

Inner Voice

Newsletter of New Freedom Intergroup of OA



September 2022

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.

Beginning at Dusk

Many ancient societies begin their day at dusk (*i.e.*, the evening before). After I had been in Overeaters Anonymous for a while, I began to feel this system might work for me and bring a level of serenity to my life that I hadn't achieved before. Here's how it has worked:



After I've finished my evening meal and taken a walk, I text a recovery buddy with my Tenth Step in a shortened form. This gives me an opportunity to examine the past twenty-four hours to see if I've left anything important undone.

Then I look at tomorrow's schedule to see what obligations and appointments I have, including scheduled meetings and calls with sponsees. Tomorrow's schedule should dictate tonight's bedtime. That way, I ensure I have enough rest to face the next day's challenges. (Recently, however, I have realized that if I program myself to get up at the same time every morning and go to bed the same time every night, the quality of my sleep is better.) I plan each morning to include sufficient time to work on the Steps, read OA literature, and write a thought for the day in my journal.

Knowing tomorrow's schedule helps me plan my food better. By bedtime, I have made an abstinent food plan for the next day, making adjustments if appointments or meetings mean I can't eat at my usual mealtimes. I've also checked to see if I have the food in my pantry and made notations on my shopping lists of what items I need to replenish.

Then I deal out the next day's supplements and medications. I remember all too well the mornings when I had to hustle to count out pills, package them, and gulp down my breakfast in order to get to work on time. Now that I'm taking care of packaging my medicine the evening prior, I can relax in the morning and enjoy my quiet time and breakfast.

Emotional peace and serenity is a gift of Overeaters Anonymous. With the help of God, this program, and this practice, I am closer to achieving it on a daily basis.

— Rosanne K., Beaverton, Oregon USA (Reprinted from *Lifeline*)



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Lifeline: Stories of Recovery

Heard and Answered

A month ago, I had a visit from my friend. We had been saying for a long time that we should pick a time for her to come visit my studio and see my artwork. Like so many wishful plans, it hadn't happened sooner because we were both very busy. So when we saw each other at a party a few months earlier, she said, "Let's really do it." So we set a time, and she really came. It was wonderful to have her see my art and meet my artist friends and receive her generous praise and feedback.

When we went to lunch, we began to talk heart to heart. I shared with her that I'd been having trouble with depression and was no longer abstinent from sugar. I'd been struggling with weight gain and other physical problems as a result, and I was absolutely unable to control the self-destruction. I had been praying for help but felt pretty disingenuous asking for it because, while I wanted to stop, I didn't want to go back to being without the sweets that I loved so much and was enjoying daily. That is the hell of addiction: loving it and being miserable at the same time because you know you are slowly but surely engaging in self-destruction.

My friend understood my pain. We are both in OA, and she has been there. She spoke lovingly to me and gave me some gentle suggestions before we parted.

I felt like I wanted to rest, so I drove to Balboa Park and spread a blanket on the grass. As I lay there looking at the trees and blue sky and enjoying the afterglow of my friend's visit, I thought, "It feels like I was visited by an angel."

The next thought that came was, "That is exactly what happened. You were visited by an angel."

Then I thought, "I feel like I want to be abstinent."

The thoughts came: "Yes, you can choose to be abstinent, and this is a good time to do it. Or you can choose not to be, but who knows how long it will be before you feel this way again. You can avail yourself of this help now, if you want to make the choice."

I lay there thinking, "These thoughts are right. I see this is an opportune time, and I really know now without question that I have an addiction and it is a progressive disease because I have seen how it is growing and progressing and gaining in strength. I am eating and doing things with sugar in ways I never have before. I have become scared of it, but I'm still unable to quit. I feel as if I am on my back and my addiction has its foot on my chest. I feel that I have an iron collar locked around my neck and my addiction is holding the chain."

I realized more and more that this was my chance—that my prayers had been heard and answered, and if I wanted to avail myself of the help, then I should let go and accept the grace that had been extended to me. I made the choice and committed to abstinence then and there. I felt that the grip of the sugar addiction was broken—it was a physical sensation. Released, I felt freer, but I also knew it would be one day at a time.

I am humbly grateful for my friend, who was an instrument in God's hands and brought me unconditional love, compassion, and an opening out of the torment of self-destruction. As of this writing, I remain gratefully abstinent.

