

INNER VOICE

North Florida Intergroup's Monthly Newsletter



A MESSAGE FROM THE NFI CHAIR

Spring is my favorite season. It is full of promise, new beginnings, flowers (azaleas, dogwoods, violets) and it's time to plant the garden. I put in the seeds and assume they will grow. This is FAITH --complete trust or confidence in someone or something; and a strong belief in God or in the doctrines of a religion, based on spiritual apprehension rather than proof. What? No proof? I plant the seeds; I have faith they will grow.

Planting my garden is very analogous to my program of recovery. I must tend to both: decide on what seeds to use and then plant the seeds (use the Steps), pull out and discard the weeds (unhealthy foods, behaviors and thoughts) and nourish what is healthy (abstinence and spiritual fitness). My raised beds are ready to be planted. As I write this, I am very impatient to get started (God, grant me patience) but I have planted too early in past years. My poor tomatoes were set in the ground before spring officially began last year and were exposed to freezing temperatures but rebounded with a lot of love (relapse and recovery, perhaps?).

Gardens and a program of recovery are a lot alike. You know what needs to be done, you learn from past mistakes, there are proven workable methods to get the best yield, and you must turn it all over to a Higher Power. Both require work, but both are definitely worth the time and effort.

- Barb C.

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: innervoiceenfi@gmail.com.



New Freedom Intergroup

Spotlight on the Steps: Step 3

MADE A DECISION TO TURN OUR WILL AND OUR LIVES
OVER TO THE CARE OF GOD AS WE UNDERSTOOD
HIM.

SPIRITUAL PRINCIPLE IS FAITH.

Member Article of the Month: Step 3: Power Surge

At my home meeting, a member shared a story about wanting a specific food and not being able to stop herself from going to buy it. While she was putting on her coat, she said a prayer. "God, if you want me to not eat this, you're going to have to help me." When she arrived at the shop, there was a sign on the door:

"Closed—no electricity."

Hearing this story had an immediate and profound affect on me. I realized I'd never completely surrendered my food. I write it down, call it in to my sponsor, weigh and measure it, but I've never given it to God. Maybe that's why I still struggle when I enter the grocery store? Or why the newest fad diet always grabs my attention? Could it be the reason why I want something to eat when my spouse is snacking in the evening?

After leaving the meeting, while riding home with another member, I realized I didn't want to struggle anymore. I was ready to surrender my food to God. So I visualized holding my food in my hands, lifting both hands up above my head, and saying, "Here, God, I give you my food."

What happened next was amazing. I felt as if a huge weight was physically lifted from my shoulders. I felt 10 pounds (5 kg) lighter. More important, I stopped struggling. The food stopped calling out to me. From the beginning, I had the willingness to do what was necessary. It was surrender that made the difference.

— Norinne M., Fort Myers, Florida USA

Reprinted from oalifeline.org, Posted on March 10, 2016

TRUSTED SERVANTS & COMMITTEE CHAIRS

Trusted Servants

Chair: Barbara C.

Vice Chair: Georgette P.

Recording Secretary: Augusta L.

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: (VACANT)

NFI 2019 Convention: (Accepting volunteers)

