



**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.

## SOAR 8 Recovery Convention and Business Assembly Tybee Island, GA, October 27-29, 2023 *“Welcome Home, Ya’ll”*

**This is the first Region 8 face-to-face gathering since 2019 (pre-pandemic)!**

The Recovery Convention at Tybee Island, right on the beach, promises to be great fun, full of recovery and hugs. Our program covers the steps, grouped as Connection, Correction, and Direction. The Recovery Convention is face-to-face only.

The Business Assembly will be conducted as a hybrid, but we encourage everyone to attend face-to-face. Virtual attendance is offered for members who cannot attend in-person but who are properly credentialed and voting. Unlike fully virtual business assemblies, representatives attending on zoom for this hybrid meeting will have limited participation in the proceedings. OA members (visitors) who want to observe the business assembly virtually but NOT VOTE, may register for free.

When ordered in advance, you can partake of a lunch which will be delivered to the venue, and join us at a restaurant on the beach for the Saturday dinner buffet. Following dinner, return to the convention location for a dance that encourages (but does not require) Halloween costumes. Guests are invited to sign up and attend our meals. There will be an opportunity to bid on silent auction items: baskets, literature, hand crafts, etc.

We will have a 50/50 drawing, and items for sale from the Ways and Means Committees of both NFI and Region 8.

More information about the weekend is on the Eventbrite website. Sign up now through Eventbrite (fees are added): <https://SOAR8-Welcome-Home.eventbrite.com> or with the registration flyer (submit a check) that can be found on two different websites:

- <https://www.oaregion8.org/>
- <https://www.oanfig.org>

**EARLY REGISTRATION ends 26 SEP 2023** and the fee increases after that date. Rooms are going fast but are still available. Please call the Hotel Tybee directly 912-786-7777 (**do not book online**) and give them the code “SOAR2023.” If you have any trouble getting the room rate, contact Augusta L. 912-508-4777.

Register now!  
We hope to see you there.



## Step 9: Living Amends

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

The list may have people on it whom we resent but have not harmed. For instance, if someone abused us as a child, we do not owe them amends for the abuse or for resenting them for abusing us. If you grew up with abuse, you might not even realize it because what happens in a family to a child seems normal to that child, so keep an open mind. Don't force forgiveness because you think you ought to forgive. If you ever get to the point where you can forgive, it will be because you, yourself are safe and understand that they were doing their best and it was horrific.

Going through your list can be a very wonderful experience and mend fences with many people, but for me the hardest part of amends is **living** amends, the ones I have to do on a daily basis to the people I harmed on a daily basis. I have to amend my behavior. I can't go on lecturing people and having to be right. I can't go on giving advice unasked, knowing best, judging others because of our wonderful slogan, "You spot it, you got it!"

I had to remind myself of that this morning when I thought, "What a jerk!" about someone near and dear to me. I do the same as he was and pointing out the error of his ways would have been, perhaps fun. It certainly used to be. These days it is living amends not to point things out. It is really none of my business and working on me is a full-time job.

Part of that full-time job is amends to myself: meetings, sponsoring and being sponsored, writing each day on the daily reading, having a plan, being a grownup, being honest, doing what I say I will, saying what I mean, but not saying it mean! It is so worth it though to see some old behavior drop away.

I haven't had a bad experience with the 9th step. If you do, simply say you were wrong to do whatever it was, don't ask for forgiveness, which would be trying to control their reaction. Say you are sorry if you've never said that before (and are), and let it go. We do this for ourselves; In one sense we become more human by admitting our wrongs. All humans have them. Recovering people admit them.

— PM, Gainesville FL

## More on Step and Tradition 8 from the Region:

**Step 8:** The spiritual principle behind Step 8 is **Self-Discipline** because it takes discipline to review my past and list all the people who I have harmed. Reviewing my 4th step inventory was helpful in making my 8th step list. It was important for me to define the harm that I caused the other person so that I would know exactly what I was making amends for in Step 9. If I wasn't sure, it helped to write about it and talk about it with others in recovery.

I was encouraged to ask for help when getting ready to make amends, to make sure that my thinking about the situation was clear and objective. I wanted to avoid the temptation to rush into things, just to clear my own conscience. Thankfully, in Step 8, I just needed to become willing, I didn't need to make amends – that could wait until Step 9.

Saying the fear prayer and the resentment prayer found in the Big Book of Alcoholics Anonymous helped me become willing. If it was a particularly stubborn resentment, I could say the Freedom From Bondage Prayer which is also found in the Big Book. Here it was suggested to pray for the person I resented every day for two weeks, asking for their health, happiness, prosperity, and whatever else I might wish for. This also takes a lot of Self-Discipline!

