

INNER VOICE

New Freedom Intergroup's Monthly Newsletter



A MESSAGE FROM THE NFI CHAIR

Step 6: Were entirely ready to have God remove these defects of character.

Principle of Step Six: Willingness

What does it mean to be willing to do something? When you say that you "are willing to do "X", it means that you will say "yes" to doing it, but you don't really want to do it, or you're not happy about doing it. That is all the OA program of recovery asks from you in Step Six: a willingness to have "...God remove all these defects of character."

Having our defects of character removed means we must grow and change. This sounds like a good thing, but why aren't we ready to have these character defects removed? Because saying we're ready and being entirely ready are two different things. Possible reasons for fighting this change (having our defects removed) include:

Fear - we are comfortable with our old ways of thinking and behavior; we may be less interesting without these character traits; what will we talk about if we lose our resentments, cynicism, lying and gossiping ways?

Enjoyment - we get a rush of excitement from telling and getting away with a lie; we love to pass on juicy gossip (everyone else does it); we love the drama involved with pitching a fit or having a tantrum.

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: innervoice_nfi@gmail.com.



New Freedom Intergroup

Procrastination – this defect will be removed when HP is ready; I cannot expect to be perfect (so I can hold onto this one little character flaw).

Misunderstanding – we think WE can remove these defects on our own, rather than asking our HP for help. Often, we see that we have become the opposite of the defect we are trying to remove (brutally honest instead of dishonest; overly generous instead of selfish, etc.).

We can recognize those destructive behaviors we used in the past and let God change us as God will. Realize that these old tools for coping with life no longer serve us, and ask HP to help us change. Being willing to change means that we can practice living by the principles in the 12 Steps. This willingness to change is the essence of Step Six.

- Barbara C.

NEW NEWSLETTER CHAIR NEEDED ASAP

Your newsletter chair is moving soon and needs to turnover the newsletter duties by the end of the summer.

Contact Jasmine 407 375 9746 to discuss further about what this service entails. There are a lot of great templates all ready to go for the next person.

Save the Date

NEW FREEDOM INTERGROUP
RETREAT

Marywood Conference Center

December 13-15, 2019

Contacts: Carly B 303.710.0589 and

Georgette 352.870.4544

TRUSTED SERVANTS & COMMITTEE CHAIRS

Trusted Servants

Chair: Barbara C.

Vice Chair: Georgette P.

Recording Secretary:

Treasurer: Nancy K.

World Services Delegate:

Standing Committees

Newsletter: Jasmine G.

Public Information & Professional Outreach: VACANT

12th Step Within: Carly B.

Young Persons: Wendy I.

Website: Lori L.

Appointed Positions

Meeting List: Jasmine G.

We Care List: Jack W.

NFI 2019 Convention: Marie B and Cora W

NFI 2019 Retreat: Carly B and Georgette P

Florida State Convention: Barbara C.

Ways and Means: VACANT

NEW DEFINITION OF RECOVERY

OA World Service Business Conference passed a motion that defines both "abstinence" and "recovery" for the benefit of the still-suffering compulsive eater.

Abstinence: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

Recovery: Removal of the need to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program.

Please announce and update at your meetings.

MY OPINION ON MEETINGS

OA literature says the most basic form of service we can do is attend meetings. The purpose for telephone meetings is for persons who are unable to attend a face to face meeting.

However, it is my opinion many people use telephone meetings for isolation and prevents accountability.

We as an OA community are accountable to each other in that we must sit across the table from each other to share our hope and experience.

If OA is to survive we must attend meetings.

