



OUR TURN!

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.

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 by **December 20**, and we will start the new year fresh with a feature in the January issue!

Step 10: Wrong?!?

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

This is my favorite step mainly because I spent the first 25 years of my marriage never being wrong. If you believe that, which I did, I have a bridge in Brooklyn to sell you.

My husband would say I would die before I'd admit I was wrong and I would just look at him and think, "Sore loser," believing that if I had been wrong *of course* I'd have admitted it! Just so happened I never was...

I also liked the idea of a personal inventory because I wanted to see if the steps were working or not, so I did Step 10 from the beginning of my 12-step life in another program. It was very reassuring to see that I was changing a bit every day, less controlling, less bossy, less happy to scold everyone, etc.

We were doing steps in a workbook and when we got to Step 10, I had realized that part of my pattern was if I felt bad, I would find out whose fault it was, because everything that happened was someone's fault, and shame them and blame them till I felt better. It was what we did in my family.

I laugh at this now. Stuff happens and it is not always someone's fault.

One day, inadvertently Bob hurt my feelings, and then he asked me, "what's for lunch?" I shamed and blamed him over wanting lunch because I was hurt. As he walked off, I realized that blaming him was just mean, i.e., wrong. So I took a moment to get ready to promptly admit I was wrong, and followed him into his office. He didn't look glad to see me!

I stood there at the door and started to say "I was wrong," but the words came out as a croak because my throat seized up. Two things happened at that moment. I realized he was right that I had been unwilling to ever admit I was wrong, and he still was there, so I didn't have to be perfect to be loved. The other thing was this feeling like a big rock had rolled off my back, because it is so much work having to be right. You have to twist things and ignore reality, etc. It was such a relief!

Keeping track of my progress in recovery is one of my joys. I no longer have to correct others, know the one right way for everyone, give directions, be brilliantly sarcastic. Whatever is going on, I can work on me so I don't have to react to everything. My old ways are slowly leaving me and I am actually accepting people as they are, being kind to the best of my ability, having compassion, and recovering one little step, word, action at a time. Happy.

— PM, Gainesville FL

More on Step 9 from the Region:

Amends to My Mother

I'd like to share with you my current step work regarding a resentment toward my mother. I resented my mother for over eight years because she suffers from mental illness and addiction and is not honest with herself about it. Often, she acts overly sweet, making it difficult for me to set healthy boundaries with her. I have often pitied her instead of feeling love for her. This has added to my resentful feelings. As the instructions in the *Big Book* tell me, I need to ask myself what instincts in me were threatened as a result of this resentment. After careful thought, I was able to see that my self-esteem, security, ambitions, and personal relationships were all affected. Underlying everything, of course, was fear. I was able to connect with God and see my part in the resentment: I was criticizing another sick and suffering person, and feeling superior to them (in this case, my mom).

It was not my job to assassinate my mother's character, but rather to celebrate the person who she is. Here is how I implemented my amends to my mother: I took her out to eat for her birthday and paid for our dinner. I stayed true to my program by committing my food ahead of time. I made this get-together about spending quality time with my



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mother, and not all about me. And in line with being of service, I planned to help newcomers at my 7 pm meeting that night, followed by a meeting with my sponsor to work on Step 5. Today I can give people, especially my mother, the gift of living in the moment. In the next 24 hours I can be free of this resentment and make my amends. I can make up for missing my mom's 50th birthday by showing up for her today. All this is possible because I am willing to reach out to my Higher Power and work the steps.

– JA

Tradition Ten:

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

OA's PRIMARY PURPOSE is to help those who suffer from compulsive overeating/compulsive food behaviors to recover, finding freedom, joy, and serenity in that recovery. Tradition Ten allows OA to stay focused on that primary purpose. If OA supported or endorsed unrelated issues - issues that dilute or cause us to stray from our primary purpose, it could not be as effective in helping compulsive eaters recover.

There is one thing that EVERYONE in OA shares – a problem with food, and a desire to solve that problem. Otherwise, members of OA are extremely different. We come from many different walks of life, economic levels, social and cultural groups. We are a very diverse group of people. Likewise, our opinions on all issues other than our food problem are very diverse. Many members of OA would feel alienated if OA began endorsing political, religious, or social ideologies. This would damage our fellowship. Our fellowship is based on the shared problem and a shared desire to solve that problem.