Many of the names on my 8th Step list also required living amends by changing my behavior. I have to practice being more patient, tolerant, kind, and loving in all my interactions. One way that I make living amends to myself is by working my program diligently and depending on my Higher Power for direction in my life. After much hard work, I have finally made amends to all the people on my 8th Step list. Now I am gratefully living in the maintenance steps of 10, 11 and 12 one day at a time!

**Tradition 8:** The spiritual principle behind Tradition 8 is **Fellowship**. It all started with one recovering compulsive overeater helping another. We don't come from a place of being "holier than thou." We can help each other because we have been there ourselves and have found a way out through this miraculous program. We don't need a special license



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or formal training to help another person. We just need to be seeking recovery ourselves. The blessing of giving service in this program is that it helps us stay abstinent. “You have to give it away to keep it” is a spiritual slogan that I learned in my first few years in OA. Because of this tradition, no one is paid to do 12th step work. However, we do need to hire professionals from time to time to help keep OA functioning so that 12th Step work is possible.

For example, we hire professionals to help create and update the OA website so that both actual and potential members can find out information about meetings and other important OA resources. We also hire professional accounting services to audit the OA books and create an annual report, things that need to be done for an organization of our size. I couldn’t begin to list all the ways OA employs special workers, but the point is that we do so only because it is necessary to help us carry the message to the next sufferer. I’m very grateful for this tradition because it makes OA available to all who want it, and it steers us clear of the profit motive.

– T.S., Florida

## Tradition Nine:

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

Tradition Nine seems to contradict itself. OA ought never be organized, but we do have boards and committees – which sound like organizational bodies. It is not that confusing. Consider the spiritual aspect that pervades the fellowship, along with the spiritual aspect that pervades our recovery. Apply the spiritual aspect to organization; committees serving the fellowship, rather than authorities dictating to the fellowship, and the tradition becomes easier to understand. One purpose of this tradition is to ensure that the administrative activities of keeping the fellowship going do not interfere with our primary purpose.

Any entity as large as OA requires a certain amount of administration to keep it alive. The work of the World Service Office, and of local Intergroups is part of the necessary organization that allows for the fellowship to continue to serve its primary purpose – helping compulsive overeaters/those with compulsive food behaviors to recover. So, some amount of organization is unavoidable. We try to deal with the organizational issues in an efficient way so that our meetings are focused on actual recovery, rather than the administration of recovery meetings. There are no “OA Police” that go around inspecting meetings and assuring all are following the traditions. It is up to each group, intergroup, to deal with their adherence to the traditions. If there is a conflict about a tradition within a group, they must work it out. This does not mean that OA’s boards and committees are not available to assist each group in any way they can. But it does mean that no board or committee can expel a group (although they can take them off the list of meetings) or expel a person from OA. No punishments for wrongdoing or for not following the traditions are given out by boards or committees. Administration is to foster the fellowship, allowing the fellowship to work things out among itself in group conscious. The power structure is “from the bottom up,” rather than “from the top down.” Officers on boards and committees serve the needs of the group, rather than the other way around. This keeps OA from becoming bureaucratic, like a corporation or business.

We follow the traditions just like we follow the steps – because our experience shows us that is what has been proven to work. But there are no mandates; just as the steps are just a “suggestion” – so the traditions are as well. The spiritual principle of structure guides us in actively choosing, with the support of our Higher Power, and the agreement within our groups, to follow the traditions in our groups. Long timers in recovery understand that following the traditions allows the group to function more efficiently – leaving most of the time in groups focused on recovery, rather than administrative functions.

– Lucy



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## Concept 9 – What is a Trusted Servant?

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

We may ponder – what is a trusted servant? Trusted servants are indispensable to Overeaters Anonymous. Concept Nine clarifies that OA provides numerous opportunities to serve at a variety of levels. The variety of those jobs is also matched by the variety of ways OA chooses trusted servants.

While some service positions may require special skills, others may simply require willingness. For example, if a group is seeking an alternate meeting location, and someone in the group is willing to do the research and legwork, she is considered a trusted servant for that task.

OA's ninth concept clarifies that if a service position requires specific skills, those requirements must be specified prior to selecting the trusted servant. In particular, leadership positions within OA's service structure should require leadership skills such as ability, tolerance, responsibility, flexibility and vision.

OA experience shows that the best way to attract service participation is to allow members to “grow” into service positions. Committee members, for example, may eventually choose to serve as committee chairs. Individuals learn valuable skills by working with others who can help teach the needed skills. But, as always, willingness is the key to being the best possible trusted servant.