Jack W., Orange Park

DONATIONS REPORT 2019		MAY	YTD TOTAL
Jacksonville Groups		Grp#	
Mon: Serenity By the Sea Beaches	47664		\$ -
Mon: Shepherd of the Woods Church	00774		\$ 50.00
Mon: Orange Park Newcomers 7pm	52038		\$ -
Tue: Orange Park-10am Presb Church	03654	\$ 30.00	\$ 240.00
Tue: Lakewood United Meth Church	36763	\$ 100.00	\$ 230.00
Wed: Step Study Mandarin	51223	\$ 55.00	\$ 135.00
Wed: JAX Beach-Wisdom at the Beaches	54507		\$ -
Thur: Newcomer, Lakeview Health	47756		\$ 25.00
Fri: Orange Park - 10am	49119	\$ 50.00	\$ 231.50
Sat: Saturday Steppers-Ponte Vedra Bch	51693	\$ 150.00	\$ 350.00
Sat: Super Saturday Lakeview	20025		\$ 55.00
Sat: Believe in Recovery First, Mandarin	32773		\$ 245.00
Sat: Serenity Saturday OP NFI			\$ 25.00
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137		\$ -
Thu: Unity Church(Acceptance)	50421		\$ -
Sat: 9:30 AM Welcome Home	48324	\$ 75.00	\$ 250.00
Sun: United Church of Gainesville	52879		\$ 25.00
Other Florida Groups			
Mon: Lifesaver - Palatka	38464		\$ 60.00
Mon: Palm Coast-St Mark by the Sea	38320		\$ 100.00
Wed: Palm Coast - 5:45pm	56604	\$ 25.00	\$ 65.00
Thu: Fernandina Beach	49101		\$ 40.00
Thu: Flagler Beach	15171	\$ 60.00	\$ 230.00
Sat: St. Augustine Serenity	00235	\$ 106.78	\$ 487.34
Sun: Palm Coast	56072		\$ -
Southern Georgia Groups			
Tue: Jesup	54175	\$ 25.00	\$ 325.00
Tue: 7pm St Simons by The Sea	38311		\$ -
Thur: Brunswick	51988	\$ 13.00	\$ 71.00
Sun: Cumming - 7pm	48278		\$ 19.51
Savannah	50301		\$ 41.00
Totals		\$ 689.78	\$ 3,300.35

Update on 12th Step Within Workshops.

On April 13th NFI hosted a workshop on Steps 10-12. We received great feedback from the 23 attendees and members would like us to host additional workshops on steps 4-6 and 6-9. Thank you to the Savannah group for hosting the workshop and NFI members for their contributions. NFI raised \$110 from this event and money will be used at NFI to carry the message to fellow compulsive eaters. We are looking for another group to host a workshop in October. Please contact Carly B at 303.710.0589 if your group would like to host. We have tools and resources to help you!

~ yours in recovery, the 12th Step Within Committee

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	5:45 PM	12&12	Palm Coast	St. Mark by the Sea Lutheran Church (use pre-school entrance)	303 Palm Coast Parkway NE	Nancy. 617-680-4834 or Diane 386-852-8021
Monday**	12:00	12&12	Alachua	First Baptist Church, Room 210 (Behind playground)	14005 NW 146th Avenue,	Barbara C. 352.472.9924
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
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	St. Paul Episcopal Church	745 South Palm 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	5:45 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 Education Building, Room "Mark"	915 N. Central Avenue	Dottie 631-626-8296
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
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.	
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 5.31.19						
** indicates update since last published newsletter						

JEKYLL ISLAND, GA

Jekyll Island is a truly magical barrier island off the SE Georgia coast. Originally occupied by Native Americans, the island has been colonized by the Spanish, French and English. The Jekyll Island Club Hotel was built in 1886 as a hunting retreat for wealthy Americans, including the Morgan's, Rockefeller's, Pulitzers, and Vanderbilt's. Surrounding the hotel are 33 "cottages", which more resemble mansions, some of which offer rooms to rent. Others are used for museums and retail stores.

Owned and protected by the State of Georgia, Jekyll Island is home to an abundance of wildlife and historical sites. Some of the activities to be enjoyed on the island include tours, tennis, golf, miniature golf, the Sea Turtle Center, Tidelands Nature Center, horse-drawn carriage rides, art gallery, birding, horseback riding on the beach, dolphin cruises, charter fishing, bicycle rentals (at the hotel), geocaching, and paddleboard tours. Visit www.jekyllisland.com for more information.

JEKYLL ISLAND CLUB HOTEL

Built in 1886 and restored in 1986, the hotel is a National Historic Landmark with 157 rooms. There are 4 restaurants onsite. Amenities include coffee makers, flat panel TV with cable, in-room safes, Wi-Fi, room service, swimming pool, massage services, fitness room, day spa, and croquet on the front lawn! Tours of the hotel are available. Visit www.jekyllclub.com for more information.