Outside of OA activities, members are free to follow and participate in whatever political, religious, or social beliefs, opinions, and activities they choose. In respect to tradition ten, we are careful not to bring these unrelated/outside opinions into OA. I was once admonished (and rightly so) by my sponsor for wearing a t-shirt to an OA meeting that had the name of my favorite political candidate written in bold letters on it. She reminded me that I am a member of a fellowship and bringing outside issues into the meeting could alienate other members...make them feel uncomfortable...cause discussion unrelated to OA at the meeting. As a member of a fellowship, I want to take action to strengthen the fellowship, not to weaken or dilute it.

Tradition Ten also reminds us not to criticize or degrade outside issues, or opinions inside the rooms. We must remain neutral to outside issues so that the focus constantly remains on our food problem and the solution to it. We do not want to alienate others by inadvertently criticizing their outside beliefs by making negative comments. As recovering addicts, many of us have enjoyed conflict and its ensuing drama. This tradition requires us to avoid these behaviors to support the unity of the fellowship.

What exactly are "outside issues"? Some are obvious, like politics and religion. Others are more subtle. What about paid for weight loss programs or non-OA literature about nutrition and dieting, or about spiritual pursuits? OA develops its own literature to keep the message simple, constant, and pure. In meetings, we need to avoid endorsing outside weight loss businesses and literature that is not OA approved. Newcomers need to hear a consistent message from all of us. Of course, outside of OA activities, we are free to read any literature or support any business we choose.

Our Twelve and Twelve tells us that "Tradition Ten frees us to concentrate on recovery from compulsive eating without the conflicts that seem to rage in the world around us." Let's enjoy that freedom and the unity it brings our fellowship by keeping the focus on recovery from compulsive eating/compulsive food behaviors, rather than on outside issues.

– Lucy



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Concept 10 – Not Splitting Authority

Concept 10: Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.¹

Nearly all societies and governments of today exhibit serious deviations from the very sound principle that each operational responsibility must be accompanied by a corresponding authority to discharge it.

In our parent society of Alcoholics Anonymous, great lengths were taken to define the several authorities and responsibilities of the A.A. groups, the Conference, the trustees, and our active service corporations. This concept is designed to ensure that authority in each of these levels is equal to responsibility.

This concept delivers a core characteristic of every good operational structure — it guarantees harmonious and effective function by relating its several parts and people in such a way that none can doubt what their respective responsibilities and corresponding authorities are.

Unless these job functions are well defined; unless those holding the final authority are able and willing properly to delegate and maintain a suitable operational authority; unless those holding such delegated authority feel able and willing to use their delegated authority freely as trusted servants; and unless there exists some definite means of interpreting and deciding doubtful situations — then personal clashes, confusion, and ineffectiveness will be inevitable. Concept 10 is designed to help limit these potential issues.

In practical terms, this concept requires each OA member to consider how they handle authority as a trusted servant. Am I a dictator with those I sponsor, with my spouse and children, or at work? Can I now trust others to carry out their responsibilities when I delegate jobs to them? Do I use my authority sparingly? Can I imitate my Higher Power in the loving way he trusts me?

The other half of this concept teaches me to have respect for the authority God has given us. The tenth concept inspires us to want to help accomplish the tasks God has created for us. Most important for those considering the tenth concept: When there is conflict, can I surrender to the group conscience as the ultimate authority?²

Bill Wilson, founder, AA, remarks on Concept 10, “A condition to be avoided at all costs is double-headed business or policy management. Authority can never be divided into equal halves. Nowhere does such split authority or double-headed management so bedevil a structure as in its executive departments. The vital need of avoiding double-headed executive management will be fully discussed under Concept XI.”²

It is interesting to see the lengths Bill Wilson goes to in the tenth concept to explain the proper use of authority in A.A. He was trying to let go of the reins of Alcoholics Anonymous, and he was trying to see that the principles of A.A. would survive without him. He felt that the tenth concept helped solve the issue of handling authority in the service structures of A.A. with sober alcoholics, who all think they are experts on authority.²

A suggested tenth concept service prayer: Father, teach me to be responsible for all the talents you have given me, and may I not rebel, but accept the authority you give to others over me since it comes from you.²

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.

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

² *Preparing for the Tenth Concept of Service*; Accessed on 9.19.23 from https://1212and12.org/wp-content/uploads/2021/02/1212and12_concept_10.pdf



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SERVICE OPPORTUNITY! BASKETS NEEDED!

Do you have interest in making a basket for the October Recovery Convention, but you're not sure where to start? Look no further! Here's a quick FAQ about basket auctions and some tips to help you make a basket that everyone wants to bid on! At the Tybee Island Recovery Convention, this will be a silent auction, which means a bidding sheet will be placed next to the basket and attendees will increase the bid based on how much they want that basket or item! There is always a minimum starting bid.



Q: What's a basket auction?