Conflicts can be avoided by clearly defining service requirements and the process by which servants are selected. A service body's bylaws and policies help groups define the abilities, past service, and abstinence requirements an individual should possess to be considered for a particular position.<sup>1</sup>

There are some service positions that require certain lengths of abstinence. Many established groups have abstinence requirements for the service positions such as: chair, treasurer, and secretary, because group members rely on leaders living in the sanity of recovery rather than the insanity of the disease. However, OA reminds us all that one does not necessarily have to be abstinent to give service.

Giving service is a key tool for all OA members and helps strengthen our individual recovery. Attending meetings, calling and taking calls from other members, and setting up chairs at meetings are all important types of service and do not require abstinence.

Anyone in OA can provide service immediately. Carrying the message to the compulsive eater who still suffers is the basic purpose of our fellowship; therefore, it is the most fundamental form of service. Any form of service—no matter how small—which helps reach a fellow sufferer adds to the quality of our own recovery. Getting to meetings, putting out chairs, putting out literature, and talking to newcomers are all ways that any OA member can give service. Ask your group, intergroup/service board, or region about requirements for service beyond the group level.<sup>2</sup>

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.

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

<sup>2</sup>Accessed on 8.23.23 from <https://oa.org/faqs/categories/general-service/>



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## Website Updates

Have you been to the New Freedom Intergroup website recently (<https://www.oanfig.org>)? Our webmaster does an excellent job of posting events that occurring in the immediate area, in Region 8, and around the world. The two latest updates on the website provide information about the Twelfth Step Within Committee and how to start a new meeting.

In the main header, there is a new tab called "WELCOME BACK." This page was generated by the Twelfth Step Within Committee, whose purpose is to carry the message of recovery to those who still suffer **WITHIN** the OA Fellowship. This committee offers the message of hope and encourages OA members to maintain recovery with tips on preventing relapse. In the section titled "From Slip or Relapse to Recovery," we offer an action plan for reclaiming and retaining our abstinence. The food is the last to go when a compulsive eater slips, relapses, or struggles, so a thorough look at food and food behaviors is necessary. December 12 (12/12) each year is designated as OA's International Twelfth Step Within Day. On this day, we encourage OA service bodies, meetings, and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors.

Under the "MORE" tab in the top header, you can click on "FIND AN OA MEETING." Every month, we publish the total meeting list for New Freedom Intergroup and the virtual meeting list (including the zoom meetings numbers). There is a downloadable section on emergency zoom protocols, thus minimizing zoom bombing. **The most recent section includes information on how to start a new meeting.** Are you thinking about starting a new group for Overeaters Anonymous? We can help! There are several documents you can download, including one that lists FREE RESOURCES that you can use to get a meeting up and running. When your meeting is registered with the World Service Office and affiliates with NFI, you may request a start-up packet from NFI, and the instructions on how to obtain this valuable resource are in the welcome letter.

Please take a few minutes to look at our web page. There may be information you have never seen before!

## Zoom-bombers are Still Out There!

**Zoom-bombing:** the unwanted, disruptive intrusion, generally by Internet trolls, into a video-conference call. Zoom raiders often employ shocking imagery, racial epithets and profanity to derail video conferences. In the latest reports I have received, a zoombomber took over an OA meeting and dangled images of food in front of everyone!



Marginalized people and groups are disproportionately impacted and targeted. These incidents are not "a fluke" or "some troublemakers" playing a prank. This is systematic oppression of marginalized groups, institutions of higher education, and in many cases, may be an insider causing trouble! Regardless, this practice is NOT okay.

Zoom-bombing still happens but security experts say it is far less prevalent than it was in 2020 for several reasons. First, we're interacting more in person and using zoom less. Second, the companies responsible for providing the on-line service helped tame Zoom-bombing partly by improving their own security -- making its product more difficult for you (and for online harassers) to use. Once Zoom put up more checkpoints to enter meetings, many online harassers "likely moved on to other activities," said Jimi Sebree, senior staff research engineer with the cybersecurity company Tenable. Third, we users have gotten much smarter about how to prevent these kinds of activities.



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## Tips to protect yourself from Zoom-bombing:

If you're hosting a private book club or a work meeting with people you know, you probably don't have to worry much about being Zoom-bombed. But, OA meetings that are virtual should have safety measures in place because we advertise the meeting session IDs and passcodes, making it easy for newcomers and other outsiders to attend our meetings. There are lots of tips on zoom security to be found on the internet; including on the NFI website (<https://oanfig.org/find-an-oa-meeting/emergency-zoom-protocols>) and Region 8 website (<https://oaregion8.org/committees/technology/>).

