



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.

How Did It All Begin?

1984. I arrived at a meeting. It was filled with women (I am a man). I was embarrassed, ashamed, and a little frightened. A week earlier I was in Florida in the pool at my wife's aunt's place. Afterwards my six-month-old son had his hands on the side of my belly while I was resting and I couldn't see him. I raised my head and I couldn't see him. I finally had to sit up so I could see him. My belly was so big I couldn't see my child. I said to myself, "What's wrong with this picture?"

Then at my first meeting I met people who had lost over 100 pounds, others that had suffered from bulimia and anorexia. I was bulimic from the time I was in grade school and was 75 lbs. overweight.

I had been in another 12-Step fellowship since 1972, but I couldn't "control" my eating. I was on a constant roller coaster with my weight. I so wanted to stop bingeing, purging, starving and overexercising. I was searching for a solution, but I couldn't see it because I was too wrapped up in myself.

At that first meeting, I saw people in recovery living happy, joyous, and free from the bondage of food for the price of a cup of coffee in the basket at the end of the meeting. I began listening to how they applied the 12 steps to their relationship with food.

I heard people talking about how they used food as a drug to deal with life, and how it got progressively worse over time. They felt trapped in the cycle of addiction like I did and many did not see a way out until they came to OA.

Second, I listened to their stories of recovery – with setbacks, relapses, and life struggles. They were living a full life in recovery. You could see it in their eyes and hear it in their shares. Recovery from a life of compulsion is not easy, but it is worth it! It is also the easier, softer way compared to the many things I had tried up to that point. They were applying the 12 steps to their daily lives while continuing to attend meetings. I saw them reaping the benefits.

In five months I lost 75 lbs. and stayed active in recovery for seven years. Then I moved away from my hometown to Washington, DC. Before I left my hometown my recovery was strong and I was actively involved in helping others.

After I moved to Washington D.C. I stopped attending meetings because it was inconvenient and it wasn't the same as it was at home. From that point on I was in and out of OA for twenty years. I lost and gained weight many different times and was using food to cope with the stress of life. I went through divorce, the death of

(continued next page)



my 14-year-old son, a career change, geographic changes and, of course, hiding from my problems through isolation and denial.

I finally returned to OA in 2011. This time I stayed in OA and applied what I had learned from those successful in recovery. After losing 75 pounds again for the last time, I ended up needing open heart surgery and had four blocked arteries replaced. That was ten years ago. My wife and I have walked more than 6,800 miles in the past four years. I am not perfect and I don't have "perfect" abstinence; however I continue happily on the road to recovery working my program daily. God has granted me enough humility to follow this way of life.

During the pandemic I attended OA meetings around the world. They spread this message of hope to me and countless others. I am grateful to be a small part of such a great movement.

— John B., North Augusta, SC, USA

Step 9: Building Character

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

Late last year, I completed a series of step nine amends. Before I began the amends, I had discussed a list of individuals I owed amends to with my sponsor. That list came from the resentment list in my fourth step. I reviewed carefully who I felt I needed to make amends to with my sponsor. It was important for me to discuss this important process with another person who had experience with this step. It is easy to want to make amends to win friends back or to gain approval from others – neither of those reasons are the reasons for making amends. We make amends to do our part of correcting the past. We have been selfish, self-centered, and dishonest in our relationships and the ninth step process allows us to correct our wrongs so that we can be of service to others more effectively.

It was important for me to write out what I wanted to say. I knew that I would feel uncomfortable, and when I am uncomfortable, I tend to talk too much. I wanted to be direct and honest. The *Big Book* and our twelve and twelve helped me form the short statements that I wrote. I had the following in my amends: *WHY* I was making amends to this person – *because I am trying to recover from the deadly disease of compulsive overeating and this process has helped many before me to recover. I want to admit my wrongs to the persons I wronged.* *WHAT* I was sorry for – *I described the specific damage I had done.* *HOW* to rectify the situation – *I told each person what I intended to do to improve the situation, and asked them WHAT could I do to make it better?*

Most of the responses I received were very generous and supportive. I made amends to several of my siblings for how I handled my parents move to assistive living. My siblings were so loving with me that I will never forget these conversations. My conflict with my family, the discomfort I have felt for several years was gone. I also made amends to several individuals who I supervised in my last job. Again, I got mostly positive responses. One previous employee wanted to hash out the past, discuss the issues deeper and talk about other employees. After a pause and a quick prayer, I knew I needed to complete my amends and end the conversation. My Higher Power kept me from gossiping with this person and ruining my opportunity to clean up my side of the street.