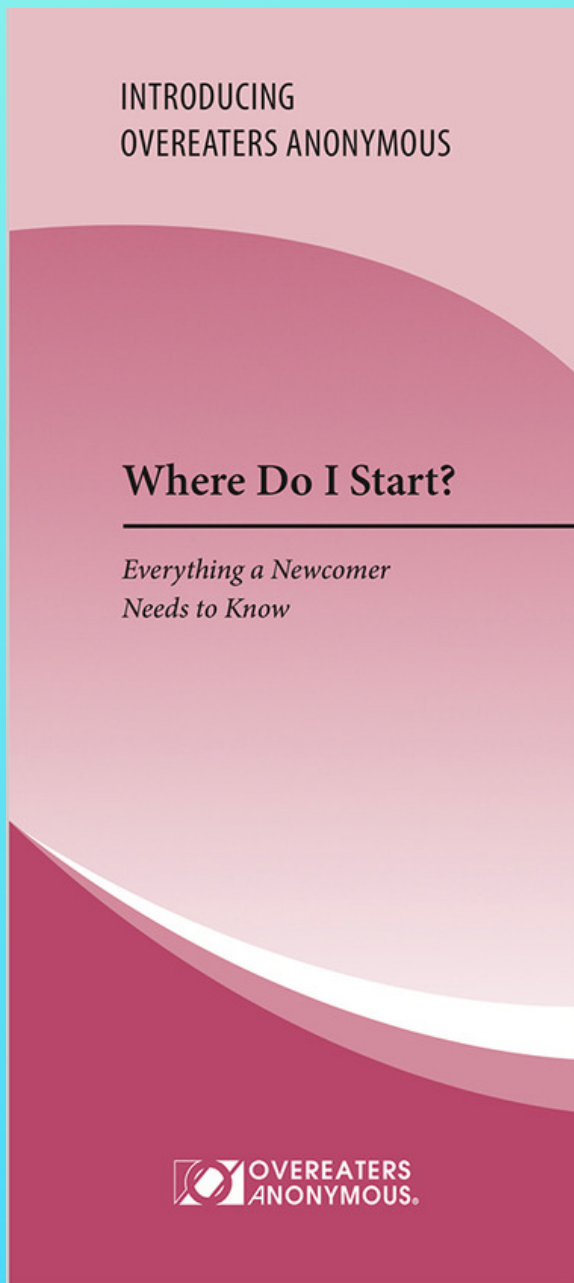
NFI 2019 Retreat: (Accepting volunteers)

Florida State Convention: Barbara C.

Ways and Means: VACANT

New Beginners Pamphlet

"Where Do I Start? Everything a Newcomer Needs to Know" (#705) is only a dollar(!) and available through oa.org. It replaces the \$3.50 Newcomer Packet and consolidates key information into one 32-page pamphlet. The pamphlet includes the Fifteen Questions, OA Tools, suggested plans of eating, OA Promise, AA Third and Seventh Step Prayers, and "Welcome Home!" A FAQ section covers common questions about compulsive eating, bulimia and anorexia, OA as a spiritual program, recovery in our Twelve Step Program, and more.



DONATIONS REPORT 2019		FEB	YTD TOTAL
Jacksonville Groups		Grp#	
Mon: Serenity By the Sea Beaches	47664		\$ -
Mon: Southside Blvd Big Book	00774		\$ -
Mon: Orange Park Newcomers 6pm	52038		\$ -
Tue: AM - Orange Park	03654	\$ 140.00	\$ 140.00
Tue: Lakewood UMC	36763	\$ 50.00	\$ 130.00
Wed: Step Study Mandarin	51223	\$ 50.00	\$ 80.00
Wed: Ponte Vedra			\$ -
Thur: Newcomer, Lakeview	47756	\$ 25.00	\$ 25.00
Fri: Orange Park	49119	\$ 121.50	\$ 121.50
Sat: Saturday Steppers-Ponte Vedra Bch	51693	\$ 100.00	\$ 100.00
Sat: Super Saturday Lakeview	20025	\$ 40.00	\$ 40.00
Sat: Believe in Recovery First, Mandarin	32773	\$ 60.00	\$ 245.00
Sat: Serenity Saturday OP NFI		\$ 25.00	\$ 25.00
Mon Step Study - Mandarin			\$ -
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137		\$ -
Thu: Unity Church(Acceptance)	50421		\$ -
Sun: United Church of Gainesville	52879		\$ -
Sat: 9:30 AM Welcome Home	48324	\$ 175.00	\$ 175.00
Other Florida Groups			
Thu: Fernandina Beach	49101		\$ -
Mon: Lifesaver - Palatka	38464		\$ -
Sat: Serenity St. Augustine	00235	\$ 120.85	\$ 190.85
Mon: Palm Coast	38320		\$ -
Thu: Flagler Beach	15171	\$ 80.00	\$ 80.00
Sun: Palm Coast	56072		\$ -
Southern Georgia Groups			
Tue: Jesup	54175	\$ 25.00	\$ 250.00
Tue: 7pm St Simons by The Sea	38311		\$ -
Thur: Brunswick	51988	\$ 13.00	\$ 26.00
Savannah	50301	\$ 41.00	\$ 41.00
Totals		\$ 1,066.35	\$ 1,669.35

NEW FREEDOM INTERGROUP RECOVERY EVENTS 2019 - SAVE THE DATE

Big Book Convention

Jekyll Island Club
August 23-25, 2019

NFI Retreat

Marywood Conference
Center
December 13-15, 2019
Chair or Co-chairs
needed!