These extra measures can make your online gathering even safer from intruders:

1. **Guard the host codes.** These codes are used by the security hosts for the meetings, the meeting leaders do not need them. Every meeting should have a security host – and you should know who it is going to be each week (sign up in advance). This individual should open the meeting a few minutes early and take control of the security, including letting people into the meeting and ejecting those who are disruptive. In the rare circumstance that someone you do not know has taken over as host, and you cannot reclaim the meeting as host, do not start the meeting. Contact the vice chair for more steps as we will have to take more drastic measures.
2. **Immediately choose the feature to “Enable Waiting Room.”** This lets you (the security host) decide one-by-one which people are permitted to enter your Zoom call. If you do not recognize a person, you can chat with everyone in the waiting room to determine whether or not to let them in. Sounds kind of mean – but it is a safety issue. Ask them questions like “What is your home group?” If you don't get an agreeable answer, don't let them in.
3. **Lock the meeting.** In my meetings, we decided (by group conscience) to lock the meeting once the preliminary readings are completed – approximately 10 minutes in. This is the top option when you click the “security” heading at the bottom of the screen. OA meetings start and end on time – most OA members know this, but bombers do not. This frees the security host from having to maintain constant vigilance during the entire meeting.
4. **If someone does zoom-bomb your meeting, you have two emergency options.**
  - **“Remove participant”** to eject a person who is disrupting your meeting. Depending on how you use Zoom, you might find this feature under the “Security” options at the bottom of your Zoom screen or under More → Security at the bottom of the screen in your Zoom smartphone app.
  - Or select **“suspend participant activities”** to pause the meeting until you figure out what went wrong. Again, you might find this feature under the “Security” options at the bottom of your Zoom screen or under More → Security at the bottom of the screen in your Zoom smartphone app. If you select this option, your meeting is in suspended animation with everyone's audio and video disabled. You have the option to select “suspend and report,” which automatically logs details from the Zoom call and, if you choose, sends that information to Zoom to investigate. Once you have figured out who is interrupting the meeting, you can slowly unlock the participants who are welcome and turn on their audio and video individually.

In the most recent zoom-bombing, an unknown zoom-bomber took over as host, using the names of OA members that were displayed on the screen. The individual shifted names quickly, and it was impossible to suspend or eject him/her. Everyone left the meeting (a nice tactic), waited a few minutes, and then reopened it, but the bomber was still there, too. They never did have a meeting that day.

As a possible “fix” for this meeting, we created a new session ID and passcode for a meeting. Yes, we are publicizing it on the websites for NFI and OA, but it may keep the intruder out for a while. If we find this bomber has the host code, we will change this meeting to a different account (and a different host code). This is why it is important to minimize the number of people who have access to the host codes.



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There are other, much more strict ways to prevent bombing, such as requiring everyone to give us an email address, entering this into the meeting file, and requiring each person to “authenticate” themselves. Only individuals on the preapproved email list can join the meeting. In addition, we can also stop posting session IDs and passcodes on our websites, and replace them with a contact to call for the information. Only brazen bombers will call for access (there are easier meetings to bomb), but newcomers and visitors from other OA meetings may be put off by this, too.

Our virtual meetings are intended to be safe and secure, to provide recovery from the disease of compulsive eating. If you have problems with zoom-bombers or security, please contact the Chair or Vice Chair of NFI.

## 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?



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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](https://www.oa.org/pdfs/oa_approved_literature_list.pdf).

### Q: How should I donate my basket?

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](mailto: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

Chair	Secretary will forward as needed	<a href="mailto:oanfig@gmail.com">oanfig@gmail.com</a>
Vice Chair/Bylaws	Echo G. 561.704.2917	<a href="mailto:chairnfi@gmail.com">chairnfi@gmail.com</a>
Treasurer	Barbara C. 352.474.1366	<a href="mailto:vicechairnfi@gmail.com">vicechairnfi@gmail.com</a>
Secretary	Carly B. 303.710.0589	<a href="mailto:nfitreasury@gmail.com">nfitreasury@gmail.com</a>
Delegate	Sandi JC 912.464.4231	<a href="mailto:oanfig@gmail.com">oanfig@gmail.com</a>
Newsletter/Meeting List	<b>VACANT—Consider doing service</b>	<a href="mailto:delegatenfi@gmail.com">delegatenfi@gmail.com</a>
Public Info/Prof. Outreach	Mark W. 904.527.3433	<a href="mailto:innervoicenfi@gmail.com">innervoicenfi@gmail.com</a>
Young Persons	Nancy K. 516.286.1888	<a href="mailto:piponfig@gmail.com">piponfig@gmail.com</a>
12th Step Within	<b>VACANT—Consider doing service</b>	<a href="mailto:youngpeoplenfi@gmail.com">youngpeoplenfi@gmail.com</a>
Sponsor Coordinator	Georgette P. 352.870.4454	<a href="mailto:ghabanero56@yahoo.com">ghabanero56@yahoo.com</a>
Website	Hailey 404.797.5586	<a href="mailto:sponsor.nfig@gmail.com">sponsor.nfig@gmail.com</a>
Ways and Means	Brian B. 904.616.0608	<a href="mailto:websitenfi@gmail.com">websitenfi@gmail.com</a>
	<b>VACANT—Consider doing service</b>	<a href="mailto:wandmnfi@gmail.com">wandmnfi@gmail.com</a>



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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](http://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](mailto: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.)