— Ann K., San Diego, California USA (Reprinted from *Lifeline*)

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 this week, 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.



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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 (142 kg), 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 (66–68 kg) 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 (Reprinted from *Lifeline*)

Tradition Nine: Organized Chaos

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

Our tradition nine states that OA ought never be organized. The disorganization of our 12-step focused society may be alarming to some and cause other “control-oriented” folk a sense of unease. Let’s look at it another way – most organizations that are hierarchical or driven by financial goals require strict organization and can fall prey to myriad problems. These problems, as they are described in our literature, usually are rooted in money, property and prestige. If allowed to fester, they divert us from our primary purpose – to carry the message of the 12 steps to the sick and suffering compulsive overeater.

The pioneers of Alcoholics Anonymous learned these lessons the hard way. After various missteps and arguments our spiritual society formulated the traditions to ensure the fellowship remains intact for the next person. As stated in tradition two, “...our leaders are trusted servants – they do not govern.” Some early AA groups set rules and punished members who failed to abide by these rules. Of course, for any self-respecting addict, this results in failure and acrimony.

Some consider the ninth tradition a weakness in our program. In reality it is an extremely libertarian or, if you prefer, an altruistic or utopian philosophy. While no one can force anyone in OA to do anything they do not want to, if we only selfishly take from the program, we run the risk of suffering a relapse. This risk hangs over us with far more gravity than any punishment that might be handed out by an organized authority.

In this divisive world we live in, where war and strife seem to be in every direction we look, we can view tradition nine as an oasis. Miraculously, all members of OA arrive as equals, and we welcome all who desire recovery from compulsive overeating and compulsive eating behaviors.

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 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	VACANT—Consider doing service		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	VACANT—Consider doing service		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	sponsorsnfi@gmail.com
Ways and Means	VACANT—Consider doing service		websitenfi@gmail.com
			wandmnfi@gmail.com

Script For Meeting Information:

This is a “script” that I have created to pass information at every meeting I attend. The first paragraph is general information; the second paragraph concerns the 7th Tradition donations. I post this in the chat room so that people can download it and have it; but it can also be summarized when the format asks for announcements or reports. Please use this if you think it may be helpful. Of course, you may modify it (especially the 7th Tradition format) to match your meeting.

“This meeting belongs to the New Freedom Intergroup (Jacksonville, FL) and OA Region 8 (SOAR 8).

- We invite you to attend the next NFI meeting; Aug 13th at 10:00 AM - 11:30 AM (this is always the 2nd Sat.). Zoom meeting ID: 872 7218 1719. Zoom meeting password: 883350. Every group may send as many people as they desire; two of them can VOTE!
- One stop email list. Send request to oanfig@gmail.com
 - ❖ For the “Inner Voice” newsletter
 - ❖ For the New Freedom Intergroup workshops and info
 - ❖ To be added to Sponsors list or if you need to find a sponsor
- We are looking for groups to host a workshop during the year: Face-to-face or virtual. We will help you set it up!
- Do you need a speaker for a meeting? Reach out to your Intergroup representative or a member of the NFI Board and we can help you find one for your meeting.
- To get on the Region 8 (ALLSOAR8) email list: <https://oaregion8.org/contact/join-email-group>”

“According to our Seventh Tradition, we are self-supporting through our own contributions. Our group number is XXXXX. Please send a check made payable to “NFI” to the group treasurer: (enter meeting information here.) 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. Note: NFI splits the monthly donations, sending 30% to WSO and an additional 10% to Region 8.”

Highlights of the August 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 August 13. 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



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otherwise decided) and runs for one and a half hours. Thus, the next business meeting is Saturday, September 10th from 10:00 am to 11:30 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350).

Highlights of what was covered at the August 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.

Need planning committees:

We need to establish a special event planning committee in the very near future:

- **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: Based on the feedback received, we decided to focus on the following areas to possibly improve on, and actions taken so far:
 - ❖ Added an area to the agenda to allow for open discussion/open sharing as time permits.
 - ❖ The Twelfth Step Within committee and other volunteers are going to do outreach to meetings who are not currently sending a representative, to make they have any announcements of import and to see if they would like to learn more about sending a rep.
 - ❖ How do we get more people to come to NFI meetings? Currently working on a possible survey for this.
 - ❖ Twelfth Step Within committee is trying to find meetings willing to run more workshops. If you'd like to assist on an individual level, consider giving service on this committee.
 - ❖ How can we make it easier for meetings to find speakers? Reach out to any member of the board or your intergroup representative and we can help you find a speaker.
 - ❖ Research methods for gathering and retaining membership not just for NFI, but for all of the meetings in our intergroup. There are resources for meetings on OA.org.
- A motion has been made that we consider making a one-time donation of \$1,500 to World Service. This will be discussed at the September meeting.
- **New meeting materials:** 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.