A: Groups or individuals contribute baskets for a silent auction. These baskets generally combine smaller value item donations around enticing themes to attract bidders. Gift cards may be included.

Q: Do I have to use an actual basket?

A: Nope! Feel free to get creative! Also note that your contribution does not have to consist of a bundle of things. For instance, if you'd like to offer something like a single painting or a solo needlepoint, you do not have to include it as part of a basket.

Q: Do I have to have a theme?

A: Again, nope! Go with what makes you happy and brings you joy. Odds are someone else will feel the same way.

Q: Can my meeting supply a basket? Can I do more than one?


A: Absolutely! Baskets can be donated by individuals, meetings, intergroups, etc. You are also welcome to submit as many as you would like!

Q: Should I include a list of the items?

“A Vision For You” Basket

- God Box: Third Step Prayer (engraved)
- AA Big Book, spiral bound pp. 1-184
- Travel Mug: Vision for You/Acceptance
- Recovery Pen: A Vision for You
- Rainbow spiral notepad
- Glass Stones (6): Recovery Words
- Bookmark: A Vision for You
- Journal: Serenity Prayer Cover
- “Sea Breeze” small candle jar

EST. Value: \$100



A: Yes, please provide a list of the items that are included in the basket. For example: 1 notebook, 1 OA 12&12 book, Candle, Teddy Bear, \$25 Target Gift card...etc. While mysteries can be fun, you are more likely to entice bidders if they know what is included. Also, please provide an actual (or estimated) VALUE for the basket/item. We start the minimum bids as a percentage of the value.

Q: Are there things I should NOT include in a basket?

A: Please do not include food items that contain sugar (teas and coffees are okay). Do not include literature that is not approved by OA WSO (Blank journals are okay). For a list of conference approved literature, please visit https://www.oa.org/pdfs/oa_approved_literature_list.pdf.

Q: How should I donate my basket?



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A: When you check in at registration, you can also drop off your basket. Please make sure to wrap baskets in clear cellophane or otherwise ensure that all items are secured in the basket. Georgette P is overseeing the silent auction – she will gladly ensure your basket makes it to the appropriate table.

If you have a question that I didn't think of, please email me at chairnfi@gmail.com.

Need ideas of what to include or suggestions of themes?

- A newcomer's basket could include a copy of the 12&12, pamphlet, wallet cards with slogans, a journal for taking notes, etc.
- A book worm's basket could include bookmarks, crafty book ends, a copy of the Big Book, highlighters, etc.
- A game night themed basket could include board games, card games, trivia-themed items...
- Handcrafted items such as crocheted or knitted crafts, needlepoints, paintings, ceramics, holiday wreaths or door décor, etc.
- Hobby baskets can focus on a special interest such as: Gardening (use a flower pot or planter for the base, include seeds, a watering can, gloves, etc.). Fishing (start with a tackle box, add a hat, some lures, gift card to Bass Pro, Shop, etc.). Painting (could include a paint by numbers kit, mini canvases, paint brush set, etc.)
- Pampering baskets can include things like bath bombs, candles, pedicure and manicure kits, etc.
- Assorted gift cards.
- Halloween themed baskets (we will be in October after all!). Could start with a plastic pumpkin base and be full of fun fall decorations, horror movies, etc. (But NO candy!!! Duh.)
- And don't be afraid to get creative with your containers as well as your content!

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	VACANT—Consider doing service	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	VACANT—Consider doing service	youngpeoplenfi@gmail.com
12th Step Within	Georgette P. 352.870.4454	gabanero56@yahoo.com
Sponsor Coordinator	Hailey 404.797.5586	sponsor.nfig@gmail.com
Website	Brian B. 904.616.0608	websitenfi@gmail.com
Ways and Means	VACANT—Consider doing service	wandmnfi@gmail.com



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REGISTRATION FORM:

Registration Status:

_____ Recovery Convention Attendee

OR: Business Assembly Attendee (Need COE):

_____ Board Member _____ Trustee

_____ Funded Comm. Chair _____ Parliamentarian

_____ Representative (First timer) IG# _____

_____ Representative (Returning) IG# _____

_____ I WILL be a Mentor

_____ I cannot mentor this time

_____ I am also my INTERGROUP'S CHAIR

_____ I will be attending virtually and NOT voting.

My registration as a VIRTUAL VISITOR is FREE

I need translation services: _____ Portuguese

_____ Spanish

I WILL GIVE SERVICE:

_____ Speaker - I have 90 days of continuous abstinence

Initial here

_____ I speak Spanish/Portuguese

(Please circle language)

_____ Anywhere -- as needed

_____ Hospitality Room

_____ Hunger/Greeter

_____ Meeting Room Timer

_____ Pager/Runner (in Business Assembly)

_____ Registration Table

_____ Sell Tickets for Drawings

If you need a roommate, check below. NOTE: Please make a reservation for a room with two beds - it can always be cancelled if not required.