	<p>New Freedom Intergroup PO Box 550842 Jacksonville, FL 32255-0842 <a href="http://www.oanfig.org">www.oanfig.org</a></p>
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If you are reading a paper copy, additional copies of this flyer can be downloaded at [www.oanfig.org](http://www.oanfig.org) OR [www.oanfig.org](http://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.



## 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 1<sup>st</sup> 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 7<sup>th</sup> Tradition donation.

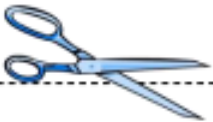
*No one will be turned away for lack of funds. If you cannot afford registration, consider giving service or a donation at the event. Scholarships are available; contact the Committee Chair.*

### 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 101<sup>st</sup> 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 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 12. 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, September 9th 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.

**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>
  - Reminder: The early bird registration runs until the end of September, after that you will need to pay full price!

**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.
- Discussed how best to let new meetings know about the resources available to them for free from WSO and additional resources from NFI. Barb C created a welcome letter with links to said resources and information about how NFI can provide additional support. This will be added to our website and can be sent to anyone interested in creating a new meeting or even if you're just looking for resources for your own meeting too!
- Discussed focus for the newsletter and if we should include events outside of our region. Decided that carrying the message is most important, regardless of who the hosting group is, but we should be mindful not to conflict with our own events. Focus on events from within our intergroup first, then our region, then outside.
- We were asked to consider refunding a donation from a meeting which had gone virtual and is now returning to hybrid. The motion failed, with the majority feeling that this could set a precedent that may violate the traditions as meetings are meant to be self-supporting.
- We will be looking to make 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.

## Spring Writing Assignment (Region 6)

(continued from August issue)

By Chuck F., May 25, 2023

**Topic: Why is doing service rewarding to you?**

I am involved in the PIPO outreach work of our intergroup and also on the region six similar committee. I do outreach because once I have discovered treasure, I am motivated to share it with others. Turns out, that sharing the treasure of powerful, effective ideas which can transform your life, is extremely rewarding and by sharing it, it increases the value of my treasure.



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I do service at the board, region, and world service level because I am committed to giving back in order to get more. This karmic principle seems to underlie much of my growth and my life, improvement, transformation as well as my spiritual growth. Since I am at home, looking at the big picture of how organizations operate and make improvements in effectiveness and efficiency, I can make my greatest contribution at this level to the overall impact of OA in the world.

Spending time with other people doing service at the intergroup, region and world level puts me in the company of an extraordinary set of extremely committed and positive people who have frequently traveled arduous journeys in their lives to achieve their present level of spiritual development and abstinence. I always felt that if you wanted to improve, it's a great idea to hang out with people who are a level or two ahead of you and this is exactly what happens in doing service at the intergroup, regional, and world levels. Although nothing is formal, I do feel that spending time with people at high service levels increases my accountability or my willingness to be accountable to myself. This increases my commitment and results.

– Willing P.

Service is one of my tools of recovery that helps me every blessed time to work the Traditions and the Steps. Place me amidst people, whether in an OA room or not, and there, in doing service, I most definitely am put into situations where my ego is evoked. In those difficult times is when my spiritual growth occurs.

My character defects rise to the surface, and in the disturbances, I am reminded of the Traditions. I must then work my Steps to keep me balanced in my recovery. I must go to any lengths to prevent buildup from happening. I clear away the clutter as it comes so that the buildup won't lead me to the crazies and then the food. I must be on alert.

I am grateful my HP gives me awareness and acceptance in every situation so I can take action. By taking responsibility and letting go of what I cannot control or whatever fears lurk, I am able to make a plan of action necessary to do better.

It is by living in the Steps that I change one day at a time. The principles of my program grow within me and my relationship with my HP gets richer. How much more rewarding is it, to have a life free of the insanity I once lived? Finally, free amidst the chaos in this world. Learning to live life on life's terms with my steps gives me a life beyond my wildest dreams.

I will always be a compulsive overeater, so service is a must for me to be able to live in the Steps.

I have a life with purpose, doing what I am meant to do; sharing of myself to help another.

A grateful Compulsive Overeater

– Melanie B.

Service is rewarding to me because it teaches me responsibility and gives me purpose. Having responsibility and purpose are essential in our work life. Therefore, OA is a great place to practice these two very important attributes. Even in retirement, I feel that it is rewarding to have responsibility as well as purpose. Maybe it is how we humans are wired that we find a need to have some form of responsibility and purpose.

