

# INNER VOICE

Newsletter of New Freedom Intergroup of OA

## January 2020



Step One – We admitted we were powerless over food — that our lives had become unmanageable.

Spiritual Principle in Step One – Honesty

Tradition One – Our common welfare should come first; personal recovery depends upon OA unity.

Spiritual Principle in Tradition One – Unity

Concept One of OA Service – The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

Spiritual Principle in Concept One – Unity

### World Service Convention

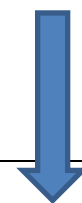
Happens only every 5 years!



Hotel is taking reservations now. Sign up today!

Renaissance Orlando  
at Sea World @  
6677 Sea Harbor Drive  
Orlando, FL 32821

Phone: 407-351-5555



# F. E. A. R.

**FALSE EVIDENCE APPEARING REAL**

If you can cut on a solid line, WE NEED you. NFI is responsible for entertainment and decorations, and we will be making a fund raiser of our own. Contact your Intergroup Representative to volunteer!

### TRUSTED SERVANTS AND COMMITTEE CHAIRS

<b>Chair</b>	Barbara C.	352.472.9924	bcarter337@att.net
<b>Vice Chair</b>	Georgette P.	352.870.4454	ghabanero56@yahoo.com
<b>Treasurer</b>	Nancy K.	516.286.1888	nfitreasury@gmail.com
<b>Secretary</b>	Augusta L.	912.508.4777	augustalivingston1985@gmail.com
<b>Delegate</b>	Cora W.	912.424.5959	empowerone@att.net
<b>Newsletter/Meeting List</b>	<b>VACANT</b>		innervoicenf@gmail.com
<b>Public Info/Prof Outreach</b>	<b>VACANT</b>		
<b>12<sup>th</sup> Step Within</b>	Carly B.	303.710.0589	eastcoastgirl1020@yahoo.com
<b>Young Persons</b>	Wendy I.	904.710.5555	wrirwin32246@yahoo.com
<b>Website</b>	<b>Lori L.</b>	<b>904.964.9991</b>	<b>ljville@yahoo.com</b>
<b>We Care List</b>	Jack W.	904.477.3110	nfiwecare@yahoo.com
<b>Ways and Means</b>	<b>VACANT</b>		
<b>Florida State Convention</b>	Barbara C.	352.472.9924	bcarter337@att.net
<b>2020 Jekyll Island</b>			

Step 1: We admitted we were powerless over food -- that our lives had become unmanageable.

***Was I powerless over food?***

The Twelve and Twelve of Overeaters Anonymous (1st. edition) says it perfectly for me. It describes how I was powerless over food. No matter how hard I tried to eat as a "normal" person the further down the hole I would go. It was Alcoholics Anonymous (the Big Book) that describes the allergy to certain foods and the 12 and 12 that told me about my food behaviors. Many experiments over the years have proven to me how obsessive I can be. This was part one of step 1. I could not control my eating if I kept putting the wrong foods in my body and doing my food behaviors.

***Was my life unmanageable?***

The insanity!! The years of living a crazy life mainly in my head. People knew I was overweight but otherwise I was a great person, wife, mother, friend, teacher and employee. I was the best you could ask for! But that was my secret. I was NOT a great person, wife, mother, friend, teacher and employee. I was crazy and depressed and I didn't want people to know the truth. How could anybody ever like or love me? I didn't like myself. I was a miserable nothing! That's what I saw in the mirror if I attempted to look.

In the BB, "The Doctors Opinion" and "More About Alcoholism" explains the physical and the emotional obsession that our addiction has over us. No matter how much I wanted to be thin, every time I saw food all bets were off. I didn't even have to take the first bite. I was already in the obsession. I was missing whatever was going on in my life. All I could think about is when and how I could get to food.

My first meeting was January 6, 2005. The meeting was in a part of town I was not familiar with. It had been raining and it was dark.... all the makings of me not getting to that meeting. But something deep down inside of me made me get there and go in. I don't remember much of that meeting except one person who eventually became my sponsor and a Welcome packet. I lived through that packet for about six months. Then I bought my BB and 12 and 12. It was together those two books that started to change my life.

