

INNER VOICE

North Florida Intergroup's Monthly Newsletter



A MESSAGE FROM THE NFI CHAIR

Happy New Year 2019 from your new chair Barb C.

Thank you for entrusting me to act as your Intergroup Chair. I hope to continue the momentum we have already and build on the strong foundation constructed by those who held this position before me. These are big shoes to fill.

One of the tools I use all the time is ACTION PLAN. You can call it a "to-do" list, but I think it is more than that. My action plan includes all of the things I need to do to stay abstinent and to recover physically, emotionally and spiritually. I set it up daily, but each week looks amazingly like the week before and after. This means I schedule my OA meetings (both group, and other service commitments) as a high priority. I also include my exercise classes, my medical appointments, time for prayer and meditation, sponsoring, reading, etc.

If you would like to make an action planning of your own that includes your OA service, here are the dates for the 2019 Intergroup Meetings:

January 12	May 11	September 14
February 9	June 8	October 12
March 9	July 13	November 9
April 13	August 10	December 14

Continued on page 2.

NFI CONTACT

New Freedom
Intergroup
P.O. Box 550842
Jacksonville, FL
32255-0842

Web:
www.oanfig.org

Email:
oanfig@gmail.com

NEWSLETTER CONTACT

Feel free to submit short articles,
poems, or artwork to the Inner
Voice at our email address:
innervoicenfi@gmail.com.



New Freedom Intergroup

Message from the Chair, continued from page 1

There are several other dates to keep in mind for planning purposes:

- January 20 (Third Saturday): OA's Birthday -- Celebrate the 59th anniversary of our Fellowship.
- January 27: Final planning meeting for FSC of OA – Palm Bay, FL. Everyone may attend. (Contact Barb or Georgette)
- February 22-24: "Together We Can . . . Believe, Achieve, Receive." 29th annual Florida State Convention – hosted by participating Florida Intergroups, Cocoa Beach, FL. Everyone may attend.
- February 24: Unity Day. This day recognizes the strength of the Fellowship worldwide. On the last Saturday in February in even years and the last Sunday of February in odd years, at 1:30 pm (EST), OA members pause to reaffirm the strength inherent in OA's unity. Everyone may recognize this event.
- April 5-7: SOAR 8 Recovery Convention and Business Assembly, Fort Lauderdale, FL. Delegate, and perhaps one other, is sent to the business assembly. Everyone may register for and attend the recovery convention.
- May-6-11: World Service Business Conference, Albuquerque, NM. Theme: Growing Our Membership Worldwide.
- August 17: Sponsorship Day (third weekend in August)
- October 11-13: SOAR 8 Recovery Convention and Business Assembly, Memphis, TN. Delegate, and perhaps one other, is sent to the business assembly. Everyone may register for and attend the recovery convention.
- November 15: IDEA: International Day Experiencing Abstinence (third weekend in November). Celebrated the third weekend in November, this day encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating.
- December 12: Twelfth-Step-Within Day (annually on 12/12) A day to focus on carrying the message to OA members who are in relapse or still suffering from compulsive eating.

And, of course, start planning now for August 20-22, 2020 World Service Recovery Convention. Region 8 is hosting this for the world. Since it is in Orlando, NFI expects to be very involved wherever we are needed – great opportunities to perform more service. Start saving your money now to attend this fabulous weekend of world-wide recovery!

2020 Convention Theme: Sunshine of the Spirit: 60 Years Around the Sun!

Dates: August 20-22, 2020

Renaissance Orlando at Sea World ®

6677 Sea Harbor Drive

Orlando, FL 32821 USA

Phone: 407-351-5555

Reservations will open January 2020.



TRUSTED SERVANTS & COMMITTEE CHAIRS

Trusted Servants

Chair: Barbara C.

Vice Chair: (VACANT)

Recording Secretary: Augusta

Treasurer: Nancy K.

World Services Delegate: Georgette P.

Standing Committees

Newsletter: Jasmine G.