The process leading up to these conversations – steps 4-8 – were humbling. I have never been so keenly in touch with my character defects and the damage I can do to others. The amends required courage I could have only gotten from a Power Greater than Myself. They also helped me to build character and to feel that I could look anyone in the eye. My Higher Power felt as close as ever as I went home after each amend and thought about the progress I was making in partnership with my OA family and my Higher Power.

The *Big Book* states the intention behind step nine best: "Our real purpose is to fit ourselves to be of maximum service to God and the people about us."

— Lucy B.



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Tradition 9: Being Helpful?

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

What a difference in attitude from the average organization where the boards and committees are full of people who want to run things, make rules, and be bosses. Here we do service!

This I believe is the result of working the steps of the program which results in people who don't think they know everything. Therefore they are willing to listen and learn and follow the guidance of the steps and traditions. If they make a mistake, it gives them the freedom to change when they notice it. We no longer have grey sheet. We have gradually developed a list of useful tools as a service to our members. OA has its own literature now, all written, edited, and published with the help of members doing service.

In the personal area, being of service to my family has been important in my recovery. Before I got into program, I thought I was being helpful, but I was a bossy, advice-giving dictator who knew what was right for everyone and nagged about it continuously. It was quite ineffective as you may imagine.

Learning how to listen is one of the gifts of the steps and traditions of the program. Listening helped me let others find out how life worked for them. This applies to my family as well as those whom I sponsor.

Thank God for OA.

— Patience M., Gainesville FL

Promises: Priceless Peace



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

Before I was halfway through my Ninth Step, I experienced, as the *Big Book* promises, a new freedom I'd never dreamed was possible: "Fear of people and of economic insecurity will leave us" (*Alcoholics Anonymous*, 4th. ed., p. 84). I was free from the fear of financial insecurity. The feeling was new and odd. Much of my life had been spent in the pursuit of money and more money and, ideally, someone else who would provide that money.

Working Step Nine, I repaid several thousand dollars in amends. I didn't stretch it out over time; I realized that my recovery was dependent on paying off my

debts (mostly for stolen goods), and I wasted no time. With each payment and face-to-face explanation that I was doing this because I am a member of Overeaters Anonymous and I have to repay in order to stay clean, I felt immeasurably better about myself and about life. My home was emptied of stolen and "borrowed" goods; my bank account was emptied of money that wasn't really mine anyway. Doing this meant not spending money on myself in the meantime—no buying new items or taking trips until my amends were fulfilled—but the joy and serenity I felt were priceless. It was like I had won the lottery! I had more money than I needed, even though I was earning less. My cup was surely overflowing!

Before I was halfway through my amends, I experienced the complete absence of desire for more money. I had a job and a place to live; it was enough. I had some money in the bank; I had enough. Within the year, I married someone who, still a student, brought no money into the relationship. (We're still married thirty-six years later!) Eighteen months after that, I left my dream job, at which I earned more money than I've ever earned since, and returned to university to complete an advanced degree. Then my spouse and I agreed to share a job and live overseas, where we earned a



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minimal single income. We had two children and focused our lives on loving them, not through purchases but through opportunities.

Where had my desire for more money and more security gone? Why did I not worry or panic over these decisions?

These Twelve Steps are powerful and life-changing. To come to believe that God could restore me to sanity (Step Two) and to step trustfully into God's care (Step Three) changed me forever. Then, after all the clean-up of Steps Four through Nine, there was nothing holding me back: no fear of not being rich and comfortable, no fear of what other people thought of my life decisions. Amazing!

Through living Steps Ten, Eleven, and Twelve for the past thirty-five years, I have been able to participate in the stream of life, responding to the next right thing as my Higher Power lets me know it through intuition, inspiration, and prayer. I still have little money compared to other folks, but I have priceless peace of mind and abstinence. Indeed, I have won the lottery of life and continue to be a winner each day, one day at a time, thanks to OA and God.

— Anonymous, September 1, 2018

And More Promises

Here are some *other* promises in *Big Book* order with a few comments (see last month for the first installment). Note that the promises are generally conditional. **One needs to work the program for the promises to come true in our lives.**

More About Alcoholism

Negative promise: "I now remembered what my alcoholic friends had told me, how they prophesied that if I had an alcoholic mind, the time and place would come—I would drink again. They had said that though I did raise a defense, it would one day give way before some trivial reason for having a drink."

"But the moment I made up my mind to go through with the process, I had the curious feeling that my alcoholic condition was relieved, as in fact it proved to be."