_____ I need a roommate

MEAL INFORMATION

Last date to order meals: 10/13/23

Lunch and Dinner on Saturday will be catered for your convenience, or you can find just the right food spot to savor the best seafood or classic southern cuisine. **Guests are invited to partake, as well.**

Lunch (\$20) will be catered by "Lainn Chicks" and you may select from several delicious spinach wraps (with side salad) or a green dinner sealed with seasoned chicken. Dinner (\$50) is a buffet with salmon and burgers, plus salad and side dishes, at the North Beach Bar and Grill restaurant (2.5 miles north of the hotel). Tybee Island has a golf cart taxi service for \$5 a ride.

Complete information about meals is available on <https://SOAR8-WelcomeHome.eventbrite.com> and www.oanfig.org web pages.

There is no restaurant at the hotel (only a lounge and poolside bar). Tybee Island restaurants are just steps from the hotel and offer a wide variety of dining options. **Breakfast is on your own.** Each room should have a refrigerator.

For more information about this event contact:

Committee Chair – Augusta L.

Email: augustalivingston1985@gmail.com

Phone: 912-508-4777

TRANSPORTATION:

SAV- Savannah/Hilton Head Airport

The hotel is approximately 60 minutes from the airport. (No shuttle is available.) Estimated costs:

- Taxi = \$53 one way (+\$5 (extra person))
- Uber/Lyft = \$35 one way

(Transportation fees to downtown Savannah over this Halloween weekend may be significantly higher than normal.)

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If you are reading a paper copy, additional copies of this flyer can be downloaded at www.oanfig.org OR www.oanfig.org. Please distribute to your groups.



66 Welcome Home,

Y'all!"

(Willingness is the key)

New Freedom Intergroup of OA is hosting the SOAR 8 Fall Recovery Convention and Business Assembly.

October 27-29, 2023 Tybee Island, GA

Hotel Tybee

1401 Strand Ave, Tybee Island, GA, 31328, USA
Hotel Tybee is located next to the Beach Parking and Pavilion (14th Street). It is approximately a 2.5-mile walk to the restaurant, past the Tybee Lighthouse, and the Marine Center which are located at the North Beach of Tybee.



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HOTEL INFORMATION



Hotel Tybee
 1401 Strand Ave, Tybee Island, GA, 31328, USA
 Phone number: 912-786-7777
 (Call hotel directly – do not book online)

You must make your own reservations before 9/26/2023. Hotel requires a credit card to hold your reservation. Use code "SOAR2023" for special rates. Any reservations made after that date will be charged at the current room rate.

THERE WILL BE NO EXCEPTIONS.

RATES: \$155 /night Two Queen (Inland view) + \$15 /day parking + \$5 /night GA hotel fee + 14% taxes per night. (Total = \$199.50 /night). Rates are available for three days before and after the event. Rooms have refrigerators, microwaves, and coffee makers. Rate is for up to four people in the room. (Must place \$50 deposit per room for incidentals during the stay.) Each room will receive four drink tickets, three beach chairs and beach towels.

All guests will be charged one night's stay upon booking. Deposits are refunded or credited only if notice is received 7 (seven) days prior to arrival date and cancellation number must be obtained by guest.

Hotel check-in is at 4:00 PM, Friday; check-out is 11:00 AM Sunday. **There is NO free parking on the island. Day trippers will need to pay a rate of \$20/day.**

Driving directions from Florida:

- Follow I95 N to Montgomery St in Savannah. Take exit 167B from I-16 E
- Follow E President St, Islands Expy and US-90 E to your destination in Tybee Island.

More information:

- There is no shuttle to or from the hotel. Please use taxi or Uber/Lyft. Coordinate with others.
- We are not having a boutique due to lack of space.
- There will be no literature sales.
- All intergroups are asked to bring a basket to donate to the silent auction. Thank you in advance.
- There will be virtual attendance and voting for the **Business Assembly only. Non-voting visitors may attend for free.** There is no virtual attendance at the Recovery Convention. We'll see you face-to-face!
- There will be a silent auction, drawings, and recovery merchandise available.