Public Information & Professional Outreach: VACANT

12th Step Within: Carly B.

Young Persons: Wendy I.

Website: Lori L. 904.964.9991

Appointed Positions

Meeting List: Jasmine G.

We Care List: (VACANT)

NFI 2019 Convention: (Accepting volunteers)

NFI 2019 Retreat: (Accepting volunteers)

Florida State Convention: Barbara C.

Ways and Means: (Accepting volunteers)

**Lifeline Updates - Sign up at www.oalifeline.org to call 1-505-891-2664
with your credit or debit card ready**

The Fellowship of OA has supported Lifeline for fifty-four years. It has changed with time yet remained a constant source of experience, strength, and hope for OA members worldwide. Effective January 1, 2019, one-year print subscription prices will increase to US\$30 for subscribers in the USA, US\$36 for subscribers in Canada, and US\$45 for all other subscribers (US funds only). Similarly, a one-year subscription to oalifeline.org will increase to US\$30 for all subscribers. Lifeline will also discontinue two-year print subscriptions, so only one-year subscriptions will be available to both print and online subscribers.

Message from the Ways & Means Committee

NFI has created an ad hoc Ways and Means (W&M) Committee as an attempt to raise money. We have several items for sale; many of them are a great gift for your sponsor or sponsees, or may be used to celebrate a recovery anniversary. Purchase a large (3.75") or small button (2.5"), add a photo of yourself from before you started the OA program (assuming you can find one – many of us hated to be photographed) and wear the buttons at meetings to show that RECOVERY (and weight loss) has occurred. Other options include metal ODAT bookmarks, "Tools" charm bracelets, and Serenity Prayer Pens



"Tools" Charm Bracelet. Stainless steel bracelet. Contains one charm for each tool, plus a butterfly and ODAT charm. \$15



"One Day at a Time" bookmark. Metal with ODAT charm. 3 1/2" long. \$5



"BEFORE" Photograph buttons. Plastic with metal pin on back. Easy to insert photo.
Large: \$2 Small: \$1

Serenity Prayer pens. Ink is black. Colors: Pink, green, blue and purple. \$2.50.



These items are high quality and affordable. If you cannot attend the monthly Intergroup meeting, please order from your Intergroup Representative. Send your money with them and ask them to pick up the items you would like. They will bring them to you at your next meeting. To save money, we cannot ship items to individuals, but we will arrange for a way to get them to you!

W&M also asks that you to start saving the following empty, clean items: 1) Tall plastic containers from Crystal Light drink mix, and 2) Glass jars with screw-on metal lids (~15 oz) from tomato sauces. These will be used to make "Journey Jars" -- a writing tool introduced at the Gainesville Fun Day last January.

The jars contain slips of colored paper with OA questions for writing and contemplation. The questions could also be used as topics for discussion at meetings.

We plan to sell these jars at the World Service Recovery Convention which will be held in Orlando, August 2020. More information will be forthcoming.

In the meantime, start saving and washing the containers and jars. Please remove the labels. Send your containers with your Intergroup Representative to the monthly meeting until we ask you to stop collecting them!

"Journey Jars"





ONE MEMBER'S EXPERIENCE OF THE OA WEEKEND CONFERENCE ON JEKYLL ISLAND, GA-12/2018

I HUMBLY SUBMIT MY EXPERIENCE OF OUR WONDERFUL SPEAKER KIM G. AT THE JEKYLL ISLAND OA CONFERENCE. I FOUND HER TO BE INTELLIGENT, FUNNY, HUMBLE & POSSESSING AN AMAZING KNOWLEDGE OF THE AA BIG BOOK. HERE IS WHAT I LEARNED AND MY KEY TAKEAWAYS:

- Step 1-We admitted we were powerless over food, that our lives had become unmanageable.
 - o I must believe I am a food addict.
 - o I have to treat my thinking!
 - o I can't get the effect from the steps if I'm getting the effect from the food.
 - o Food is my drug of NO choice.
 - o Black & white abstinence is the best gift I can give myself.
 - o What kinds of foods make me negotiate, barter & grieve?
 - o I must be willing to never eat these foods again.
 - o Let's not call them slips, but what they really are-relapses.
 - o Abstinence goes away every night when I go to sleep & I have to choose it again in the morning.
 - o Look for a sponsor who has worked the 12 steps & had a spiritual experience.
 - o If someone is in the food, we can call them & support them but not work the steps with them.
 - o If I am not convinced of Step 1, all the other steps are irrelevant.
- Step 2-Came to believe that a power greater than ourselves could restore us to sanity
 - o If I still think I can figure this out, I am resistant to Step 2.
 - o Get God involved when the negative thoughts start.
 - o High highs are as dangerous as low lows.
- Step 3-Made a decision to turn our will and our lives over to the care of God as we understood Him.
 - o Quit playing God.
 - o If I am in confusion, I am in MY will. If I am in harmony, I am in God's will.
 - o Fear is a sure sign I'm relying on my own power.
- Step 4-Made a searching and fearless moral inventory of ourselves
 - o Focus on current issues, not things that don't bother me anymore.
 - o Step 4 is like sitting in a poopy diaper. Don't sit in that poopy diaper too long.
 - o 3 parts: resentments, fears, sex conduct
 - o 3 focuses: People, places & institutions
 - o Assume everyone is hurt & has a disability I can't see.
- Step 5-Admitted to God, to ourselves and to another human being the exact nature of our wrongs
 - o This is a sacred step & comes with promises.
 - o Ask family & friends to let us know if we are getting out of balance.
- Step 6-Were entirely ready to have God remove all these defects of character
 - o Am I entirely ready?
 - o Am I willing to say, "Yes, ma'am" rather than, "Yeah, but..."?
 - o Do I want happy, joyous & free or just more days abstinent than not?
- Step 7-Humbly asked Him to remove our shortcomings
 - o Asking is a prayer.
 - o I do not have to perform or seek approval from anyone. I am enough!

my EXPERIENCE OF THE OA CONFERENCE ON Jekyll ISLAND, CONTINUED...

- Step 8-Made a list of all persons we had harmed and became willing to make amends to them all
 - o Just make the list! Nothing else is required in this step.
 - Step 9-Made direct amends to such people wherever possible except when to do so would injure them or others
 - o We must be in the right “posture” before we start.
 - o Be careful not to use living amends as a way to avoid actual amends.
 - Step 10-Continued to take personal inventory and when we were wrong promptly admitted it
 - o Do it regularly...with another person who won't dismiss/make excuses for us or lecture us.
 - o It short circuits the old, dysfunctional behaviors.
 - o Have 5-7 people you can share 10th steps with
 - Step 11-Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out
 - o This is a morning, evening & throughout-the-day practice.
 - o “To get physically fit, we have to move. To get spiritually fit, we have to sit still.”
 - o She feels the questions we ask ourselves in the 10th step are really the 11th step.
 - o “One taste of God & nothing else will do anymore.”
 - o If I am being inefficient, I am likely in my will. Ask God for efficiency & to not be exhausted.
 - o Follow the dictates of a Higher Power & be at peace.
 - Step 12-Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs
 - o There's nothing like working with others for staying sober/abstinent.
 - o Pursue recovery the way you pursued your binge foods.
 - o My job as a sponsor is to become unnecessary.
 - o The miracle of OA is that I won't care that I can't have my binge foods any more.
- Mary M. Gainesville, FL

