

Inner Voice

Newsletter of New Freedom Intergroup of OA



September 2021

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

• Spiritual Principle: Love

Tradition 9: OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

• Spiritual Principle: Structure

Concept 9: Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

• Spiritual Principle: Ability

Promise 9: Fear of people and of economic insecurity will leave us.

CALL FOR DIVERSE VOICES

OA is updating the existing publication *A Common Solution: Diversity and Recovery* and expanding the representation of OA's diverse membership. We are seeking stories that express your experience, strength, and hope, particularly if you identify as a member of one or more of these under-represented groups within OA:

Race (Black, Asian/Pacific Islander, Indigenous, Latinx) • Male, non-binary, transgender • LGBTQ+ • Atheist, agnostic, Jewish, Muslim, Buddhist, or other religion • Young (under 30) • Nationality outside of North America • English not first language • Compulsive food behaviors or surgical methods of weight control (e.g., anorexia, bulimia, or bariatric surgery) • Disability or other health condition

You can help under-represented members identify with other OA members by sharing what brought you to OA, what you found here, and what keeps you coming back. Please include which diverse group(s) you identify with and how our common solution (i.e., the Twelve Steps of OA, the nine Tools of Recovery, and reliance on a Higher Power) has led to your abstinence and recovery.

Share your unique OA experience with us...

1. How do you celebrate your diversity as a recovering member of OA? How have you used your diversity to support your physical, emotional, and spiritual recovery?
2. Did you ever feel misunderstood or unwelcomed by other OA members because of your diversity? What kept you coming back?
3. What would you like other OA members to better understand about your diversity as it relates to your disease and recovery?
4. How has racism, prejudice, bigotry, or marginalization affected your disease of compulsive eating?
5. As a bulimic, anorexic, or bariatric surgery patient, have you felt welcomed?
6. As an atheist or agnostic, how were you able to come to believe that a power greater than yourself could restore you to sanity without becoming religious?
7. As a trans person, how has your recovery and membership in OA challenged or supported your transition?
8. Do you have a physical or mental disability that requires accommodations in order to participate in OA? Do you have a health condition that you would like other OA members to understand?
9. Has living in a country outside of North America challenged or supported your recovery from compulsive eating?
10. How have you welcomed, reached out to, or sponsored newcomers who belong to a race, ethnicity, gender, sexual orientation, age group, or nationality different from your own? What have you learned from them?

Important Rules

1. Submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc.
2. Submissions are not returned.
3. All submissions must contain the author's full name and address. You may request anonymity with publication. Your state, province, or country may remain anonymous if you so indicate.
4. Submissions must be submitted with a signed release form.
5. Submissions of approximately 800-800 words are preferred.

Due by October 31, 2021



Email your story to info@oa.org with subject line "Common Solution."



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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.

Help Wanted

LOOKING FOR A PART TIME JOB IN SERVICE? WE HAVE ONE FOR YOU

Would you like to do service on a committee, but don't think you qualify? The only requirement for serving on a committee is "the desire to work on a committee to help share OA." You DO NOT need to attend the monthly NFI business meeting to serve on a committee; nor do you need to meet any abstinence requirements. Serving on the committee is a great way to learn, and you earn the requirements toward becoming the Chair of the Committee. You will be providing service above the group level.

- **TSW.** The 12th Step Within (TSW) Committee's main goal is to spread the word and help those who are already in the program. We want to make sure that everyone is aware of how to get help in the program and make our meetings strong. Someone missing from the meeting for a while? Reach out. Along the way, we can also help newcomers find a sponsor and other meetings. Do you have any ideas?
- **PIPO.** The Public Information and Professional Outreach (PIPO) Committee is working on how to get the message out to the professionals (doctors, nurses, health professional students, clergy, et al.) in all areas. They set up booths at health fairs, and reach out with information packets, Courier, etc. This is a vital committee and needs help. Do you have any ideas?
- **Ways & Means Committee.** Another fun committee, they plan how to raise money so we can help our intergroup carry the message to everyone who suffers from the disease of compulsive eating. In the past, we made and sold charm bracelets and bookmarks; now we have Recovery Jars. (\$20 each plus shipping. Have you ordered yours yet? The order form is in the June issue of "Inner Voice" which can be downloaded at www.oanfig.org. The direct link for ordering is <https://forms.gle/6bPaYJgu57sW24Yq6>.) If you are crafty, like to sell things and want to serve on a fun committee, this is the committee for you.
- **Newsletter.** The "Inner Voice" is distributed by email once a month to all who request it. Ever wanted to be a reporter or add images to written pages? This is where your creative juices can be put to use. Each



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edition contains factual information, commentaries, ads for workshops, etc. Gather information from outside sources or write your own articles.