When I left that first meeting, I barely could make it to my car, I was sobbing so hard. I couldn't even go home for a few hours because I couldn't stop. **WHY?** I found where belong, other people who felt the same as I. I now have a solution to my problem, Overeaters Anonymous. I knew something was wrong with my head. Little did I know that it was called a three-legged stool problem: physical, emotional and spiritual. Step 1 has taught me that I AM powerless over food and MY life was unmanageable.

The principle for step 1 is honesty. Honestly, I do not work this program perfectly (thank God!) LOL. I still have my bad moments, but they are far and few in between. The bottom line is I am being honest with myself and I'm learning from my mistakes.

For Today, p. 35 "My abstinence and my sanity depend, above all, on being honest with myself."

Susan A., Jacksonville

<b>DONATIONS REPORT 2019</b>		<b>Dec</b>	<b>Total</b>
<b>Jacksonville Groups</b>		<b>Grp#</b>	
Mon: Serenity by the Sea Beaches	47664		\$ -
Mon: Shepherd of the Woods Church	00774		\$ 150.00
Mon: Orange Park Newcomers 7pm	52038		\$ -
Tue: Orange Park-10am Pres. Church	03654		\$ 490.00
Tue: Lakewood United Meth Church	36763	\$ 127.25	\$ 417.25
Wed: Step Study Mandarin	51223		\$ 306.35
Wed: JAX Beach-Wisdom at the Beaches	54507		\$ 400.00
Thur: Newcomer, Lakeview Health	47756		\$ 70.00
Fri: Orange Park - 10am	49119		\$ 466.50
Sat: Saturday Steppers-Ponte Vedra Bch	51693	\$ 150.00	\$ 870.00
Sat: Super Saturday Lakeview	20025		\$ 55.00
Sat: Believe in Recovery First, Mandarin	32773		\$ 540.86
Sat: Serenity Saturday OP NFI			\$ 78.00
<b>Gainesville Groups</b>			
Mon: Big Book Study (Alachua)	51137		\$ 400.00
Thu: Unity Church (Acceptance)	50421		\$ 150.00
Sat: 9:30 AM Welcome Home	48324		\$ 743.00
Sun: United Church of Gainesville	52879		\$ 75.00
<b>Other Florida Groups</b>			
Mon: Lifesaver - Palatka	38464	\$ 60.00	\$ 120.00
Mon: Palm Coast-St Mark by the Sea	38320		\$ 176.00
Mon: St Augustine- BB pm (unregistered)	-		\$ 368.00
Wed: Palm Coast - 5:45pm	56604		\$ 190.00
Thu: Fernandina Beach	49101		\$ 40.00
Thu: Flagler Beach	15171		\$ 510.00
Sat: St. Augustine Serenity	00235	\$ 89.00	\$ 1,187.16
Sun: Palm Coast/Flagler Beach	56072		\$ 129.00
<b>Southern Georgia Groups</b>			
Tue: Jesup	54175	\$ 25.00	\$ 500.00
Tue: 7pm St Simons by The Sea	38311		\$ -
Thur: Brunswick	51988		\$ 150.00
Sun: Cumming - 7pm	48278		\$ 19.51
Savannah	50301		\$ 101.00
<b>Totals</b>		<b>\$ 451.25</b>	<b>\$ 8,702.63</b>

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 2<sup>nd</sup> Saturday of each month. The deadline to submit articles is the 20<sup>th</sup> 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](mailto:innervoicenfi@gmail.com).

## *Amends to Myself (A heartfelt letter)*

Dearest Susie,

I haven't done a great job of taking care of you, or being fair, honest and realistic with you. I've done a worse job of protecting your physical, emotional, mental and spiritual health. I haven't set strong, clear boundaries with other people and within you. I've taken on every negative belief about you as if it were true. I believed you didn't deserve to be loved, respected or honored. I convinced you that you don't fit in anywhere and are defective, inadequate and have to be and do right all the time.