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.



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Why should I sponsor?

While *having* a sponsor is vital to success in OA, *being* a sponsor benefits us as well. Serving as a sponsor helps reinforce our physical, emotional, and spiritual recovery. "Sponsoring keeps us from isolation and teaches us how to support another human being seeking recovery. Sponsoring keeps us in touch with what brought us to the program and also reminds us where we might return."

— from OA's *A Guide for Sponsors*

How do I learn to sponsor?

- From *your* sponsor
- Learn by Doing: Jump into the pool – you can do it!
- A Guide for Sponsors brochure

If you need help finding a sponsor, please contact me.

Augusta L.

Cell 912-508-4777

augustalivingston1985@gmail.com

NEW FACE-TO-FACE MEETING IN GAINESVILLE: WED. 5:30 PM

We are starting a new face-to-face meeting of Overeaters Anonymous in Gainesville. This meeting will be WEDNESDAY evening from 5:30 – 6:30 PM at Unity Church, 8801 NW 39th Ave, Gainesville, FL 32606. We are starting in September with the first meeting being 7 SEP 2022. Doors will be opened 10 mins early and we must be out by 6:35 PM -- so we will start and stop on time.

This meeting is (tentatively) planned to be an intensive study and discussion of the *Twelve Steps and Twelve Traditions of Overeaters Anonymous*, second edition (2018), making use of the new complementary workbooks. We will take turns reading one–three paragraphs at a time and then discussing that reading. The meeting leader will be guided by the questions in the workbooks: *The Twelve Step Workbook of Overeaters Anonymous*, second edition (which is available in hard copy and pdf versions -- SKU 992-WB and 992V, respectively) and the future workbook on the Traditions (yet to be released). Studying the OA 12 & 12 will take as long as it takes; we will not tie the chapters of the book to particular months. (We will also retain the option of holding a Newcomer meeting when needed.) Let's try this format for a few months, and then we can hold a group conscience on how to continue.

Please consider stepping up to do service at this meeting. We need an intergroup representative (monthly on zoom), treasurer, meeting leader, literature person, et al. — all the positions are open. Remember: a face-to-face meeting will require us to pay rent.

I hope to see you at this meeting on 7 SEP. Please bring your own copy of the OA 12 & 12 (2nd edition) and a workbook.

— Barbara C.

MEETING CHANGES

Please let us know if your meeting is changing formats, e.g., going back face-to-face, or becoming hybrid. To update your listing, send an email to [oanfig@gmail.com](mailto: oanfig@gmail.com) or [chairnfi@gmail.com](mailto: chairnfi@gmail.com).

— Echo G.

Do You Like to Write?

The newsletter is looking for a person who would like to write a brief article each month on the **PROMISE** or **CONCEPT** of the month. You would be using your tools of reading and writing and delving deeper into the principles behind each one. Let the newsletter chair ([innervoicenfi@gmail.com](mailto: innervoicenfi@gmail.com)) know if you want to volunteer for this service. Articles would be due by the 20th of each month. Members may also submit articles on other topics any month.



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Announcement from our Professional Outreach/ Public Information (PIPO)

If you've been following our recent committee articles, you may recall that in July, NFI's Professional Outreach Committee took the initiative to mail out to a local bariatric physician three letters of testimony from OA members who have had personal experience with bariatric surgery and are currently working the OA 12-step program to deal with the emotional and spiritual reasons they turned to the food. Along with the testimonial letters, we included a copy of WSO Professional Folder containing three pamphlets geared to the professional that include information about OA and the 12-Step program.

In the next week, we will reach out to the physician for feedback, answer any questions, and get a sense of willingness on the physician's part to allow a couple of our committee members to meet with his/her post-op bariatric patients and talk to them about how OA has helped them and continues to.