- **Website.** Are you tech savvy, or do you want to learn about websites? Work hand-in-hand with the NFI webmaster to maintain our website on the “Go Daddy” platform.
- **Bylaws and Electronic Documents.** The Vice Chair of NFI oversees the NFI Bylaws and Policies and Procedures Manual to ensure our practices are documented accurately and efficiently. There are yearly reviews of both documents. If you love details: dotting I’s and crossing T’s, checking grammar and spelling, this committee is for you.

The NFI intergroup is always looking for new people and new ideas. By serving on any of these committees, you will be expanding your resume with the service positions that you have done. Remember: to serve on a committee, the only requirement is the desire to work on that committee.

Please send all committee requests to me.

Georgette — ghabanero56@yahoo.com
vicechairnfi@gmail.com

Step 9: Honest Effort

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

In one of my meetings, we were asked to respond to a question from the *Twelve Step Workbook of Overeaters Anonymous* regarding Step Nine. I chose “What is the purpose of Step Nine?” (p. 65). I completed my first Step Nine amends the first year I joined OA, but I never fully answered all the questions in the workbook. So this time I began to look carefully at what the completion of Step Nine has meant and still means to me as I practice the Principles of the Twelve Steps in all my affairs.

Step Nine meant I could take action to finally make amends, apologize, and change my behavior toward those whom I had harmed or wronged in the past.

In Steps Four and Five, I looked very carefully at the wrongs I did to others and admitted those wrongs to myself, God, and my sponsor.

In the religious tradition of my youth, I learned that God only forgives wrongs, or sins, committed against him and that sins committed against my fellows could only be forgiven by the people whom I had wronged. However, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* tells me that these people “don’t owe us forgiveness, and we don’t need it to complete step nine and recover from compulsive eating” (p. 77). It only matters that I make an honest effort to apologize for my wrongs and then amend, or change, my behavior toward others. Only then can my conscience be cleared of old guilt.

When I walked into the rooms, weighing 313 pounds, I had no idea why I ate like I did. Then I learned in the rooms that I ate to hide from fears, guilt, and resentments. By truly apologizing and making amends to those I had harmed, I found I no longer needed to hide from shame and guilt by using food.

I believe now that if I make honest and thorough amends, God will forgive me for my wrongs. I will be washed clean and be ready to face life without old guilt haunting me and without the need for me to eat compulsively.

Did it work for me? Well, here I am, nearly five and a half years later, maintaining a weight loss of 145–150 pounds for more than three years. My life has completely changed, not only with respect to food, but in all areas. The promises in the *Big Book* have come true for me (*Alcoholics Anonymous*, 4th ed., pp. 83–85). But I know they will continue to do so only if I continue working the Steps on a daily basis, one day at a time.

— Sander B., Marietta, Georgia, USA (Edited and reprinted from *Lifeline*)



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Service Positions Available for 4th Annual Big Book Weekend!!!

Would you like to **strengthen your recovery** by providing service for the Big Book Weekend **December 3-5**? We are still looking for people to work on the following:

- Lead meditation sessions on Saturday and Sunday mornings (either, or both)
- Oversee and coordinate the Silent Auction event (write articles to request items, receive items and lay out the tables, collect the payments)
- Sell tickets for a 50/50 drawing (WINNER GETS half the money, NFI USES THE OTHER HALF TO FURTHER 12TH STEP WORK)
- Sell the spiral bound Big Books at the event

Requirements include 60 days continuous current abstinence by December 1 and sponsor approval. If any one of these services appeals to you, please email Big Book Weekend Committee Chair Mark W. at m.wieder@juno.com

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. (See the article later in this issue entitled **Post-Pandemic Meetings**.)

— Barb C.