When we work with sponsees, it is very rewarding to see them come out of a fog of food behaviors. When we set up chairs at a meeting, it is rewarding to see the welcome that people feel when they walk into a nicely set up room. When I do service for my intergroup, I am affecting even more OA'ers. When I do service for my Region, I get to meet members from other states and countries. This reminds me that our disease knows no country borders. When I do service at the World Service level, I am elated to meet people, again from all over the world, who take this program as seriously as I do, and work the steps and use the tools to get well. It is rewarding to see that many people travel from the other side of the world for their recovery and for the opportunity to take back ideas to their home regions so people in their home communities can be helped.

– Judy K.



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# What Is an Outside Issue: Are We Being Open-Minded in Our Meetings?

Beloved Members, Groups, and Service Bodies of Overeaters Anonymous,

We all come from different backgrounds and experiences. The OA program is for everyone with a desire to stop eating compulsively. We are meant to be inclusive and welcoming to all.

A subcommittee of the Unity with Diversity Conference Committee has been in contact with some members of specific-focus groups, including BIPOC, LGBTQIA+, and Health Issues, and has found that, despite all previous statements on inclusivity, there are still members who don't feel safe or included. The subcommittee was distressed to hear that some OA members, when sharing their life realities, were told that their life experiences were considered outside issues and were shut down.

How will we ensure that everyone is included?

The Unity with Diversity Committee's primary concern is that *all* OA members, in *all* meetings, feel safe while sharing their experience, strength, and hope and are not told that their share is an outside issue. Everyone needs to be able to share at meetings about factors in their lives that could cause them to act out with food.

The Unity with Diversity Committee is discouraged that efforts to date have not brought about sufficient change.

It is an urgent matter that people are not silenced at OA meetings. Action is required from the Board of Trustees and the whole Fellowship to create a safe space for all to share.

Respectfully,

– OA Board of Trustees and Unity with Diversity Conference Committee (July 11, 2023 from WSO)

## What Are the Tough Questions for 2023?

A spreadsheet has been electronically passed around of tough questions are members are sharing. I have attached a bulleted selection of items below. The Unity with Diversity committee has asked that we add on to the list to use it for a survey of what to prioritize. The overall goal being inclusion and the welcoming spirit of OA for all people.

<[https://docs.google.com/spreadsheets/d/1ie\\_Vn9pfT3BRh9EIPaLq47ApyV\\_3MuCd/edit?usp=sharing&oid=112528322337678224552&rtpof=true&sd=true](https://docs.google.com/spreadsheets/d/1ie_Vn9pfT3BRh9EIPaLq47ApyV_3MuCd/edit?usp=sharing&oid=112528322337678224552&rtpof=true&sd=true)>

- How can we make sure everyone feels seen and included in meetings when people have different belief systems (e.g., atheists/agnostics/religious beliefs)?
- What is the best way to address gender affirming pronouns?
- How can we make somebody understand that it's time for them to let go of their service and let somebody else do that service?
- When two people need to feel heard, but each is making the other feel not-heard, what can you do?
- Why aren't there more face-to-face meetings happening in my area? What is stopping / preventing them?
- How do you share your feelings about events in the news without violating the 10th tradition?
- What do you do when someone starts talking about who they'll vote for in the next election?
- Why aren't there more men in OA? How can we attract them?
- How do I know I will feel safe in a meeting sharing?
- I was told racism is an outside issue? How do I respond? How do others listening respond?
- Can trans people talk about current events affecting their wellbeing in their shares? Will they be shut down?
- The moderator of my meeting isn't using my preferred pronouns? How do I express this? Am I welcome?



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- In an open meeting, a person that does not yet recognize herself being an OA was sharing. Somebody shut her down saying that she was not allowed to share unless she was an OA member. How do you deal with this situation and the rudeness?
- Why do some people feel the need to create separate meetings (black, women/men only, Hispanic, LGBT, etc.) when we all have the same disease and a common solution? Does this create more separation and alienation?
- Why are there so many other different versions of OA (HOW, ABA, A Vision for You, etc.)? Doesn't this confuse the original message of OA?
- Should we allow extremely overweight members lead groups, take service at 'high' levels such as IG's, Regions and Board Trustees? How does this look to newcomers and does it attract them?
- How do you deal with a fellow who works in the addiction field and constantly brings this up in meetings?
- How do I feel safe in meetings when people enter the zoom room and use horrific racial epithets towards me as I'm sharing?
- How do we handle members who questions a person's gender identity and is not respectful?
- How do you deal with a fellow who isn't taking their service commitment seriously? (missing meetings, not finding a stand in if they can't make it, not letting the group know they can't make it)
- Am I allowed to attend specific focus meetings if I don't fall under the 'focus'?
- How do I deal with a clique in a meeting?
- How do I deal with a fellow who constantly bad mouths 12 Step / Recovery / OA in meetings?
- Why do some meetings insist on having your camera on during a Zoom meeting and others do not?