Convention Highlights

Opening Ceremony: 7:00 PM FRI
Workshops start: 9:00 AM SAT
9:00 AM SUN
Convention ends: Noon SUN
Meditation/yoga at 7:00 am Sat & Sun

Registration in Business Center 1st Floor Lobby
 Friday: 3:00 – 7:30 PM
 Saturday: 7:00 AM – Noon

REGISTRATION FEES

- **Early registration:** \$40.00
 (Postmarked by 9/26/2023)
- **VIRTUAL registration (BA Only): \$40.00**
- **SAT Only Pre-Registration: \$30.00**
- **Late registration: \$50.00**
 (Postmarked **AFTER** 9/26/2023)

WALK-INS ARE WELCOME!!!

- **SAT only Walk-ins: \$35.00**
 (Parking fee of \$20 will be charged by the hotel.)

No refunds after **10/13/2023**. Your registration fee will be kept as a 7th Tradition donation.

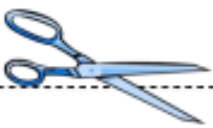
No one will be turned away for lack of funds. If you cannot afford registration, consider giving service or a donation at the event. Scholarships are available; contact the Committee Chair.

Register on-line:

<https://SOAR8-Welcome-Home.eventbrite.com>
 (A surcharge is added when using this site.)

Register by mail:

Make checks payable to: "NFI"
 Mail check and registration form to:
 Barbara Carter
 28303 SW 101st Avenue
 Newberry, FL 32869
 (352) 474-1366
 bcarter337@aatt.net



REGISTRATION FORM

"Welcome Home, Y'all"
 Name and City for Badge:

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Fees Enclosed:

Registration Fee \$ _____

Sat. Lunch only (\$20)* \$ _____

Sat. Banquet only (\$50) \$ _____

DONATION \$ _____

TOTAL \$ _____

*If ordering lunch, please circle your choice:

*SPINACH WRAP: CHICKEN PORK
 (Choose one filling) BEEF VEGGIE

OR: Garden dinner salad with seasoned chicken

- All wraps include side garden salad
- All sauces and dressing will be on the side

Please fill out both sides of registration form.



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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 9. 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, October 14th 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 Tybee Island (near Savannah), GA. We need you – and there is no time like the present to get started giving service. Let Augusta L know if you are interested.
- **Eventbrite Registration for the event is live, make sure to register early to save!** <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.
- We made a subcommittee to collect information for potential insurers for 2024 when we need to renew our insurance. This year saw an increase of 40+% and we'd like to see if we can find better rates while maintaining our level of coverage. The plan for now is to gather contact information for various companies and then in March of 2024 we'll reach out to said points of contact to get quotes for our renewal in May 2024.
- Discussed hybrid meetings: best practices, equipment and expertise limitations, examples from meetings, etc. Overall a great discussion that helped us to understand why a meeting might be best served to be hybrid, gave some ideas for improving our hybrid meetings, and helped us all to understand hybrid meetings better.
- Reviewed which meetings may be planning for special events/focus meetings around the upcoming holidays. If your meeting is planning to do something special and needs any help from NFI, please let us know! We'll try to have a firmer list of who is offering what next month if we can.
- Discussed upcoming elections for Chair and Treasurer. Nominations occur in October, nominees will have a chance to present their experience and share a pitch to NFI in November, and we vote in December. Look for the article on these upcoming positions in this newsletter for more information!

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:



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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.
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?

Echo, the current chair, can be reached at 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 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.



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Fall 2021 Writing Assignment (Region 6)

By Chuck F., November 8, 2021

Topic: If you were guiding a sponsee on how to find their Higher Power, what would you say?

As an agnostic myself when I came into this program, I can understand the difficulties one may have with the spiritual aspect of our program. However, I wanted what the members in recovery had and I worked hard to get it, especially on my relationship with this force greater than my own.

My understanding didn't all come to me instantly. I followed guidance from the OA pamphlet "What if I Don't Believe in God?" and read the "We Agnostics" chapter in the Big Book.

Since one of my ingrained character flaws is need for control, I had to start by trusting small things. Admitting that it worked, I was able to continue to give up more and more control. I became willing to listen to the little voice inside me.

– Kim L.

In guiding a sponsee seeking a Higher Power I would share my own story.

I came in as a devout agnostic. When the format at my first meeting said "take what you like and leave the rest," I thought "great, I don't have to leave." I could just ignore all the Higher Power and God stuff. That is probably the only reason I was willing to come back for my second, third, and subsequent meetings.

Over time I heard so many people share that HP didn't have to be the God I had assumed and didn't have to be in any way associated with organized religion. I was able to discern that those with a sense of a HP had a centeredness and recovery. So over time, my thinking on an HP softened.

Meanwhile, unexplainable things began happening. I was able to stay abstinent. I was dropping weight and fitting into smaller-sized clothes, day after day, week after week, month after month. Something I had always thought was impossible was happening.