I've been a perfectionist in how I interact with others. I have to live up to an unrealistic standard or I am less than everyone. This is humiliation, not humility. I've taken on others' shame and felt wrong, even when I've done nothing wrong. I'm sorry you haven't been able to count on me to be there for you and treasure you. My amends to you is this: I promise to relate to you in a new way. Today is the first day of our new life—our birthday. I love and respect you. I promise to give you the benefit of the doubt instead of rushing to judge and condemn you. I promise to be present to your feelings and be a compassionate and understanding friend. I promise to honor who you are and to encourage your efforts.

One step at a time, I promise to break my habit of feeling overwhelmed and pressured to solve a problem immediately, versus connecting consciously to your divinity and following that guidance. I promise to make choices that will increase your self-respect and self-esteem and to remember your life is my responsibility, and others are responsible for their lives.

You matter as much as others do and are not supposed to suffer for others. I am powerless over everything except my own choices, and that is where I will invest my energy. You are the presence of God, and I will treat you accordingly. I will apply the same truths of the universe to you as I do to others, accepting your evolution and effort as being divinely ordered. My higher self will be your constant companion, helping me to love you more, to help you feel safe and trust all is well. I will help you ask for what you want and not sell out because it conflicts with another's wants. I am accepting God's abundance for us.

I will make your body a priority, as a temple of God. And I will create a home in which you feel nurtured, and comfortable having others visit. I will learn to direct my energy into what God wants for you, which will be a joyful expression. I will no longer be concerned with who will love you and will just love ourselves. I will be as honest as I can—open, loving, consistent, gentle, yet accountable. My mantra will be "Does this choice expand your self-respect and love, or diminish it?" I promise to help you grow into a confident, balanced, serene woman who no longer worries about disappointing others, but is more concerned about not disappointing herself.

I see how much I have hurt you and how misguided my thinking has been. I promise to check my reality when my thoughts are too demanding or negative. My number one job is to love, respect and honor you. Please forgive me for not doing my job in the past.

Love,

Susie

Edited and reprinted from Today newsletter, St. Louis Bi-State Area Intergroup, April 2007.  
Reprinted from Lifeline, November 2009, pp.10-11.