Next item on our agenda is participation in the 2nd Annual **Recovery Fair** taking place on Sat., Sept. 24th, 10:30am-1:30pm, located at St. Johns County Health & Human Services Building. The event is open to agencies which would like to showcase their substance abuse services and/or mental health services. We are super excited to be approved to host a table at this event! We will be providing OA pamphlets and literature; will be available to answer questions; and share our personal experience, strength and hope.

Recovery fairs provide a very valuable community service and to top it off, other than a \$10 table rental fee, there will be NO COST for non-profits to participate. Although NFI provides our PIPO Committee with funds set aside from group donations, events such as this allow us to maximize our funds to do additional public outreach service work. Also, there is no admission charge to the public and the organizers promote attendance by providing carnival games and other activities for children and families free of charge.

In addition, we've begun plans to contact public and/or private Institutions that host eating disorder units. Our primary purpose will be to discuss the possibility of them inviting us in to their facility to provide pamphlets, literature and meeting lists to their patients. You may not be aware, but things of this nature can be quite difficult. We must be hyper vigilant and proceed with extreme care in explaining that our program is NOT in competition with professionals; that we are a self-help group that can be a positive addition to the professional treatment they are providing. Our primary goal, however, would be to answer questions that the eating disorder patients may have about the program; and maybe even host a meeting.

If I may make another pitch...Our Professional Outreach Committee currently consists of three members. **It would be of great benefit to have additional members to help on our committee.** We have some other ideas and goals we're looking forward to. Although this service is a labor of love, none of us do service work full time...

We would also appreciate hearing any new idea(s), suggestions and/or comments from anyone.

For more information about the PIPO committee, and/or to volunteer time to help on the committee, please contact: Nancy K at: npklei@gmail.com.

In loving service,

Nancy K, NFI PIPO Chair



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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From The TSW Committee

My name is Georgette and I am the Chair of the Twelve Step Within Committee. Our mission is to help people who are already in the program and could be struggling. Also our committee will help with any workshop or activity you would like to do. Why do I do this? Because every time I do service I get rewarded and my program just gets stronger. I honestly believe that we are here to serve others. It isn't hard to do service, you just need to be willing. And I am willing to go to any length to work and share my program.

Georgette, Ghabanero56@yahoo.com 33

Giving Service

How many times has it been said in a meeting, "I can't keep what I've been given if I don't give it away?" When I was a newcomer, I had no idea the impact this saying would have on my recovery.

I came to OA in August of 2020 and began to attend Intergroup in January of 2021. I was completely drawn to all the opportunities available within our OA fellowship. In March of 2021, I was voted in as the group representative for my home meeting which I gratefully still serve as today. Being an Intergroup rep keeps the meeting informed of all the recovery opportunities available to them by our committees and also allows them to have a voice when the Intergroup offers voting on various issues.

In April of 2022, I became Interim secretary of our Intergroup. Giving service at the Intergroup level has compelled me to maintain my abstinence and work my recovery with more intensity. Intergroup service holds me accountable to my OA fellows and to God while requiring me to have a sane mind that enables me to keep accurate records as secretary and form healthy relationships with others to foster OA unity.

I also serve on the Twelfth Step Within committee and have participated in chairing workshops. I am dedicated to giving service with one main goal in my mind: To spread the message of OA that there is a solution to the insanity of this disease, and if worked to the best of one's ability and willingness, it will give one a new way of living beyond their wildest dreams.

For any questions or if you would like to give service, please feel free to contact anyone the board as we are always willing to get anyone started. There is so a pamphlet, available by PDF download on oa.org called, " OA Handbook for Members, Groups, and Service Bodies: Recovery Opportunities," which explains all the service position available in OA.

Our members in Intergroup have varying recovery times and different stories, yet our common disease and the desire to help other compulsive eaters bonds us together. Below are some of their shares about giving service...

In grateful service,

Sandi JC (GA)

NFI Interim Secretary

- From Linda PK: I give service because I hear at meetings that it will strengthen my recovery. Sometimes I do it because I feel guilty that nobody else will and I volunteer because everyone else says no. I do it to make acquaintances in OA and to get to know more people. And finally I do it because it's the right thing to do and if people don't do service work the health of OA could be affected negatively.
- From Barbara C: NFI SERVICE KEEPS ME INFORMED. I came to my first NFI meeting with my sponsor (an action I highly recommended to all sponsors). NFI needed a new person to prepare the newsletter, so I volunteered to take it on. Being at NFI and researching the OA.org website monthly for articles made sure I was up-to-date on the news. Filling this position also made me the de facto Intergroup representative for one of my meetings, and I could carry the information to the groups I attended. Just attending the NFI monthly meeting ensues that I have the latest and greatest information about literature and events at all levels of OA.