[Fred] "Quite as important was the discovery that spiritual principles would solve all my problems. I have since been brought into a way of living infinitely more satisfying and, I hope, more useful than the life I lived before. My old manner of life was by no means a bad one, but I would not exchange its best moments for the worst I have now. I would not go back to it even if I could."

— Mark W.

Trusted Servants and Committee Chairs (New emails)

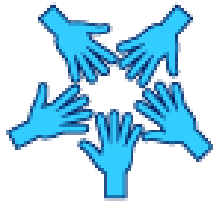
GENERAL INFORMATION

Chair	Secretary will forward as needed	oanfig@gmail.com
Vice Chair/Bylaws	Echo G. 561.704.2917	chairnfi@gmail.com
Treasurer	Barbara C. 352.474.1366	vicechairnfi@gmail.com
Secretary	Augusta L. 912.508.4777	nfitreasury@gmail.com
Delegate	Sandi JC 912.464.4231	oanfig@gmail.com
Newsletter/Meeting List	VACANT—Consider doing service	delegatenfi@gmail.com
Public Info/Prof. Outreach	Mark W. 904.527.3433	innervoicenfi@gmail.com
Young Persons	Nancy K. 516.286.1888	piponfig@gmail.com
12th Step Within	VACANT—Consider doing service	youngpeoplenfi@gmail.com
Sponsor Coordinator	VACANT—Consider doing service	TSWnfi@gmail.com
Website	Hailey 404.797.5586	sponsor.nfig@gmail.com
Ways and Means	Brian B. 904.616.0608	websitenfi@gmail.com
	VACANT—Consider doing service	wandmnfi@gmail.com

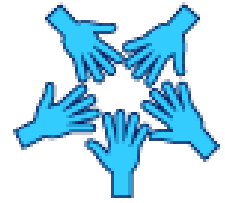


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Upcoming Service Rotations for 2024:



Per our bylaws, this year will see official elections for the following positions, with nominations opening in October for a December election:

- Vice Chair
- Secretary
- Delegate

The Chair will also be looking to appoint committee chairs for the following committees:

- Bylaws & Electronic Documents
- Newsletter
- Website

Currently, we have incumbents in all those roles except for Delegate. Per our bylaws, no one may serve more than two consecutive terms (total of 4 years consecutively), which means that we have two positions up for election/appointment that **cannot continue** to be fulfilled by our current volunteers as they will have hit the 4-year mark by the end of 2024. These positions are:

- Vice Chair – Incumbent: Barb C. This is an elected position that supports the intergroup through a variety of services, conducts business meetings and otherwise fills the position of Chair if the Chair is absent, maintains the meeting lists and event calendar, and performs other duties as assigned by the Policy and Procedures manual. She has also been serving as the interim Bylaws & Electronic Documents committee chair.
- Newsletter Committee Chair – Incumbent: Mark W. This is an appointed position that prepares our monthly Inner Voice newsletter. This can consist of collecting articles from NFI members and OA approved literature, editing documents, overall organization of the newsletter, and working with the secretary for distribution.

If you are interested in giving service in any of these positions, I highly recommend reaching out and requesting to shadow the incumbent member and otherwise working with them to understand what the role entails and requires. Also be sure to review our bylaws and policy and procedures manuals, as they are the official guides to what each position requires and what the duties therein are.



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Want to give service but not sure where to start? Consider joining a committee!



Image credit: Licensed stock image via Microsoft Office

Joining a committee is a great way to start giving service above the meeting level. It does not require that you be an intergroup representative or that you attend the business meetings. Just about anyone can join any committee that they're interested in! Let's learn more about a few of the committees that we have!

Public Information/Professional Outreach (PIPO) committee. Current Chair: Nancy K.

- The purpose of the Public Information/Professional Outreach Committee is to carry the message of recovery to compulsive eaters who still suffer; and to reach out to those who may otherwise not hear about our program.
- OA's 12 step program of recovery can offer hope to a fellow sufferer by attraction, not promotion. We attract newcomers when we inform the public about the program (aka: Public Information).

- Moreover, we attract newcomers when we provide OA information to the medical community, for example: physicians, nurses, counselors (including, but not limited to eating disorder counselors), nutritionists, therapists, psychologists, etc. who can bring awareness of the OA program to their clients or patients (aka: Professional Outreach).
- Examples of PIPO service work include:
 - Arranging for and operating booths or tables at local health fairs and community events to display and distribute OA literature
 - Distributing pamphlets to the local medical community
 - Arranging for Public Service Announcements (PSAs) via media (online, print, radio, etc.)
 - And more!

Interested? Reach out to Nancy K to find out more!