**Where Do I Start?:** Everything a Newcomer Needs to Know is our pamphlet for anyone new to OA.

Download it for free at <https://oa.org/what-to-expect/where-do-i-start/> in twenty-one languages:

- |                        |             |                          |
|------------------------|-------------|--------------------------|
| • Arabic               | • Hebrew    | • Persian                |
| • Bahasa Indonesian    | • Italian   | • Portuguese (Brazilian) |
| • Chinese (Simplified) | • Japanese  | • Romanian               |
| • English (American)   | • Korean    | • Serbian                |
| • English (British)    | • Latvian   | • Slovenian              |
| • Finnish              | • Mongolian | • Spanish                |
| • French (Quebecois)   | • Norwegian | • Zulu                   |



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# MEN IN OA

## We want your story!



Overeaters Anonymous is updating our existing publication welcoming men to OA with the intention of expanding the representation of men in OA. We are seeking stories that express your experience with compulsive eating and what brought you to OA.

### *Some ideas to get you started:*

- How have food, weight, and body image affected your life and health?
- Share your experience of compulsive eating:
  - » Overeating
  - » Restricting
  - » Under-eating
  - » Excessive exercise
  - » Binge eating
  - » Chronic dieting
- What made you walk through the doors of OA?
- What was your experience at your first OA meeting? What were the positives? Negatives?
- What made you decide OA was for you?
- How has working the OA program changed your life? What hope would you like to share with the man new to OA?

#### *Submission Requirements*

- Submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc.
- Submissions are not returned.
- 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.
- Submissions must be submitted with a signed release form.
- Submissions of approximately 400-800 words with a title are preferred.

**Due by September 15, 2023**

**Email your story to  
info@oa.org  
with subject line  
"To the Man"**



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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

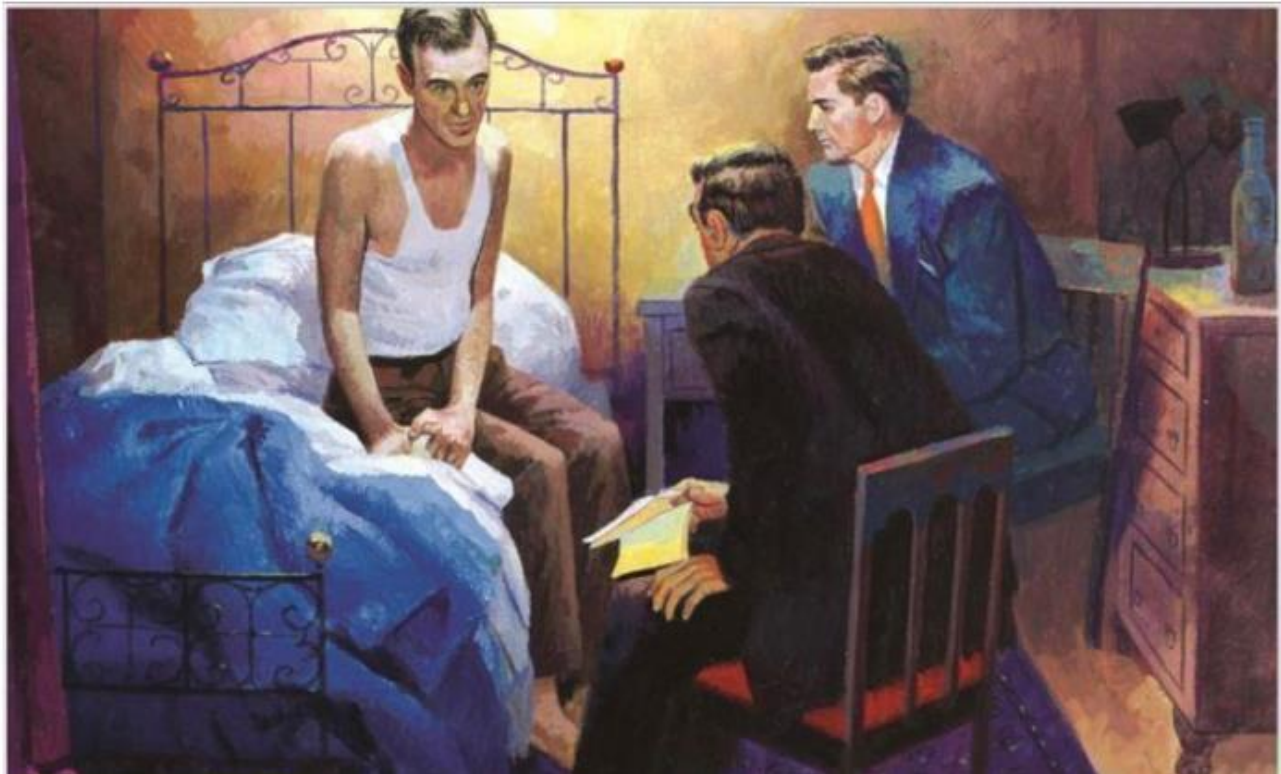
Always to extend the hand and heart of OA to all  
who share my compulsion; for this I am responsible.