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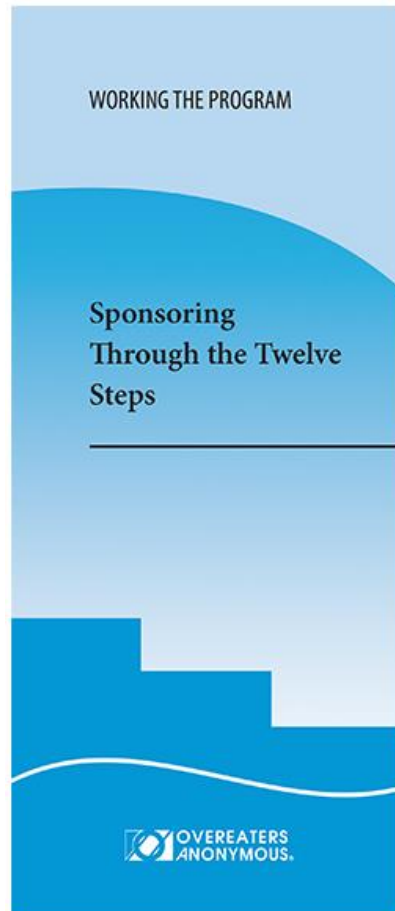
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For Help with Sponsoring...

Per our **Sponsorship Coordinator** article earlier in this issue, OA offers guidance for all of us to develop and use our sponsoring skills.

A Guide for Sponsors

Whether you are sponsoring for the first time or the twentieth time, this pamphlet offers guidance and support for the vital role you play. Answers questions on why, when and how to be a sponsor. Appendix lists "30 Questions to Ask Newcomers." Copyright 2015.

SKU 200 **\$0.75**

Sponsoring Through the Twelve Steps

Offers experience, strength and hope for sponsors who are guiding their sponsees through the Twelve Steps of Overeaters Anonymous. Includes recommended readings and thought-provoking questions. Copyright 2012.

SKU 220 **\$0.75**

Where Do I Start?

Translations Now Available at OA.org

OA's introductory pamphlet *Where Do I Start?* is available in 20 languages for download and distribution. And now many, many more OA members and newcomers around the world can access the vital information packed into the pamphlet in their first language. *Where Do I Start?* includes the Fifteen Questions, Tools (abridged), Sample Plans of Eating, OA Promise, and "Welcome Home," as well as answers to frequently asked questions, such as "What is the Twelve Step recovery program?"

In keeping with group conscience decisions made at the 2022 World Service Business Conference, *Where Do I Start?* can be found in the Document Library on [oa.org](https://oa.org/document-library/) (<https://oa.org/document-library/>). Click either the category "New to OA" or "Translation." It's available in these languages:

- | | | | |
|---------------------|-------------|-----------------------|--------------|
| • Arabic | • Hebrew | • Japanese | • Serbian |
| • Bahasa Indonesian | • Italian | • Korean | • Spanish |
| • Chinese | • Latvian | • Persian | • UK English |
| • Finnish | • Mongolian | • Portuguese (Brazil) | • US English |
| • French (Quebec) | • Norwegian | • Romanian | • Zulu |

Note: The *Where Do I Start?* pamphlet was updated in July of 2022, and the translations are of the original 2018 text of *Where Do I Start?* This note is included on the first page of each PDF. The US English PDF has been updated.

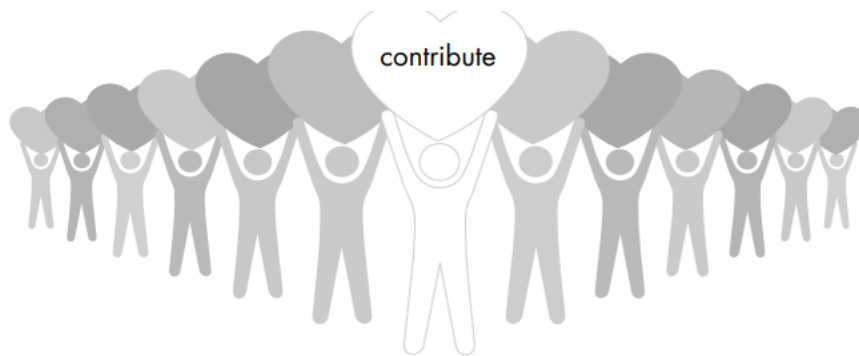


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Why Become an Automatic Recurring Contributor? For Twelve Really Great Reasons.