## New Freedom Intergroup #09089

## FACE TO FACE MEETINGS

Updated: 1 JAN 2020

Day	Time	Number	Name	Address 1	Address 2	City	Contact	Phone	Special Topic
Sunday	10:00 AM	56072	Florida Hospital Flagler	60 Memorial Medical Pkwy	Education Room D	Palm Coast	Vicki	386-441-2968	Varies
Sunday	7:00 PM	54362	Lutheran Church of The Redeemer	51 Wilmington Island Rd		Savannah, GA	Augusta	912-508-4777	Big Book
Sunday*	7:00 PM	52879	United Church of Gainesville	1624 NW 5th Ave	West Wing, Room 9	Gainesville	Jean	352-281-7490	Literature, Abstinence
Monday	12:00 PM	51137	First Baptist Church	14005 NW 146 Ave	Room 210	Alachua	Barbara	352-472-9924	12&12 Workbook
Monday	5:45 PM	38320	St Mark by The Sea Church	303 Palm Coast Pkwy NE	Preschool entrance	Palm Coast	Nancy	617-680-4834	12&12; or Diane 386.852.8021
Monday	6:00 PM	54934	Fernandina - Downtown 3	32 N 3rd St	3rd & Alachua	Fernandina Beach	Lorrie	904-343-4771	Literature - NOT MEETING
Monday	6:00 PM	00774	Shepherd of the Woods Lutheran Church	7860 Southside Blvd		Jacksonville	Wendy	904-710-5555	Literature
Tuesday	10:00 AM	03654	Orange Park Presbyterian Church	1905 Park Ave	Basement	Orange Park	Jack W	904-477-3110	None
Tuesday	5:00 PM	38464	Palatka Public Library	601 College Rd		Palatka	Donna	815-980-7118	Varies
Tuesday	6:00 PM	54175	Saint Paul Episcopal Church	745 S Palm St	Fellowship Hall	Jesup, GA	Cora	912-424-5959	Literature
Tuesday	7:00 PM	36763	Lakewood United Methodist Church	6133 San Jose Blvd	Lakewood UMC (rear)	Jacksonville	Karen J	904-422-3659	None
Tuesday	7:00 PM	54975	St Michael & All Angels Episcopal Church	3101 Waters Ave	Crn Washington & Water	Savannah, GA	Nicole	912-308-6684	OA Steps and/or Traditions Study
Wednesday	12:00 PM	54507	Palms Presbyterian Church	3410 S Third St	Room 204	Jacksonville Beach	Ginny M	904-234-4245	None
Wednesday	5:30 PM	50301	First Presbyterian Church	520 Washington Ave	Paulsen & Washington A	Savannah, GA	Kathryn	215-840-3978	OA Steps and/or Traditions Study
Wednesday	5:45 PM	56604	St Mark's by the Sea Lutheran Church	303 Palm Coast Pky NE	School Library	Palm Coast	Nancy	617-680-4834	Steps and Traditions
Wednesday	7:00 PM	51223	Mandarin Presbyterian (West Campus)	2501 Loretto Rd	Room 9	Jacksonville	Carl	323-304-9287	Steps
Thursday	10:00 AM	15171	Santa Maria Del Mar	915 N Central Ave	Classroom Bldg "Mark"	Flagler Beach	Dottie	631 626 6296	Literature, Varies
Thursday	1:00 PM	49101	St. Peter's Episcopal Church	801 Atlantic Avenue	Parlor	Fernandina Beach	Ilona	904-261-9361	Literature, Varies
Thursday	6:00 PM	47756	Lakeview Health Center	1900 Corporate Square Blvd		Jacksonville	Wendy	904-710-5555	Abstinence
Thursday	7:00 PM	50421	Unity of Gainesville	8801 NW 39th Ave	Y.O.U. Room	Gainesville	Barbara C	352-472-9924	Topic, Varies
Thursday	7:00 PM	51988	Southeast Georgia Health System	2415 Parkwood Dr	Conference Room 4	Brunswick	Gail O	912-506-5675	None
Friday	10:00 AM	49119	Orange Park Presbyterian Church	1905 Park Ave	Basement, Meeting Room	Orange Park	Barbara	904-291-5233	Literature, Topic
Friday	10:00 AM	56386	YMCA Healthy Living Center	500 Sterhaus St		Ormond Beach	Mary Anne	386-212-6260	Teen Friendly, Varies
Saturday	9:00 AM	00235	Flagler Hospital	400 Health Park Blvd	Osceola Room	Saint Augustine	Jeff	904-322-3453	Varies
Saturday	9:30 AM	20025	Lakeview Health Center	1900 Corporate Square Blvd		Jacksonville	Ethel	904-477-6313	Varies
Saturday	9:30 AM	32773	Mandarin Presbyterian Church	2501 Loretto Rd	West Campus, Room 9	Jacksonville	Carly	303-710-0589	Spirituality, Recovery 1st
Saturday	9:30 AM	48324	Parkview Baptist Church	3403 NW 13th St	Large Meeting Area, Whi	Gainesville	Angela	386-209-1470	OA Steps and/or Traditions Study
Saturday	10:00 AM		JC Lewis Health Center	125 Fahm Street		Savannah, GA	Augusta	912-508-4777	Varies: 1st and 3rd SATs only
Saturday	10:30 AM	51693	Christ Episcopal Church	400 San Juan Dr.	Parish Live Center, 2nd F	Ponte Vedra Beach	Judy K	904-704-7004	Book study
Saturday	11:30 AM		Orange Park Presbyterian Church	1905 Park Ave	Basement	Orange Park			Speaker; 2nd SAT ONLY
Major Holiday	9:00 AM		Jacksonville Beach (on the beach)	6th Ave South	Bring towel or chair	Jacksonville Beach	Patty W	770-634-5738	Varied

\* Closed meeting -- all others are open meetings