And then other "coincidences" kept happening that were, to me, pretty mind blowing. I became aware that neither I nor any other person could have made them possible.

Then, at a MWI annual retreat on HP, a friend of mine volunteered me to read "Spiritual Experience" from the Big Book. I had never read it and was befuddled by being volunteered. So there I am, the agnostic, reading the Big Book to a room of 40+ people. During and after that, my determination to leave HP out of my program was softened. I might now have a willingness to consider that there was an HP in my life.

Later in the retreat, we were invited to write a job description for an HP. I found myself with tears streaming down my cheeks as I wrote what I needed. My heart ached for something outside of myself that I could rely on, no matter what.

I was willing to see that I needed help, that someone outside of myself had helped me accept an HP into my life. By remaining open and trusting, I developed an understanding for myself what my HP is and continues to be.

That HP has been with me for 16 years, through abstinence and relapse. Always there, reminding me that I am enough, I have enough, that it is just perfect that I am imperfect and that I have so much to be grateful for. And most importantly, to trust that no matter what, everything will be okay.

Over this time, I have been given a life and the gift of a better understanding of how to navigate it, beyond my wildest dreams.



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– Susan M G

Shortly after I joined OA on September 20, 2010, a sponsor said, “It’s never too soon for Step 11. Are you willing to pray and meditate each day?” When I said yes, my sponsor suggested I start talking to my Higher Power (through prayer) while walking through the streets of New York City, then listening for my Higher Power’s response (through meditation). At that time, city streets were a mine field of triggers, and I struggled mightily to avoid delis and bakeries for my next binge.

“Out loud?” I asked. “Yes,” she said. “Just put your cell phone to your ear and start talking.” While it felt strange at first, I found my Higher Power through these daily conversations, and on November 12, 2010, I found my abstinence. Like my plan of eating (which I consider a living document), my relationship with my Higher Power is an ever-changing partnership that requires conversation to maintain.

One day at a time, I discover and re-discover my Higher Power by working the steps and using the nine tools. I’m especially grateful for the tool of Service, which, thanks to OA, I give both in and outside the rooms. Time and again, it’s this tool that connects me to my Higher Power most.

– Sarah W

Think of all the best traits of all the people you admire, whether they are living, deceased, or fictionalized. Imagine an all-powerful being that encompasses all those traits plus all the characteristics you would desire in a best friend, mentor, protector, and guide. Assemble all these facets of character into a being that you can feel comfortable communicating with as your Higher Power.

– Diane T

In helping a sponsee with finding a Higher Power, I would suggest they try writing down the attributes they would like their HP to have. I would ask them to remember that OA asks that their HP be loving and caring. Then maybe to imagine resting in the arms of a loving and caring Higher Power at least once or twice a day. And to begin talking to and with their HP everyday – wherever and whenever it comes to mind – just as they would talk to a friend. I’ve also heard it said to try putting an empty chair next to you at times if it helps.

– Gina R

If I were guiding a new sponsee in helping to find their higher power, I would first ask them to take a few breaths and relax. Then ask them to recall if they have a family member, or a teacher, or a friend, etc. who deeply loves or loved them, who was kind to them. Then I would ask them what that feels like. I would share that my higher power feels like that love I received from a cherished loved one. I would also suggest that this power is personal. I would ask that they write about what they would like in a power who cares deeply about them. Also, they can listen to others in meetings. It is a place to start.

– Nancy H

I would pass on what I was told to do and what worked for me. Write a job description of all the qualities/characteristics that you need your H.P. to have. Then burn the job description as a symbol of posting it out into the world. Then “act as if” until the spiritual awakening happens. After you are able to believe, you will no longer have to act as if.

– Lee R

Connecting with a Higher Power is about sincerely communicating, asking for help. When we ask and we are sincere the assistance is given. It is based upon our lived experience developing our relationship with our Higher Power.

– Barbara W



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I was very opposed to the concept of God or a Higher Power when I came in. But I was able to get through Step 2 based on a single letter, C. Could a power greater than me restore me to sanity? That's a hard proposition to turn down, for me. Since I knew I wasn't the Highest Power, based on how poorly I was getting along, I could agree that there was one higher than me. But if it had said that it Would restore me to sanity, I wouldn't have gone for it.

– Michael P

How to tell a sponsee about a HP. I tell the sponsee to write down what they would like their higher power to be, like loving, kind, and always present. Then I tell them that those qualities can be assigned to their HP. This is the Spiritual journey I try to impart to a newcomer.