Men of OA - You're not alone!

Are you the only man in your meeting? Do you have trouble freely sharing in meetings of mostly women? The World Service Survey done in 2010 revealed that only about 13% of our fellowship consists of men! If you want to connect with other men in OA, there are many meetings, by phone and in-person, with a Special Focus for Men, as well as several other ways you can connect with men in the program.

★ Are you new to OA? Visit <http://OA.org> to learn more about this program of recovery and get started today.

Face-to-Face Meetings

There are over 40 face-to-face meetings in several countries around the world with a Special Focus for Men. To view the most updated list of all meetings with a Special Focus for Men, visit <http://OAMen.org/meetings>.

Phone Meetings

Here are all the phone meetings around the world, with a Special Focus for Men. All times are listed in EST.

Sunday 8:30 AM	Sunday 8:30 PM	Monday 7:00 PM	Tuesday 7:00 PM	Thursday 7:00 PM
563-999-2090 Pin: 316200#	712-770-4160 Pin: 409092#	712-451-1129 Pin: 350025#	712-775-7031 Pin: 242990669#	605-475-4850 Pin: 197132#

The online meetings listed below require more steps to access. Visit <http://oamen.org/online> to learn more.

Wednesday 7:00 PM	Thursday 12:30 PM	Friday 7:30 PM
Contact Name: Ken G Contact Phone: 914-263-6532	Contact Name: Cleve Contact Phone: +278-3271-4584	Contact Name: Jack Contact Phone: 709-749-8888

★Some of the meeting listings may have been added, removed, or changed since the printing of this flyer, visit <http://OAMen.org/meetings> to view the most updated list of all meetings with a Special Focus for Men.

OA Men Email Groups

Join an email-based discussion group for Men in OA. Read and send group email with other men in OA.

- To join the Google group, email Tuesday@OAMen.org, including your first name and your last initial.
- To join the Yahoo group, visit <http://oa12step4coes.org/loops/male> and submit your email address.

OA Men Phone Outreach List

Join the Outreach Phone List to make and receive phone calls with other men in OA, around the world!

- To join the phone list, join the Google group above and also include your phone number and time zone.

OAMen.org

<http://OAMen.org> is a website to find resources for men in OA. Got something to add? Click "Contact Us".

Spread the word!

Share this flyer with everyone in OA! Print or photocopy this and share it at your meetings and intergroups.

If you want to modify this flyer to list face-to-face meetings with a Special Focus for Men in your area, visit <http://OAMen.org/publicity> for instructions and to download the Microsoft Word version.

Please contact us at <http://OAMen.org> to let us know how you're spreading the word and how we can help!

**OVEREATERS ANONYMOUS
NEW FREEDOM INTERGROUP
PRESENTS:**

Our Design for Living: Steps 10,11,12

Bring your Big Book!

**SATURDAY, APRIL 13
1:00-4:00 PM
LUTHERAN CHURCH OF THE REDEEMER
51 WILMINGTON ISLAND ROAD
SAVANNAH, GA 31410**

Suggested Donation: \$5.00
No one turned away for lack of funds

To Pre-register, call 912-508-4777
or e-mail oanfig@gmail.com
walk-ins welcome

Please join us for the OA North Florida
Intergroup meeting from 10-11:30 AM at the
same church

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	Big Book	Palm Coast	St. Marks by the Sea Lutheran Church	303 Palm Coast Parkway NE	Nancy. 617-680-4834 or Diane 386-852-8021
Monday	12:00	Relape Prevention	Alachua	Sid Martin Biotechnology Incubator	12085 Research Dr.	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
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	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	12&12	Palm Coast	St. Marks by the Sea Lutheran Church (use pre-school entrance	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
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.	
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 3.1.19				** indicates update since last published newsletter		