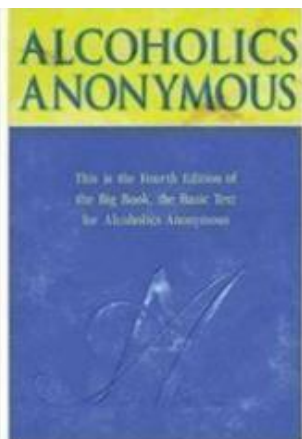
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*Using scripts based on the beginners meetings  
in the 1940s: a focused introduction to the 12  
step program in 4 weekly sessions.*



**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		Aug	YTD TOTAL
General Fund / no meeting # specified		\$105.83	\$487.52
<b>Jacksonville Groups</b>		<b>Grp#</b>	
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	\$29.13	\$465.82
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	\$50.00	\$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	\$106.70	\$973.64
<b>Gainesville Groups</b>			
Mon: Big Book Study (Alachua)	51137		\$136.00
Thu: Unity Church(Acceptance)	50421	\$9.22	\$109.76
Wed: Gainesville Unity Church	57568		
Sat: 9:30 AM Welcome Home	48324		\$200.00
<b>Other Florida Groups</b>			
Mon: Palm Coast-St Mark by the Sea	38320	\$12.00	\$53.00
Tues: Lifesaver - Palatka	38464		\$0.00
Wed: Palm Coast - 10am	56604	\$12.00	\$199.00
Thu: Fernandina Beach	49101		\$0.00
Thu: Flagler Beach	15171	\$11.00	\$133.00
Sat: St. Augustine Serenity	00235	\$23.79	\$430.32
Sun: Palm Coast/Flagler Beach	56072		\$36.00
<b>Southern Georgia Groups</b>			
Tue: Jesusp	54175	\$25.00	\$175.00
Wed: Douglas, GA	57445		
Wed: Savannah - 5:30 pm	50301		\$0.00
Thur: Brunswick	51988		\$0.00
Sun: Savannah - 5pm	54362	\$28.64	\$229.12
<b>Totals</b>		<b>\$413.31</b>	<b>\$4,608.18</b>
<b>Don to WSO</b>		<b>\$123.99</b>	
<b>Don to SOAR8</b>		<b>\$41.33</b>	

## 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 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. 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](mailto:innervoiceni@gmail.com).



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# Other Events in Region 8

<p><b>OVEREATERS ANONYMOUS®</b> CENTRAL FLORIDA INTERGROUP</p>	<p><b>RETREAT INCLUDES:</b></p> <ul style="list-style-type: none"> <li>• Speakers</li> <li>• Fellowship</li> <li>• Entertainment</li> <li>• Workshops</li> <li>• <u>Yoga-Bring mat</u></li> <li>• Boutique (Start saving your boutique items for the retreat)</li> <li>• Gift Baskets</li> <li>• Meals</li> <li>• Fun/Fellowship</li> <li>• Rest/Sharing</li> <li>• Lodging</li> </ul>	<p><b>Please check all that apply:</b></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><b>OA Fall Retreat 2023</b> October: 13<sup>th</sup>-15<sup>th</sup>, 2023 Lake Yale Retreat Center County Road 452 Leesburg, Florida 34788</p>	<p><b>Room Registration ends September 30<sup>th</sup> No refunds after September 30<sup>th</sup>. "Register NOW!!! To Help us and assure your preferred accommodations."</b></p>	<p><b>Registration Information</b></p>
	<p><b>To register, Mail registration &amp; checks payable to.....OACFI Fall Retreat 2023. C/O P.O. Box 180293, Casselberry, FL 32718</b></p> <p><b>Payments can also be made through Zelle or Pay Pal: (treasurer@oacfi.org) Just remember to mail in your registration form.</b></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>_____</p>
<p><b>I think I can</b></p> <p><b>We know WE can.</b></p>	<p>Questions or service: Call Kathy M. @ 407-252-7575 or Robin G. @ 407-310-5373 or email <a href="mailto:retreat@oacfi.org">retreat@oacfi.org</a></p>	



NEW FREEDOM INTERGROUP

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