1. Your contributions support OA's primary purpose: to carry the message of recovery to the still-suffering compulsive overeater.
2. Your contributions help produce OA-approved literature, such as *Overeaters Anonymous, Third Edition* and *Taste of Lifeline*.
3. Your contributions support OA's website, oa.org, where many newcomers first learn about OA and the promise of recovery.
4. Your contributions support freely available, downloadable resources on oa.org, such as podcasts and meeting formats.
7. Your contributions support carrying the message around the world through translations of OA-approved literature.
8. Your contributions help you work your program, with many OA members discovering that making regular financial contributions supports their recovery.
9. Your automatic, recurring contributions are easy to set up and can be scheduled monthly or quarterly.
10. Your contributions are tax deductible in the USA.



5. Your contributions support worldwide and virtual meeting information, and outreach to professionals.
6. Your automatic, recurring contributions for virtual meetings means you never have to ask, "Did I remember my Seventh Tradition this week?"
11. Your contributions are a meaningful way to honor your abstinence anniversary, acknowledge a sponsor or sponsee, or remember the costs of your last binge.
12. Your contributions make a difference, and no contribution is too small to help carry the message of recovery.

Help OA grow. Go to oa.org/contribute and sign up to become an Automatic Recurring Contributor.

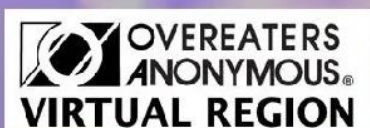
Consider contributing at <https://oanfig.org/> using your local group number. 10% automatically goes to support Region 8, 30% to OA World Service.



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Events from All Over



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)

- **September 11th - Being Entirely Ready for HP to Change Us**
- **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=eXZWSUNNdVhtZ3hHZHZJY2RRajkzdz09>

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 or chair.workshop@oavirtualregion.org



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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



Mountain of Miracles OA Retreat
September 23-25, 2022
Christmount, Black Mountain, NC



<https://piedmontintergroup.org/retreat-registration/>



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OVEREATERS ANONYMOUS
EAST BAY UNITY INTERGROUP PRESENTS

Annual Twelve Step Marathon



SEPTEMBER 17, 2022
1PM - 4 PM

Come hear five speakers tell how the
Twelve Steps of Overeaters
Anonymous transformed their lives.
Virtual on Zoom
Register at eastbayoa.org



\$5-10 Suggested Donation

No one turned away due to lack of funds

Contact - Emma E, events@eastbayoa.org



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REGION 5 CONVENTION

September 16 - September 18

Overeaters Anonymous Region 5 Convention

LETTING OUR LIGHT SHINE



Event Type: Region 5 Convention

Event Title: Letting Our Light Shine

Event Dates: Friday 9/16/2022 Thru Sunday 9/18/2022

Sponsored By: Region 5 and Chicago Area Service Intergroups

Event Location: Zoom Online

Event Cost: A suggested donation of \$10 to \$20, however No one is turned away. All are welcome

Online Registration: <https://oaregion5.regfox.com/region-5-2022-convention>

Mail-in Registration: [Convention Registration Mail in Revised 2-23-22.pdf](#)



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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 innervoiceni@gmail.com.

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.

DONATIONS REPORT 2022		Aug	YTD TOTAL
PAYPAL - Individual Donations		\$23.30	\$544.08
Jacksonville Groups			
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	\$90.78	\$680.21
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	\$511.46
Sat: Serenity Saturday OP NFI			\$0.00
Sun: Military	800278		
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137		\$170.00
Thu: Unity Church(Acceptance)	50421	\$9.22	\$328.76
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	\$403.38
Sun: Palm Coast/Flagler Beach	56072		\$140.00
Southern Georgia Groups			
Tue: Jesus	54175	\$25.00	\$200.00
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		\$202.09	\$4,137.44
Don to WSO		\$60.63	
Don to SOAR8		\$20.21	



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