come to NFI meetings? Currently working on a possible survey for this. Barb showed off the first draft and gathered feedback for a second draft. Hope is to have this completed soon so that we can start getting input and have it ready for any workshops.
  - Be on the lookout for testimonials in the *Inner Voice* for what service at the intergroup level has meant for us. If you didn't read it yet, there was an awesome article in the August *Inner Voice*!



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- A motion has been made that we consider making a one-time donation of \$1,500 to World Service.
  - We have tabled the discussion until the November meeting so that we can find out if we received the bid for the 2023 Region 8 Recovery Convention and Business Assembly, as the group was concerned we may need the funds for that.
- 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!
  - In September, we approved support kits to be sent to three meetings, two in Savannah, one in Brunswick.
- 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 have seen a lot of visitors from all over the world coming to meetings but only one time, or we get a newcomer who only comes once in a while. What can we do to encourage people to come to our meetings more often? How do we make sure people feel welcome?
    - Make sure that it is easy to find and retain the zoom meeting information, especially for members who may have connected initially via the search function on oa.org. Giving them the meeting information again at the end of the meeting gives someone a chance to save it for next week.
    - If you have a newcomer greeter, make sure they get contact information in order to be successful in their outreach. If you do not have someone designated for this position, consider discussing it as a group and potentially adding it! Personal outreach can make a big impact!
    - Offer to stay after the meeting to answer any questions and provide a little personalization.
    - If you have a newcomer, consider having a newcomer meeting and give people a chance to share their experience of finding and coming to OA. This may give a newcomer a chance to relate and feel more comfortable sharing their own story.

## Sponsorship Coordinator's Monthly Update

I am working on rebuilding an **Available Sponsor List** as your Sponsor Coordinator. Please help me out by letting me know by email, text or phone whether you are an abstinent sponsor. You do not have to be *currently* available, but that you are *willing* to sponsor as your schedule permits. But **do** please indicate if you are currently available.

<p><b>New Email!</b></p> <p>Sponsor Coordinator has a new email. We created an email which enables another member to easily take over when we end a term:</p> <p><a href="mailto:Sponsor.nfig@gmail.com">Sponsor.nfig@gmail.com</a></p>	<p><b>Are you a sponsor?</b></p> <p>Please complete this google form:</p> <p><a href="https://forms.gle/Q7jMcx5fcmQvBXZ47">https://forms.gle/Q7jMcx5fcmQvBXZ47</a></p>	<p><b>If you need help...</b></p> <p>...finding a sponsor, please contact me or if you want to make sure you are on the sponsor list.</p> <p>Augusta L 912-508-4777  <a href="mailto:Sponsor.nfig@gmail.com">Sponsor.nfig@gmail.com</a> or  <a href="mailto:augustalivingston1985@gmail.com">augustalivingston1985@gmail.com</a></p>
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# NFI Delegate Service Position

Want to travel? Provide service at the Region and the World levels? Consider serving as Delegate.

The New Freedom Intergroup Delegate serves as a member of the NFI Board, and is our primary representative at the Region 8 Business Assemblies (two per year, spring and fall) and attends the World Service Business Conference (WSBC) in Albuquerque, NM at the end of April/beginning of May. Because this position holds such trust, there are qualifications for this service (NFI Bylaws Article IV, Section 2—Qualifications of Candidates):



- Be a regular member of an affiliated OANFI member group.
- Be working the OA Twelve Steps, the OA Twelve Traditions, and the Twelve Concepts of OA Service to the best of their ability.
- Have attended at least six (6) Intergroup meetings.
- Have at least one year of current abstinence and at least 2 years of service beyond the group level as stated in the requirement of OA Inc. Bylaws, Subpart Article X,

Section 3c 1. (Permission for any exception in qualifications for valid reason, if deemed credible by the trustees, may be received by application to the World Service Office.)

In addition to the requirements above, the WSO suggests that delegates be selected for their sound judgment, experience, and stability. It is further suggested a World Service Delegate be a current or past regional representative (WSBC 2014).