DONATIONS REPORT 2018		December	Total
Jacksonville Groups		Grp#	
Mon: Serenity By the Sea Beaches	47664		\$ 222.50
Mon: Southside Blvd-Varied	00774		\$ 150.00
Mon: Orange Park Newcomers 6pm	52038		\$ 195.00
Tue: AM - Orange Park	03654		\$ 550.00
Tue: Lakewood UMC	36763		\$ 550.25
Wed: Step Study Mandarin	51223	\$ 44.00	\$ 211.00
Wed: Ponte Vedra			\$ 64.00
Thur: Newcomer, Lakeview Health	47756		\$ 40.00
Fri: Orange Park - am	49119		\$ 535.00
Sat: *Saturday Steppers-Ponte Vedra Bch	51693		\$ 810.00
Sat: Super Saturday Lakeview	20025		\$ 67.00
Sat: Believe in Recovery First, Mandarin	32773	\$ 105.00	\$ 405.00
Sat: Serenity Saturday OP NFI			\$ 230.25
Mon Step Study - Mandarin			\$ -
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137		\$ 100.00
Thu: Unity Church(Acceptance)	50421		\$ 397.00
Sun: United Church of Gainesville	52879	\$ 50.00	\$ 339.00
Sat: 9:30 AM Welcome Home	48324		\$ 350.00
Other Florida Groups			
Thu: Fernandina Beach	49101		\$ 50.00
Mon: Lifesaver - Palatka	38464	\$ 50.00	\$ 120.00
Sat: Serenity St. Augustine	00235		\$ 550.00
Mon: Palm Coast-St Mark by the Sea	38320	\$ 80.00	\$ 215.00
Thu: Flagler Beach	15171	\$ 40.00	\$ 458.73
Sun: Palm Coast	56072		\$ 35.00
Southern Georgia Groups			
Tue: Jesup	54175	\$ 25.00	\$ 300.00
Tue: 7pm St Simons by The Sea	38311		\$ -
Thur: Brunswick	51988	\$ 19.00	\$ 122.56
**Savannah Intergroup			\$ 279.00
Totals		\$ 413.00	\$ 7,346.29

SAVE THE DATE FOR FLORIDA STATE CONVENTION

The 29th annual Florida State Convention of Overeaters Anonymous will be held February 22-24, 2019 at the Hilton Cocoa Beach Oceanfront, 1550 N. Atlantic Avenue, Cocoa Beach, FL. 32931.

The theme for next year is “Together We Can... Believe, Achieve, Receive.”

The registration flyer is available from your Intergroup Representative; or may be downloaded from www.oanfig.org or www.oaregion8.org websites.

Eventbrite website:
<https://fscoa2019.eventbrite.com>.