– Virginia M

This is what I would say to a newcomer:

Dear Newcomer,

You may be wondering what all this talk in OA is about a higher power.? Many people have difficulty with this concept. Your best advice will come from Chapter 4 of the Big Book of AA. That chapter is titled "We Agnostics." It addresses the needs of atheists and religious believers as well. It gives a very clear distinction between being religious and having spirituality in your life.

There are also many slogans in OA related to spirituality that we learn to help us along the way. These slogans are:

- PUSH – Pray Until Something Happens
- Serenity Prayer
- "Act As If" you believe
- Don't give up before the miracle
- I can't, He can, so I think I'll let Him"
- Make the group your higher power?

Here is a group of people who have found a solution to a devastating illness.

- Any Higher Power will work as long as it is not you.
- FROG – Fully Rely On God
- 3rd Step prayer found in AA 12 & 12 book
- 7th Step prayer found in AA 12 & 12 book
- Ask G-d to help you deal with a situation, not to have a situation turn out a certain way. Ex: "Give me the strength to deal with the situation."
- We have had food as our higher power for all these years, so it should not be that difficult to switch to a different higher power, one that is loving and kind and will help us if we ask.
- Prayer is talking to God and meditation is listening to God.
- Humility is very important to recovery. We do not demand that God change us. "We humbly ask him/her to remove our shortcomings" in Step 7.
- Write a "Dear God Letter." Have God write a letter back to you.
- People for thousands of years have found comfort in believing.

Let's start with reading the chapter "We Agnostics" in the Big Book together. I am sure it will generate much discussion between us.

– Judy K.



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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 64TH ANNUAL OA BIRTHDAY PARTY

Together We Get Better

JANUARY 12TH – 14TH, 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.

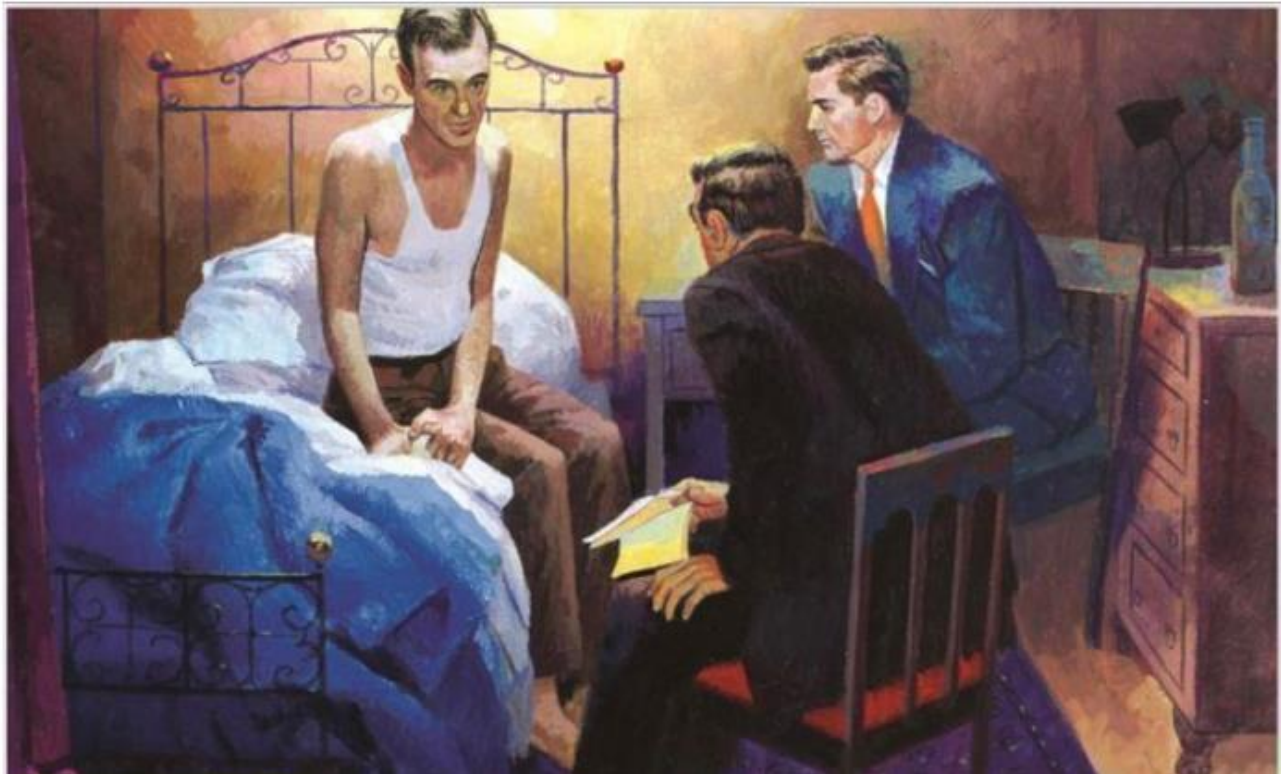
 EARLY BIRD REGISTRATION: \$45 (THROUGH NOV. 30)
GENERAL REGISTRATION: \$55 (THROUGH JAN. 7)
FINAL REGISTRATION: \$65 (THROUGH JAN. 14)