Contact:

Committee Co-Chair – Marie Burns
Email: mgburns234@gmail.com
Phone: 904.534.4173

Committee Co-Chair – Cora Wujceak
Email: empowerone@att.net
Phone: 912.424.5959

I WILL GIVE SERVICE:

- Anywhere -- as needed
- Hospitality Room
- Hugger/Greeter
- Meeting Room Timer
- Registration Table
- Sell Tickets for Drawings
- Fundraising/Ways & Means

- I need a roommate



Second Annual Big Book Weekend

"A Design for Living That Really Works"
featuring "A Vision for You" speaker

New Freedom Intergroup
Summer Convention

August 23-25, 2019 Jekyll Island, GA

Jekyll Island Club Hotel
371 Riverview Drive
Jekyll Island, GA
912.635.2600
800.535.9547
www.jekyllclub.com



HOTEL INFORMATION



Jekyll Island Club Hotel

912.635.2600

800.535.9547

www.jekyllclub.com

Rooms must be reserved by July 24th in order to receive the group discounted rates (2-night min):

- 1 Queen \$160
- 1 King / 2 Doubles \$187
- Deluxe \$209
- Suites \$279

Reserve by calling 800-535-9547 or emailing reservations@jekyllclub.com. Use block code 19304987 or asking for New Freedom Intergroup

A resort fee of \$20 per night, Georgia Hotel-Motel fee of \$5 per night and 12% tax will be added to each room. Extra person beyond 2 people is \$25 per person
Rates are available before and after the event, subject to availability. Hotel check-in is at 4 PM; check-out is 12 PM. Refrigerators are not included in all rooms.

A one night's room and tax deposit will be charged to your card on July 24th. This deposit is non-refundable unless cancellation is made 7 days or more prior to scheduled arrival date. All reservations cancelled prior to this 7-day cutoff will be charged a \$25 cancellation fee.

Complimentary self or valet parking, and intra island transportation. Hotel allows dogs 30 lbs. or under.

Directions: from Jacksonville International Airport, take I95-North to exit 29 in Georgia, Hwy 17. When the road splits, take the right fork, Hwy 520. Go over the causeway (\$6 toll to get onto the island, no toll to leave) and follow the signs to the hotel, turning left on Riverview Drive.

MEAL INFORMATION

Saturday Lunch: \$35
Choice of shrimp and chicken salad duo or club salad.
Vegetarian also available.

Saturday Banquet: \$50
Choice of roasted chicken or grilled Mahi. Vegetarian also available.

Convention Highlights

Registration in Club Ballroom Foyer

Friday: 5:00 – 7:30 PM

Saturday: 8:00 AM – Noon

BB Study starts: 7:30 PM FRI
8:30 AM SAT
9:00 AM SUN
Noon SUN

Convention ends: Noon SUN
(starting times subject to change)

REGISTRATION FEES

- **Early registration:** \$40.00
(Postmarked by 7/15/19)
- **SAT Only Pre-Registration:** \$30.00
- **Late registration:** \$50.00
(Postmarked AFTER 7/15/19)
- **SAT Walk-ins:** \$35.00
- No refunds after 7/15/19

WALK-INS ARE WELCOME!! No one will be turned away for lack of funds. If you cannot afford registration, consider giving service or a donation. Registration scholarships are available; contact a Committee Co-Chair.

Register on-line:

https://nfi.big_book_weekend.eventbrite.com

(You will pay a surcharge when using this site. Also our Intergroup is charged a separate fee.)

Register by mail:

Make checks payable to: NFI

Send to: NFI
PO Box 550842
Jacksonville, FL 32255

Copies of this flyer can be downloaded at www.oarregion8.org OR www.oanfig.org

REGISTRATION FORM

Big Book Weekend

Name and City for Badge:

Name: _____

City and State: _____

Phone: _____

Email: _____ Please print legibly!

Fees Enclosed:

Registration Fee \$ _____

Sat. Lunch \$ _____

Sat. Banquet \$ _____

DONATION \$ _____

TOTAL \$ _____

Circle lunch choice:

Shrimp/Chicken Salad Club Salad

Vegetarian

Circle banquet choice:

Chicken Fish Vegetarian

See other side of this form →