Twelfth Step Within (TSW) committee. Current chair: Vacant

- The purpose of the Twelfth Step Within committee is to carry the message of recovery to those within our meetings and fellowship. They assist with pairing newcomers with sponsors, run workshops focused on working the steps and retaining members, and encourage members to reach out to one another to keep our fellowship strong.

Interested? Reach out to Echo G. to find out more!

Ways and Means committee. Current Chair: Vacant

- The purpose of the Ways and Means committee is to brainstorm, research, and execute fund raising ideas and opportunities for the purposes of further funding our group's efforts to carry the message.
- Members of the committee may also provide service at events by selling merchandise or assisting with running raffles, auctions, and more.

Interested? Reach out to Echo G. to find out more!



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Opportunities for Service

There are currently several opportunities for members to give service within our intergroup. Giving service is very rewarding and many of our members find that it helps them to maintain their recovery. Here's a list of the current vacancies within the intergroup, as well as a brief description of the role and any requirements.

DELEGATE

Our delegate represents the intergroup at the annual World Service Business Conference and at our biannual Region Business Assemblies, sharing experiences with other delegates. Delegates are asked to keep the intergroup informed about what is happening with OA throughout the region and the world, and to keep the region and the World Service Office (WSO) informed of any issues or concerns from our intergroup.

They also inform our intergroup about any new or revised literature and serve as the point of contact for major announcements and mailings from WSO. Delegates also help the intergroup solve problems and assist in keeping the bylaws in compliance with OA Bylaws. To do this, the delegate may draw on the resources of the WSO, where the staff is ready to relay helpful OA experience from all over the world.

The delegate is chosen on the basis of judgment, experience, stability, abstinence, willingness, and faithful adherence to the program of OA. To serve as the delegate for our intergroup you must have at least one year of current abstinence and two years of service beyond the meeting level. This is an elected position.

Interested? Email Echo G at chairnfi@gmail.com

PARLIAMENTARIAN

The parliamentarian advises the chair and the intergroup as to the proper procedures for conducting the business meetings. They ensure that the meeting agenda is followed and helps to keep the group on track. The parliamentarian can be consulted by members for assistance on issues such as calling for votes, following proper order, motions, and other parliamentary questions as needed.

The parliamentarian is an appointed position. It is recommended that they be abstinent before seeking to give service in this role. Interested? Email Echo G at chairnfi@gmail.com

YOUNG PEOPLE'S SUBCOMMITTEE CHAIR

The purpose of the Young People's Subcommittee is to increase awareness of OA among young persons residing in our geographical area, to coordinate events for providing information on OA at high schools and other locations, and to encourage groups to be welcoming of young people who come to OA by reaching out to them with the message of recovery and by helping them to find a sponsor. The chair for this subcommittee coordinates the efforts of the subcommittee and reports to the Public Information/Professional Outreach committee. They work closely with the PIPO committee to ensure that our intergroup is carrying the message of recovery to our younger members.

The subcommittee chair is appointed by the PIPO Chair. It is recommended that interested parties be members of the PIPO committee and that they be abstinent before seeking to give service in this role. Interested? Email Nancy K at npklei@gmail.com

TWELFTH STEP WITHIN COMMITTEE CHAIR

The Twelfth Step Within Committee is focused on retaining and strengthening the recovery of our current fellowship. The committee may put on workshops or special programs to help with outreach (for example, encouraging members to contact 12 other members on the 12th of the month) and membership retention. The chair for this committee is responsible for coordinating the committee meetings, planning activities or workshops, advising and assisting groups with special events, and reporting to the intergroup.

The Twelfth Step Within Chair is an appointed position. In order to be considered, you must have six months of current abstinence and be working the Twelve Steps of OA to the best of your ability, possess and exercise good judgment, experience, stability, and willingness to serve, and you must have familiarity with the Twelve Traditions of OA.

Interested? Email Echo G at chairnfi@gmail.com



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WAYS AND MEANS COMMITTEE CHAIR

The Ways and Means committee serves to raise funds for our intergroup, which are then used to carry the message to our fellow compulsive overeaters. They are tasked with researching and reviewing ideas and subsequently developing/ ordering items for sale as part of these fundraising efforts. The committee must adhere to the guidelines for selling merchandise at events set forth by the World Service Office. They are responsible for advertising any fundraising efforts on behalf of the intergroup and must maintain accurate records of the expenditures and income related to these efforts. The chair for the committee is responsible for coordinating committee meetings, fundraising ideas, and advertising, and for reporting to the intergroup.

The Ways and Means Committee Chair is an appointed position. In order to be considered, you must have six months of current abstinence and be working the Twelve Steps of OA to the best of your ability, possess and exercise good judgment, experience, stability, and willingness to serve, and you must have familiarity with the Twelve Traditions of OA.