Trusted Servants and Committee Chairs (New emails)

GENERAL INFORMATION

Chair	Secretary will forward as needed	oanfig@gmail.com
Vice Chair/Bylaws	Barbara C. 352.472.9924	chairnfi@gmail.com
Treasurer	Georgette P. 352.870.4454	vicechairnfi@gmail.com
Secretary	Carly B. 303.710.0589	nfitreasury@gmail.com
Delegate	VACANT - Consider doing service	oanfig@gmail.com
Newsletter/Meeting List	Cora W. 912.424.5959	delegatenfi@gmail.com
Public Info/Prof Outreach	Mark W. 904.527.3433	innervoicenfi@gmail.com
Young Persons	Nancy K. 516.286.1888	piponfi@gmail.com
12th Step Within	Wendy I. 904.710.5555	youngpeoplenfi@gmail.com
Sponsor Coordinator	Georgette P. 352.870.4454	TSWnfi@gmail.com
Website	VACANT - Consider doing service	sponsorsnfi@gmail.com
Ways and Means	Lori L. 904.964.9991	webmasternfi@gmail.com
Florida State Convention 2022	Echo G. 561.704.2917	wandmnfi@gmail.com
2021 4th Annual "Big Book Convention" (Jekyll Island)	Barbara C. 352.472.9924	bcarter337@att.net
	Mark W. 904.527.3433	m.wieder@juno.com



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Highlights of the August NFI Business Meeting:

New Freedom Intergroup business meeting was held August 14. Each meeting is welcome to send two voting members, and as many observers as desire to attend. Next business meeting is Saturday, September 11th at 10:00 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350). Highlights of what was discussed/accomplished in July:

- NFI voted to submit a bid to host the Fall 2023 Region 8 Recovery Convention and Business Assembly in Savannah, Georgia.
- We voted to send our maximum number (n=3) of voting representatives to the next (Oct. 2021) Region 8 Business Assembly (virtual; hosted by Greater Atlanta Intergroup). The delegate, Chair, and Vice-Chair will be attending.
- The budget committee will meet Sept. 11th at 9:00 am virtually to determine the operating budget for 2022. (Same zoom session as regular meeting.) If you would like to be on this committee, please contact Carly at nfitreasury@gmail.com.
- NFI voted to fund three zoom accounts each month, at least until the end of the year. This will enable us to have many meetings meet virtually. Virtual meetings cannot overlap in time, but with three accounts open, we should be able to accommodate most meetings.
- **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 are updating the Policies and Procedures Manual. A separate email will be sent with the contents for review. Changes should be submitted to vicechairnfi@gmail.com by September 1st. We will vote on the revisions at the August meeting.

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:

“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>.



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NFI Monthly Business Meetings – What is a quorum?

A quorum is the minimum number of voting members who must be present at a properly called meeting in order to conduct business in the name of the group. According to the Bylaws of the New Freedom Intergroup (Article 5, Section 4.A), *“A minimum of two elected Intergroup Board Members and five Intergroup Representatives shall constitute a quorum for all monthly Business and Special Meetings of the OANFI. A simple majority of eligible OANFI voters attending the meeting shall dictate for voting purposes motion and amendment adoption, except for bylaw changes which require a 2/3 majority of voting eligible OANFI attendees for that meeting.”*

We must have at least seven members present at every NFI meeting in order to vote and conduct business. We are in desperate need of Intergroup Representatives – EVERY Meeting should send AT LEAST ONE intergroup representative to vote on motions and decide how to spend YOUR money. Each group may send TWO voting members, and more group members may attend if they want to observe the business meetings. This is a vital part of doing service and a group responsibility.

Business meetings are held once a month, VIRTUALLY, for no more than 1.5 hours. Meetings are currently being held on the second Saturday of the month from 10:00 am – 11:30 am. If the meeting date or time is an impediment to your group’s attendance, please contact chairnfi@gmail.com and let me know what day and/or time might be better for your group to send a representative.

