

INNER VOICE

Newsletter of New Freedom Intergroup of OA



March 2020

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him. Spiritual Principle: **Faith**

The Promises: If we are painstaking about this phase of our development, ... **we will comprehend the word serenity and we will know peace.**

Tradition 3: The only requirement for OA membership is a desire to stop eating compulsively. Spiritual Principle: **Identity**

Concept 3: The Right of Decision, based on trust, makes effective leadership possible. Spiritual Principle: **Trust**



TRUSTED SERVANTS AND COMMITTEE CHAIRS

Chair	Barbara C.	352.472.9924	bcarter337@att.net
Vice Chair	Georgette P.	352.870.4454	ghabanero56@yahoo.com
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Public Info/Prof Outreach	Betsy S.		betspskin53@att.net
12th Step Within	Carly B.	303.710.0589	eastcoastgirl1020@yahoo.com
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Ways and Means	VACANT		
Florida State Convention 2021	Barbara C.	352.472.9924	bcarter337@att.net
2020 Jekyll Island	Nancy K.	516.286.1888	nfitreasury@gmail.com
	Mary T.		irishmama801@gmail.com

SERVICE VOLUNTEERS NEEDED

We need **Intergroup Representatives** at the monthly NFI meeting. Every group/meeting is allowed **and encouraged** to send two voting reps, and as many others as may want to watch the proceedings. We go to any lengths to recover; performing service is part of that. In your Action Plan, schedule your weekly meeting(s), your prayer and meditation, and a once a month meeting, for NFI, the second Saturday of the month from 10:00 – 11:30 am, in Orange Park.

This (March 2020) will be the last edition of **Inner Voice** until someone steps forward to perform this service. It takes a few hours a month: prepare the newsletter (I use Word, but you can use another program), print it and have 75 copies made for NFI (my UPS store charges \$0.10 per page in black and white), and email it to the members who have signed up. You must have 1 year of abstinence and need to attend the NFI meetings monthly. Contact innervoicenfi@gmail.com if interested.

We are also looking for someone to take over the maintenance and updating of the **website** for NFI. Again, this only requires a few hours a week. The new program is VERY easy to use. You must have 1 year of abstinence and need to attend the NFI meetings monthly.

DONATIONS REPORT 2020		Jan	Feb	YTD TOTAL
Jacksonville Groups				
Mon: Serenity by the Sea Beaches	47664			\$ -
Mon: Shepherd of the Woods Church	00774		\$ 50.00	\$ 50.00
Mon: Orange Park Newcomers 7pm	52038			\$ -
Tue: Orange Park-10am Presb Church	03654		\$ 40.00	\$ 40.00
Tue: Lakewood United Meth Church	36763		\$ 100.00	\$ 100.00
Wed: Step Study Mandarin	51223		\$ 82.00	\$ 82.00
Wed: JAX Beach-Wisdom at the Beaches	54507			\$ -
Thur: Newcomer, Lakeview Health	47756			\$ -
Fri: Orange Park - 10am	49119		\$ 40.00	\$ 40.00
Sat: Saturday Steppers-Ponte Vedra Bch	51693	\$100.00		\$ 100.00
Sat: Super Saturday Lakeview	20025			\$ -
Sat: Believe in Recovery First, Mandarin	32773			\$ -
Sat: Serenity Saturday OP NFI				\$ -
Gainesville Groups				
Mon: Big Book Study (Alachua)	51137	\$250.00		\$ 250.00
Thu: Unity Church(Acceptance)	50421	\$100.00		\$ 100.00
Sat: 9:30 AM Welcome Home	48324			\$ -
Sun: United Church of Gainesville	52879	\$50.00		\$ 50.00
Other Florida Groups				
Mon: Lifesaver - Palatka	38464		\$ 30.00	\$ 30.00
Mon: Palm Coast-St Mark by the Sea	38320	\$100.00		\$ 100.00
Mon: St Augustine- BB pm (unregistered)	-			\$ -
Wed: Palm Coast - 5:45pm	56604	\$45.00	\$ 50.00	\$ 95.00
Thu: Fernandina Beach	49101			\$ -
Thu: Flagler Beach	15171	\$80.00		\$ 80.00
Sat: St. Augustine Serenity	00235		\$ 98.48	\$ 98.48
Sun: Palm Coast/Flagler Beach	56072			\$ -
Southern Georgia Groups				
Tue: Jesup	54175	\$25.00	\$ 25.00	\$ 50.00
Tue: 7pm St Simons by The Sea	38311			\$ -
Thur: Brunswick	51988	\$21.00	\$ 27.00	\$ 48.00
Sun: Cumming - 7pm	48278			\$ -
Savannah	50301	\$88.00	\$ 20.00	\$ 108.00
Totals		\$859.00	\$ 562.48	\$ 1,421.48