Interested? Email Echo G at chairnfi@gmail.com

INTERGROUP REPRESENTATIVE

Each meeting may send up to two voting representatives to the Intergroup business meetings and as many observers as care to attend. Intergroup representatives are asked to participate in discussions, debate, and votes at the intergroup level, and to keep their meeting informed of the things going on at the intergroup business meeting.

They may be encouraged to participate in workshops or marathons that are sponsored by the intergroup as well. Intergroup representatives should also be prepared to bring forward any concerns or issues on behalf of their meeting, as many group problems can be resolved by sharing experiences at intergroup meetings with representatives from other groups.

Individual meetings may set policies and procedures for how their intergroup representatives are elected or appointed, so if you are interested in this role, please work with your meeting to determine what is required. You may also consider having a group conscience to vote on the matter.

WSO Annual Appeal



Your contributions continue to make a difference for Overeaters Anonymous. Thank you! Here are some of the wonderful new ways we've been able to put them to work. In 2023, we created a public service video to extend a hand to others with compulsive food challenges. Your funding also enabled us to post OA bylaws and policies as web pages and create a video that explains bylaws and service in a simplified way. And, of course, OA continues to update and maintain the Find-a-Meeting tool on the website.



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Within the publications sphere, your contributions allowed us to translate *Where Do I Start?* into Icelandic, thereby increasing access to 21 languages, including Arabic, Chinese, Finnish, Italian, Mongolian, Norwegian, Persian, Romanian, Slovenian, and Zulu. New publications enabled through your funding included combined *Public Information and Professional Outreach Service Manual*, *Twelve Traditions Workbook of Overeaters Anonymous*, and e-pamphlet *To the Man Who Wants to Stop Compulsive Overeating, Welcome*. Finally, your funding enables us to fulfill your publication orders and answer your questions by phone and email.

As technology and costs accelerate, we will need your support in 2024 to continue our outreach to diverse populations and to offer innovative ways for you to connect with others who suffer from compulsive food behaviors. Here are ways you can show your support in addition to your regular Seventh Tradition contribution:

- Donate directly, individually or as a group, online at oa.org/contribute (remember to include your meeting or service body number)
- Consider contributing automatically through the Automatic Recurring Contributions link at oa.org/contribute

Any amount would be appreciated and, if you cannot contribute now, we know that you continue to support OA in other ways.

In loving service and gratitude,

– Board of Trustees Treasurer

See the Registration Form Attached!

Big Book Weekend **NOVEMBER 1-3, 2024**

Join us in person as we witness examples of ‘how to recover’ from the disease of compulsive eating, as outlined in the “Big Book” of Alcoholics Anonymous. Our speaker will share how he practices his program, maintains his recovery, lives in spiritual abundance, letting go of the food and working with others. There will be group sharing activities and plenty of time for fellowship, reflection and relaxation. Abstinent meals, on the premises, will be available.



**Stepping
Our Way to
Recovery**
(A *Big Book* Buffet)

Program begins at **7:00 pm Friday** evening and ends at **12:00 pm Sunday**.
LOCATION: MARYWOOD RETREAT AND CONFERENCE CENTER

235 Marywood Drive, St. Johns, FL 32259

www.marywoodcenter.org

904.287-2525

If you cannot attend the full weekend in person, virtual access will be available for the speakers. Virtual registration will give you access to these workshops, but not any of the after-hours activities.

The two-page registration flyer is attached to this newsletter.



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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 10. 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 14 from 10:00 am to 11:30 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350).

Highlights of what was covered at the July business meeting:

Service Opportunities:

- We need to fill the following service positions: Delegate, Parliamentarian, Young Persons subcommittee chair, Twelfth Step Within chair, and Ways and Means chair. Other committees also need volunteers to provide service.
- SERVICE ROTATION REMINDER: At the end of this year, we will need to elect a new Vice Chair and a new Newsletter Chair per the term limits of these positions. If you are interested in either of these roles, please consider reaching out to learn more and possibly even to begin shadowing on the job.
- We'll be hosting a *Big Book* Retreat at Marywood on November 1-3, 2024. There will be many opportunities to give service as we plan for this event and at the event itself. If you are interested in volunteering in any way, please reach out to Nancy K. Registration is open!
- In August of 2025, the World Service Convention will be held in Orlando, FL. While NFI is not officially sponsoring or hosting this event, ANYONE is welcome to give service for it! If you are interested in helping with planning or otherwise volunteering, please contact Susan B. by email at chair@oaregion8.org

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.
- It's time to prepare our annual budget. We will be considering adding some new expense lines this year for potential efforts to carry the message and for an extra donation to world service.
- Discussed various service positions at the intergroup level, requirements, etc.