Registration
opens Oct. 15th
oabirthday.com

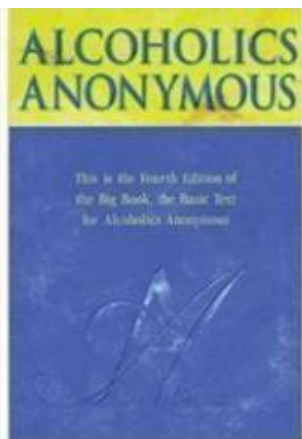


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*Using scripts based on the beginners meetings
in the 1940s: a focused introduction to the 12
step program in 4 weekly sessions.*



**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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DONATIONS REPORT 2023		Sept	YTD TOTAL
General Fund / no meeting # specified		\$369.41	\$856.93
Jacksonville Groups			
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	\$74.08	\$539.90
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	\$189.66	\$1,163.30
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137	\$97.00	\$233.00
Thu: Unity Church(Acceptance)	50421	\$81.22	\$190.98
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		\$199.00
Thu: Fernandina Beach	49101		\$0.00
Thu: Flagler Beach	15171		\$133.00
Sat: St. Augustine Serenity	00235	\$23.79	\$454.11
Sun: Palm Coast/Flagler Beach	56072	\$72.00	\$108.00
Southern Georgia Groups			
Tue: Jesup	54175	\$25.00	\$200.00
Wed: Douglas, GA	57445		
Wed: Savannah - 5:30 pm	50301		\$0.00
Thur: Brunswick	51988		\$0.00
Sun: Savannah - 5pm	54362	\$28.64	\$257.76
Totals		\$960.80	\$5,568.98
Don to WSO		\$288.24	
Don to SOAR8		\$96.08	

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 innervoiceni@gmail.com.



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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

<p>OVEREATERS ANONYMOUS® CENTRAL FLORIDA INTERGROUP</p> <p>OA Fall Retreat 2023 October: 13th-15th, 2023 Lake Yale Retreat Center County Road 452 Leesburg, Florida 34788</p>	<p>RETREAT INCLUDES:</p> <ul style="list-style-type: none"> • Speakers • Fellowship • Entertainment • Workshops • <u>Yoga-Bring mat</u> • Boutique (Start saving your boutique items for the retreat) • Gift Baskets • Meals • Fun/Fellowship • Rest/Sharing • Lodging 	<p>Please check all that apply:</p> <p><input type="checkbox"/> Single occupancy @ \$241.00</p> <p><input type="checkbox"/> Double occupancy @ \$191.00. (each)</p> <p><input type="checkbox"/> I am willing to be a workshop leader. (Requirement: 6 mos. Abstinence).</p> <p><input type="checkbox"/> I will help in the boutique</p> <p><input type="checkbox"/> I will help in registration.</p> <p><input type="checkbox"/> I am willing to help in entertainment.</p> <p><input type="checkbox"/> I am willing to volunteer for any need.</p> <p><input type="checkbox"/> I would like to donate for a scholarship. Donate amount of \$ _____.</p> <p><input type="checkbox"/> I am bringing a gift basket for the retreat.</p>
	<p>Room Registration ends September 30th No refunds after September 30th. "Register NOW!! To Help us and assure your preferred accommodations."</p>	<p>Registration Information</p> <p>Name: _____</p> <p>Room Mate name: _____</p> <p>Address: _____</p> <p>_____</p> <p>_____</p> <p>Phone: _____</p> <p>E-Mail: _____</p> <p>Special Needs: _____</p> <p>_____</p>
<p>I think I can</p> <p>We know WE can.</p>	<p>To register, Mail registration & checks payable to.....OACFI Fall Retreat 2023. C/O P.O. Box 180293, Casselberry, FL 32718</p> <p>Payments can also be made through Zelle or Pay Pal: (treasurer@oacfi.org) Just remember to mail in your registration form.</p> <p>Questions or service: Call Kathy M. @ 407-252-7575 or Robin G. @ 407-310-5373 or email retreat@oacfi.org</p>	



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