SAVE THE DATE!!

**Third Annual
Big Book Weekend**

featuring "A Vision for You" speaker



New Freedom Intergroup
Winter Convention

**December 4-6, 2020
Jekyll Island, GA**

.....details coming soon.....

Intergroup meets on the 2nd Saturday of each month. The deadline to submit articles is the 20th of the month before the Intergroup meeting. *Disclaimer:* Articles printed in this newsletter reflect the opinion of each individual OA member and do not represent OA as a whole. When submitting articles, please include your name and phone number and whether or not you would like your name printed. Articles may be edited. 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, please send an email to innervoicenf@gmail.com.

News from the World Service Office

- Do you have the new WSO address? World Service Office, PO Box 44727, Rio Rancho, NM 87174-4727, USA
- If you order literature from the OA bookstore, you'll definitely want to download the [2020 Literature Catalog](#) and [2020 Order Form](#). Use them to ensure you have all the correct prices and titles available to you and your group. Find them under "Ordering Tools" at bookstore.aa.org.
- OA releases an updated edition of the *Courier* annually, and the newest edition is now posted.
- Check out the new webpage design – woohooo.
- **NEW!** Post your local OA events to OA's [social media page](#) by clicking the "Send Message" button on that page. Be sure to include all event information and a contact email address that maintains member anonymity. You may also drag-and-drop your event flyer into the message. This social media event page has replaced the Event Calendar/Datebook page on aa.org.





Sunshine of the Spirit: 60 Years Around the Sun!

August 20-22, 2020 • ORLANDO FLORIDA, USA

HOTEL RESERVATIONS:

Renaissance Orlando at Sea World®
6677 Sea Harbor Drive
Orlando, FL 32821 USA
Phone: 407-351-5555

[Make your room reservations online](#) or call the Renaissance Orlando at 1-800-266-9432 (toll free) or 1-407-351-5555 (local). Use group code "Overeaters Anonymous World Service Convention." Attendees are responsible for making their own reservations.

Room rate is US\$159 per night, any occupancy (4 people max), plus US\$19.88 tax (12.5% tax, subject to change), for a total of US\$178.88 per night. Rate includes mini refrigerator and complimentary guest room Internet. Meals are NOT included in the lodging rate.

- Rates are available August 14 through August 23.
- Reservations must be made by July 27, 2020. Accommodations require a first night's room deposit or major credit card to guarantee a room.

Detailed information can be located on the Convention page at

<https://oa.org/members/events/world-service-convention/>.

Questions? Contact the World Service conventioninfo@oa.org.

Room rates WILL NOT be subject to the daily resort fee (currently US\$30 per room night, plus applicable taxes), but will be offered as an optional upgrade upon check-in. If you choose to purchase the daily resort fee, it includes enhanced high-speed guestroom internet; transportation to Universal Studios, Disney, and Premium Outlets; two welcome resort beverage coupons; breakfast for children under 12 (2 kids per 1 adult purchase) in Tradewinds only.

Convention Registration (Rates are per person and DO NOT include meals.)