The Region 8 Technology Committee...

...is looking for any Region 8 fellows to join the team! The Tech committee promotes the use of the Region 8 website and provides information and technology support for the region.

No technology experience is needed. Really!!! We are looking for both committee members and someone interested in leadership mentorship to attend the assemblies as a future Tech Committee Chair.

If you have any interest in helping Region 8 ensure we can provide our assemblies as hybrid to allow greater access to all intergroups- Please contact our Tech Committee Chairs:

techwebchair@oaregion8.org or Techwebchair2@oaregion8.org

Benefits of service: inspire you to do your best, stay in the middle of the boat in OA, be actively engaged with other people who take their program seriously, expand your network of fellows in OA across different states in the US and different countries, ensure OA is available for the newcomer.



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Events from All Over



Full Registration Flier: <https://oaregion8.org/assemblies/2024/Fall/SOAR8-Assembly-Registration-Fall-2024.pdf>

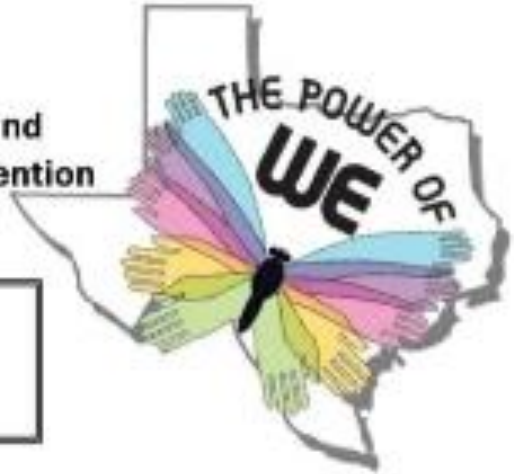


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**OA in West Texas
Hosts the
Region III Fall Assembly and
2nd Annual Texas State Convention
September 5-8, 2024**



**CONVENTION SCHEDULE,
INFORMATION and SERVICE OPPORTUNITIES**

www.txoaconvention.org

REGISTRATION INFORMATION:

Click here to Register:

[Convention Registration](#)

Full Convention Registration Includes:

Saturday/Sunday Breakfast & Saturday Dinner

Early Bird Registration (before August 4) - \$125

Registration (after August 4) - \$150

Saturday In-Person Only (includes dinner) - \$75

Virtual Registration - \$ 30

(Includes 3 Keynote Speakers)

Scholarships are available.

Email: info@txoaconvention.org



Convention or Registration Questions:

325-665-4160

info@TXOAConvention.org



Whatever problem you may have around food, whether it be overeating, undereating, restricting, purging, over exercising or something else, this conference is for you!

- Inspiring Speakers
- Meet others who struggle, just like you!
- Informative and Motivating Workshops
- Experience the "Power of We"!



HOTEL INFORMATION

Hilton Garden Inn
4449 Ridgmont Dr.



Reservation Phone: 325-690-6432

[Hilton Garden Inn Abilene](#)

Reservations made by August 4, 2024:

\$139 + tax per night

up to occupancy of 4

Reservations after August 4, 2024:

Subject to rate increase and availability

Rooms include:

- Free Wi-Fi
- Free Parking
- Microwave & Refrigerator in Every Room
- Pet Friendly (details on web site)
- Fitness Center



**ABILENE
TEXAS**



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Houma, LA Groups are celebrating 47 years of recovery!

Carrying Out Our Primary Purpose for 47 Years

Saturday, September 14, 2024

***Terrebonne Parish Main Library
151 Library Drive
Houma, Louisiana 70360
985-876-5861***

***Hybrid Celebration: Face to Face and Zoom: Face to Face Speaker
See you in Person or on Zoom!***

Join Zoom Meeting

<https://us02web.zoom.us/j/82383026495?pwd=L0FkcVo3WlVlc2YzYzFiMjZPQlNwZz09>

Meeting ID: 823 8302 6495 Passcode: 080287 One tap mobile +13052241968,,82383026495#,,,080287# US

For audio only: Dial +1 346 428 7799 US (Houston) Meeting ID: 823 8302 6495 Passcode: 080287

Door Opens @ 9:00am Program Starts @ 9:30am to 4:00pm CST

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

For More Info Contact: Janice S. @ 985-879-1341 janices684@aol.com



Newcomer Open House



Saturday, September 21st, 8:00am ET-9:00pm ET (UTC-4)

Sunday, September 22nd, 11:00am -5:00pm ET

Meeting Topics Include:

Newcomer Orientation.