Twelfth Step Within

For me, the crux of the OA Region 8 TSW Committee’s mission—to carry the message to Compulsive Overeaters INSIDE OA is summed up on page 360 of our daily reader *For Today*: “The only gift is a portion of thyself.” (Ralph Waldo Emerson.) If you’re like me, you’ve wondered: But how do I do that?? Well, our two daily readers are full of guidance, so I’m going to reference them today. In *Voices of Recovery*, page 209, it says “...to be the message takes a commitment to working our 12 steps, to being abstinent, and most important, to sharing my successes, as well as my failures with others.” Until OA, many compulsive eaters may never have heard anyone talk openly about food issues AND offer a SOLUTION! We help carry the message to each other when we share our Experience, Strength and Hope, agree to sponsor and take on Service roles. In *For Today*, page 228, I’m told “OA doesn’t hand out degrees that qualify one to help another compulsive eater. I have all the inner resources I need to do it now.”

Okay, now maybe you’re thinking—But I can’t do THAT! Well hold on just a minute, this quote from page 123 of *For Today* is an excellent reminder: When considering “what words will convey to the practicing compulsive overeater that life can be far better than imagined” I must remember: “God gives me the words, I carry the message. The results are not up to me.” When I share my own program and let go of any expectations for specific outcomes, the other members are free to take what they like and leave the rest. HP IS IN CHARGE. Phew, what a relief!!!

What little I know today comes from utter gratitude for the physical, emotional and spiritual recovery I’ve discovered through the OA program. Then I learned “I can’t keep my program unless I give it away.” (from page 209 in *Voices of Recovery*.) Step 12 admonishes US to carry this message to ANY compulsive overeater who still suffers... So, in essence, ALL of US in OA are actually “unofficial” members of the TSW Committee!!!

To sum up, the process of passing MY E, S and H in recovery to others in OA has “proven to be a miracle to those... who have given ourselves over to it completely.” (page 352 in *Voices of Recovery*.) So, as the newest member of the TSW Committee, raise your right hand and solemnly swear to carry YOUR message of whatever recovery you have to another compulsive eater who might be struggling today. I guarantee you’ll be glad you did. Happy 12 Stepping!!!

If you don’t already know, there are plenty of resources on the OA Region 8 website. For specific TSW support, click on the red “Recovery Help” bar at the top of the site—you’ll see a list of services available.

Yours in humble gratitude and service,

— Chris J



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Our Ninth Tradition: Alive and Well

Tradition 9: OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Our group has no government, no permanent officeholders, no small committee that runs everything, and no authorities. Instead, we encourage rotation of service for all offices.

Our longest-term members are not even informal leaders. Instead, they are only members among members. (Sometimes longtimers' perspectives make them more sensitive to Tradition breaks than newer members, but we are all encouraged to speak up when necessary for the good of the group, since many of us know groups that have closed because a Tradition or two was ignored.)

Our biggest donors do not have any special influence. Instead, everyone is equal, no matter how rich or poor. Mostly we don't even know how much people donate, and if we happen to find out, we ignore it.

Our members who have influential careers leave their outside status behind when they come into the rooms. People do not announce their jobs to us. Again, even if we find out, such outside issues do not make any difference to us.

Our members who have lost the most weight or who have maintained abstinence the longest don't tell other people how to work their programs. Instead, they only say what worked for them.

Our members who sponsor have no greater status than anyone else. There is no status in our group. Instead, we encourage everyone to sponsor when they are ready.

Our group's money does not give us any power. We don't keep it. Instead, we give it away. Whatever money we have saved after covering expenses like rent and literature, we donate to OA's service bodies: our intergroup, our region, and the World Service Office. If we donate more or less than other groups, it doesn't make our group any more or less important.

So there you have it—Tradition Nine is indeed alive and well in our OA group.

— Edited and reprinted from *OA Today* newsletter, St. Louis Bi-State Area Intergroup, September 2015

Post-Pandemic Meetings

Many of our meetings went to a total virtual format during the pandemic. This was a blessing, because we could maintain meetings and our recovery while being socially distanced and safe. Now, however, buildings are opening and people are "allowed" to get back together – what format do our meetings take? Some options are to become a hybrid meeting, return to a total face-to-face meeting, or remain a virtual meeting. A group conscience will help each meeting decide.