As a participant at the WSBC, delegates shall not be bound by the wishes of their service bodies, but should not vote against these wishes unless situations arise at the Business Conference making it necessary for the best interests of Overeaters Anonymous as a whole (WSBC 2014).

## From The TSW Committee *Returning to Meetings*

Have you seen new members or returning members at your virtual or in-person meetings only once and never to return? Here are some things our NFI members shared that they do to encourage members to come back to their meetings:

- Have a member(s) share briefly about their story if a newcomer is at the meeting
- Provide new members with the meeting date/time, location and Zoom info – some members go online and find a meeting on oa.org and don't remember how to get back to it, but they want to return!
- Invite them to come back!!
- Have a "parking lot" after the meeting. Invite people to stay around and talk or answer questions for new or returning members after the meeting ends.
- Ask members to put contact information in the chat so other members can make outreach calls to them
- Put your information in the chat so others can reach out to you
- Put helpful information like your intergroup website, newsletter, workshops, and other ways to stay connected in the chat
- Have a welcoming attitude and provide a meeting where everyone feels included but not singled out

What did we miss? What works at your meetings? Please share your ideas with us at [oanfig@gmail.com](mailto: oanfig@gmail.com). Together we get better!!!

**NFI MEETING IN THE SPOTLIGHT**

This is an intensive study of the Overeaters Anonymous Twelve Steps and Twelve Traditions, 2nd Ed. We will use the appropriate workbook to complement our discussion.

**WEDNESDAYS 5:30 PM**

**FACE-TO-FACE**

Come join us! We are reaching out our hands for power and strength greater than ours.

**"The OA Promise" Meeting**  
Unity Church  
8801 NW 39th Avenue  
YOU Room  
Gainesville, FL 32606  
Meeting #57568



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# Pen Pal Outreach Program

Do you ever wonder if there are different ways to implement the Tools or Steps into your daily life that you have not heard or thought of? Are you desiring outreach with another fellow on a deeper level, someone you can build a lasting connection with to help you strengthen and enhance your program?

I have found this needed addition for outreach in my recovery through the Pen Pal Program. The person I write to may be in the opposite time zone, however, the experience, strength, and hope that we share reminds me of two friends sharing their lives over a cup of coffee. We share not only about our past and what brought us into OA, but also how OA has given us a new freedom. We exchange ideas from the committees we serve, and this benefits our home committees when we relay those ideas. Since my pen pal shares about meetings in her time zone, I can now attend a variety of meetings which introduces me to new people and different formats for OA meetings. I often read over my pen pal's cards and letters which give me encouragement and hope through difficult days.

I encourage everyone who has any interest at all to consider reaching out through this pen pal program. There are no requirements to be a perfect at spelling or writing or to write multiple pages. I have found that my OA fellows accept me just as I am. The internet offers free e-card sites where you can choose a greeting card, enter the person's email, write your message, and just click send. I firmly believe that the outreach this program provides has helped develop and strengthen the manner in which I build healthy relationships, and this has vastly improved my recovery.

In grateful service,

— Sandi JC (GA)



**Seeking OA Pen Pals!**

Is writing your preferred method of communication?  
Do you like to receive letters, either in the mailbox at your home or the virtual mailbox on your computer?

**Join our Pen Pals Program!**

To be partnered up with someone, please send an email to [linsey.guertin@gmail.com](mailto:linsey.guertin@gmail.com)  
with the following information:

Your Name:  
Do you want to receive:

- Physical letters/cards/mail ONLY
- Email ONLY
- Both physical mail and/or email would be fine

Physical Mailing Address (if you selected this option):  
Email Address (if you selected this option):  
Are you willing to be partnered with more than 1 person? Yes or No



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## For Today Workbook

A new way to use a favorite tool! Gain new insights as you reflect on the daily reading in *For Today*. This companion workbook provides thought-provoking questions for each reading in the book. Workbook includes two questions per page and provides space to write answers. Copyright 2013. Softcover; 208 pages.