Anorexia, Bulimia, and 100-pounder weight loss.

Where do I start? What are the 12 Steps?

Young People in OA. Men in OA. LGBTQ in OA

Meetings for BIPOC: Black, Indigenous, and People Of Color.

Meetings in English, Greek, Spanish, and French.

How do I develop a Plan of Eating?

What does a Sponsor do and how do I find one?

What is a Higher Power & what if I don't believe?



Meeting ID: 880 5127 6988 Passcode: 101112

Find your local number:

<https://us02web.zoom.us/j/kdIGkvHrbX>

help@oavirtualregion.org



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BODY IMAGE WORKSHOP

Create a New Body Image through the 12 Steps.

Zoom Link: <https://us02web.zoom.us/j/86834871890>
ID: 868 3487 1890

SUNDAY,
OCTOBER 27
1:00-3:00PM PT



*Changing our old beliefs and
challenging our self-criticism, we
can embrace our strengths and
who we truly are. This nurturing
workshop will encourage
self-love and resilience,
guiding us all toward
a journey of body
image acceptance
and healing.*

All are Welcome. No registration is necessary.
The 7th Tradition will be observed.
You may donate here: oasandiego.org/seventhtrad



Offered by the San Diego Intergroup. Questions?
Contact Elyesse at workshops@sandiego.org



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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