- **HYBRID:** Hybrid meetings are a mix of a face-to-face group with additional members attending virtually. Those hybrid meetings with equipment and dedicated members are working fairly well. One meeting has had a problem with hearing the face-to-face members over zoom. This may be an issue of computer placement -- where is the microphone and speakers? This issue may be resolved if the meeting can afford a microphone or use the speakers on a phone.
- **FACE-TO-FACE.** If your group votes to return to a physical location, make sure you comply with the requirements of the building in which you are meeting. If the building staff requires masks, the group should wear masks. If they want you to spray antibacterial cleaner after the meeting, please do so. Covid is an outside issue; keep yourself safe (don't attend if you don't think it is safe). If your meeting votes to return to face-to-face but you do not feel it is safe for you, please find a virtual meeting to attend. Don't just stop attending OA.
- **VIRTUAL.** Many meetings that went virtual (telephone or zoom) found that they grew in membership – attracting many people from outside the local geographic area, and even from other states! Instead of becoming a hybrid, some of these meetings may either choose to remain virtual, or they may split into two (face-to-face



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and virtual). Splitting is easy, but may mean smaller groups (until we grow each meeting again!) If your group splits, decide which group keeps the original meeting number and register the other one with a **new meeting number**. Virtual meetings (solely) do **NOT** need to go to the WSO Virtual Region, they may remain affiliated with the New Freedom IG. If you need help registering a new meeting, please contact chainfi@gmail.com.

Speaking of groups: Do you need a zoom number for your virtual meeting? Is the group or an individual paying for a zoom account? You do not need to do so. New Freedom Intergroup may be able to set up a recurring meeting for you. The only mandate for virtual meetings is that we can only run one at a time – they cannot overlap. So, take a look at all the virtual meeting list and check the days and times being used for zoom. A new zoom session must not conflict with any current meeting – and we should have some lag time before and after in case the meetings run a bit over an hour. Zoom meetings may get an NFI account session IF they do not conflict with other meetings already scheduled.

The Twelfth Step Within Committee Wants to Hear from YOU

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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Save the Date for Florida State!

The 32nd annual Florida State Convention of Overeaters Anonymous will be held **January 14-16, 2022** at the Hilton Cocoa Beach Oceanfront, 1550 N. Atlantic Avenue, Cocoa Beach, FL. 32931. **It will be a face-to-face gathering—our first one in over two years!!!** The theme for next year is:

“Together We Can...CELEBRATE RECOVERY—62 YEARS”

The registration flyer is not yet available. Room rates will be \$164 plus taxes and fees (12% additional, total rate = \$183.68 per night) for up to four people per room.

Special Thanks for Reading *Inner Voice*

AND THE WINNER IS...

Thanks to everyone who scrutinized their copies of *Inner Voice* over the last few months to find that pesky leaf. An impartial judge (i.e., non-OA member) picked randomly from among those who entered our contest. And the winner of the **Recovery Jar** is: Brenda K. Her jar is on the way!

And thanks to everyone who has read the newsletter, contributed articles, and passed along the newsletter or information to those in and out of the program who can use what OA has to offer.

— Mark



September Events from All Over



FORTY-FOUR & more
Houma OA Groups are Celebrating 44 yrs.
Of OA Meetings & Recovery

Please join us on **Saturday, September 11, 2021 @**
9:00am to 4:00pm cst

Face To Face @
Terrebonne Parish Main Library
151 Civic Center Blvd.
Houma, LA. 70360
985-876-5861

With A Zoom option @ [https://us02web.zoom.us/j/82454634260?](https://us02web.zoom.us/j/82454634260?pwd=TKgwKzQ3WldNWGk2Q2QjVZS0FBRVRYUT09)
[pwd=TKgwKzQ3WldNWGk2Q2QjVZS0FBRVRYUT09](https://us02web.zoom.us/j/82454634260?pwd=TKgwKzQ3WldNWGk2Q2QjVZS0FBRVRYUT09)
Phone: +1 312 626 6799 US (Chicago)
Meeting ID: 824 5463 4260 Passcode: 096213

Registration @ 9:00 am

Lunch @ 11:30 am – 1:00 pm (Brown Bag It or Near by Restaurants)

Closing @ 4:00 pm

For More Info Contact:

Amy R. @ 985-227-5833 rich3271@bellsouth.net or Janice S. @ 985-879-1341 janices684@aol.com



Are you new to OA or just need help getting through the Steps?