NFI Meeting List						
DAY	TIME	TOPIC	CITY	LOCATION	ADDRESS	CONTACT
Sunday	10:00 AM		Palm Coast	Florida Hospital Flagler, Education Room D	60 Memorial Medical Pkwy	Vicki 386-441-2968
Sunday	7:00 PM	Big Book	Savannah	Lutheran Church of the Redeemer	51 Wilmington Island Road	Augusta 912-508-4777
Sunday	7:00 PM	Abstinence	Gainesville	United Church of Gainesville, Room 9	1624 NW 5th Ave.	Jean Sp. 352.281.7490
Monday	10:00 AM		Palm Coast	St. Mark by the Sea Episcopal Church	303 Palm Coast Parkway NE	Nancy. 617-680-4834
						or Diane 386-852-8021
Monday	12:00	Prevention	Alachua	Sid Martin Biotechnology Incubator	12085 Research Dr.	Barbara C. 352.472.9924
		of Relapse	(Gainesville)			
Monday	4:30 PM	Varied	Palatka	Palatka Public Library	601 College Rd.	Martha P. 386.325.3673
Monday	6:00 PM	Big Book	Jacksonville	Shepherd of the Woods Lutheran Church	7860 Southside Blvd	Wendy I. 904.710.5555
Monday	6:00 PM	Varied	Fernandina Beach	Alachua Club	32 North 3rd Street	Lorrie M. 904.343.4771
Monday	7:30 PM	Steps & Traditions	Jacksonville	Chabad Lubovitch of NE Florida	10129 Haley Road	Carol C. 904.735.4223
Tuesday	10:00 AM	Varied	Orange Park	OP Presbyterian Church (basement)	Hwy 17 & McIntosh St.	Jack W. 904.477.3110
Tuesday	6:00 PM	Big Book	Jesup, GA	Wayne Memorial Hospital, conference rm (next to cafeteria)	865 South First St.	Cora W. 912.424.5959
Tuesday	7:00 PM	Varied	Jacksonville	Lakewood UMC (rear)	6133 San Jose Blvd.	Karen J. 904.422.3659
Tuesday	8:00 PM	Steps	Savannah	St. Michael & All Angels Episcopal Church	3101 Waters Avenue	Nicole 912-308-6684
Wednesday	12:00 PM	Varied	Jacksonville Beach	Palms Presbyterian Church	3410 S Third St	Ginny M 904.234.4245
Wednesday	5:30 PM	Varied	Savannah	First Presbyterian Church	520 Washington Avenue	Kathryn 215-840-3978
Wednesday	6:00 PM	Steps & Traditions	Palm Coast	St. Marks by the Sea Lutheran Church	303 Palm Coast Pkwy	Nancy 617.680.4834
Wednesday	7:00 PM	Steps	Jacksonville	Mandarin Presbyterian Church (West Campus)	2501 Loretto Road	Carl K. 323.304.9287
Thursday	10:00 AM		Flagler Beach	Santa Maria del Mar Catholic Church	915 N. Central Avenue	Dottie 631-626-8296
				Education Building, Room "Mark"		
Thursday	6:00 PM	Abstinence	Jacksonville	Lakeview Health, Main building, St. John's room	1900 Corporate Square Blvd.	Wendy I. 904.710.5555
Thursday	1:00 PM	For Today	Fernandina Beach	St. Peters Episcopal Church (in parlor)	801 Atlantic Ave.	Ilona P. 904.261.9361
Thursday	7:00 PM	Varied	Brunswick	SE GA Regional Hospital, conf rm 4, main floor	2415 Parkwood Dr.	Gail O. 912.506.5675
Thursday	7:00 PM	Varied	Gainesville	Unity Church	8801 N 39th Ave.	Barbara C. 352.472.9924
Friday	10:00 AM		Ormond Beach	Ormond Beach YMCA, Healthy Living Center	500 Sterthaus Drive	Victoria 396 673 9622
Friday	10:00 AM	Varied	Orange Park	OP Presbyterian Church (basement)	Hwy 17 & McIntosh St.	Barbara M. 904.887.9652
Friday	6:30 PM	Varied	Savannah	Unity Church of Savannah	2320 Sunset Blvd	Evelyn 912-572-6108
Saturday	9:00 AM	Varied	St. Augustine	Flagler Hospital, Osceola Room	400 Health Park Blvd.	Jeff 904-322-3453
Saturday	9:30 AM	12 & 12	Gainesville	Parkview Baptist Church	3403 NW 13th St.	Angela J. 386.209.1470
Saturday	9:30 AM	Varied	Jacksonville	Lakeview Health, Main building, St. John's room	1900 Corporate Square Blvd.	Linda P. 904.502.3097
Saturday	10:30 AM	Book Study	Ponte Vedra Beach	Christ Episcopal Church, Parish Life Center, 2nd floor conf. rm	400 San Juan Dr.	Judy K. 904.704.7004
Saturday	9:30 AM	Recovery 1st	Jacksonville	Mandarin Presbyterian Church (West Campus)	2501 Loretto Road	Carly B. 303.710.0589
2nd Saturday	11:30 AM	Speaker	Orange Park	Orange Park Presbyterian Fellowship Hall	1905 Park Ave.	
Major Holidays	9:00 AM	Varied	Jacksonville Beach	Bring a towel or chair for sitting on the beach	6th Ave. South	Patty W. 770.634.5738
Everyone is welcome to attend any meeting listed in this directory. All TOPIC listings are only for the convenience of the fellowship.						
As a suggestion, call the CONTACT person listed prior to attending a meeting for the first time to verify time and location.						
Last update 12.1.18						