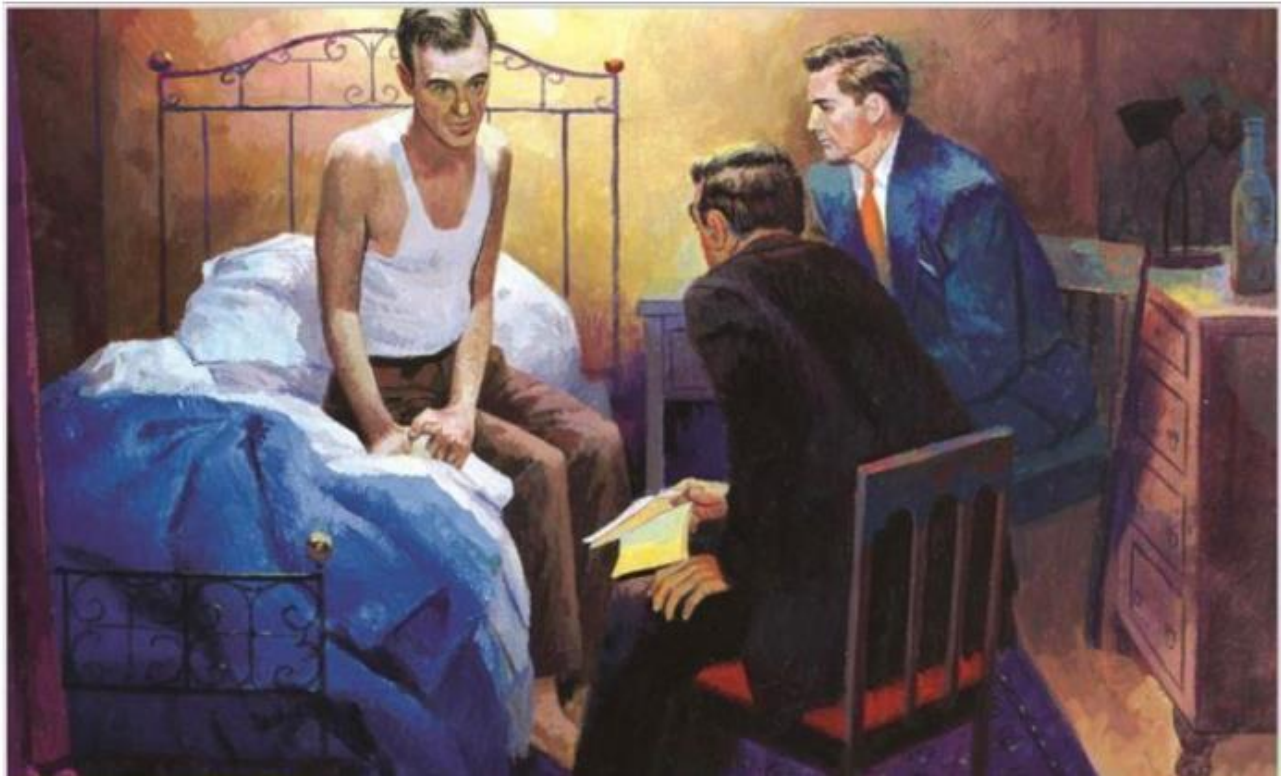
Responsibility Pledge

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

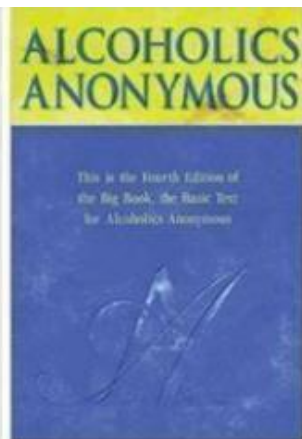


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*Using scripts based on the beginners meetings
in the 1940s: a focused introduction to the 12
step program in 4 weekly sessions.*




**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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More from Region 8

A new way to carry the message!

Region 8 announces an excellent resource page with links to valuable OA information to benefit newcomers, returning and current members. Maybe even the “old timers.” 😊

Have you read the appendices to *Overeaters Anonymous, Third Edition*? They include writings on The Role of a Plan of Eating, A Disease of the Mind, A Disease of the Mind, A Disease of the Body, A Disease of the Spirit and more.

People may scan this QR code (point your smart phone’s camera at the QR code and it will pop up a link) and connect to the Region 8 resources page. Please feel free to print this information and pass around in face-to-face meetings or insert into a visual format for virtual meetings.

Check it out — Pass it on!



OVEREATERS
ANONYMOUS®
Region 8

Articles printed in this newsletter reflect the opinion of each individual OA member and do not represent OA as a whole. Intergroup meets on the 2nd Saturday of each month. The deadline to submit articles is the 20th of the month before the Intergroup meeting. Articles may be edited. When submitting articles, please include your name and phone number and whether or not you would like your name printed. This newsletter may be reproduced and enjoyed by other 12-steppers without written permission. If you would like to submit articles and/or comments, or if you would like to receive the Inner Voice in color as a pdf, send your email address to the Newsletter Chair at innervoicenfi@gmail.com.



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DONATIONS REPORT 2024		May	June	July	YTD TOTAL
General Fund / no meeting # specified		\$238.66	\$42.23	\$49.99	\$1,013.40
Jacksonville Groups	Grp#				
Mon: Shepherd of the Woods Church	00774				\$0.00
Tue: Lakewood United Meth Church	36763				\$0.00
Tue: 7pm Jacksonville (virtual)	800028				\$0.00
Wed: Step Study Mandarin	51223	\$46.61	\$49.08	\$46.61	\$348.10
Wed: JAX Beach-Wisdom at the Beaches	54507				\$0.00
Thur: Jacksonville 9am - Our redeemer	57370				\$0.00
Thur: Newcomer, Lakeview Health	47756				\$0.00
Fri: Orange Park - 10am	03654				\$0.00
Sat: Saturday Steppers-Ponte Vedra Bch	51693				\$400.00
Sat: Super Saturday Lakeview	20025				\$0.00
Sat: Believe in Recovery First, Mandarin	32773	\$28.64	\$178.64	\$28.64	\$400.48
Gainesville Groups					\$0.00
Mon: Big Book Study (Alachua)	51137	\$25.00		\$28.64	\$221.64
Thu: Unity Church(Acceptance)	50421	\$9.22	\$25.00	\$9.22	\$197.54
Wed: Gainesville Unity Church	57568				\$450.00
Sat: 9:30 AM Welcome Home	48324				\$0.00
Other Florida Groups					\$0.00
Mon: Palm Coast-St Mark by the Sea	38320	\$12.00	\$12.00		\$121.00
Mon.	32609			\$25.00	\$25.00
Wed: Palm Coast - 10am	56604	\$12.00	\$11.00		\$85.00
Thu: Fernandina Beach	49101	\$25.00			\$25.00
Thu: Flagler Beach	15171	\$31.00	\$12.00		\$171.58
Sat: St. Augustine Serenity	00235	\$23.79	\$23.79	\$73.79	\$243.95
Sun: Palm Coast/Flagler Beach	56072		\$9.22		\$117.22
Southern Georgia Groups					\$0.00
Tue: Jesup	54175		\$50.00		\$50.00
Wed: Douglas, GA	57445				\$0.00
Wed: Savannah - 5:30 pm	50301				\$0.00
Thur: Brunswick	51988				\$0.00
Sun: Savannah - 5pm	54362		\$25.00		\$110.92
Totals		\$451.92	\$437.96	\$261.89	\$3,980.83
Don to WSO		\$135.58	\$131.39	\$78.57	
Don to SOAR8		\$45.19	\$43.80	\$26.19	

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.



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