**Completing this two-part
OA Quick Steps Workshop
may be just the answer.**

**Dates: Saturday, September 18, 2021
and Saturday, October 2, 2021
Time: 9:00 am to 12:30 pm (CDT)**

Location

These sessions will be on Zoom.

One of the promises in the AA Big Book is that before you're done with Step Nine, the obsession is lifted. Increase your chance of success—join the OA Quick Steps series, get abstinent and work

To register, contact unityquicksteps@gmail.com.
Registration is required as **class size is limited**. The zoom link will be sent to registrants

You will need to have a sponsor or someone who can listen to your 5th Step.

There are no fees for this workshop, but we encourage a 7th Tradition donation to Unity Intergroup.

Time commitment is two Saturday sessions, plus homework. We expect participants to attend both sessions. **Expect to be very busy** working on recovery for these weeks!

The purpose of this workshop is to get people through the 12 Steps quickly, to help people obtain a successful, life-long recovery, and aid in retention and growth of recovered compulsive eaters in OA.



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DONATIONS REPORT 2021		Aug	YTD TOTAL
PAYPAL - Individual Donations			\$348.61
Jacksonville Groups	Grp#		
Mon: Shepherd of the Woods Church	00774		\$0.00
Tue: Orange Park-10am Presb Church	03654	\$50.00	\$190.00
Tue: Lakewood United Meth Church	36763	\$8.00	\$189.66
Wed: Step Study Mandarin	51223	\$100.61	\$805.02
Wed: JAX Beach-Wisdom at the Beaches	54507	\$30.00	\$362.00
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	\$30.00	\$79.00
Sat: Serenity Saturday OP NFI			\$0.00
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137		\$200.00
Thu: Unity Church(Acceptance)	50421	\$34.14	\$143.55
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		\$142.00
Wed: Palm Coast - 5:45pm	56604		\$197.00
Thu: Fernandina Beach	49101		\$102.00
Thu: Flagler Beach	15171		\$87.00
Sat: St. Augustine Serenity	00235	\$23.79	\$742.79
Sun: Palm Coast/Flagler Beach	56072		\$0.00
Southern Georgia Groups			
Tue: Jesup	54175	\$25.00	\$310.00
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		\$110.00
Totals		\$301.54	\$4,243.63

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 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.



NEW FREEDOM INTERGROUP

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

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.

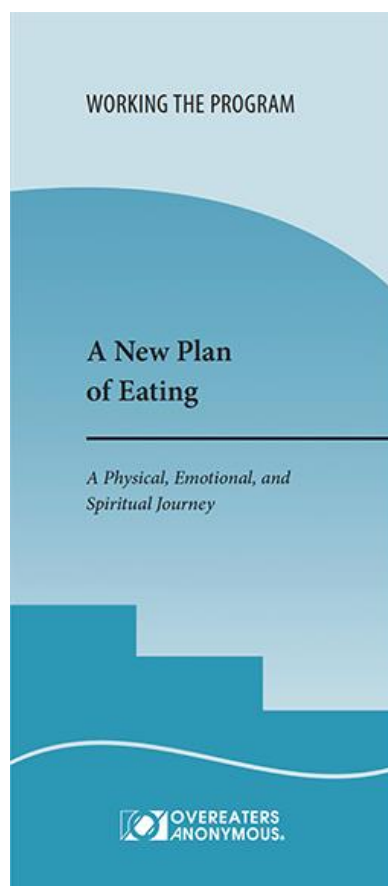
FUTURE EVENTS – Clip and save

2021

September 11	NFI Meeting	10 am
October 9	NFI Meeting	10 am



OA MATERIALS (bookstore.oa.org)



A New Plan of Eating

A New Plan of Eating explores our eating patterns, motivations, and behaviors, from explaining what “trigger” or “binge” foods are to accepting the many imperfections that come with active recovery. This pamphlet, which was reviewed and updated by a registered dietitian, helps compulsive eaters define, structure, and review a new eating plan with clarity and confidence. *A New Plan of Eating*’s guidelines also helpfully include insightful tips for long days, irregular hours, and special occasions, including twelve-hour shifts and food-centered social engagements.

A New Plan of Eating combines the structured food plans of *Dignity of Choice* with the inspiration and compassion found in *A Plan of Eating* and replaces both of these pamphlets as Conference-approved literature.

\$2.00



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