**SKU 974**

**\$12.00**



## For Today

Offers inspiring and thought-provoking affirmations and readings for each day of the year, written especially for OA members. Copyright 1982. Pocket-sized, softcover, indexed; 374 pages.

E-book formats are available. OA receives a royalty share for e-book purchases made through these third-party vendors (links open to external websites):

- [Amazon Kindle](#)
- [Apple Books](#)
- [Barnes and Noble Nook](#)

*Sólo por Hoy*, our Spanish-language version of *For Today*, is also available as an e-book:

- [Amazon Kindle](#)
- [Barnes and Noble Nook](#)

**SKU 984**

**\$12.00**



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## Events from All Over



*3 speakers in recovery will discuss their abstinence,  
How they define, what actions and food they include.  
All invited for the learning and sharing!  
And yes, we will be mentioning specific foods!*

**WORKSHOP:** October 12, 2022

6:30 – 8:30 PM Eastern Time

Room will remain open until 9 PM for additional fellowship

**ZOOM INFO:** <https://zoom.us/j/89871331438>

**MEETING ID:** 898 7133 1438

**PASSCODE:** 525410

**DIAL IN:** 1 646 558 8656

**CONTACT FOR QUESTIONS:** Margie 304-615-4336 (Calls or text); email: Mom1925j@gmail.com



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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)**

- **October 9th - How to Twelve Step a Problem**
- **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=eXZWSUNNdVhtZ3hHZHZJY2RRejlkzdz09>

**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](mailto:info.workshop@oavirtualregion.org) or [chair.workshop@oavirtualregion.org](mailto:chair.workshop@oavirtualregion.org)**



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**Do you  
have a  
problem  
with  
food?**



## Newcomers Workshop:

The Disease of Compulsive  
Eating and the Promise of  
Recovery

Virtual Workshop

Saturday, Oct. 15, 2022 10:00 am – Noon CDT

Join Zoom Meeting

Meeting ID: 850 9549 6827

Passcode: 1212

Join by Phone 312/626-6799

Meeting ID: 850 9549 6827#

Passcode: 1212

<https://us02web.zoom.us/j/85095496827?pwd=Nm1QVm5MZ3BFUUlONjZrSTRkdldjQT09>

## **Two speakers share their experience, strength and hope**

Are you a newcomer to OA? If you've been a member for two years or less, or consider yourself a newcomer, then this workshop is for you. Learn more about OA's program of recovery from eating disorders. Get questions answered. Meet other members — including other newcomers.

Everyone is welcome: Members, New Members, Non-members. Questions will be answered. This forum will be helpful for individuals wanting to learn about Overeaters Anonymous, as well as for newer members looking for additional support and insights. This Workshop is sponsored by the **Milwaukee Area Intergroup**.



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# Fall 2022 SOAR8 Assembly

SAVE THE DATES:

Region 8  
Assembly &  
Miami-Dade  
and The Keys  
Recovery  
Convention:

October 21, 22, & 23, 2022

XOXO

CELEBRATING  
THE SOLUTION:  
A weekend of  
Light & Love...

**VIRTUAL EVENT**



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 [innervoicenfi@gmail.com](mailto:innervoicenfi@gmail.com).



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DONATIONS REPORT 2022		Sept	YTD TOTAL
PAYPAL - Individual Donations		\$82.52	\$626.60
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	\$732.64
Wed: JAX Beach-Wisdom at the Beaches	54507		\$183.06
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	\$30.00	\$541.46
Sat: Serenity Saturday OP NFI			\$0.00
Sun: Military	800278		
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137	\$80.00	\$250.00
Thu: Unity Church(Acceptance)	50421	\$264.22	\$592.98
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	\$427.17
Sun: Palm Coast/Flagler Beach	56072	\$80.00	\$220.00
Southern Georgia Groups			
Tue: Jesup	54175	\$25.00	\$225.00
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		\$637.96	\$4,775.40
Don to WSO		\$191.39	
Don to SOAR8		\$63.80	

## 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.

## Responsibility Pledge

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