[Register online](#) or download the [Convention Registration form](#) and email or mail it to the World Service Office.

Full Registration includes access to all workshops and general sessions (Thursday through Saturday) and commemorative lapel pin.

Early-Bird Full Registration	By June 15, 2020 (11:59 p.m. MST)	US\$119
Full Registration	June 16, 2020 (Midnight MST) through July 24, 2020 (11:59 p.m. MST)*	US\$150
Onsite Full Registration	After July 24, 2020 (11:59 p.m. MST)	US\$170

*Note: After July 24, 2020 11:59 p.m. MST, advance registration is closed. Attendees can register on site at the onsite rate.

Daily Registration includes access to workshops and general sessions for day(s) purchased.

Thursday Only US\$60 Friday Only US\$60 Saturday Only US\$60

Note: After July 24, 2020 11:59 p.m. MST, advance registration is closed. Attendees can purchase daily rates onsite.

- Cancellations: All cancellations made by July 24, 2020 11:59 p.m. MST can be refunded minus a US\$20 nonrefundable fee. All cancellations made after July 24, 2020 11:59 p.m. MST are nonrefundable. No-shows are nonrefundable. This is a strict policy.
- Transfers: Registration is ONLY transferable up to July 24, 2020 11:59 p.m. MST. Written consent (email or hard copy) is required for all transfers. This is a strict policy.

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

In the Big Book, the chapter on "How It Works," they list the Steps. Before the Steps it is written, "Here are the Steps we took, which are suggested as a program of recovery." I love that they used the word "suggested." People, especially me, do not like to be told "I have to." Then on the next page Bill W. writes, "Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection."

Having done Step 1, which is being honest with myself, I had to admit I had no control over food and my life. Step 2 gave me the gift of deciding who or what my Higher Power is. Finding my own HP gave me the hope that this program could work for me. Now at Step 3, the first three words are "Made a decision." I am at the Step where I decide to let God run my life.

It says on p. 19 in the OA 12 and 12, "Note we have said this is simple; we have not said it is easy." Making the decision was easy, but it's the day in and day out of life that wears me down. I have seen how God does for me when I ask and let Him, and I see how my life goes when I am the director. On p. 60 in the BB it talks about the actor who wants to run the show. Boy, was that me! I now know that was the problem with my father; I was always trying to do things my way. No matter what rules he tried to enforce, I balked!! It was the same throughout most of my working career. Management would tell us we had new things to implement, of course my attitude was "How dare they! They don't know what it's like; there's no way it will work!!" I was always trying to run the show with the same results: me getting angry and holding on resentments towards the management team. My resentments would take such a hold of me, that I would end up quitting, thinking, "That will teach them." Talk about self-centered!! My whole life was based on "Look at me, look how important I am!" But in my mind, I was worthless. I was always looking for someone to validate me.

As I write this on January 6, 2020, it will mark 15 years of OA being in my life. I have been out more than in, but what I have learned has never left me. The problem was I wasn't **living my life in the decision to let God run my life.**

Before I came back to OA a few months ago. I was feeling so lost. I kept looking for something to fill the void. So, I made that decision again -- to turn my life and my will back to God. To start giving of myself to my fellow OA'ers. No matter how many times I may have to keep "making that decision," I know God will be there. For Today, p. 2 says, "Foremost among them was the idea that if I took complete charge of my life, asking no help from any quarter, it would turn out the way I wanted. But it never did. It was only when I gave up being in charge that the reality of abstinence with peace of mind entered my life."

"Let go and let God."

Susan A.
Jacksonville



New Freedom Intergroup #09089

FACE TO FACE MEETINGS

Updated: 1 FEB 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	00774	Shepherd of the Woods Lutheran Church	7860 Southside Blvd	Back school door	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	5th Washington & Waters Ave, 1st Floor, Gardener	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 Ave, John Knox library	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	North Star Conf Center	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	St. Johns River Room	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, White Bldg	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 Floor, Conference Room	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